

Women and Their Interests

By ELLA WHEELER WILCOX

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Guard yourself from unprofitable conversation; conversation which wastes time, energy, thought and speech, and brings no good result to speaker or listener. One does not want to talk always on serious or profound subjects. To hear serious or profound conversation continually would make life so ponderous that it would become insupportable to most of us. Wit, humor, repartee have their profitable part in life. The man or book, or play, or recreation, which makes us laugh in pure glee gives us a tonic for mind and body.

There is no system of callisthenics so beneficial to health as the habit of hearty, rib-shaking laughter.

The laughing cure has been advocated for a long time, and the patient is told to stand before the mirror and force laughter for ten minutes at a time.

It is declared that this process will drive away melancholy, cure depression and put to rest all nervous maladies arising from oversensitiveness and lack of self-confidence; and that hope, courage and ambition will soon reorganize the disordered realm of the mind and bring a happy train of helpers in their rear, including health and success.

Therefore, any conversation or occupation of time which causes us to laugh at least once in the day is to be commended.

It is even well to be frivolous at times; to think and talk of light and superficial matters such as dress and fashions, and dancing and sports. Just as nature does not give all her energies to producing nourishment for her creatures, but takes earth space to grow forth flowers and plants which have no practical use save their beauty, so may our minds be occupied at times with light themes.

But there are few of us who do not

SMART LITTLE COAT IN HEIGHT OF STYLE

Touches of Brocade or Taffeta Used on Cloth or Silk This Season



8230 Coat with Vestee, 34 to 42 bust. WITH THREE-QUARTER OR LONG SLEEVES.

Little vestees are among the features of spring coats and, unquestionably, they are smart and, at the same time, they allow the effective use of the really wonderful fancy materials shown. This one is short enough to suggest the "elers idea" at the front while it is a real coat at the back and this combination is a fashionable one. In the illustration, it is made of taffeta with trimming of brocade silk and worn with a skirt to match but coats of this kind will be much used for fancy materials to be worn over white gowns, as a skirt of white serge and a coat of yellow gossamer or some other fancy material, costumes of the sort being greatly in vogue for carriage and for spring resorts.

For the medium size, the coat will require 3 yds. of material 2, 2 1/2 yds. 36, 2 yds. 44 in. wide, with 3/4 yd. 27 in. wide for the trimming.

The pattern of the coat 8230 is cut in sizes from 34 to 42 inches bust measure. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

Bowman's sell May Manton Patterns

Madame Ise'bell Opens Her Mail Box and Talks of Facial Surgery and Sallow Skins



Some days my correspondence is so interesting that I am tempted to share it with my readers and it often reminds me of subjects that I would like to talk about. A pupil writes me in regard to facial surgery, whether I would advise it for deep frowning lines that she says she is unable to remove by massage.

"First of all I do not advise facial surgery except in serious cases where there is some absolute facial deformity. It is an expensive process and the results are somewhat problematical. It should only be entrusted to the hands of a qualified surgeon of the first rank.

The operation my correspondent refers to is a simple one. It consists of cutting the skin near the hair line back of the temples and drawing back the skin, thus forming a little seam in it so that the loose skin over the forehead will be tightened and the lines disappear. This operation is painful, and it sometimes leaves a scar. Let us assume for argument's sake that it does not leave a scar, what are the results? When the operation is a success it leaves the forehead for the moment perfectly smooth and unlined.

Results Not Lasting.

Unfortunately, the permanency of these good results cannot be guaranteed. If the habit of frowning is still indulged in, the lines will return, for the skin is extremely elastic and will continue stretching. In such a case the painful, expensive operation must be repeated.

To rid oneself of frowning lines first of all stop frowning. This is due to nervousness or to defective eyesight and either case can be corrected. I know of one woman who cured a bad case of frowning that gave her a most disagreeable look by working always in front of a mirror. Whether she was sewing, writing or reading, she would have a mirror in front of her and from time to time watch her expression. In a short time she could feel herself frowning and was able to correct the habit without the aid of the mirror.

Persistent Sallowness.

Another correspondent asks advice as to a persistent sallow condition of the skin. She adds that her general health is good and that she is careful in regard to diet. Chronic sallowness in the case of a person in good health may be due to two things: a badly balanced diet or inactivity of the little blood vessels feeding the skin. Choose a diet without too much starch, that is, cut down the amount of bread and potatoes eaten. Eat plentifully of fruit, green salads and raw onions if they do not occasion indigestion. Drink plentifully of water, but avoid coffee and strong tea.

Their Married Life

By MABEL HERBERT URNER

The long corridor, the mingled odor of ether and antiseptics, the uniformed nurses, the air of hushed expectancy—it was all a part of the hospital atmosphere.

"I should like to see Mr. Curtis," Mr. Robert Curtis murmured to Helen in a subdued tone to the nurse who approached her.

"Will you wait a few moments?" Mr. Curtis's sister with him now, and the doctor wishes him to have only one visitor at a time."

Just then the door down the corridor opened, and Carrie came out. She greeted Helen stiffly, and the nurse hurried off, leaving them together.

"Don't let him talk, it only excites him. And I wouldn't stay too long," Helen's sister said to her.

The doctor came by now, and Carrie approached him. But he was gravely noncommittal, for he was only young Mr. Curtis's sister, and the eminent Doctor Elliott was in charge of the case.

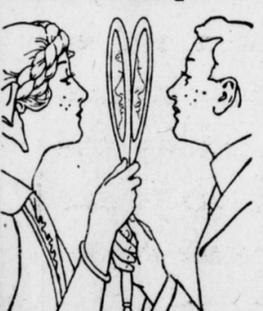
Leaving Carrie talking to him, Helen followed the nurse, who now came to show her into Bob's room.

It was the typical hospital room, depressingly sanitary and bare. Bob lay with his back to the door and did not see her until she went around to the other side of the bed.

"Hello, Helen," with a faint motion as though to stretch out his hand. "I'm in rotten luck."

"You mustn't talk," soothingly.

Get Rid of those Pimples



Cuticura Soap and Ointment

Will help you when all else fails. Unsightly complexions are often a bar to social advancement and business success. Start life with a clear skin and good hair.

Samples Free by Mail
Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 12-cent book. Address "Cuticura," Dept. 16H, Boston.

Cumberland Valley Railroad TIME TABLE

In Effect November 30, 1913.

Trains leave Harrisburg:
For Winchester and Martinsburg at 8:05, 10:52 a. m., 1:40 p. m.
For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and intermediate stations at 8:05, 11:55, 1:55 a. m., 4:40, 7:30, 11:15 p. m.

Additional trains for Carlisle and Mechanicsburg at 9:45 a. m., 2:15, 8:27, 8:30, 9:30 a. m.

For Dillsburg at 5:05, 7:52 and 11:55 a. m., 2:15, 9:40, 6:32 and 6:30 p. m.

Daily. All other trains daily except Sunday.
H. A. RIDGELY, Supt.
J. H. TONGE, Asst. Supt.

The Women's Ward

"What are you giving him for nourishment?" she asked when the nurse came out, a decided frown under her stiff cap.

"Principally albumen water. He cannot take milk."

"Albumen water?" questioned Helen. "It's white of an egg and a little lemon." The nurse nodded, and then added coldly, "Doctor Elliott will be here at 5 and I hope he'll leave an order for fewer visitors while his temperature is so high. You can see yourself how they excite him."

Knowing Bob, Helen wondered if the fact of visitors being excluded would not excite him more. She had always a dread of hospitals, and now she realized that he could have less scientific and more human treatment. This nurse was undoubtedly capable, but she was cold and austere.

As Helen was leaving, in the confusion of the corridor she took the wrong turn and found herself before the entrance of a free ward.

It was a woman's ward, a long room with rows of narrow white beds. Almost every bed was taken, and Helen's heart ached as she saw the faces on the pillow, patient faces, querulous faces, but all of them pale, haggard and lined with suffering.

The nurse directed her back to the private ward elevator which took her down to the main hall. Outside the sunlight seemed strange after the gloomy depressing atmosphere of the hospital.

For the rest of the day, Helen was in the throes of indecision. From

Merchants & Miners Trans. Co. "SPRING SEA TRIPS" Baltimore and Philadelphia -TO- Boston, Providence Savannah, Jacksonville Through tickets on sale from and to all principal points including meals and water on accommodations by steamers. Fine steamers. Best service. Low fares. Steamers of Luxe. Baths. Marvelous Views. Automobiles carried. Send for booklet. City Ticket Office, 105 South Ninth St. Phila. P. O. Box 1111. W. P. Turner, P. O. M., Baltimore, Md.

CASTORIA For Infants and Children In Use For Over 30 Years

Always bears the Signature of J. C. Ayer & Co.

It is well worth while For Every Woman to Secure the Happiness of Health instead of suffering pain and sorrow

During the past forty years thousands upon thousands of women have found relief in Dr. Pierce's Favorite Prescription for the sufferings to which all women are subject.

The dizziness, hot flashes, nervous irritability, backaches, headaches, bearing-down-pains, low spirits which come periodically to many women are signs that the functions of the feminine organs are not being performed as Nature intended. The immediate sufferings are bad enough; but they are warnings of complete break-down unless help is secured. Don't wait! Act—wisely and quickly!

Dr. Pierce's Favorite Prescription (In Tablet or Liquid Form)

may be confidently recommended as a tonic and regulator composed of healing and strengthening native roots and herbs—without alcohol or narcotics. Dr. Pierce's Favorite Prescription is not a mere "Pick-me-up!" The benefit it conveys is lasting.

While all women will find benefit in Dr. Pierce's Favorite Prescription it is especially valuable to women approaching that time of life when there is coming an important change in the feminine organism. Weaknesses and irregularities at this time should not be neglected lest there should be serious consequences. At such a time every woman should secure the utmost of health and strength.

Dr. Pierce's Favorite Prescription can be obtained in liquid (as heretofore) or in tablet form from all dealers in medicines—or send 50 cent stamps for a trial box of tablets. Address: Dr. V. M. Pierce, Buffalo, N.Y.

If you need advice you are invited to consult our staff of Physicians, Surgeons and Specialists. The advice will be sent you in strict confidence and absolutely free of charge, after a study of your case by a physician who is specially trained to care for the ills of women. Address: DR. PIERCE, Invalids' Hotel, Buffalo, New York.

Dr. Pierce's Pleasant Pellets regulate Stomach, Liver and Bowels. Easy to take.

CIVIL WAR VETERAN DIES

Special to The Telegraph
Waynesboro, Pa., April 2.—John B. Mann, a Civil War Veteran, and for twenty years a clerk in the foundry of the Geiser Works, died Monday evening at his home in Roadside avenue of stomach trouble, aged 68 years. He was born near Greenscreek and farmed in that section and at Park Hill until twelve years ago, when he moved to Waynesboro, residing here since.

MRS. JACOB SHEFFLER

Special to The Telegraph
Waynesboro, Pa., April 8.—Mrs. Jacob Sheffler, 153 South Potomac avenue, died yesterday, aged 34 years. She is survived by her husband, her parents, Calvin and Louise Zentmyer, and these children: Earle, Paul, Mary and Evelyn Sheffler, at home.

MRS. HENRIETTA BAKER ILL

Special to The Telegraph
Waynesboro, Pa., April 8.—Mrs. Henrietta Baker, nee Good's Sliding, one of the oldest women of this section and a twin sister to Mrs. John Funk, of Quincy township, is very ill at the residence of her son, Henry Baker, with whom she makes her home. She is 85 years old.

SHORT WILL RECORDED

Special to The Telegraph
Waynesboro, Pa., April 8.—One of the shortest wills on record was probated Thursday by Register Miller in Chambersburg. It was made by Frank J. Barkdoll, of Louisa, Pa., and contained but sixteen words. It provided that the entire estate be given to Mr. Barkdoll's widow.

SINKS GASOLINE TANK

Special to The Telegraph
New Bloomfield, Pa., April 8.—G. W. Garber, proprietor of the New Bloomfield department store, is placing a 345 gallon gasoline tank and pump in front of his store. The tank will be placed under the level of the street several feet.

MI-O-NA FIRST AID TO SICK STOMACHS

Distress after eating, belching of gas and undigested food, that lump of lead feeling in the stomach, sick headache, biliousness and lack of energy, indicate dyspepsia. Now—at once—is the time to remove the cause and stop the distress.

MI-O-NA is the remedy. Surely get a box of these health-restoring tablets from any druggist to-day. Their action is safe, effective and immediate. Besides quickly stopping the distress MI-O-NA soothes the irritated walls of the stomach and strengthens the gastric glands so that they pour out their daily supply of digestive materials—your food is promptly digested and assimilated, the entire system is properly nourished—you feel strong, energetic, and perfectly well.

MI-O-NA is not an experiment—it is a cure-all—it is a scientific remedy recommended only for indigestion, distress and out-of-order stomachs. These health-giving and harmless tablets are a household remedy—keep them handy whether at home or traveling. Always sold by H. C. Kennedy, on the money back if no benefit is shown. You can surely afford to try a fifty cent box of MI-O-NA on this basis.—Advertisement.

Have Color in Your Cheeks

Be Better Looking — Take Olive Tablets

If your skin is yellow—complexion pallid—tongue coated—appetite poor—you have a bad taste in your mouth—a lazy no-good feeling—you should take Olive Tablets.

Dr. Edwards' Olive Tablets—a substitute for calomel—were prepared by Dr. Edwards after 17 years of study with his patients.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil. You will know them by their olive color.

If you want a clear, pink skin, bright eyes, no pimples, a feeling of buoyancy like childhood days, you must get at the cause. Dr. Edwards' Olive Tablets act on the liver and bowels like calomel—yet have no dangerous after effects. They start the bile and overcome constipation. That's why millions of boxes are sold annually at 10c and 25c per box.

Take one or two nightly and note the pleasing results. Olive Tablet Company, Columbus, O. At all druggists.—Advertisement.



Beware of ointments offered as "just as good as Resinol"

If you have any skin trouble, you want Resinol. You want it because you have known about it for years, because your friends and neighbors have used it successfully, and because you know that physicians have prescribed it for nineteen years in the treatment of eczema, rashes, ringworm, pimples and other distressing eruptions.

You do not want a "substitute" or something that a dealer tells you is "just as good as Resinol." You do not want it because you know nothing of its value. It has nobody's endorsement and for all you can tell it never did anyone any good at all. If a dealer tries to force a "substitute" on you, it is for a very good reason of his own—read about it in the next column.

Most druggists sell Resinol gladly. Small jar 50c, large jar \$1; Resinol Soap 25c per cake. For trial size free, write to Dept. 48-8, Resinol, Baltimore, Md.

This is why they do it
When a clerk tries to make you take a "substitute" for Resinol, or any other standard article, don't blame him, blame his employer. The clerk probably would rather sell you the genuine Resinol, because he knows even better than you that doctors prescribe it and that it does heal skin troubles. Also, it is easier to give you what you want than to argue you into buying something you DON'T want.

But because some cheaply-made imitation pays a few cents more profit, a more pious dealer here and there gives his clerks a commission if they can force you to buy imitation Resinol. Almost everywhere you look you see these "substitutes" look out for him.

EASTER FLOWERS Unrivaled Showing COME EARLY



Last year many of our customers came late and were disappointed. If you cannot later than Thursday we can assure you the finest selection in the city of the following plants, guaranteed free from disease:

Azaleas, Spirea, Acacias, Genestas, Lilacs, Rhododendrons, Lilies, Hydrangeas, Gardenias, all sizes, Hyacinths, Tulips, Narcissus, Etc.

Open Every Night Easter Week.

HOLMES SEED CO.
119 S. Second St.

CLOGGED NOSTRILS AND STUFFY HEAD OPEN AT ONCE—CURES COLDS AND CATARRH

Instantly Clears Air Passages; You Breathe Freely; Dull Headache Goes; Nasty Catarrhal Discharge Stops.

Try "Ely's Cream Balm."

Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the catarrh, cold-in-head or catarrhal sore throat will be gone.

End such misery now! Get the small bottle of "Ely's Cream Balm" at any drug store. This sweet, fragrant balm dissolves by the heat of the nostrils; penetrates and softens the inflamed, swollen membranes which line the nose, head and throat; clears the air passages; stops nasty discharge and a feeling of cleansing, soothing relief comes immediately.

Don't lay awake to-night struggling for breath, with head stuffed; nostrils closed, hawking and blowing. Catarrh or a cold, with its running nose, foul mucous droppings into the throat, and raw dryness is distressing but truly needless.

Put your faith—just once—in "Ely's Cream Balm" and your cold or catarrh will surely disappear.—Advertisement.