

OF INTEREST TO THE WOMEN

Ella Wheeler Wilcox's Article

The Real Duty of Motherhood, Says Writer, is the recognition that children are like plants in a garden and each must be treated according to its needs.

Copyright, 1916, Star Company. A fond mother took her son of about twelve out on some quest for his interest. Passing by the house of a friend she dropped in to see her.

"There's nothing for me to do here," he said. "I must be getting away."

The mother got up at once and left, her visit not even commenced. Meeting her friend some time later she said: "I suppose you think I was rude to go. But I can't deny my boy anything."

Another had a daughter who insisted upon going to camp. The father felt he could not afford the expense, but the daughter made such a scene he managed to let her go.

There are so many mothers of this type in the land that it is not to be wondered at when men question woman's ability to successfully manage the affairs of State.

Women ought first of all to demonstrate the qualities which make for success in the positions to which nature has assigned them—of daughters,

wives and mothers—before asking for a larger field of usefulness. Not one woman in one thousand is a success in these three domains.

But since women have failed so utterly to develop themselves under the conditions which men have imposed upon them, it seems advisable to let them try the experiment of making new conditions for themselves.

Mothers' clubs are being formed all over the country, and women are thinking more seriously than ever in their lives before on the subject of good motherhood.

Here and there a mother may be found who has come into the realization of the fact that children are like plants in a garden and that each one must be studied separately and treated according to its needs.

A young woman who had spent the Summer at one of the fashionable resorts expressed great sorrow for the little children of fashionable mothers who were left to the care of governesses and maids.

In consequence, they were proud, conceited, selfish and jealous in their attitude toward one another. Listening the greater part of the day to the language of their hired attendants was not conducive to the best diction or manners.

Even in the age of dresses the boy's costume must give a masculine effect. Here is a smart little frock designed especially to meet that need.

The pattern goot is cut in sizes for boys of 1, 2 and 4 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

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Nothing Girlish About This With Its Severe Lines and Masculine Cut

By MAY MANTON



goot (With Basting Line and Added Seam Allowance) Little Boy's Dress, 1, 2 and 4 years.



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keys start your Day Letters and Night Letters on their way.

Your "All's Well" message reaches home before the mail train gets up steam. Low rates for many words.

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Slim Steve allays says my memory is as short as my name. Maybe it is, but I don't hold a grudge like he does.

Slim says he thinks that joak on April 1st was just a trick of Susie Smart's to keep him from making ez many pennies buying SAVE-A-CENT ez she did.

Somehow or other, I can't help but think that it was Susie, and ef it wuz her I'll play a good trick on her, just you see.

But you won't ketch me 'cusing her of doing it, cause that aint the way to make her own up to it. I told her to-day that I thought that wuz the bes joak I ever heered of.

Well, we'll wait and see. The feller that keeps pulling his bait out of the water don't ketch no fish.

Monday Yours trooly, SAM SHORT.

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Soft Scouring Compound does everything any scouring powder does, does it more easily and lasts as long as any three 10c cans, because it does not waste. Yet it costs only 4c.

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HOME A NOVEL BY GEORGE AGNEW CHAMBERLAIN

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CHAPTER I—Alan Wayne is sent away from Red Hill, his home, by his uncle, A. J., as a martial figure. Clem runs after him in a tangle of short skirts to bid him good-bye.

CHAPTER II—Captain Wayne tells Alan of the falling of the Waynes. Clem drinks Alan's health on his birthday.

CHAPTER III—Judge Healey buys a picture for Altx Lansing. The judge defends Alan in his business with his employers.

CHAPTER IV—Alan and Altx meet at sea, homeward bound, and start a flirtation, which becomes serious.

CHAPTER V—At home, Nanca Starling asks Alan to go away from Altx. Altx is taken to task by Gerry, her husband, for her conduct with Alan and declines him.

CHAPTER VI—Gerry, as he thinks, sees Altx and Alan eloping, drops everything, and goes to Pernambuco.

CHAPTER VII—Altx leaves Alan on the train and goes home to find that Gerry has disappeared.

CHAPTER VIII—Gerry leaves Pernambuco and goes to Piranhas. On a chance trip he meets a native girl.

CHAPTER IX—The judge falls to trace Gerry. A baby is born to Altx. Gerry to her home and shows him the ruined plantation she is mistress of.

CHAPTER X—Gerry marries her. Gerry marries her. Gerry marries her.

CHAPTER XI—At Maple house Collingford tells her he met Alan—"Ten Per Cent. Wayne"—building a bridge in Africa.

CHAPTER XII—Collingford meets Altx and her baby and he gives her encouragement about Gerry.

CHAPTER XIII—Alan comes back to town but does not go home. He makes a severe cut in the city.

CHAPTER XIV—Gerry begins to improve Margarita's plantation and builds an irrigating ditch.

CHAPTER XV—In Africa Alan reads Clem's letters and dreams of home.

CHAPTER XVI—Gerry pastures Lieber's cattle during the drought. A baby comes to Gerry and Margarita.

CHAPTER XVII—Collingford meets Altx in the city and finds her changed.

CHAPTER XVIII—Alan meets Altx, J. Y. and Clem, grown to beautiful womanhood, in the city and realizes that he has sold his birthright for a mess of pottage.

CHAPTER XIX—Kemp and Gerry become friends.

CHAPTER XX—Kemp and Gerry visit Lieber and the three exiles are drawn together by a common tie.

CHAPTER XXI—Lieber tells his story. "Home is the anchor of a man's soul. I want to go home."

CHAPTER XXII—In South America Alan gets fever and his foreman prepares to send him to the coast.

CHAPTER XXIII—Alan is carried to Lieber's fazenda, almost dead, and Gerry sees him.

CHAPTER XXIV—Alan tells Gerry the truth about Altx and Gerry tells him of Margarita and the baby. Alan wonders and is disgusted.

Thankful For Relief Remedy Brought Her

Says Fruitola and Traxo Possesses All the Merit That Is Claimed For It.

After completing the necessary treatment, Mrs. S. S. Cole, Lampasas, Texas, was so well pleased with the results that she wrote the Pinus laboratories as follows: "Fruitola and Traxo are all you claim. It removed a quantity of gall-stones and I feel sure it saved my life. I am well now and thankful to you for the great good your medicine has done me."



Mrs. S. S. Cole PHOTO BY BROWN

Fruitola is a powerful lubricant for the intestinal organs and one dose is usually sufficient to clearly demonstrate its efficacy. It softens the congested masses, disintegrates the hardened particles that occasion so much suffering and expels the accumulated waste to the great relief of the patient.

Fruitola and Traxo should be taken three or four times a day in order to rebuild and restore the system that has become weakened and run down from constant suffering. It is a splendid tonic, acting on the liver and stomach most beneficially.

Fruitola and Traxo are prepared in the Pinus laboratories at Monticello, Ill., and arrangements have been made to supply them through representative druggists. In Harrisburg they can be obtained at Gorgas, the Druggist, 16 North Third street, P. R. Station.

FOODS THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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CHAPTER 43 No quantity of medicines or other substances added to a diet of sugary and starchy foods can make up for the notwithstanding the fact that sugar and starch are rated as the principal high calorie foods, and therefore looked upon by mistaken scientists as the most important of all foods.

It is not the phosphorus loss in the milling of wheat, the polishing of rice, the pearling of barley, or the degenerating of corn which explains the inadequacy of such refined and denatured food when consumed by man or animal.

Commenting on the phosphorus content of unpolished rice as an index of its fitness for food, Chamberlain states:

"The determination of any other element which is chiefly contained in the pericarp, such as potassium, iron, calcium, etc., would be an equally good index of the safety of the rice."

In other words, the food factory cannot remove any one element from the cereals prepared by it without also removing all of the other elements. They are so intimately bound up with each other that when one goes they all go.

Therefore it is not phosphorus in itself that must be considered, or iron, or calcium, or any one of the other food minerals and vitamins, but all of them together with such other bodies of unknown nature which natural foods contain, in order to determine the fitness of such foods for human consumption.

To over-emphasize the importance of ferments or vitamins or any one of the mineral fats is to cloud the whole issue by a bold and mysterious darkness. One might as well over-emphasize iodine and ignore the vitamins and ignore iodine.

We have already seen something of the thyroid gland and have learned that in health its iodine content is much higher than in disease. It has been established, as we have seen, that the thyroid gland of animals fed on food natural to them contains, at different seasons of the year, a varying content of iodine.

It has also been established that the presence of iodine compounds in the thyroid is largely responsible for the normal functioning of that gland. The manner in which iodine is so completely removed from bread, biscuits, cakes, crackers, cookies, breakfast foods, cornmeal, pearled barley, rye flour, polished rice, pancakes, glucose, table syrup, sugar candy, etc., influences the metabolism of other indispensable bodies is vaguely hinted at through the experiments of A. J. Usenko.

Usenko found that "following thyroidectomy (which means the removal of the thyroid gland) the percentage relation of phosphorus to nitrogen in the urine first increased, but then again is stately diminished before death."

"The amino acids and purin bodies increased while creatinin is diminished. The metabolism of the tissues containing phosphorus and nitrogen is acutely disturbed, the synthetic processes being mostly affected."

Here we behold the removal of an iodine-secreting gland affecting disastrously the interrelations of other parts of the body and modifying at once the nature and proportion of elements secreted and excreted by those other glands. Iodine in itself will not support life. Its combination with other elements is essential.

Chamberlain decries that Schaubmann's assumption that it is a phosphorus compound which prevents polyneuritis is not correct.

"A large number of substances," he says, "have been shown to be of no value in the prevention of polyneuritis. Among these may be mentioned potassium chloride, phosphoric acid, either singly or combined, potassium

phosphate, either acetate or carbonate, magnesium phosphate, liquids of the lecithin group, nitrogen compounds, such as histidin, asparagin, and various amino acids elaborated in the digestion of meat, eggs, cheese, etc., potassium iodine, thyroid extract, Roman's salt mixture, cotton oil, egg albumen or any combination of these substances.

The failure of vitamins, when consumed without the assistance of the other food elements necessary to normal nutrition, to perform the miracle of sustaining normal life and health requires little demonstration.

These vitamins, some of which, as isolated by Casimir Funk, are complicated chemical compounds occurring as colorless needle-shaped crystals with a melting point of 451 degrees Fahrenheit, when added to a diet of sugary and starchy foods, will not maintain life, although sugar and starch are rated among the very highest of the "high calorie" foods, and therefore are looked upon by mistaken scientists as the most important of all foods.

In fact, however high the calories, or however abundant the vitamins, unless the experiments of Voegtlin, and wantonly destroyed by food refinement, are present the body cannot make proper use of them.

The vitamins or anti-neuritic substances which cure symptoms of polyneuritis in birds fed on polished rice when administered in daily doses corresponding to four grams of dried cod.

These investigators found that "an aqueous extract of autolyzed spinal cord from which the coagulable vitamin has been removed contains vitamins of an anti-neuritic substance which cure symptoms of polyneuritis in birds fed on polished rice when administered in daily doses corresponding to four grams of dried cod."

This is known. The simplest of natural foods contain all the mysterious, physiologically active principles required to maintain normal health. Still we find scientists blindly rummaging through fields of experimental darkness seeking complicated and high-sounding explanations for phenomena so humble on the surface and so majestic at the core that they have defied, so far, all the cross-examinations, all the problems, all the analyses, and all the theories of man.

The grain of wheat simply asks to be left alone. The other cereals cry out to humanity, "We are sufficient in ourselves; do not change our nature, do not undervalue our functions, do not manipulate our attributes, do not destroy those potent forces which we have wrought forth from the bowels of the earth for the food of man."

In vain shall we seek for peace while we are at war with the laws of God. Scientific phrases are not substitutes for the laws of life, however they may contribute to the vainglory of the eminent members of that inner circle of established reputations whose mighty wisdom, ignoring the simplest laws of life, clashes with the all-sufficient but hidden purposes of the Creator.

The shadow cannot ignore the substance; the dream cannot ignore the reality; the reflection cannot ignore the flame. The lore of the libraries cannot ignore the miracle found in a drop of milk or a grain of wheat.

Real science, in all the humility of true greatness, suggests in what it is doing for the welfare of the world an image of the divine, but the scientific confusion which has complicated the dietary of nations is but a modern Babel. How true these statements are we are about to see.

The Importance of Skin Care In the Springtime

Infectious skin diseases are irritating, unpleasant, unsightly and dangerous. There never was a greater mistake made than trying to cure such disorders with pastes, lotions, or creams, rubbed on the outside. You can't cure skin diseases that way, because they are the direct result of infected blood, and you can't rub or soak poisons out of the blood.

The annoyance of skin troubles are worse in spring than any other time. The perspiration that starts with the first warm days intensifies the smarting, burning sensation, and makes the trouble almost unbearable. There is only one way to relieve them, and that is through the blood, which must be thoroughly cleansed and purified.

S. S. S., the surest and best blood cleanser known. S. S. S. acts with sure effect directly upon the blood—taken internally, it goes right into the blood vessels, drives out every bit of poison of whatever nature, kills the germs that starve and impoverish the blood, restores the skin to its proper condition and gives you healthy bone and tissue building blood. Even the worst cases, such as scrofula and blood poisons, yield promptly to this efficient vegetable remedy. It doesn't matter how long you have had skin trouble, or if it has developed into chronic sores that you had given up all hope of curing. Take S. S. S. when all else fails. It brings relief. Write our Medical Department, Room 4, Swift Specific Company, Atlanta, Ga.

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