

# WOMEN AND THEIR INTERESTS

## CULTIVATE HABIT OF GRATITUDE

By ELLA WHEELER WILCOX

Discontent and gratitude are two great factors in success. Discontent with one's self, with one's own achievements, and gratitude for every blessing and opportunity which life offers.

The perfectly contented man who believes he is doing the best possible under the conditions surrounding him and who waits for a change of environment to do better, rarely makes much out of his life.

Less still achieves the one who is blind to his blessings, and who gives no thanks for the opportunity which lie at every man's door.

The first thought of the waking mind should be one of gratitude. However shadowed a life may be, however burdened, however limited its horizon, there will be found some blessings from which thanks may be rendered.

Gratitude is the best possible fertilizer for the roots of happiness.

The habit of gratitude creates its own opportunities for exercise.

He who is grateful for a little shall be given much.

He who is ungrateful shall have the little taken away.

It is well to begin the day by taking an inventory of those things which are deserving of our gratitude.

Then to offer up a prayer of thanks

for these blessings.

Such a prayer ploughs its way through space and makes an avenue for the descent of other blessings.

The Lords of Karma who stand guard over our lives are pleased with our gratitude. They are the High Officials sent out by the Mighty One to lead us into the paths most necessary for our best development.

Who give praise for anything life has bestowed upon us, these Lords of Karma know we are gaining in wisdom and worth, and they are ready to offer us greater opportunities.

But to the ungrateful and complaining soul they send trouble and pain, until it learns its lesson of gratitude for every ray of light which falls upon it.

Gratitude must not be confounded with self-satisfaction.

The self-satisfied soul obstructs the path of its own progress.

There is a healthful discontent which means growth, and this, too, pleases the great Lords of Karma.

When we have finished our prayer of gratitude for the blessings and the opportunities of life it is well to begin a brief analysis and to lay bare to our higher perceptions the weaknesses and faults which have prevented our best achievements.

"Have I been indolent? Have I postponed my duties? Have I done careless work? Have I lacked in promptness and dispatch? Have I been too well satisfied with myself and my methods? Have I been too self-centered and shown too little appreciation of others? Have I allowed unworthy sentiments and emotions? Then let me ask the great Lords of

Karma to lead me to higher ideals and to endow me with greater strength to-day that I may rise above these errors and make myself worthy of my blessings and my opportunities."

Then having made this analysis and this invocation, go forth joyfully to find pleasure and profit in every event of the day, conscious that you are slowly but certainly climbing to success through the pathway of aspiration.

You are building a worthwhile character, and worth while character builds a satisfying destiny and brings you eventually back to God. For that is the purpose of life—getting back to God.

All the aim of life is just getting back to God!

Spirit casting off its dust, getting back to God.

Every grief we have to bear—Disappointment, cross, despair—Each is but another stair climbing back to God.

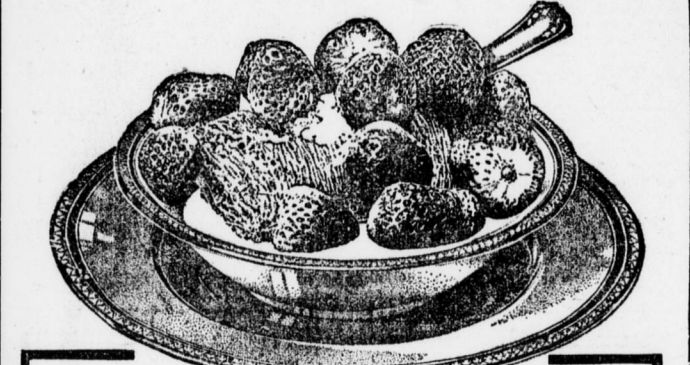
Step by step and mile by mile getting "back to God."

Nothing else is worth the while, getting back to God.

Light and shadow fall each day; Joys and sorrows pass away. Smile at all, and smiling say, "Getting back to God."

Wear his glory on your face, getting back to God; Radiate the light of grace, going back to God.

Take what pleasures you can find, But through all the paths that wind, Keep the purpose well in mind.



The way to get the full joy of strawberry time without any discomfort is to eat the berry with

## SHREDDED WHEAT

a combination that means health and strength for the warm days when the appetite is fickle and the digestive powers are weak. All the meat of the golden wheat, ready-to-serve, ready-to-eat.

Heat one or more Biscuits in the oven to restore crispness; then cover with berries or other fresh fruit; serve with milk or cream and sweeten to suit the taste. Better than soggy white flour "short-cake."

The Shredded Wheat Company, Niagara Falls, N. Y.

### OLD-TIME TOUCHES OF SHIRTING SEEN

Blouse Pretty in Its Simplicity For the Younger Girls



8243 Kimono Blouse for Misses and Small Women, 16 and 18 years.

WITH STRAIGHT EDGES ADAPTED TO BORDERED MATERIAL, ELBOW OR LONG SLEEVES.

This simple shirred blouse is a pronounced favorite of the season and very charming it is for small women as well as for young girls. It is essentially smart in its lines yet it is the simplest thing in the world to make. There are only two seams to be sewed. In the illustration, it is made of flowered crepe and the edges are turned under to form headings but, since the inner edges are straight, flouncing and bordered material can be used with success and, in such case, the edge of the material makes its own finish. Shadow lace flouncing which is greatly in demand would be charming with the inner edges left untouched and the sleeve edges turned under and finished with hem-stitching on the lines of the frills.

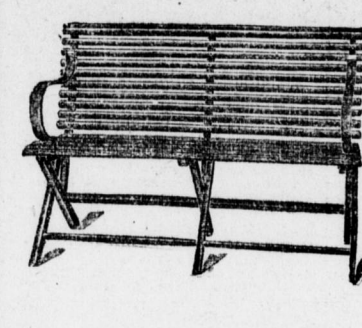
For the 16 year size, the blouse will require 2 1/2 yds. of material 27, 36 or 44 in. wide or 2 1/2 yds. of bordered material 27 in. wide.

The pattern 8243 is cut in sizes for girls of 16 and 18 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

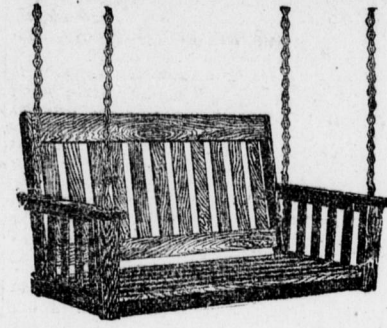
Bowman's sell May Manton Patterns.

# Get the House in Order CLEAN-UP WEEK, MAY 8

Here and there about the house something is lacking to make it just as inviting and comfortable as you would like it—worn or faded floor coverings need replacing or an old or rickety piece of furniture has out-lived its usefulness. And "here and there" in this great store you will find the needed piece. Better yet, you will find it priced LOW. We buy at LESS on account of the LARGE quantity we use, and pass this trade advantage which we have with manufacturers to our customers in PRICE SAVINGS. BURNS' prices are always LESS.



Bentwood Lawn Seat \$2.00



Mission Porch Swing \$2.00

### Clean-up Week Special

59c

for this floor mop. The equal of any \$1.50 mop. Every home needs one of these, and every home should have one at this special price. Come quick if you want one.

### Cedar Chests

The Problem of What to Do With Your Winter Clothes

In order to avoid moths can easily be settled by a cedar chest. They effectively prevent moths, and, in addition, are decidedly ornamental in any room. An unusually large selection to choose from here. We call your special attention to these.

CEDAR CHEST—Made to slide under a bed. Size 42 inches long, 20 inches wide. Best quality of cedar.

\$9.00

CEDAR CHEST—40 inches long, wood handles, good depth, \$12.00

CEDAR CHEST—52 inches long, 21 inches wide, very roomy. \$17.00

CEDAR CHEST—42 inches long, round corners, brass trimmings, \$20.00

### A Sample of the Values in the Porch Chair Section

69c

This comfortable rocker with woven seat. Well finished frame.

### Alaska Refrigerators

are known all over this vicinity, for we have been selling them for the last 10 years, and don't know of a dissatisfied user. They are priced no higher than other makes, and will last longer and consume less ice. Alaska Refrigerators are perfectly insulated so they will neither smell nor articles placed in them spoil.

Alaska Refrigerators are priced upward from

\$7.00

## Burns & Co.

28-30-32 S. Second St.

### Keywood A New Arrival in Reed Chairs

One like illustration. Made extra strong and very comfortable, natural finish, attractive seat and back cushions of cretonne.

\$9.00

### Sellers Kitchen Cabinets

are the standard because they are finished better and have every up-to-date convenience. We show a complete line of these labor-saving kitchen necessities. Prices upward from

\$24.00

Other cabinets as low as \$12.00.

Let me send you FREE PERFUME

Write today for a testing bottle of

## ED. PINAUD'S LILAC

The world's most famous perfume, every drop as sweet as the living blossom. For handkerchief, atomizer and bath. Fine after shaving. All the value is in the perfume—you don't pay extra for a fancy bottle. The quality is wonderful. The price only 75c. (60c.) Send 4c. for the little bottle—enough for 50 handkerchiefs. Write today.

PARFUMERIE ED. PINAUD, Department M. ED. PINAUD BUILDING NEW YORK

### SPECIAL Pictorial Review Patterns

Just Arrived From New York

The "New Russian Tunic" Skirts and The "New Paquin" Skirts

You cannot obtain these, the latest novelties, in any other pattern—

You will be months ahead in style if you adopt these new fashions.

The FASHION BOOK for SUMMER of the Celebrated PICTORIAL REVIEW PATTERNS will be on sale May First. Order it now.

Waist 5668—15 cents Skirt 5718—15 cents

Waist 5570—15 cents Skirt 5744—15 cents

## Dives, Pomeroy & Stewart

### To Restore Good Health

The first thing to do is to correct the minor ailments caused by defective or irregular action of the organs of digestion and elimination. After these organs have been put in good working order by timely use of

## BEECHAM'S PILLS

(The Largest Sale of Any Medicine in the World)

better digestion results, and then the food really nourishes and strengthens the body. The first dose gives relief and sounder sleep, quieter nerves, and improved action of all the bodily organs are caused by an occasional use of Beecham's Pills. They give universal satisfaction and in safety, sureness and quickness of action Beecham's Pills

### Have No Known Equal

Sold everywhere, in boxes 10c., 25c. The directions with every box are very valuable.

### News Items From Points in Central Pennsylvania

Special to The Telegraph

Marietta.—Last evening the Rev. H. H. Potcher, pastor of the Methodist Episcopal Church, delivered an address to the Spanish-American War veterans of this section at Wrightsville, who recently organized a camp. There was special music by the choir and a cornet solo by Miss Gertrude Y. Vile.

East Petersburg.—The Knights of the Golden Eagle of this section yesterday held their annual memorial services in the Castle Hall, which was very well attended. The memorial address was given by the Rev. Norman N. Lower, of the Evangelical Church, Shamokin. A number of officers of the State convention of the Order of American Mechanics arrived to attend the annual convention opening and continuing most of the week.

Tamqua.—A \$3,000 pipe organ was dedicated in Bethany United Evangelical Church yesterday. Presiding Elder F. E. Erdman preached the sermon.

Lebanon.—Thirty-one roses and thirty-one carnations were presented to Dr. Milton H. Stine, pastor of the Seventh Street Lutheran Church here, on the occasion of the thirty-first anniversary of his first pastorate here.

New Bloomfield.—The Rev. J. Potter Hayes, pastor of the local Presbyterian Church, will represent the Carlisle Presbytery at the General Assembly of the Presbyterian Church at Chicago this month.

Lebanon.—The Rev. Paul J. Dundore, pastor of the Reformed churches at Palmyra and Campbelltown, has resigned to accept a call to Latrobe. The Rev. Mr. Dundore, who came here seven years ago, will leave on June 1.

### Electrical Towboats Along Panama Canal

The first electrical towing locomotives for hauling vessels through the locks of the Panama Canal are being received at the Isthmus. In all forty "electrical mules" will be used. The mules are being built on each side, will ordinarily propel steamships through the locks. Sometimes six engines will be needed to handle extra large vessels; in every case two astern, acting as a brake on the ship's movements, will give direct to her coils. No vessel will be allowed to enter the locks and go through on her own power. The locomotive is propelled by means of a rack rail while towing and while going up or down the steep grades from one lock to another. It speeds of two miles per hour. While running idle or on turn racks, the speed is changed to five miles per hour and the machine is propelled by the regular traction method, the rack pinion being entirely released.—Electric Railway Journal.

### Recent Deaths in Central Pennsylvania

Lancaster.—Miss Jenie Behmer, of Lancaster, was married Saturday to Harvey L. Seltzer, of Palmyra, the Rev. E. O. Birdman, of the Palmyra Presbyterian Church, officiating.

Abbeyville.—Miss Martha E. Brill, daughter of Mr. and Mrs. John Brill, was married Saturday to Alfred W. Dillech, by the Rev. Martin J. Steffy, of the Sacred Heart Academy, of Lancaster.

Sunbury.—Miss Laura P. English and George W. Moyer, both of Sunbury, were married at Grace Lutheran Church parsonage by the Rev. J. A. Hartman.

Marietta.—Miss Eva E. Bostic, of West Marietta, was married Saturday to Amos E. Ney, of this place, by the Rev. H. H. Potcher, pastor of the First Methodist Episcopal Church, at the parsonage.

### EDWARD STOUGH A SUICIDE

Gettysburg, Pa., May 4.—Edward Stough, of New Oxford, this county, was found dead in a wooded back of J. H. Duttera's store in that town about 8 o'clock Saturday morning with a bullet hole in his head, inflicted by himself. An inquest was held by Justice of the Peace Straley, who impaneled a jury, which pronounced death due to suicide. Stough complained of ill health for some time past. He is survived by two brothers, Augustus, of near Hunterstown, and Charles, of New Oxford.

### Women Should Take Warning

If the statement made at a New York assembly of women, that healthy American women are so rare that they are almost extinct, is true, it is time for the women of America to take warning and look to their health. It may be headaches, backaches, dragging down pains, nervousness, mental depression, that are tell-tale symptoms of some organic derangement of which Lydia E. Pinkham's Vegetable Compound—a simple remedy made from roots and herbs—is a specific and may be relied upon to restore women to a healthy normal condition.—Advertisement.

### Cumberland Valley Railroad TIME TABLE

In Effect November 30, 1913.

TRAINS leave Harrisburg—

For Winchester and Martinsburg at 6:05, 7:52 a. m., 3:40 p. m.

For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and intermediate stations at 5:08, 7:52, 11:53 a. m., 5:40, 8:32, 7:40, 11:15 p. m.

Additional trains for Carlisle and Mechanicsburg at 9:48 a. m., 2:18, 2:27, 5:39, 9:30 p. m.

For Dillsburg at 6:05, 7:52 and 11:53 a. m., 2:18, 3:40, 5:32 and 6:30 p. m.

Daily. All other trains daily except Sunday.

J. H. TONGE, Supt. H. A. RIDDLE, G. P. A.

### EDUCATIONAL PREPARE FOR OFFICE WORK

DAY AND NIGHT SESSIONS Enroll Next Monday

### SCHOOL OF COMMERCE

15 S. MARKET SQ., HARRISBURG.

### Harrisburg Business College

Day and Night Business, Shorthand and Civil Service. Individual Instruction. 28th year. 329 Market St. Harrisburg, Pa.

### QUIT MEAT WHEN KIDNEYS BOTHER

Take a glass of Salts if your Back hurts or Bladder troubles you

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid, which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.—Advertisement.

Merchants & Sineers Trans. Co. "SPRING & MEATS TRIPS" Baltimore and Philadelphia —TO— Boston, Providence Savannah, Jacksonville

Through tickets on sale from and to all principal points including meals and stateroom accommodations on steamers. Fine steamers. Best service. Low fares. Staterooms de Luxe. Baths. Marconi wireless. Automobiles carried. Send for booklet.

City Ticket Office, 105 South Ninth St., Phila., Pa.

W. P. Turner, P. T. M., Baltimore, Md.

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