

For the Woman Who Knows

For the woman who knows, nothing need be said as to the merits of Peruna. She knows already that Peruna is a great remedy for her many ailments.

But there are many women who do not know that a valuable remedy Peruna is. Catarrhal complaints of any sort, whether of the head or the internal organs, yield to Peruna if taken regularly.

Mrs. L. A. Patterson, 235 Utah Ave., Memphis, Tenn., is one who knows. "I have been a friend of Peruna many years. We always recommend it to our neighbors."

Mrs. L. Martin, Yolo, Cal., also knows of Peruna. "I am sure Peruna saved my life. I had been very sick three months. Doctors were in despair. No one can describe my joy and happiness because of the change Peruna produced in me."

Women in all walks of life are making similar statements. They also testify to its reliability and valuable household remedy. Every woman should have a copy of "The Ills of Life."

Sent free from Columbus, Ohio

The Peruna Co.

MANY CASES OF RHEUMATISM NOW

Says We Must Keep Feet Dry, Avoid Exposure and Eat Less Meat

Stay off the damp ground, avoid exposure, keep feet dry, eat less meat, drink lots of water, and above all, take a spoonful of salts occasionally to keep down uric acid.

Rheumatism is caused by poisonous toxin, called uric acid, which is generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine.

At the first twinge of rheumatism rest from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This will eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

FINE TREATMENT FOR CATARRH

It is very easy to make and costs little. If you have catarrh do not be misled or lulled into believing you can obtain a cure for your trouble by breathing a simple medicated air.

Catarrh is a constitutional disease and inhalers, sprays and nose douches merely temporize with the disease and, if ever, bring any lasting benefit. To effect a cure use a remedy that drives the disease from your system.

Do not employ a remedy that will drive the disease down into your lungs or bronchial tubes. Such methods often lead to consumption, and frequently produce catarrhal deafness and nose.

If you have catarrh in any form go to your drugist and get one ounce of Farmint (Double Strength), take home and add to it a pint of hot water and 4 ounces of granulated sugar; until dissolved, take a tablespoonful four times a day.

The first dose should begin to relieve most miserable headache, dizziness, sore throat, running of the nose, catarrhal discharges, head noises and other loathsome symptoms that accompany this disgusting disease of small, defective hearing and a drooping in the back of the head.

PILES RELIEVED

Eczema, Salt Rheum, Ulcers, Old Sores and Carbuncles

The influence of San-Cura ointment at surprising improvement is quickly that it seems almost instantaneous.

For piles of piles like those of F. Gilbert of Titusville, Fla., before the marvelous antiseptic ointment. Mr. Gilbert writes: "I suffered with itching piles; at times I used to get the house for more than two years ago I began San-Cura Ointment and one day I was a firm and permanent cure. I am not troubled since."

San-Cura Ointment is guaranteed by A. Gorgas, who is the agent in Harrisburg to help any of the above diseases or money back. It does not pain from burns, cuts and draws out the poison and relieves in a short time. 25c and 50c packages. A. Gorgas.—Advertisement.

Cumberland Valley Railroad TIME TABLE

In Effect May 24, 1914. TRAINS Leave Harrisburg for Winchester and Martinsburg at 5:02 p. m. ... For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and Intermediate stations at 5:03, 5:50, 11:53 a. m. ... Additional trains for Carlisle and Mechanicsburg at 9:48 a. m., 2:13; 3:27, 8:30 p. m. ... For Dillsburg at 5:03, 7:50 and 11:53 a. m., 2:13, 3:40, 6:32 and 6:30 p. m. ... H. A. RIDDLER, Gen'l Mgr.

RUDOLPH K. SPICER Funeral Director and Embalmer 312 Walnut St. Main Phone

WOMEN AND THEIR INTERESTS

The Ogre Jealousy

How He Creeps Into the Heart and Makes Life a Torment

By BEATRICE FAIRFAX. Most people, when making a summary of their own good points, are seriously, "I haven't a particle of jealousy in my nature," and most people making this statement are telling vast untruths.

The most usual form of jealousy is that of begrudging the right of one's loved one to care for other people beside one's self. A loving and otherwise happy wife will make herself miserable because of her husband's affection for a favorite brother or some congenial comrade, or even because of a fancied interest in some of her women friends or in some girl he meets in a business way.

A girl will be miserably jealous of her sweetheart's mother or of some one friend he chances to mention to her.

Men, too, are prone to this vice and when they are subject to it, it is all too likely to take a violent and dangerous form. But when women with nothing better to do but devote themselves to being jealous of all sorts of "phantom rivals," they succeed in destroying their own peace of mind and that of practically every one who comes within the radius of their misanthropic feelings.

There is probably no cure for jealousy except the swing of the pendulum of one's common sense toward sanity, kindly judgment and the saving grace of a sense of proportion.

Jealousy takes the form of fearing the known and seen and that of suspecting all the vast realms of the unknown. The wife who fears all the people of whom her husband talks affectionately, and the man who dreads the individuals over whom his sweetheart waxes enthusiastic, are alike absurd and illogical.

The woman who resents the existence of people whose influence she suspects of swaying her lover's mind, and the man who conjures up fancied rivals, are after all fighting nothing more serious than their own fevered imaginations. If these sufferers would only say to themselves, "after all, I am merely calling into being things that probably do not exist, and am looking for trouble that I may actually cause by thinking it long enough," I certainly won't be so silly as to face imaginary rivals, and to waste my own energies in fighting battles with enemies who don't exist.

If there are real rivals for one's affection in the world, it would be very sensible to save one's energies for a conquest of them, and not to waste one's self tilting at shadows. Fancied rivals exist only in your own brain. Make sure that the shadows of evil shadows cast by their own minds.

The mistake that most jealous people make is to sit and brood over their jealousy itself. The real way to fight the thing is first to make sure there is a cause for it and then to set about removing the cause. Don't hate your rival, don't distrust your faithless admirer, but instead proceed to see what charms you may emulate in your rival, and what weak points you may painfully evident by your own superior fitness.

By the time you have gone actively about removing the cause of your jealousy and analyzing the situation, you will find that the thing has reduced to absurdity, and the whole thing will seem only a thing to laugh at.

After all, when you begin to catalog and tabulate and analyze jealousy, you are likely to find the most blameworthy person in a whole long list of people to be yourself.

And when you come to despise jealousy itself you will probably turn into a sane, broad-minded, lovable person who could never, in the nature of course of things, have anything to be jealous about!

Practicability Is Keynote of Central High Cooking School

Need For Cleanliness Impressed Upon Students; Girls Can Already Prepare Meals "Just Like Mother"; Learn How to Balance the Meal; Suggestions From Home Often Adopted; Nothing "Fancy" or "Newfangled" About System; Removing Adam's Chance to Blame It on Eve

A large, well-lighted and well-ventilated room. In this corner a highly polished, gleaming kitchen range with the burners bright and clean. A large gas stove of the most modern design; along one side several scrupulously clean, white enameled sinks and a cool looking refrigerator on the other side rows of well-scoured, shining pots and pans.

Four lines of desk-like tables, arranged to form a hollow square, a score of girls were stationed about a table. They were busy at their work, and white-capped little misses scurried about the room, busily darning here and there, each with a mixing bowl in hand, sifting flour, breaking eggs, measuring and pouring liquids.

That is, in a high school "cooking school"—or, more properly, the domestic science branch of Central high school—as it impresses you, as you step through a door into the basement at Central.

Yet are met by Miss Frances Hamilton, the teacher. She is white-aproned and white-capped like the pupils. She smiles and immediately you feel at home.

It was rather late yesterday when a Telegraph reporter visited the "kitchen" and the little "housekeepers" were busy scrubbing, scouring, washing and cleaning their tables and utensils preparatory to ending their afternoon's work.

Spotless Town. And how they worked! Never did your grandmother with ashes scour her old iron more thoroughly than these white-aproned little misses scrubbed and polished their aluminum and granite utensils. When they were done everything fairly glistened. Spotless is the one word that describes everything.

As Miss Hamilton describes the work her pupils have already done, the work they are now doing, and what she hopes to have them accomplish, her ideas of a "cooking school" undergo revolutionary changes.

It was always under the impression that you taught girls how to do a lot of foolish, new-fangled stunts with food in a cooking school," you may sheepishly exclaim as Miss Hamilton reels off a list of things that the girls know how to cook.

The Things They Can Cook. And it's a revelation, the things those trim, capable little misses can cook. Scalloped oysters, baked apples, apple tart, whipped cream, custard, creamed peas, creamed vegetables, soups of all kinds, sauces of every variety, biscuits of the light, tasty kind, rolls, cakes, jellies, puddings, candies, roast meats and gingerbread. Can your mother beat that?

Then they have learned how to treat burns. Simple, you say? Yes, but you know there are hundreds of household who would apply the wrong thing. And they can make a fire. Just think what this means for the husbands that will soon be and last, not least, they are taught the cleanliness in the kitchen is an absolute essential. If you want to see how well the girls have learned this lesson and strolled up to Central and take a look at the kitchen. It is absolutely spotless—no other words describe it.

How to Balance the Meal. Then, too, the young cooks have learned how to balance a meal. As Miss Hamilton explains it, that means they know just how much protein, carbohydrates, fat, oil and water to have in each and every meal to make it balance.

"In other words," explained the teacher, "they know better than to serve roast beef, macaroni and cheese and scalloped potatoes in school, salad at the same meal. They know how to vary the menu." If you are a traveling man and stop at many Pennsylvania hotels, you will find a boon to humanity it will be when every cook learns this lesson.

Another thing that impresses you at Central's cooking school is the evident willingness to work that the pupils exhibit. "It's no trouble at all," proudly declares Miss Hamilton, "to keep my girls at work in the kitchen. It is a terrible difficulty in restraining them from doing too much. You see, each girl literally eats the results of her own skill and that alone is an incentive to them to excel. Then, the only work is fascinating to girls. They love it."

Where Mother Comes In. Each girl not only learns to cook in the school, but she is urged to carry on her studies at home. While no credit is given for work done at home, yet each day as the roll is called the girls respond with a list of the things they have accomplished or helped to accomplish at home. If mothers have any suggestions for improving the student's work, they are made and the girl explains her mother's suggestion in the school. If it is a good one it is adopted.

Then, as it frequently occurs, there is a new way of doing a thing learned in school and the girl explains it to operation to her mother. The result is a working wonder for the girl pupils in Miss Hamilton's classes.

There is nothing "fancy" or "new-fangled" at Central's cooking school. The girls learn how to make the same delicious, appetizing dishes your mother or wife makes, and they make them in the same way. The only difference is that your wife or mother learned by the light of her own bitter experience.

What Eve Gets Her Come-back. "Just what is the object of your school, Miss Hamilton?" the teacher was asked. "Why to make better citizens," flashed back the teacher, "and," she added smilingly, "to remove Adam's chance to blame it on Eve."

IN THE FASHIONABLE EMPIRE STYLE.

A Smart Frock Adapted both to Wool And to Washable Fabrics.

By MAY MANTON



8578 Empire Dress for Misses and Small Women, 16 and 18 years.

Empire styles not alone are exceedingly smart, they are almost always becoming to girlish figures. This dress can be made of serge as it is in the illustration, or from linen, from pongee, or from other washable material, or if something still handsomer is wanted, it can be made from poplin or from silk, and in whatever way it is treated, it gives extremely smart lines and the newest lines as well. For the simple dress, pockets will be desirable, but if an afternoon's frock of silk is wanted, they would be omitted.

There is a three-piece skirt and a perfectly plain blouse that are joined by means of a belt. The high military collar makes a feature of the Spring, but later we will want the square neck and shorter sleeves, and the suggestion in the small view is a good one for washable materials. Since the frock is closed with buttons and buttonholes for its entire length, it is one of the simplest possible to wash and clean. The trimming of contrasting material cut into bands and arranged under the front edges is a good one, but any finish adapted to the material can be used.

Braid or banding could be applied over the front edges or, when serge or gabardine is used, a narrower design braided in soutache would be pretty. For washable material, scalloped edges would give a good effect. For the 16 year size will be required 5 yds. of material 27 in. wide, 3 3/4 yds. 36, 3 1/4 yds. 44, with 1 1/4 yds. any width to trim with straight bands as illustrated.

The pattern No. 8578 is cut in sizes for 16 and 18 years. It will be mailed in any address by the Fashion Department of this paper, on receipt of ten cents.

Bowman's sell May Manton Patterns.

Water Supply Gives Projects Approval

The State Water Supply Commission last night issued its approvals of the applications at the recent session. In the list was that for the coal wharf at the island.

Other applications acted upon favorably were: Commissioners of Dauphin county, for permission to construct a bridge over Little Conestoga creek at Lykens, Pa. Gratz Water Company, for the supply of water to the public in Gratz borough, Dauphin county.

The Pennsylvania Railroad Company, for permission to make a change in the superstructure of bridges No. 118.53 (old No. 152) across Mahanogony creek, about 650 feet from the mouth of the creek, and about 1.16 miles west from Mahanogony station, between Dauphin and Northumberland counties.

The Lancaster, Elizabethtown and Middletown Turnpike Company, for permission to make a change in or addition to a bridge across Little Conestoga creek, along Lancaster, Elizabethtown and Middletown turnpike, on the boundary line between Manheim and East Hempfield townships, Lancaster county.

The Susquehanna Coal Company, for permission to change the channel of Bear creek, for a distance of 500 feet, at a point 4,000 feet above mouth of such stream, in Wisconsin township, Dauphin county.

Christian Hess, for permission to make permanent repairs to his mill dam across Fishing creek, Newberry township, York county.

Letter List

LIST OF LETTERS REMAINING IN THE POST OFFICE, at Harrisburg, Pa., for the week ending April 24, 1915:

Ladies List—Mrs. J. B. Anderson, Miss Rose Anderson, P. Bentz, A. Blair, Mrs. Harry Black, Miss Ruth M. Blair, Mrs. Anna Chrisman, Miss Charlotte Christman, Mrs. May L. C. Gunnels, John Harder, William B. Hay, Frank Hoffman, Joe Hummel, E. E. Evely, Miss Mabel Gordon, Mrs. G. H. Guillard, Mrs. Clara Hake, Mrs. Clarence Haugh, Miss Marie Henry, Miss Evely Horst, Miss Minnie Johnson, Mrs. John J. Kelley, Mrs. Eleanor Mercer, Mrs. Bessie Miller, Mrs. S. P. Mitchell, Miss Lucy Myers, Mrs. Margie Nutter, Mrs. J. Nunger (D. L.), Mrs. Maggie Ort, Miss Bernice M. Price, Miss Mary Rajce, Mrs. Minerva Raydenbush, Miss Olive Shaffer, Miss Jennie Singer, Mrs. Annie E. Thompson, Mrs. F. W. Wagner, Mrs. M. A. White, Mrs. Bruner Young.

Gentlemen's List—H. C. Anderson, James B. Anderson, P. Bentz, A. Walker, George Burgess, Dan Carner, Walker S. Clark, R. S. Coughlin, Dr. F. F. Daner, William D. Dunlop, D. O. Gunnels, John Harder, William B. Hay, Frank Hoffman, Joe Hummel, E. E. Evely, Miss Mabel Gordon, Mrs. G. H. Guillard, Mrs. Clara Hake, Mrs. Clarence Haugh, Miss Marie Henry, Miss Evely Horst, Miss Minnie Johnson, Mrs. John J. Kelley, Mrs. Eleanor Mercer, Mrs. Bessie Miller, Mrs. S. P. Mitchell, Miss Lucy Myers, Mrs. Margie Nutter, Mrs. J. Nunger (D. L.), Mrs. Maggie Ort, Miss Bernice M. Price, Miss Mary Rajce, Mrs. Minerva Raydenbush, Miss Olive Shaffer, Miss Jennie Singer, Mrs. Annie E. Thompson, Mrs. F. W. Wagner, Mrs. M. A. White, Mrs. Bruner Young.

Foreign—H. R. Harwood, Peter Forgia, Yuesh Mitchell, Tony Westan. Persons should invariably have their mail matter addressed to their street and number, thereby insuring prompt delivery by the

FRANK C. SITES, Postmaster.

OPEN SEWER BIDS MAY 7. Bids for the following: Dr. and Mrs. Walter Faris, Mr. and Mrs. William Nell, of Steelton; Miss Anne Miller, of Dauphin; Miss Heck, Mr. Rockwell, and Nicholas H. Heck.

KAUFMAN'S TEMPORARY STORE 9 N. MARKET SQUARE

For Tomorrow, Wednesday Only A Rousing Big Sale of Over 500 Newest Untrimmed Hats

This Special One-Day Sale gives you an opportunity of selecting the newest and best Untrimmed Hats ever offered in a sale in our city. And at prices which are lower than ever quoted anywhere. Our crowded space in our temporary store compels this sacrifice in order to make room for our Summer stock which is arriving daily.



Untrimmed HATS 29c
Worth to \$1, For Rough Braids, Chip Hats and Hemp Hats, Newest Shapes black and colors.

Untrimmed HATS 49c
Values to \$1.25, Good Quality Chip and Hemp Hats, Newest Shapes, black and colors.

Untrimmed HATS 69c
Values to \$1.50, Hemp Hats With Cable Edges; Large, Small and Medium Shapes, black and colors.

Untrimmed HATS 89c
Values to \$2.00, Fine Quality Milan Hemp Hats, With Cable Edge. All Styles; Choice of black white and colors.

Kaufman's Temporary Store 9 NORTH MARKET SQUARE

Woman With Price of \$500 on Her Head to Speak Here Friday Afternoon

Rose Livingston, of New York, who will speak here at the Technical high school next Friday, is a woman with a price actually upon her head. A dozen times during the past seven years efforts have been made to kill her by "cadets" and other denizens of the underworld who resent her rescue work among the white slaves of China.

She has been repeatedly beaten and stabbed and now carries a bullet in her breast as the result of one of the attempts to take her life. Yet notwithstanding these attacks and the fact that the leaders of the underworld have offered \$500 to anyone who can "get" her, she still continues her rescue work in the dives, saloons and other resorts of Greater New York where "the girl who disappears" is so frequently found.

Her work is made possible by a women's society of a Brooklyn church, which sponsors her and makes itself responsible for her personal maintenance.

LANCASTER COUNTY WEDDINGS

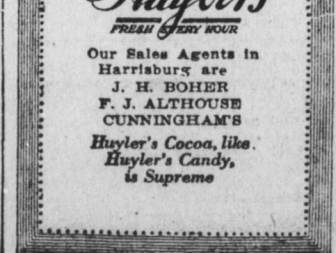
Special to The Telegraph. New Holland, Pa., April 27.—Miss Lillie M. Overy was married yesterday to Lloyd Killian, at the parsonage of the United Brethren Church, by the pastor, the Rev. Ira R. MacDonald.

Blue Ball.—Miss Kathryn Kalder, of this place, was married to Samuel H. Mentzer, of East Earl, at the parsonage of the Lutheran Church by the pastor, the Rev. J. W. Smith.

Maytown.—Miss Margaret Sterner, of this place, and Christian Brandt, of East Donegal, were married yesterday by the Rev. Ira MacDonald, at Shippenburg. The Rev. Mr. MacDonald was a former pastor here.

EXAMINATION FREE

Only the choicest materials obtainable in the world's markets are used in



Dr. Phillips, Painless Dentist

CANADIANS STOP GERMANS

London, April 27.—To the Canadians belong the honor of spooling the German's plan in Flanders, according to a dispatch to the Daily Mail from its correspondent in Northern France. They were supported in turn by a French force, by Belgians and by English regiments. The guns they lost temporarily were not behind their line, but on the left side.

GOLD DUST
—it actually works at hundreds of tasks daily

"Let the Gold Dust Twins do your work" is much more than a popular phrase. It is based on truth, an actuality, for Gold Dust really works.

The millions of women who use it for dishwashing and scrubbing know this. But Gold Dust should be used for cleaning and brightening everything. It is the only washing and cleaning powder needed in any home.

The small quantity required is quickly taken up by hot or cold, hard or soft water—forming a perfect cleaning solution. The valuable antiseptic cleaning agent it contains helps to make things sanitarly clean, as well as bright and new-looking. Sc and larger packages sold everywhere

THE K. FAIRBANK COMPANY MAKERS

Absolutely No Pain

My latest improved appliances, including an oxygenated air apparatus, makes extracting and all dental work positively painless and is perfectly harmless. (Age no objection.)

Full Set of teeth... \$5.00
Gold fillings... \$1.00
Fillings in silver... 50c
Gold Crowns... \$3.00
22-K Gold Crowns... \$5.00
Office open daily 9:30 a. m. to 7 p. m.; Mon., Wed. and Sat. till 10 p. m.; Sundays, 10 a. m. to 1 p. m.
Bell Phone 2322R

EASY TERMS OF PAYMENTS

Dr. Phillips, Painless Dentist

320 Market Street
(Over the Hub)
Harrisburg, Pa. It Doesn't Hurt a Bit

CAUTION! When Coming to My Office Be Sure You Are in the Right Place.