

Women AND THEIR INTERESTS

"Their Married Life"

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It was so hot that little sizzling blue heat waves kept dancing up and down before Helen's eyes. Helen was having rather a hard time getting used to the hot weather, as heat always tired her, and every move she made seemed to bring utter exhaustion in its wake.

That morning she had waked early with one of her headaches and had lain a long while watching the east streak with gold from her balcony window. Somehow it never seemed a bit cooler earlier in the morning than it did later on, at least she never seemed to feel any cooler, although Warren insisted that she imagined it, for it was always hotter in the middle of the day.

They had had breakfast in their room, and Warren had started out early for Panama City on business. Helen had not felt well enough to go, but somehow she felt better as the morning wore away and after she had fallen asleep again. The notion seized her suddenly to browse around in the shops all morning and then come home and have lunch in the glassed-in diningroom. Winifred was asleep and she would get the chambermaid to look out for her till she got back. It was the first time since they had struck the tropics that Helen had felt like exerting herself.

She took a cold shower and pulled fresh clothing out of her trunk. All the while she was dressing she sang a little song happily to herself, and her cool white dress, with its black velvet sash and streamers, her little white hat and her sport shoes all felt cool and almost comfortable. She went down the stone corridor and out to the glaring heat of the porch.

A carriage clattered up and she climbed in, and a moment later was driving down the quaint main street of Colon, which is the most fascinating part of the entire city. Not beautiful, and squalid beyond words in some parts, dusty and hot, but different because of the Old World foreign atmosphere.

Helen had a great desire to buy a Panama hat and one of the beautiful Japanese kimonos that she had heard were so cheap here. She ordered the driver to stop after she had reached the busy part of the town, and, paying him, began to stroll along slowly looking at the shops as she passed.

There was nothing in the way of an American store for blocks. Once she passed an apology for a drug store and finally a couple of stores with American goods in the windows. But the foreign shops, with fascinating pieces of gorgeous silks, heavy Japanese black wool, exquisitely carved ivory pieces and heavily embroidered kimonos, were crowded everywhere.

Almond-eyed Orientals looked at her curiously as she passed. There were no white people about, and finally, more to get out of the heat than anything else, Helen slipped into the cool darkness of one of the shops.

No one was there, and she walked around looking at things for a few moments, then she stepped up to the counter and asked to look at kimonos.

"What color, ma'am?" said the soft-footed, yellow-skinned man who waited on her. He was not a Japa-

Runaway June

By George Randolph Chester and Lillian Chester. Copyright 1915, by Serial Publication Corporation.

"Hooray!" On his side Henri jerked and, laughing gaily, sprinted after Marie. Up on the street, in the shelter of a warehouse, stood a touring car. As he ran Henri reached in his pocket for a key. Behind them came pounding the overcoat and cap, blowing a shrill watchman's whistle through the silt in the collar. The fugitive from justice, easily outdistancing the heavy rubber boots, gained the car. With a bow which had in it all the grace and gallantry which could have been displayed had he used much more time Henri assisted Marie to her seat. He sprang in beside her. He inserted his key. He pressed the starting button. Silence! Bah! The motor was cold!

"You're under arrest!" And an iron-like middle finger thumped Henri on the shoulder. A policeman had arrived. "Arrest, M. Officer!" cried Henri. "Impossible." And he made another effort to start his engine. "Look, the boat we have!"

"Do you know Officer Dowd?" asked Marie.

"Dowd?" repeated the solemn policeman, shaking his head.

"Do you know Officer Moran?"

"Can't say as I know Moran?"

"Do you know Officer O'Toole?" And she beamed high up into the solemn policeman's face.

"O'Toole? O'Toole? East side?"

"Listen, M. Officer, eh?" broke in Henri.

Marie had furtively kicked him on the shins.

"We took the boat, yes, but you will comprehend, monsieur?"

"Get it? He says he took the boat?" This was from the cap and the overcoat.

"Take 'em along!" rumbled the cap and overcoat.

"I guess I'll have to take you," the officer said regretfully. "Will you walk or will you ride? It's only up a couple of blocks."

"Walk!" exclaimed Henri in astonishment. "Never!" He rushed to the front of his car and cranked it. Off they went to the police station.



June as "the Spirit of the Marsh."

death. Before we could reach the hut there were shrieks upon shrieks in a young girl's voice, then shots, one after another. Wonderful! He shook back his long hair and laughed, and his wife paled. June trembled and grew faint with the memory of it, and her eyes distended with a recurrence of her terror. "As we burst through the tall marsh rushes I saw on the island this beautiful creature held by a gigantic murderer. A woman with a beautiful silk shawl over her rough clothing was running toward the hut. Another murderer was lying on the ground. Down the channel from the open water there came two speed boats, one driven by a man with a mustache, in evening clothes and a silk hat, and the other, driven by a round headed man, carried a dark, handsome fellow with a black Vandyke, who stood up shooting two revolvers. I fired in the air. The gigantic murderer dropped this beautiful creature, and she ran shrieking to my boat, in terror not only of the desperate bandit, but of the men in the boats. Jimmy threw on full speed, and away we darted, hotly pursued by an entire bay full of shouting, gesticulating people. It was marvelous! I have never enjoyed such a morning!"

"You poor dear!" The artist's wife was instantly contrite. "You must be tired and cold and half famished and frightened to death. And you're all wet!" She raised June by the hand.

"The Spirit of the Marsh," mused the artist, studying June critically.

Mrs. Durban's bright eyes sparkled back at him as she led June away to her own rooms, where she selected a negligee for her beautiful charge.

CHAPTER II.

A FURTIVE eyed butler with a young face on the withered and stooped body of an old man admitted the runaway bride and her escort into a magnificent studio hung with rare tapestries, embellished with exquisite paintings, fitted with quaint furniture and objects of art from all over the world. And here June Warner was introduced by Artist Durban to his wife, a bright eyed woman of great charm. She received June with almost gushing cordiality.

"The Spirit of the Marshes," laughed Durban, and it was with a professional eye that he this time surveyed the beautiful girl. "It was an utterly impossible adventure, my dear." He stood before an elaborately carved Florentine table, while the ladies sat in the inglenook, in the flare of the grateful fire. His eyes still glowed with the excitement of the morning, and he laughed. "First time I've had a chance to use the revolvers you make me carry when I go out for the marsh sunrise. I was busy sketching, trying to catch that wonderful scarlet of the sun and the mist—you know, my dear—when suddenly I heard a piercing scream. It could come but from one place—the hut. Immense!

time fails to give the necessary incentive to the nervous system.

"While the mind is often stimulated to good work for a short time by coffee or tea, any stimulus which they give is transitory, for there is a period of depression following the use of all stimulants. Experiments have shown that over indulgence in both have a tendency in the long run to dull the working of the mind.

"A moderate use may not be followed by any noticeable ill effect, but nervousness and disturbances of the digestive system is almost certain to follow the excessive use of either. Tea has an astringent action which is often harmful.

"Any value which might follow from the use of a warm beverage with meals, where the majority of the food is below the body temperature, is probably offset by this action. Hot water or the 'cambric tea' (hot water, whole milk and sugar) of our childhood days, is far better.

"Many people rely upon coffee and tea almost entirely as beverages and fail to drink the proper quantity of pure water.

Recent Deaths in Central Pennsylvania

Special to The Telegraph

Columbia.—Bernard Hohenadel, a resident of Columbia for the past fifty years, died at his home, aged 82.

Columbia.—Mrs. Martha Eckman, widow of Abraham Eckman, died at her home near here, aged 80.

Elizabethtown.—Mrs. M. A. Brubaker, aged 74, died yesterday after a long illness, having just returned from Florida. Her only survivor is one granddaughter.

Maricetta.—Mrs. Mary Jones, aged 82, a former resident, died at Reading yesterday from heart disease. One daughter survives.

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China Matting Rugs, good quality, one center seam; size 9x12, for \$3.50	Grass Rugs in green, with Wall of Troy border; size 9x12, for \$6.75
Japanese Matting Rugs—Size 36x72 49¢ Size 30x60 39¢	Fiber Matting in carpet patterns, at 30¢ per yard. 27x54 Axmins \$1.89 ter Rugs 1.89
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Take advantage of these values in our Carpet Department.

A SMART LITTLE FROCK
A Pretty Model That Allows of V-Shaped or High Neck.
By MAY MANTON



This is the season when simple frocks are sure to be needed, for mothers are preparing for the warm weather and washable fabrics must be considered. Here is one that can be made with v-shaped neck and rolling collar, or with high neck and standing collar. It is trimmed to give the chemisette effect, and can be worn either with a sash or without one. In the picture, it is made of a very dainty cotton crepe with trimming of colored linen, and the sash is of ribbon. The slashes are cut in front and in back and are finished with bound edges. The shirtings at the shoulders are held in place by a plain yoke or stay stitched to the under side. Almost any pretty child-like material can be used in this way, challis or other light weight wool as well as the cotton materials, and among the latter is to be found a very great variety. The frock is closed for the full length at the back, and that treatment means that it is easy to iron. For the sash can be used ribbon or soft silk or the material finished with hem-stitched edges.

For the 8 year size will be needed 3 yds. of material 27 in. wide, 2 3/8 yds. 26, 2 1/2 yds. 44 in. wide, with 3 yds. 27, for collar and cuffs, 1 1/2 yds. of ribbon 8 in. wide for the sash.

The pattern No. 859 is cut in sizes from 4 to 10 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.

CAMBRIC TEA BEST WARM DRINK--DIXON

State Health Commissioner Says Coffee and Tea Might Be Easily Dispensed With

Coffee and tea are put into the stimulant class and cambric tea of childhood days is declared to be the best warm beverage at meal time by Dr. Samuel G. Dixon, the State Commissioner of Health, in his weekly talk on hygiene. The talk is the sixtieth to be given by the Commissioner and he gives his ideas about what should be the universal tippie, pure water.

The Commissioner says: "Coffee and tea are the two beverages used almost universally by the adult population throughout the civilized and semicivilized world.

"It is impossible to say how many tens of millions of dollars are expended upon them annually. Although their use has steadily increased, they might be discontinued by the multitudes who have formed the habit without the loss of any benefit, and in the majority of cases abstinence would result in distinct physical gain.

"Neither coffee or tea are to be considered foods. Both are stimulants, and in the majority of cases their use is a stimulant. As with all other stimulants, there is a continual tendency to over indulgence, because a moderate allowance after a

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If you're headachy, constipated, bilious or stomach is disordered and you want to enjoy the nicest liver and bowel cleansing you ever experienced, take a tablespoonful of "California Syrup of Figs" to-night and in the morning the public to ask plainly at drug stores for a 50 cent bottle of "California Syrup of Figs," and see that it is prepared by "California Fig Syrup Company." We make no cheaper size, hand back any "counterfeit" with contempt.—Advertisement.

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All Dictionaries published previous to this year are out of date

The Man Who Spends All He Earns

will be a slave all his life. Don't you be one! Take your first step towards independence by placing a part of your wages in the **FIRST NATIONAL BANK** this week, and it will be safe and earn a fair rate of interest. The only way to accumulate money is to save it.

224 MARKET STREET

Had Lung Trouble and Expected to Die

The many recoveries brought about by Eckman's Alternative are attracting wide attention. Read about this case:

33 B St., Keyser, W. Va.

"Gentlemen—I was taken sick in November, 1908. I grew steadily worse. Had no consultations. The verdict was the fever had affected my lungs and that my case was hopeless; only gave me opiates. My physician had tried most all kinds of treatment and none did me any good, so he asked me to try Eckman's Alternative. I began my Alternative. I was in bed from 29, 1908, to 25, 1909, and was thought dying several times. To-day I am healthier and stronger than I have been for years. (Signed) MRS. H. K. BRILEY.

Eckman's Alternative is most efficacious in bronchial catarrh and severe throat and lung affections and upbuilding the system. Contains no harmful or habit-forming drugs. Accept no substitutes. Small size, \$1; regular size, \$2. Sold by leading druggists. Write for booklet of recoveries. Eckman Laboratory, Philadelphia, Advertisement.

Every Man Read This

This treatment is said to have acquired a wonderful reputation throughout the East, owing to its peculiar propensity to fortify the nerve force and generate health and a consequent personal magnetism, so essential to the happiness of every normal human being. It is claimed to be a blessing to those who are physically impaired, gloomy, despondent, nervous and who have trembling of the limbs, dizziness, heart palpitation, cold hands and feet, insomnia, fear without cause, timidity in venturing and general inability to act rationally as others do. Also of vast benefit to writers, professional men, office workers and the victims of society's late hours and over-indulgence in wine, liquors, etc.

By preparing the treatment at home secretly, no one need know of another's trouble, while the ingredients are much used in filling various prescriptions, so that even the purchase of them separately need occasion no timidity.

If the reader decides to try it, get three ounces of ordinary syrup of sarsaparilla compound, one ounce compound fluid balsam-wort; mix and let stand two hours; then add one ounce compound essence cardiol and one ounce tincture endomene compound (not cardamom) mix all together, shake well and take a teaspoonful after each meal and at night.

This contains no opiates whatever and may also be used by women who suffer with their nerves with absolute certainty of prompt and lasting benefits.

[To Be Continued.]