

Women AND THEIR Interests

By DOROTHY DIX



The grotesquely tragic thing about martyrdom is that it is almost always entirely unnecessary. The martyr need not be a martyr if he or she had an inch of backbone, or a thimbleful of good, hard horse sense. This is particularly true of the domestic martyr who is not a pin feathered angel, as she is painted, but just a plain goose. The thing that calls forth the above heartfelt words is the case of a young friend of mine. This girl is the oldest of a large family, and when her mother died four years ago, she became the little house mother to the family. She was only 18 then. She is but 20 now, at the very age when a girl should be most care-free and happy, for these few years are the playtime in the average woman's life, and the only playtime she ever knows. Instead of that, this girl has cooked, and cleaned, and washed, and mended, and sewed for father and four husky brothers and a little sister only a year younger than herself. She is the most industrious little creature in the world, and the best manager and a real genius in one of the finest of the arts—cooking.

The father, the four big brothers and the sister all go out to work and earn good salaries, but the girl who stays at home and slaves from morning till night to make the balance of them comfortable and give them just the sort of things they want to eat, is paid not one cent for her labor.

Pardon me the waste of space, but the family have figured down her housekeeping expenses to the last possible penny, and she is not given one cent more than the actual cost of food and fuel and rent on which to run the place. And, as if this wasn't enough tyranny and stinginess, they complain bitterly when she doesn't

set at tenderloin steak table on a stew meat income, and when it isn't forthcoming the girl is blamed for not making one dollar do the work of five.

Nothing could be grayer or more forlorn than this little housewife's life, and it offers no prospect of improvement. She can never save up any money because she has none to save. She cannot dress prettily and go to places of amusement, as does her sister who has her own pay envelope. She cannot even look forward to marrying, because her family can only discourage men callers because they don't want to lose their cook.

Besides which Cinderella in the kitchen hasn't got as good a chance as the wicked sister in the parlor, no matter what the fairy tales say. So all that this girl sees in the way of a future is slaving for her family until her brothers and sisters get married and she is old, and will have to go and be a dependent on some in-law who doesn't want her.

She's a domestic martyr if there ever was one, but there isn't a particle of heroism in her being roasted at the stake. She's got the remedy in her hands if she'll only use it. So has every other domestic woman who is misused, and put upon in her own family.

And the remedy is just to go on a strike. If this girl would turn out her gas range and go and sit herself down in her parlor and present an ultimatum to her family to the effect that there would be no other meal cooked in that house nor another bed made nor another floor swept nor another button sewed on until justice was done her and a satisfactory financial arrangement made, she could get out of the martyr class before you could say cat.

She should demand a fair house-keeping allowance to be made her, or else she should turn in her butcher book and grocery book and expense accounts to the family, and let them divide it out among themselves. And above all, she should demand an adequate salary for her own services.

We talk a lot about family affection, but as a matter of fact there are no other people in the world who impose on us so ruthlessly as our own. It is only his own wife, or daughter, that a man expects to slave in a kitchen eight or ten hours a day for her board and whatever clothes he chooses to give her. Strangers have some regard for a woman's individual rights, but if she gets them in the family circle, she's got to stand up and fight for them.

Heretofore women have regarded themselves as helpless. They have felt that they had to submit to any treatment that their menkind accorded them.

"What am I to do?" one will ask. "Work harder than any slave. I economize and pinch until I get the last squeal out of every nickel, but my husband never gives me a penny of my own. I have to go to him like a beggar every time I want a spoon or thread or carfare, and for all I have to tell what I expect to do with it; and after I have spent it I have to tell what I did do with it. I realize that this isn't fair. I do just as much work as my husband does, and am just as much a factor in his prosperity, but how am I to collect what is due me? I'd be glad and thankful to get the wages of a cook paid me as wages, for my very own to spend as I like."

To this woman I say also: Go out on strike, madam. Don't do another lick of work. Don't turn another domestic wheel until your fair settlement out of your husband. Just one day of the confusion worse confounded of a home in which nobody has washed the baby nor dressed the children or cleared the table or swept the floors or provided any food or done any of the other millions of things that a housewife attends to every day, will convince your husband that the laborer is worthy of her hire, even if she is his wife.

So I repeat again that there is no reason for a woman to be a domestic martyr unless she really loves martyrdom. You can bring any man to terms by interfering with his conduct.

subject towards Warren, claiming that unless she asserted herself more, any man would "lord it over her."

But Mrs. Thurston would learn that because a woman chooses to be plastic in the hands of the man she loves, is no reason why she will not stand fiercely for her rights if she is imposed upon by another woman.

Yes, this would be a very salutary lesson for Mrs. Thurston, and one that she had brought upon herself by her breach of faith and her insolence.

It was that same evening, while they were at dinner, that the door rang and a messenger boy stalked in, taking a letter from out his cap.

"Here, Helen, it's for you," Warren tossed over the missive as he signed the receipt.

With a fork Helen ripped open the envelope, her heart beating "thump-thump" as a folded check fell out. So her ruse had been successful!

But as she read the letter her face slowly reddened.

"My dear Mrs. Curtis:

To prevent you from having any more hiccups over this matter, I hasten to send you your twenty-five dollars. Had I known that you were in such desperate need of this small sum, I would certainly have returned it before this. It is needless to say I regret that I ever borrowed it. Your frantic efforts to get it back have been a most amusing revelation of your character. Very truly yours,

"ELIZABETH B. THURSTON."

"What's the matter?" demanded Warren, as he saw her deepening flush.

"Nothing; only Mrs. Thurston returned that money."

"She did, eh? Well that's a darn sight more than I thought she'd do. What's wrong? You don't look over pleased."

"Oh, the note—the insolent note she sent with it!"

"Let's see," holding out his hand.

"No—no, dear, I'd rather not," flushing furiously.

"Nonsense, let me see it!"

Reluctantly Helen yielded the note.

"Huh, stirred up the old dame, didn't you?" as he read it. "But what do you care what she writes, as long as you get the money?"

"Oh, I DO care," Helen was now tearing up the note with fierce, catching sobs. "I'll never—NEVER," passionately, "lend anybody another cent as long as I live!"

"Good! That's the stuff."

"To prevent me from being hysterical!" bitterly, quoting the note. "An amusing revelation of my character! And now she'll go around telling everybody about it. I can just hear her telling Mrs. Stevens that I lent her a few dollars and wouldn't let her rest until I got it back."

"What if she does? The main thing is she's PAID UP! Of course she's mad—mad as a hatter. Thought she was going to beat you out of it. You must have put the screws on pretty hard to bring her around."

"Yes, I did write her a strong letter, but I didn't say anything half as hateful as she's said in this."

"Who cares a whoop, what she says?" insisted Warren. "You've got your money back. You've pulled off a whacking good stunt to make her come across. What more do you want?"

But even Warren's approval could not stop Helen's cheeks from burning, or take away the sting of those two cutting sentences in Mrs. Thurston's note.

Why should she be made to feel small and contemptible when she had been in the right all along? Because she had generously lent this money—this was her reward!

If she had been as mercenary as Mrs. Thurston so scornfully replied she would never have given her the money. She would simply have said that she did not have it; Mrs. Thurston would have remained her friend and she would have been spared all this humiliation.

But because she had been generous, because she had tried to help a friend out of an embarrassing situation, the result was that she had made of that friend an enemy. She had received a note, the stinging insolence of which would rankle for months, and she had laid herself liable to be mercilessly talked about.

Every one to whom Mrs. Thurston would repeat a distorted, garbled version of the story would consider her mercenary and cattish.

SERMON BY THE REV. MARSHALL

Special to The Telegraph

Marletta, Pa., March 23.—The Rev. William H. Marshall, of Harrisburg, for the eighteenth consecutive time on Saturday night delivered the annual sermon to Cassiopia Lodge, No. 1705, Odd Fellows, in the Bethel church here.

The Rev. J. W. West, pastor, and the Rev. John Fairfax, assisted. A fine full brass orchestra, of Columbia, furnished the music. The event was the thirty-ninth anniversary of the founding of the organization.

Madame Ise'bell

Says Dandruff Is a Preventable Scalp Disease



THE HAIR AND SCALP—PART II.

Seborrhea, the medical name for dandruff, is so common an affliction that many people accept it as a matter of course and take no steps to cure or prevent it. This is a wrong attitude, for, properly speaking, dandruff is a disease which, if not checked, may lead to serious consequences. Most cases of falling hair or baldness are preceded by an appearance of excessive dandruff; neglected dandruff may result in eczema, and the presence of dandruff even in a mild degree shows that the scalp is not acting in a normal manner.

There is a natural shedding of the skin continually going on all over the body. Infrequent shampooing or lack of systematic brushing of the hair results in an accumulation of this skin on the scalp; in some cases it leads to excessive dryness of the scalp and in others excessive activity of the oil glands causes the oil to mix with the dandruff.

Beware of the Sharp Comb.

Dandruff should not be allowed to gather on the scalp, but it should never be scraped off roughly or with a sharp comb. A fine comb will remove dandruff, but it may irritate the scalp and carry away new hairs.

Begin treatment by gently rubbing the scalp with sweet oil or vaseline, leaving this on over night so as to thoroughly soften the crust. The next morning shampoo the head vigorously according to directions that will be given and when nearly dry apply a tonic containing a direct specific for the bacteria that infects dandruff. Resorcin and bicloride of mercury are regarded as effective for this purpose and most dandruff remedies contain either one or the other. This treatment should be repeated whenever there is any accumulation of dandruff. The scalp should be well aired every day and treated to a few minutes' scalp massage, full directions for which will be given in a following lesson.

As dandruff is often the result of obstructions in the working of the sebaceous and sweat glands in the scalp, massage, by improving the circulation and removing the torpidity of the scalp, will overcome this difficulty.

Eczema is characterized by itching and the presence of scales on a red, raw surface. When such is the case keep these spots covered with carboline vaseline or have your druggist prepare you a sulphur lotion. Water should not be used on the scalp if eczema is present; keep it clean with sweet oil and brush the hair well.

Madame Ise'bell
To be continued.

General Castro Found in Port of Spain, Trinidad

By Associated Press

Port of Spain, Trinidad, March 23.—General Cipriano Castro, former dictator of Venezuela, whose whereabouts had been unknown for several months, was discovered here to-day.

A party of detectives last night raided a hotel occupied almost solely by Venezuelans, and found there 40,000 rounds of ammunition and a few revolvers. This discovery led to a further raid early to-day. The police proceeded to a house which had been occupied for several months by General Carmelo Castro, a brother of the former president. Armed with a search warrant they went over the place. Among the effects of the occupants they found only one revolver and a few cartridges.

POSTMISTRESS MARRIED

Special to The Telegraph

Gettysburg, Pa., March 23.—Miss Mary Weidner, daughter of Mrs. Sidney Weidner, and Earl P. Weidner, of Mercersburg, were united in marriage.

The bride is postmistress at Flora Dale and the groom is one of Menallen's prosperous farmers.

CHURCH GETS BEQUEST

Special to The Telegraph

Blain, Pa., March 23.—Zion's Reformed church at this place, by the last will and testament of Daniel Smith, a lifelong resident of this community and member of the Reformed church, was bequeathed the amount of \$475.

Boys' 8193 Boy's Suit, 2 to 6 years.

WITH SQUARE OR ROUND NECK, SHORT OR LONG SLEEVES.

Mothers of little boys find suits of this kind real boon. There are no dummies to be adjusted and various accessories to be fitted after each washing. The blouse is worn on over the head without any trouble either to the mother or the child and withal the little costume is charmingly becoming. The loose straight trousers mean perfect freedom and the most fashionable mothers have adopted the style with the greatest eagerness. In the picture, the suit is made of white galatea with trimming of blue but it is adapted to every simple material. Serge can be made this way as well as washable fabrics and the latter include a long list that also is a satisfactory one.

For the 4 year size, the dress will require 3 yds. of material 27, 24 yds. 36, 1 1/4 yds. 44 in. wide, with 3/4 yd. 27 in. wide for trimming.

The pattern 8193 is cut in sizes for boys from 2 to 6 years of age. It will be made to any address by the Fashion Department of this paper, on receipt of ten cents.

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In Eight Days We Move

This gives you only eight more OPPORTUNITY DAYS in which to select from our large stock of

Pianos and Player Pianos at Removal Sale Price

Our new lease is for a long term of years and so you will not have another opportunity at a Troup Bros. Removal Sale for some time to come. Do not fail to grasp this one great chance. We can save you many dollars in hard cash.

Do Not Delay---Come Now!

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19 South Third Street

OPEN EVENINGS

EASILY LAUNDERED SUIT FOR SMALL BOY

Plain, Straight Trousers Are Most Comfortable For Warm Weather



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WITH SQUARE OR ROUND NECK, SHORT OR LONG SLEEVES.

Mothers of little boys find suits of this kind real boon. There are no dummies to be adjusted and various accessories to be fitted after each washing. The blouse is worn on over the head without any trouble either to the mother or the child and withal the little costume is charmingly becoming. The loose straight trousers mean perfect freedom and the most fashionable mothers have adopted the style with the greatest eagerness. In the picture, the suit is made of white galatea with trimming of blue but it is adapted to every simple material. Serge can be made this way as well as washable fabrics and the latter include a long list that also is a satisfactory one.

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Ever Have Trouble With Your Range?

Well that's easily remedied, you don't burn the right kind of coal.

It is not necessary to be continually fussing with the fire and putting in wood every time you bake.

We have two coal yards. One on the Pennsylvania Railroad and one on the Reading Railroad.

This enables us to carry many grades and sizes.

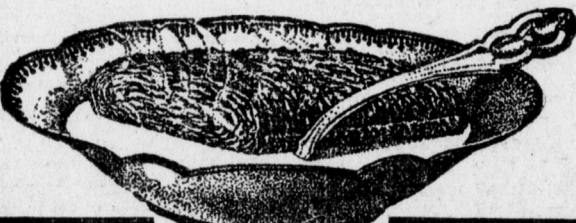
If the coal you have been using does not burn to your entire satisfaction we can easily send something that will.

Let us send our coal expert to help you decide the right kind.

United Ice & Coal Co.

Forster & Cowden Third & Ross
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That Hungry Boy

must have something besides bread-and-butter-and-jam and books and sermons to grow on, to study on, to play on. For the growing youngsters nothing equals

SHREDDED WHEAT

the food that builds muscle and bone and brain—a natural, elemental food—containing no yeast, no baking powder or chemicals of any kind—just the pure whole wheat grain, steam-cooked, shredded and baked. Better than porridges for children because the crispness of the shreds compels thorough mastication which not only develops sound teeth, but is the first process in digestion.

Always heat the Biscuit in oven to restore crispness. Two Shredded Wheat Biscuits with hot milk or cream will supply all the energy needed for a half day's work. Deliciously nourishing when eaten in combination with baked apples, stewed prunes, sliced bananas or canned or preserved fruits. Try toasted Triscuit the Shredded Wheat Wafer for luncheon with butter, cheese or marmalade.

Made Only By The Shredded Wheat Company, Niagara Falls, N. Y.

Is Your Baby's Milk Clean?

The United States Government has examined the country's dairies, and says that in every 100 only 8 are clean.

Yet from the other ninety-two, kept as you would not keep your back yard, may come the milk you put into the stomach of your delicate little child. Can you take the chance of giving the baby sickness—even consumption—in its milk bottle? If baby cannot have mother's milk, give it a food that is safe; give it

Nestlé's Food

that is nearest to mother's milk. Safe because it needs only water to prepare it, and because it is made in the most careful way that Doctors and Scientists have devised. It comes in an air-tight can, so no germs can reach it.

NESTLÉ'S is made from the milk of healthy cows, in Sanitary Dairies. All the harmful, heavy parts have been changed so that the curd is soft and fleecy as in mother's milk. Then other food elements your baby needs, and that are not in cow's milk, are added—all in just the right amount.

But three generations of healthy, happy babies