

WOMEN AND THEIR INTERESTS

WHAT HAPPENED TO JANE

By Virginia Terhune Van de Water

Chapter XXXI.
(Copyright, 1915, Star Company)
The night of Jane's arrival in her husband's home was one of the dreary occasions of her life.
She had fortified her fainting spirit with the hope that in Augustus Reeves' house was a woman who having been young herself and having known sorrow of one sort or another, would have at least a feeling of interest in the girl who was to live with her.
So to-night, as the depot wagon driven by Dan turned in at the farmgate, the young wife looked out eagerly for the lights that she was certain would be shining to welcome her. But instead all the main part of the big house was dark. Only from the kitchen a light glimmered.
The front door was locked and he knocked loudly. A moment later was the sound of bolts being drawn and the door swung open, revealing Mary Baird standing there with a candle in her hand.
"Why have you got everything dark like this?" Reeves asked gruffly. "What kind of a way is this to have the house when we're coming home?"
"I was in the kitchen," the woman replied in a sullen voice. "Here's the lamp on the table where it always is. There are matches by it."
By the time that Jane had climbed, unassisted, from the wagon, Augustus had lighted the lamp.
"Put the bags down here, Dan," he said. "Don't step on the carpet with your dirty boots. Come in, Jane! I expect you're most frozen."
Mary Baird, after standing for a moment, had started back in the direction of the kitchen as Jane entered the hall.
"Good evening, Mrs. Baird!" the girl called.
She was determined to make friends with this, the only companion of her own sex in the household.
Mary hesitated, glanced around and nodded. "Good evening!" she muttered. "That's nice," the girl said. "It's a bitter cold night, and I know your supper will taste good."
But Mary went on into the kitchen without another word.

"May I go up and wash for supper, Augustus?" Jane asked tremulously. "Sure!" Pick up that other bag—I've got two myself—and come on up."
"I guess Mary's got water and everything here," Reeves remarked as he deposited the bags at the foot of the bed. "This is our room, though there's a smaller one next to it that I sometimes use. There's a bed in there, too. You can keep your clothes in one room, and I'll keep mine in the other."
He went into the adjoining chamber and lighted the lamp. Jane followed him.
"This is a nice little room," she said. "I wonder if I might not use it as a dressing-room."
"I don't care," the man replied. "Call it a dressing-room if you want to. It amounts to the same thing—a room where you keep your clothes."
She removed her hat and coat, and going over to the washstand bathed her face and eyes. The cold water served to check her hysterical inclination to cry.
She heard Augustus go down stairs while she was arranging her hair in front of the mirror. Then, as the only exit from the small room was through the large one, she put out her lamp and went into the room she and her husband were to share. A chill seemed to strike her as she crossed the huge apartment.
"I hate this room! I hate it!" she whispered.
She paused for a moment, battling with the sensation of dread she felt creeping over her. It was foolish, she chided herself—senseless.
As she stood still, battling with her own weakness, she recalled vividly a story she had read years ago. It was about a house in which a man had committed suicide, and any sensitive person who tried to sleep in the room in which the poor wretch had died was always seized with a sense of indescribable horror.
She shook her head impatiently. "I am getting to be a silly fool!" she muttered. "I will try to behave myself like a sensible Christian and go down to supper."
And, extinguishing the light, she hurried downstairs.
(To Be Continued)

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER 2.
The house that we live in is built of selected materials, but the inmates of that house, in building their own tissues, leave everything to chance.
We spend time, energy, money and employ the skill of architects and designers in building a home. We see to it that the foundation stones are well laid, the beams solid and strong; the woodwork and plaster without flaw, skillfully joined. We superintend the installation of the boiler and inspect the steam fittings. There must be no guesswork about the gas pipes. The electric wires must be carefully insulated and protected by proper fuses. All the workers are trained and skilled.
But the work is not done. A city inspector examines the plumbing to see that it is not defective. Thoroughness is the price of durability. If it is in his power, he knows that poor material, shams and veneer, mere surface and show, will betray themselves inevitably.
"Of the shell house!" But even for such a house what careful scrutiny is exercised in selecting rugs, carpets, furniture and curtains. What intolerance is declared at the discovery of a symbol and a shadow!
You build a house, it was not permitted that your parts should be thrown together by chance! It was not fitting that your owner should say, "Let the house be made of whatever else to capricious fortune or the hazards of a guess."
You were no blind accident, no whim, caprice, or empty dream, yet you were not to shelter a family of children, ministering women, useful men.
What of that? What of the human framework, the supporting bones, the connecting tissues, the cords that carry the human boiler and the human pipes, the internal organs, arteries and glands? What about the human wires, the nerves, and fibers that carry life to the human boiler and the human pipes? What about the human laboratory where all life's processes are regulated? What about the human workshop where these processes are carried on?
When the house is built the work is done, but the wonderfully organized inmate of that house is not content with wearing and wasting away. Repair is necessary; incessant, never-ending repair.
What about the proper repair materials? Is it not known that they

are to be found in food and food alone? Honestly for the sheltering house and sham, fraud, make-believe for its suddenly careless, indifferent, whimsical owner.
No businessman tolerates an inefficient unit in his organization. No musician tolerates a jarring note in his symphony. No physician tolerates, knowingly, the presence of incompatible prescriptions; but in twenty million homes throughout the United States to-day there is complacent toleration for food frauds, consumed with smacking lips and smiling eyes that are cruelly crippling the race.
Perhaps you believe that these are wild words, but I intended to prove every statement here set down so convincingly and so conclusively that not one of them can be challenged successfully.
I have spent many years at this work, but until 1912 made little progress. My public utterances were greeted in high places with lofty sarcasm and swept aside by the authorities as unworthy of consideration.
Then came a long period of dragging the truth into the courts. During the three years ending from January, 1913, to the end of 1915, in municipal, State and Federal courts I have obtained the conviction of three hundred food frauds who, prior to their prosecution, had been beyond the reach of screens prepared by the authorities who denied emphatically that my "un-supported charges" were true.
The court records in all these cases, without a single exception having withstood the scrutiny of judge and jury, have finally opened to my story the independent newspapers of the country, and at last the fruits of a long and arduous struggle are to be given to the people.
A hundred food frauds constitute the building material upon which "Young America" depends for growth and sustenance under the eyes of the law. Every pound of these food frauds is a pound of excess baggage borne by the growing child, the prospective mother, and the invalid.
Every pound of food that has been juggled, changed, denatured, or drugged is balanced by a pound of human flesh. Commercial wizardry attempts to perform the impossible feat of supplying the human family with food of a kind that will not support the life of animals, and at the same time maintain indefinitely the dignity of its position.
It parades the signatures of chemists and learned scientists in order perhaps that by the same process of magic these eminent names may support the weight of a submarine or the crippling of the coal mining industry by the war and by the demand for fuel that will have to be met from industrial establishments.

WOULD BOLSTER NATIONAL GUARD

Plan Provides For Strengthening of This Force Instead of Continental Army
By Associated Press
Washington, D. C., Jan. 11. — Plans to strengthen the National Guard, instead of establishing a continental army as contemplated by the War Department, were proposed to President Wilson to-day by Chairman Hay of the House military committee.
Under Mr. Hay's plan the National Guard would get regular pay and a provision would be included in the army bill for taking it into the regular army in time of war. He said that at first this plan would bring only about 130,000 men into the regular army, but he felt sure that within two years there would be 400,000. The plan also pro-

President Plans to Attend Pennsylvania State Society Dinner

Word was received at the Capitol to-day from the committee which invited President Wilson to attend the first annual dinner of the Pennsylvania State Society, to be organized to-morrow, that the President would endeavor to be present at the dinner to be held in Philadelphia about February 29. The Society will be formally organized here to-morrow and it is the plan to have monthly luncheons with the Governor presiding and to have an annual dinner.
The President was invited by a committee including Chairman W. D. B. Ames of the Public Service Commission; State Librarian Thomas L. Montgomery, Senator Boies Penrose, Congressman H. J. Steele and others.

Deaths and Funerals

LEO BOLDOSSER
Funeral services for Leo Boldosser, aged 26, who died Sunday afternoon at the Harrisburg Hospital, will be held Thursday afternoon at 2 o'clock from the home of his parents, Mr. and Mrs. David B. Boldosser, 618 Seneca street. Burial will be made in the Enola Cemetery.

LITTLE ORPHAN DIES
Mary Louise Kuhlwind, 12-year-old daughter of the late Mr. and Mrs. Emil Kuhlwind, died at the Loyvsille Orphanage yesterday morning of heart trouble. Funeral services will be held at the home of her sister, 2920 Briggs street, on Thursday afternoon, at 2 o'clock, and conducted by the Bethlehem Lutheran Church. Burial will be made at the East Harrisburg Cemetery.

MRS. MARY M. JACOBS
Mrs. Mary M. Jacobs, aged 63, widow of Dr. George Jacobs, died at her home, 405 Reily street, last evening, after a short illness of three days of pneumonia. She is survived by five children: Mrs. Davis Switzer, Jerry Hartman and Harry Jacobs. The funeral services will be held at the home of Mrs. Jacobs, 405 Reily street, at 2 o'clock, and conducted by the Rev. S. E. Rupp. Burial will be made at the East Harrisburg Cemetery.

MRS. ELLEN MILLER
Mrs. Ellen Miller, aged 61, died at the home of Mrs. Smith, 1703 Green street, on Saturday evening after a lingering illness. Funeral services will be held at 2 o'clock, conducted by the Rev. Mr. Bassler, pastor of the First United Brethren Church. Burial will be made at the Harrisburg Cemetery.

RICHARD REESER
Funeral services for Richard Reeser, aged 80, a resident of this city all his life, were held yesterday afternoon at 2 o'clock from the home of his wife, Mrs. Mary Reeser, at the Susquehanna open-air school. The school children attended the services in a body yesterday. He is survived by his wife and three children, George, Charles and Mary Reeser.

MRS. SADIE M. FIRST
Mrs. Sadie M. First, aged 73, wife of Samuel First, died on Sunday evening at her home, 612 Peffer street. She is survived by her husband, three daughters, Mrs. E. C. Grandon, Mrs. J. M. Bashore, of this city, and Mrs. H. I. Shoop, of Auburn, N. Y.; a son, Samuel, of this city; two sisters, Mrs. F. F. Knapp, Mrs. Yngst and Abner Forest, also four grandchildren. Funeral services will be held at the home Thursday afternoon, at 2 o'clock, the Rev. A. M. Stamets, of Augsburg Lutheran Church officiating. Burial will be made at East Harrisburg Cemetery.

MRS. MARY A. FRITZ
Mrs. Mary A. Fritz, aged 70, widow of Henry C. Fritz, died yesterday morning at her home, 906 Cowden street, of typhoid fever. Funeral services will be held this evening at the home, at 7:30 o'clock. Burial will be made at New Bloomfield.

CHILD DIES
Funeral services for Doris Mae Booser, two-year-old daughter of Mr. and Mrs. Charles E. Booser, 1224 Berry street, will be held to-morrow afternoon, at 2 o'clock, the Rev. William N. Yates, pastor of Fourth Street Church of God, officiating. Burial will be made at the East Harrisburg Cemetery.

DIES AT CHICAGO
George H. L. Smith, a resident in this city for thirty-six years, died last Friday at Chicago, Ill., after a long illness. He was a member of the Daughters of the Order of Odd Fellows, and Bayard Lodge, No. 150, Knights of Pythias. He is survived by his wife, Sarah A. Smith, and two children, Britomarte B. and Somers H., all of Chicago.

Cut Out Coupon Below--Worth Twenty-Five Cents to You

Good, at Local Druggists, Long as the Free Supply Lasts, for One 25-cent Package of the New "External" Treatment That Relieves Colds Over Night—Croup in Fifteen Minutes.

Vick's Vap-O-Rub salve, the new treatment recently introduced here from North Carolina, relieves croup and cold troubles by external application. There is no need to dose the stomach with injurious medicines.
Its use is especially recommended to mothers with small children, as Vap-O-Rub can be used freely and often without disturbing the delicate stomachs of the little folks. Plenty of fresh air in the bedroom at night and a little Vap-O-Rub applied at the first sign of trouble is the best insurance against croup and pneumonia, and will keep the little chaps free from sore throat, head and chest colds. Vap-O-Rub is absolutely harmless—the formula is on every wrapper.
For croup or cold troubles you just apply Vap-O-Rub well over the throat and chest and cover with a warm flannel cloth. Leave the covering loose around the neck, as the body heat releases the

Ingredients in the form of vapors.

These vapors are inhaled, all night long, with each breath opening the air passages, loosening the phlegm and carrying the medication direct to the affected parts. In addition, it is absorbed through and stimulates the skin, aiding the vapors inhaled to relieve the congestion.
Vap-O-Rub will be found better than internal medicines for all forms of cold troubles and, in addition, is a delightfully cooling, soothing application for the surface inflammations, such as burns, stings, bruises, itchings and muscular soreness.

COUPON NO. 10—
Good for one 25c package of Vick's Vap-O-Rub Salve free, as long as the free supply lasts. If your druggist has given away all his free packages, try a jar on 30 days' trial.
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Woman For Vice-President on the Socialist Ticket

Special to the Telegraph
St. Louis, Mo., Jan. 11. — For the first time in history a woman is a candidate for the nomination for Vice-President of the United States. She is Mrs. Kate Richards O'Hare, a prominent Socialist in the West. Her name will appear on ballots to be circulated among Socialists this week and she is a popular candidate for nomination.

Liner Threatened With Destruction Docks Safely

New York, Jan. 11.—The French liner Lafayette which was threatened with destruction in anonymous messages sent to Henry Clews, Jr., and others who booked passage from Bordeaux, arrived here to-day and reported that neither a submarine nor a mine had been sighted during the voyage.

Warships Talk by Radio Over 2,500 Miles of Land

Special to the Telegraph
Washington, D. C., Jan. 11. — Flagships of the Atlantic and Pacific fleets were in radio communication yesterday across about 2,500 miles of foreign land. The battleship Wyoming, near Cape Henry, reported to the Navy Department that messages exchanged with the San Diego at Ensenada, Mexico, were strong and easily read.

Plumbers' Examination Jan. 17

The Plumbers' Examining Board will hold the first examination of the year for master and journeymen plumbers Monday, January 17, in the offices of the City Health department.

Quickest, Surest Cough Remedy is Home-Made

Some people are constantly annoyed from one year's end to the other with a persistent bronchial cough, which is wholly unremediable. Here is a home-made remedy that will cure the cause and will make you wonder what became of it. Get 2 1/2 ounces Pinex (50 cents worth) from any druggist, pour into a pint bottle together with plain granulated sugar syrup. Start taking it at once. Gradually but surely you will notice the phlegm thin out and then disappear altogether. This ending a cough that you never thought would end. It also loosens the dry, hoarse or tight cough and heals the inflammation in a painful cough with remarkable rapidity. Ordinary coughs are conquered by it in 24 hours or less. Nothing better for bronchitis, winter coughs and bronchial asthma.

Pinex is a special and highly concentrated compound of genuine Norway pine extract, rich in gualacal, and is famous the world over for its ease, certainty and promptness in overcoming bad coughs, chest and throat colds.

Get the genuine. Ask your druggist for 2 1/2 ounces Pinex, and do not accept anything else. A guarantee of absolute satisfaction, or money promptly refunded, goes with this preparation. The Pinex Co., Ft. Wayne, Ind.

Commerce Chambers to Hear Talk on Holland

Members of the Harrisburg Chamber of Commerce have been invited to attend a dinner at the Engineers' Club, Front and Chestnut streets Thursday evening at 6 o'clock, to meet A. A. Pfanstiel and J. Bendin, of Amsterdam, Holland, representing the American Export Chamber of Commerce. Mr. Pfanstiel will deliver a short talk on "Holland," illustrated with lantern slides. Holland is the big gateway to Germany at this time.

APPOINTMENTS COMMITTEES FOR MEN'S BIBLE CLASS

Nathan Burnam, newly elected president of the men's Bible class of the Lutheran Church of the Redeemer has appointed the following committees for the ensuing year: Social committee, C. Glenn Fickes, David Shaffer, D. A. Shaffer, R. H. Sheesley and William Penninger; lookout committee, W. J. Highlands, F. Stouffer, Jesse Wells, Jr., Joe Scott and C. E. DeHart; membership committee, Harry Beaver, Henry Geisel, E. S. Hoerner, W. J. Shuey and P. Longenberger; devotional committee, John Hauck, Frank Bowers, E. F. Par and Hugh Cover; paper committee, A. L. Hiebener; class picnic committee, J. W. Colestock, George Witmer, Frank Stouffer, A. L. Michener, Howard E. Jones, C. Glenn Fickes, David Shaffer, William Penninger and Raymond Sheesley.

The newly elected officers who will assume their positions at the first business meeting this year, which will be held Tuesday evening, January 11, follows: President, Nathan Burnam; vice-president, William Penninger; treasurer, George Witmer; secretary, R. H. Sheesley; reporter, Frank Hartman; reporter, J. D. Wells, Jr.; pianist, Margaret Cover; librarians, Guy Sprout, John Witmer and Jesse Wells; assistant secretaries, Joe Scott and A. L. Michener; assistant pianist, Esther Stouffer.

WILLIAM STERLING BATTIS AT FAHNESTOCK HALL

The pages of Dickens will come to life when William Sterling Battis, the celebrated impersonator, comes to Fahnestock Hall to present "Life Portrayals" of a long line of the immortal characters created by the great English novelist and presented by Mr. Battis in "Life Portrayals," and Nicholas Nickleby. Three recitals will be given—to-morrow evening, Thursday, January 20, and Thursday, January 27. Course tickets are now on sale at the Y. M. C. A. building, Second and Locust streets. The issue is limited to five hundred.

A Prescription from Girlhood to Old Age Has Been a Blessing to Womanhood.

Johnstown, Pa.—"I can speak highly of Dr. Pierce's Favorite Prescription. It has been used by myself and one other member of our family. We have always found it just as represented and perfectly satisfactory. We have also used Dr. Pierce's Pleasant Pellets. They are a reliable medicine."—Mrs. Elizabeth Boytz, 303 Hayes Street, Johnstown.

When a girl becomes a woman, when a woman becomes a mother, when a woman passes through the changes of middle life, are the three periods of life when health and strength are most needed to withstand the pain and distress often caused by severe organic disturbances.
At these critical times women are best fortified by the use of Dr. Pierce's Favorite Prescription, an old remedy of proved worth that keeps the entire female system perfectly regulated and in excellent condition.
If you are a sufferer, if your daughter, mother, sister need help get Dr. Pierce's Favorite Prescription in liquid or tablet form from any medicine dealer today. Tien address Doctor Pierce, Invalids' Hotel, Buffalo, N. Y., and get confidential medical advice entirely free. You can also obtain a free book on women's diseases.
Dr. Pierce's Pellets regulate and invigorate stomach, liver and bowels.

LETTERS

Dr. Pierce's Common Sense Medical Adviser—a great doctor book—a family book of over 1000 pages, cloth bound—answers many important questions regarding sickness. Your free copy will be sent on receipt of three dimes (or 30 one-cent stamps) to pay wrapping and mailing charges from Dr. Pierce, Invalids' Hotel, 63 Main Street, Buffalo, N. Y.

Children Cry for Fletcher's CASTORIA



The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA
Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Narcotic substance. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought Bears the Signature of

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Who Would Increase Weight And Put On Healthy Stay-There Flesh
Thin men and women who would like to increase their weight with 10 or 15 pounds of healthy "stay-where" fat should try eating a little Sargol with their meals for a while and note results. Here is a good test worth trying. First weigh yourself and measure yourself. Then take Sargol—one tablet with every meal—for two weeks. Then weigh and measure yourself again. It isn't a question of how you look or feel or what your friends say and think. The scales and tape measure will tell their own story. Many people, having followed these simple directions, report weight increases of from five to eight pounds with continued gains under further treatment.
Sargol does not of itself make fat but mixing with your food its purpose is to help the digestive organs turn the fats, sugars and starches of what you have eaten, into rich, ripe fat producing nourishment for the tissues and blood—prepare it in an easily assimilated form which the blood can readily accept. A great deal of this nourishment now passes from thin people's bodies as waste. Sargol is designed to stop the waste and make the fat-producing contents of the very same meals you are eating now develop pounds and pounds of healthy flesh between your skin and bones. Sargol is noninjurious, pleasant, efficient and inexpensive. George A. Gorgas and other leading druggists are authorized to sell it in large boxes—forty tablets to a package on a guarantee of weight increase or money back as found in every package.—Advertisement.

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