

Women AND their Interests

LEARN TO CONCENTRATE

BY ELLA WHEELER WILCOX



Every teacher and preacher tells us to think good deeds, to abstain from wrong thinking and wrong acting, and to love our enemies and do good to those who spitefully use us.

To each of us is given a certain amount of mental energy—of nervous force by filling ALL our lungs with fresh air many times a day, and by understanding and employing the LAW OF CONCENTRATION in the use of our minds.

Or we can deplete those precious forces by breaking the laws of health in diet, postures of the body, and habits of wasteful thought. It is a wicked misuse of thought to allow your mind to dwell on the unpleasant things in your own life or in the universe.

It is wickered to think of troubles which are past, to fear troubles which may come, to worry over the future and wonder why Providence does not arrange affairs differently.

Mental efficiency does not follow such methods of thinking. Intelligent men and women frequently scatter their forces by criticisms of the Power which permits the helpless and the criminal and the insane to live, while the young and happy and strong and useful are taken away.

Over and over we hear these comments and complaints. Of what avail are they?

And who can say that the time had not come for the passing onward of any soul that goes, however young and happy and needed.

Such use of our mental energies is wrong and foolish. It is brain destroying, not brain building.

Keeps all your thoughts for some constructive purpose. The moment you feel your mind going off on a senseless, useless tangent draw in the reins as you would draw them were you riding a refractory horse heading for a ditch.

Say to your foolish thought of fear, or gloom, or doubt, or worry, "Get behind me, Satan, thou art not so simple that the amateur can undertake in without hesitation. The sleeves give a raglan effect at the front and are cut in one with the back and there is no fitting to be accomplished. The skirt is circular and is joined to the body portion, there being pockets inserted beneath the laps.

FOR THE SCHOOL GIRLS

A Smart Practical Coat With The New Flared Skirt

By MAY MANTON



8376 Girl's Coat with Circular Skirt, 10 to 14 years.

Unquestionably the essential features of the autumn are found in the flared skirts and long waisted effects. Here is a girl's coat that combines the two. It is exceedingly smart and attractive yet is so simple that the amateur can undertake in without hesitation.

For the 12 year size, the coat will require 5 1/2 yds. of material 27, 3 1/2 yds. 36, 2 1/2 yds. 44 in. wide, with 3/8 yd. 27 in. wide for the collar and cuffs.

The pattern 8376 is cut in sizes from 10 to 14 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.

REFRESHING SLEEP

is worth a real dollar. If you want for a cool, comfortable room read TELEGRAPH WANT ADS.

School Census Will Show Increase; Distribute Books

School census books, all but one of which have been returned to Secretary D. D. Hammelbaugh's office, indicate an approximate increase of not more than a score of names of students of school age, but it is impossible to tell how much the enrollment this year will exceed that of 1913, because it is the newcomers, those who enter the first grade, and who are not enrolled by the censustaker unless they are 6 years of age, who go toward swelling the total.

Letter List

LIST OF LETTERS REMAINING IN THE Post Office at Harrisburg, Pa., for the week ending August 22, 1914. Ladies' List - Miss Missades Angus, Miss Ella Taylor, Mrs. Harry Gehner, Mrs. Myra Black, Wm. Bomer, Miss Irene Bonawitz, Miss Helen Breslin, Mrs. Ericker, Mrs. Lucy Brooks, Miss Caroline Brest, Mrs. James Miller, Laura Clouser, Miss Lizzie Hazy, Mrs. Frederick Hall, Miss Gladys Harbeck, Mrs. John Hoover, Mrs. Mary Johnson, Miss Josie Keibert, Miss Ivy E. Kelly, Mrs. Wm. King, Lady Miss (D. L.), Mrs. Harriet McCarter, Mrs. James McCure, Mrs. C. McFadden, Mrs. Miller, Mrs. W. R. Miller, Mrs. Barbara Munson, Miss Rachel Neuberger, Mrs. Nellie Nelson, Miss Parker, Mrs. Louise Porter, Mrs. W. F. E. Rineman, Mrs. Mandie Rowsey, Mrs. Wm. A. Stone, Mrs. William W. Tressler, Mrs. McAliffe, Mrs. Lucy Willets, Mrs. E. R. Williams, Mrs. Myrtle Wilson, Miss Lizzie Yoder.

FEARING PUBLIC ARREST, SHE GIVES HERSELF UP TO POLICE. Conscience-stricken, and not wishing to be publicly arrested, Blanche Butler, colored, gave herself up to Clarence O. Backenstoss, secretary to the Mayor yesterday. Blanche Butler was wanted by the police as a participant in a fist fight with Betty Alexander and Lizzie Johnson, also colored. The fight occurred Saturday night near State and Cowden streets. The Butler girl got away from the police, while the two other girls were being taken to the patrol box. Walking into the police station yesterday with no one but Secretary Backenstoss around, Blanche Butler said she was hiding from the police and did not want her friends to see her arrested. The three girls were each fined \$5 by Mayor John K. Royal.

APPENDIX REMOVED

Charles Brown, aged 23 years, of Bowman's Island, was operated on for appendicitis at the Harrisburg Hospital this morning.

Children's Drawers 4 1/2c VALUE 10c. Made of good quality muslin. Only 2 pairs to a customer.

KAUFMAN'S "UNDESELLING" STORE

Corset Covers 18c for VALUE 25c. Pretty styles, in fine longcloth materials.

Only 4 Days More of the Big Wind-Up Sale

Our Remarkable Spring and Summer Business, and the Carrying of Large Assortments Is Responsible For This Event--- You Cannot Afford to Miss It.

Small Women's Summer Dresses, 45c. FORMERLY SOLD UP TO \$3.50. Desirable wash materials, in dark and light patterns.

Women's Long Summer Coats 25c. FORMERLY SOLD UP TO \$5.00. Full length, tan linen and white Bedford Cord Coats.

Women's and Misses' Cloth Coats \$2.85. WORTH UP TO \$7.50. All-wool mixtures and serges, neat styles, also the favorite Bohemian style.

Women's and Misses' Cloth Coats \$3.95. WORTH UP TO \$10.00. Pretty Dress Coats, made of fine quality Bedford Cord and Cheviots.

Children's White Dresses 89c. FORMERLY SOLD UP TO \$3.00. Fine batiste and all-over embroidery dresses, slightly mussed from handling.

Women's & Misses' Summer Dresses ALMOST GIVEN AWAY. A Splendid Assortment of Beautiful Summer Dresses, \$1. Materials of Floral Crepes and Tissues in the favorite long Russian tunic styles.

Women's and Misses' Cloth Dresses \$1.85. VALUE \$4.50. Made of good quality serge, colors black and navy.

Women's and Misses' Silk Coats \$3.95. FORMERLY SOLD AT \$15.00. Stunning Black Silk Coats, lined throughout with satin.

Women's White Waists 79c. VALUE UP TO \$1.50. Pretty styles in organdies and voile. All sizes.

Save \$5 Now ON YOUR New Fall Suit \$20.00 Women's and Misses' Suits Specially Priced at \$15. The new Redingotes and straight line effects, in plain tailored and elaborately trimmed models.

Women's and Misses' Wash Dress and Skirts 35c. FORMERLY SOLD UP TO \$2.00. This season's styles, in white Bedford Cord and Pure Tan Linens.

Women's and Misses' Cloth Dress Skirts \$1.50. FORMERLY SOLD UP TO \$3.95. Made of all-wool serges, colors navy, black and brown.

Women's Bungalow Aprons 29c. WORTH 50c. Made of blue chambray and have patch pockets.

Women's Gowns 48c. VALUE 75c. Neatly embroidered and fine lace trimmed.

Men's and Suits Young Men's \$5.00. These Suits Fetch in Other Stores \$12.50 to \$15.00. They come in Worsteds and Cassimeres. Many of these Grand Suits are made of all-wool material.

Women's Petticoats 15c. VALUE 30c. Made of fine quality percale.

Women's and Misses' House Dresses 29c. VALUE UP TO 50c. Made of gingham, lawns and percales, in neat styles.

Children's School Dresses 95c. FORMERLY SOLD UP TO \$2.00. Galateas and gingham, desirable checks and stripes.

Women's Silk Hose 33c. VALUE 40c. Plain black and white, good quality silk.

Children's School Hose 11 1/2c. VALUE 15c. Black, heavy and light ribbed.

Ladies' Handkerchiefs 5c. VALUE 10c. Good quality initialed handkerchiefs.

HERE'S THE REASON SUGAR IS SO HIGH

England Turns to New York When the European Supply Is Cut Off

Most Harrisburgers who have been paying high prices for sugar know in a general way that the war is responsible for the excessive fee charged by dispensers of the saccharine product, but the inner reasons are set forth in the following bulletin issued by the Domestic Sugar Producers in New York: Europe and America are now engaged in a battle royal for sugar. That is the primary cause of the high prices that now prevail.

transportation. As another war measure for securing a supply of sugar, orders were issued in all the sugar-growing colonies of Great Britain forbidding the sale of sugar except for imperial use.

At the outbreak of the war the visible supply of sugar available for the American market was barely sufficient to last until the new crop of American grown sugar should begin to become available in October. The withdrawal of 100,000 tons from this supply created a serious shortage, and inquiries received in the New York market indicating that England would seek to obtain several hundred thousand tons more of sugar, and that other European countries might endeavor to purchase sugar here, threatened to make this shortage much more serious.

The prize for which the buyers of Great Britain and America are contending is the Cuban sugar crop. England and the United States each import annually about 2,000,000 long tons of sugar. The Cuban crop is about 2,500,000 tons, enough to supply one of these two big customers, but entirely inadequate to meet the needs of both.

from tropical cane growing countries scarcity of sugar while the war continues and probably for some time afterward.

The one great lesson for the American people in the present situation is the necessity of encouraging and developing the production from American soil of all the sugar required by the American people so that we may be independent of other nations and our customers may be assured of a permanent adequate supply of cheap sugar.

Absolutely No Pain. My latest improved appliances, including an oxygenized air apparatus, makes extracting and all dental work positively painless and is perfectly harmless. (Age no objection.) Dr. Phillips, Painless Dentist. Full Set of teeth \$5.00, Gold fillings \$1.00, Fillings in silver alloy cement 50c, Gold Crowns and Bridge Work \$3, \$4, \$5, 22-K Gold Crown \$5.00. Office open daily 8.30 a. m. to 6 p. m.; Mon., Wed. and Sat. 7.11 9 p. m.; Sundays, 10 a. m. to 1 p. m. Bell Phone 3322R. EASY TERMS OF PAYMENTS. 320 Market Street (Over the Hub) Harrisburg, Pa. It Didn't Hurt a Bit.

LINES IN THE FACE Make Women Look Old. and they show the effect of unnatural sufferings—of headaches, backaches, dizziness, hot flashes, pains in lower limbs, pains in groins, bearing-down sensations. These symptoms indicate that Nature needs help. Overwork, wrong dressing, lack of exercise, and other causes have been too much for nature—and outside aid must be called upon to restore health and strength. Dr. Pierce's Favorite Prescription. The Vegetable Remedy for Woman's Ills that relieves nervous exhaustion and irritability and removes other distressing symptoms due to disturbed condition of the delicate feminine organism. For over forty years it has been used with more than satisfaction by the young, middle-aged and the elderly—by wives, mothers and daughters. You will find it of great benefit. Sold by Medicine Dealers in liquid or tablet form, or send Dr. V. M. Pierce, Buffalo, N. Y., 50 one-cent stamps for trial box by mail. DR. PIERCE'S PLEASANT PELLETS Relieve constipation, regulate the liver, and bowels. Easy to take as candy.

Coal Is Cheapest and Best Now. To buy coal now is to buy it at the cheapest price for which it can be obtained during the year. And then you gain in quality, too, for the coal sent from the mines at this time of the year may be thoroughly screened before delivery, a difficult matter in cold weather when frost will cause the dirt to cling to the coal. So to buy Montgomery coal now is to buy the best quality of the best coal at the lowest price. Place your order. J. B. MONTGOMERY. Both Phones Third and Chestnut Streets.

Keeps Lit in a Stiff Wind

One thing you'll notice when you light a Safe Home Match is that it keeps lit in a stiff wind.

The flame "flickers," of course, but it does not go out.

The stick is absolutely dry—that is one reason for the superiority of Safe Home Matches. Another reason is, the head is unusually large.

We are within the limits of the truth when we say

5c. All grocers. Ask for them by name. The Diamond Match Company

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 handkerchiefs, stomies and fine. After shaving. All the value in the perfume you don't pay extra for a fancy bottle. The quality is wonderful. The price only 75c. (6 oz.). Send 4c. for the little bottle—enough for 50 handkerchiefs. Write today. PARFUMERIE ED. PINAUD, Department M. ED. PINAUD BUILDING NEW YORK