

OF INTEREST TO THE WOMEN

"THEIR MARRIED LIFE"

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Helen hardly knew how she got Laura home that afternoon. After Laura had bowed to her husband and his party at the next table, Helen had managed to keep her from showing her feelings until they could leave.

"You must keep your pride," said Helen, whispering as carefully as she could under cover of the tapestries. "Do you want him to think that you are jealous?"

"I am jealous," said Laura, her face beginning to work. "Well, for heaven's sake, act as if you had some pride and do as I tell you. If you fail me now, Laura, I am done with you."

Helen's words, though almost harsh, had the proper effect on Laura, and she straightened up under their gaze as she would have under a physical blow. Helen had managed to do enough laughing for two, as she put it, and when she saw that the party at the next table made no move to go she determined to take the initiative herself.

"Well go first," she whispered to Laura. "Oh, no, Helen, let's wait." "Do as I tell you," said the hitherto gentle Helen, almost amazed at her own temerity.

Laura meekly gathered up her scarf and prepared to put on her gloves. "Speak to your husband as you go by the table," Helen ordered, and Laura who was about to refuse was startled into sudden action by Helen who rose and passed as close to the adjoining table as she dared.

She was afraid that Laura would not have sufficient courage to do as she commanded, but Laura rallied from her fright and tossed a ray remark over her shoulder as she passed. Here, her long social experience, gave her poise and where Helen might not have managed so well for herself, Laura summoning her pride to her aid, was able to come off with flying colors.

"You managed that splendidly," said Helen as they gained the lobby, and then as she turned she saw Mr. Richards coming after them. "Laura, your husband is coming after us. Be careful now, don't let him think you care or you'll spoil the good work we have managed so far."

"What shall I do?" "The crucial moment. Act as if nothing ever happened; we'll stop at the magazine stand and buy a magazine."

I had a headache but that was nothing. "Again that puzzled look of admiration in Mr. Richards' eyes. "How about going to the theater to-night, if you feel well enough? You look fine this afternoon, Laura."

Laura was all woman in a moment. Her eyes warmed, and she melted instantly. Helen could see the transformation all over her, and was afraid for the consequences. She saw that Mr. Richards, after his first bow of recognition, had been too encroaching with Laura to look in any other direction, and so it was easy enough to slip her hand over Laura's and look at her warningly. She even ventured a shake of the head. Instantly Laura responded. The smile faded from her face, leaving it light and hard, as it had been before.

"Not to-night, Dick. I have the Cartwright reception, and I have promised to go to the opera afterward, too; you know the Armstrongs are taking me with them. I believe Mr. Chambers is going, too."

"This last was a stroke of brilliancy on Laura's part. Rad Chambers was a good-looking, unattached bachelor, not eager to be caught, who had been rather taken with the exotic Mrs. Richards when she had first been introduced into society. Laura had been indifferent and for a long time her husband had teased her lightly about her conquest, for Mr. Chambers had hung about on all occasions. "Not going back now?" queried Laura, not waiting for him to proceed. "Well I suppose you won't be home to dinner. I shall have something upstairs and dress slowly."

"I'll be home to dinner to-night," said Mr. Richards firmly. "Again that ecstatic look on Laura's face, but Helen's warning look prevented her from saying anything. Mr. Richards is anxious. "All right, I'll leave you. Good-by." "You'll have dinner with me?" "Certainly, if you are going to be home."

"Don't tell me that you aren't a born diplomat," said Helen admiringly as they walked off. "O, Helen, what do you think it means?" "I'm just myself now, you haven't a clear field before you by any manner of means, but if you play your cards carefully you will manage."

Laura was almost hysterical, the change in feeling was almost too much for her, and Helen was afraid that she would veer the other way and that it might result in a bad reaction. "Laura, be calm, be very careful. Don't imagine that the battle is won, because it isn't. Don't go home and act as though you had nothing to forgive and that you were only too glad to get him back under any conditions."

"What shall I do?" Tell me, Helen, and I'll do just as you say. If things come out all right I can never repay you for what you have done. "Treat him courteously, but not warmly; if possible ask a couple of other people in for dinner." "I see what you mean. But do you think it will work?" "In sure it will. It is all just as I expected—your husband is in love with you after all, and that is your trump card, only be careful to play it at the right time, so that you win."

(Another instalment of this very human series will appear here soon.)

FLOUNCES JOINED BY USE OF CORD

Skirt Is Made of Taffeta; Number of Yards of Material Necessary Is Already Figured

By MAY MANTON



8984 (With Basting Line and Added Seam Allowance) Flounced Skirt, 24 to 32 waist.

Here is a skirt that consists of three straight flounces. It is novel in its treatment and arrangement. There is a foundation skirt to which the lowest flounce is attached. The upper flounce can be joined one to the other and arranged over the foundation or they can be finished separately, each attached at its upper edge, leaving the lower edge of both free. In the back view, this latter treatment is shown and is especially desirable for bordered materials. In the front view, the two upper flounces are joined by means of a cord and the skirt is made of taffeta.

For the medium size will be needed, 1 1/2 yards of material 36 inches wide for the foundation, 5/8 yards 27, 4 1/2 yards 36 or 3 1/2 yards 44 or 8 1/2 yards of lace or embroidery 19 inches wide for the flounces. The pattern 8984 is cut in sizes from 24 to 32 waist measure. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

AMERICAN KEYNOTE OF G. O. P. PLATFORM

(Continued From First Page.)

ended who shall write the platform, and the character of the men under consideration gives assurance that both factions of the Republican party will be wholly satisfied. Senator Lodge, of Massachusetts, one of the closest personal friends of Colonel Roosevelt, and yet one of the leaders of the stalwart Republicans, Senator Borah, of Idaho, one of the idols of the Progressives, and Senator George Sutherland, of Utah, one of the regulars, will have the largest part in framing the platform.

National Honor First. Indications are that all three of these men will draft a platform of Americanism that will put the national honor first and national prosperity second.

It will be shown in the platform that national honor includes such measures of military preparations as will enable the nation to enforce any demand that are ever made under international law for the preservation of the rights of American citizens. It will likewise be shown that the nation cannot be fully prepared either for peace or war without a protective tariff that will protect American wages and build up American industries to the point where this country will be economically independent of the rest of the world.

While the national honor will be put forward as the most vital question of the hour, national defense will be made part of the very issue, and the tariff will be considered as part of the national defense. There will be no choosing between the two issues. All will be grouped under the single heading of "Americanism" as one issue.

Platform Seriously Considered. In various conferences recently held in Washington as much consideration was given to the Republican platform as has been given to any other party's platform in the history of the United States as a result of the European war are unknown. The question was raised: "How can we nominate a man whose views on these questions are unknown?"

This question has been decided by a tentative determination among the leaders to draft the platform before the candidate is named, on the theory that principles rather than personalities are more important than personalities. Moreover, any man named will thus know what the party stands for and what is expected of him. This decision, it is expected, will be eminently satisfactory to Colonel Roosevelt.

Colonel Roosevelt has indicated plainly that he feels the national honor is the most important question that can be brought before the voters in the coming campaign. He has said that a firm foreign policy and military

BLISTERS ON ARMS AND BODY

Skin Inflamed, Burned and Itched All the Time. Could Not Do Work Nor Rest at Night.

HEALED BY CUTICURA SOAP AND OINTMENT

"My trouble began on my arms and body in blisters. The skin was red and inflamed and when I put my hands and arms in water, the blood would come out. They burned and itched all the time and I could not keep from scratching. I could not do my work and I couldn't wear any shoes or stockings, nor rest at night."

"I had the trouble for three months and it distressed my arms and whole body. I tried everything, but they did no good. Then I got Cuticura Soap and Ointment and after I used them for about a month I was healed." (Signed) Miss Mary Zimmerman, Water St., Inglenook, Pa., July 24, 1915.

Sample Each Free by Mail. With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. T, Boston." Sold throughout the world.

FOODS THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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

CHAPTER 46. Animals fed on the abundance of food from which the mineral salts are removed die sooner than if they received no food at all—ignoring this significant fact, man continues to re-organize the food he eats, and the food upon which the future stamina, endurance, strength, health, energy, and efficiency of America depend.

Man can starve in the presence of an abundance of food. The diet of protein, pure fat, pure starch, and pure sugar, from which the mineral matter has been removed by refining processes, will produce disease and death.

The calorie value of such food, as estimated by the modern scientist, occupies the highest place in the table of calories, as it is accepted in the hospitals of the United States.

Such foods, nevertheless, will bring about the death of the animal feeding upon them in shorter time than would be the case had no food been fed at all. The word "starvation" usually conveys a picture of an unfortunate creature dying of neglect in an abandoned garret or of a shipwrecked mariner on a desert island. The word is never associated with an abundance of food. Yet the commonest disorder of American life is mineral starvation associated with an abundance of food.

Herman Hill, who has contributed to the literature of mineral metabolism its most valuable data concerning the relation of mineral salts and colloids to medicine, declares: "From a purely physical standpoint mineral starvation is usually the primary cause of disease. Organic minerals are essential elements of the body forms. Loss of mineral bodies impairs the food value of foodstuffs, and moreover, tends to make them poisonous."

Mineral starvation, regardless of the calorie value of the food ingested, is followed by disturbances in the vital processes and activities of the human organism, a reduced supply of mineral salts, and the consequent loss of vitality and vigor. Minerals can no longer be ignored by rational therapeutics. A rational scientific estimation of the value of foodstuffs must include the mineral bodies.

One of the most important duties of bi-chemistry is a national differentiation between inorganic and organic forms of matter."

These statements of Hill were made in Chicago, November 7, 1915, at the fifth annual meeting of the American Association of Clinical Research, in which body it is my privilege to enjoy membership.

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Strangely enough, scientists are all agreed concerning well-established laws of nutrition. It has been proved for instance, that in the digestion of protein, (meat, cheese, beans, etc.), free sulphuric and free phosphoric acids are elaborated from the sulphur bodies and lecithin compounds of such foods.

It is also well known that these acids neutralize by the base-forming elements of the food ingested, act as tissue destroyers through their abstraction of the alkaline salts of the tissue such as calcium, magnesium, and potassium, with which they combine to form sulphates and phosphates excreted in the urine.

In the presence of these well-established facts the scientist with singular

blindness fails to ask this question: "Of what avail is the calorie value of foodstuffs which have been so refined that they no longer contain the base-forming elements necessary to prevent tissue-destruction and the accompanying acidosis which inevitably follows a disturbed equilibrium between the base-forming and acid-forming elements of food?"

With a hundred other investigators Gaultier has demonstrated that sodium, phosphorus, potassium, lime, magnesium, iron, silicon, fluorine, chlorine, iodine, etc., are found in a constant manner in the residue left after the combustion of animal organs, glands and internal secretions.

"These elements," he declares, "are absolutely indispensable to the life of the animal. They are constantly excreting them and, therefore, imperatively itself by its excretions. It is, therefore, imperative that they should be found in sufficient quantity and in assimilable forms in the different foods of man."

The French people, who are also suffering from the effects of food refinement, have not lacked warning to the following extent: "The removal from their diet such physiologically active elements, the reactions and interactions of which control the biochemical processes of life. The subject of mineral starvation, due to food refinement, is no new theme. Foster, in his experiments, established the fact that mice, pigeons, and dogs fed with meat which had been drained of its bases by the action of hot water, even if there is added to such meat, together or separately, starch, sugar, and fat, do not live beyond twenty to thirty days."

Gouraud has proved that these salts are excreted daily in health to the following extent: Sodium chloride, 11 to 12 grams; phosphates, 4 to 5 grams; sulphates, 2 to 4 grams; calcium carbonates, .5 gram; magnesium, .2 centigram; potassium, .4 centigram; iron, .02 centigram.

Through the normal excretion of these mineral elements in health it becomes evident that a constant supply of them is necessary.

Poster, corroborating the work of Foster, declares: "Animals fed upon demineralized or refined food rapidly show distaste for such food, become ill and die sooner than if they receive no food at all."

The author, therefore, evident, he continues, "that the mineral constituents of food, although yielding no energy in themselves, are as necessary to the maintenance of life as the energy yielding or calorie-yielding foodstuffs."

Poster, commenting upon these obvious conclusions, adds the following significant report: "The constant loss of other substances, present perhaps in negligible quantity, yet notwithstanding of appreciable physiological importance, must also be reckoned with."

We have almost arrived at that point where it is no longer difficult to perceive the disastrous consequences which, in certain cases, such as in approaching motherhood and the nursing of infants, as well as in the growth and the development of the young, follow the removal of the mineral salts from refined foodstuffs.

Let us look at those consequences and draw from them a lesson.

is expected that the platform will constitute a new Declaration of American Independence. It will call for the preservation of the American markets for Americans; a return to the principles of national honor on which the republic was first founded; and for a new national vigor that will express itself in complete industrial, financial and military preparedness.

There will be a call to the nation to judge parties and leaders by their deeds rather than by their words and for the nation itself to rely more upon its own courage and ability rather than upon the words and plausibility.

Colonel Twice Avoided War, Perkins Declares

Special to the Telegraph. New York, April 17. — "Twice Colonel Roosevelt had the opportunity to plunge this country into war, once with Germany and once with Great Britain. This, which is a matter of record in the archives of the Department of State, ought to be a sufficient answer to the charge made by Colonel Roosevelt's enemies that he would crowd the nation into war if he had the opportunity."

The above statement was made last night by George W. Perkins. He was asked if a report was true that friends of Colonel Roosevelt, headed by Mr. Perkins, were planning to dispel the opinion, obtaining in some quarters, that the Colonel favors war more than peace, and that his ambition was to go down into history as a world peace-maker. The report had it that this was the chief desire of Colonel Roosevelt in wanting to sit again in the White House.

Mr. Perkins then reviewed briefly the history of these two crises, the first with Great Britain over the Alaskan boundary, during Colonel Roosevelt's first term. This was settled on the terms that Roosevelt held to be just and fair.

The second incident which Mr. Perkins pointed out was an opportunity for the Colonel to bring about a war with an European country occurred while the Alaskan boundary dispute was pending.

Germany had claims against Venezuela for its refusal to keep its pledge to pay the interest on \$20,000,000 of German capital which had been invested in a Venezuelan railroad, Germany was on the point of occupying Venezuelan territory, in violation of the Monroe Doctrine, and the diplomatic protests of this country when Colonel Roosevelt stepped in and succeeded in making a friendly settlement, an act in accord with this country's attitude where the recognized diplomats failed.

Won Noted Peace Prize. Another friend of Colonel Roosevelt, when asked about the report, said: "If it is Colonel Roosevelt's ambition to be elected President so that he would occupy a niche in the temple of fame as the world's greatest peace-maker, the chances are that he would succeed. His success is bringing peace between Russia and Japan has endeavored to lose two countries, while his acquaintance with the heads

Suffered the Agony of a Dozen Deaths

Prominent Farmer in Canada Describes His Recovery and Escape From the Operating Table.



Mr. F. Gifford. PHOTO BY GILL.

In a letter to friends at Saskatoon, Mr. F. Gifford, of the Ball Rock Farm, Maymont, Saskatchewan, Canada says: "Thanks to Fruitola and Traxo I am alive. I lay on my back for sixteen days, suffering the agonies of a dozen deaths. I began taking Fruitola and was relieved of a great many gallstones. My health is now fully restored."

Fruitola possesses properties that act directly upon the intestinal parts. It is a great system cleanser, softening the congested waste and disintegrating the hardened particles that cause so much suffering, and quickly expels the accumulation to the great relief of the patient. Traxo is a tonic-alternative that acts on the liver and kidneys, stimulates the flow of gastric juices to aid digestion and removes bile from the general circulation. It serves to build up and strengthen the weakened, run-down system.

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, 15 North Third St., and P. R. R. Station.

of the other countries at war would be a big asset.

Republicans Have Chosen 538 Convention Delegates

Washington, April 17. — Of the 985 delegates to the Republican national convention more than half — 538 — have been named. Of this number 211 are instructed and 327 uninstructed, but pledged by strong public sentiment to support one or the other of the leading receptive candidates, Judge Hughes or Colonel Roosevelt. The figures on Republican selection of delegates as officially compiled are as follows:

Total number of delegates, 985; necessary to nominate, 493; total number chosen to date, 538; instructed, 211; uninstructed, 327; to be chosen this week, 24; to be chosen next week, 120.

The instructed delegates are as follows: Sherman 53; Fairbanks, 48; Cummins, 50; Ford, 30; La Follette, 25. Total, 211.

POST OFFICE WILL NOT BE CLOSED GOOD FRIDAY

The custom of observing Good Friday as a holiday at the Post Office will be abandoned and the office will be open as usual for the transaction of business. All deliveries and collections will be made as usual. Postmaster Sites said to-day that the rapidly increasing business of the Harrisburg Post Office made it imperative that the full force be kept on duty in order to avoid congestion of Easter mail.

WANT D. A. R. DATA. Mrs. A. G. Wells, 2802 Central avenue, Indianapolis, Ind., is anxious to get into the Indianapolis chapter of the D. A. R. and has written to the county commissioners for some data as to the families of John, Jacob, Samuel or Mike Bowers, branches of the Wells' family tree. This information is necessary in order to help establish her qualification to membership.

O. K. KINES, OFFICER. Word has been received here of the election of O. K. Kines, this city, as secretary-treasurer of the Eastern Independent Telephone Association at the annual meeting of that body in Lancaster, Pa. A. Carl was chosen a member of the executive committee.

Do you suppose Slim Steve did it?



I told the teacher that I didn't put it in her desk, that I never had seen it before—but she said, "You can explain after school."

After school she asked what it all meant. I told her I guessed it referred to SAVE-A-CENT. Then I had to tell her all about SAVE-A-CENT, how a 4-cent bar did as much work as three ten-cent cans of scouring powder, and how I had made lots of money buying it for member and lots of other ladies. She said, "Go home now—but member no more SAVE-A-CENT rhymes in my class."

Who could have put that joke on me? Monday Yours sincerely, SUSIE SMART.

SAVE-A-CENT

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, while cans of scouring powder cost 5c and 10c.

At All Good Grocers

Alaska!

The Rediscovered Empire. See how Uncle Sam is developing this realm of glaciers, gold and totem poles.

No European Cruise More Luxurious. The Canadian Pacific "Princess" Liners. Including the S.S. "Princess Charlotte".

Sail 1000 miles Northward in comfort and luxury along the sheltered "inside route." For full particulars, call or write about Tour No. 407. F. R. PERRY, General Agent, Passenger Dept. CANADIAN PACIFIC RAILWAY 1231 Broadway New York City

Tooth Loose? Watch out for Pyorrhea!

When you find a tooth that gives back and forth, even just a little, see your dentist at once. He will find conditions which you might overlook. He will find a gum recession, even though slight, where the gums have pulled away from the teeth. And he will tell you that you have the dread disease pyorrhea.

From pyorrhea come by far the greater part of all tooth troubles. Unless treated and checked, it will result not only in the shrinking and malformation of your gums and of the bony structure into which your teeth are set, but in the loss of the teeth themselves.

A specific for pyorrhea has been discovered recently by dental science, and is now offered for daily treatment in Senreco Tooth Paste. Senreco combats the germ of the disease. Its regular use insures your teeth against the attack or further progress of pyorrhea.

But Senreco does more. It cleanses the teeth delightfully. It gives them a whiteness distinctive of Senreco alone. Its flavor is entirely pleasing, and it leaves in the mouth a wonderful sense of coolness and wholesomeness.

Start the Senreco treatment before pyorrhea grips you for good. Details in folder with every tube. A two-ounce tube for 25c is sufficient for 6 weeks' daily treatment. Get Senreco of your druggist today, or send 4c in stamps or coin for sample tube and folder. Address The Sentinel Remedies Company 503 Union Central Building, Cincinnati, Ohio.

From Oven to Table. RUHL'S BREAD. Quality in every loaf. Bell Phone brings wagon. RUHL'S PENBROOK BAKERY.

Workmen's Compensation Act Blanks. We are prepared to ship promptly any or all of the blanks made necessary by the Workmen's Compensation Act which took effect January 1. Let us hear from you promptly as the law requires that you should now have these blanks in your possession.

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