

Reading to Women and all the Family

THE HONEYMOON HOUSE

By Hazel Dale

By Hazel Dale.

Jarvis felt pretty blue as he made his way down to the offices of "The Raven," to buy back his drawing. He and Janet had thought it best to lose no time about it, but the thought was humiliating to Jarvis. It almost made him feel as though his work had been inferior. He stopped at a counter and asked for the last copy of Mirth. He was anxious to see the picture that was so much like his own. Yes, there it was. Well the idea was not so different after all.

Jarvis could not help feeling comforted after he had seen the picture. He was too generous not to see the point of the thing in a minute, and too fair not to understand that "The Raven" could not afford to take a chance in this situation.

Jarvis arrived at the offices and asked to see the art editor. He was not kept waiting long, for almost immediately after the office boy came out smiling genially and asked him to step inside. The next minute he was shaking hands with a pleasant faced man, who looked up from his desk and scrutinized Jarvis keenly.

"Good morning," he said briskly. "Did you come for your drawing? I rather a disappointment for you I suppose."

"Well, it was pretty bad until I bought Mirth, and then I saw that you couldn't do anything else."

"The picture on Mirth isn't as good as yours," the art editor said quickly.

Jarvis grinned. "I didn't think so myself," he said frankly, "but that doesn't make any difference, the idea's there and that's what counts."

"Been in this work long, Mr. More?" questioned the other man.

"Quite awhile, yes, I have been doing black and white work until recently. Now I am trying colors."

"I like your technique, you seem to work easily. That's a great asset, you know."

Jarvis flushed a little. Praise from the editor of the Raven meant a great deal to him, even if he did have to part with a precious hundred dollars and relinquish the hope of having a cover appear for some time to come.

Jarvis caught sight of his picture standing against the side of the desk, and he stooped to pick it up and scrutinize it again. It gave him a sense of security to feel his work in his hands again. Then he brought out

MAN'S FIRST DIET WAS GREEN THINGS

Modern Housewife Lays Too Much Stress on Meat, Fowl and Fish

"And out of the ground made the Lord God to grow every tree that is pleasant to the sight and good for food."—Genesis 2: 9.

Thus history teaches us that from the earliest age man's diet was supplied primarily with fruits and growing green things. It required weapons to kill living creatures and these the father of the race did not possess. Meat, fowl and fish undoubtedly have their chemical values and should be used to a certain degree, but the modern housewife lays too much stress upon them with the result that the doctors reap the harvest. By saying in modern times that vegetables should be used more plentifully, I do not mean that they must necessarily be canned goods entirely. I have made a plea heretofore for the "roots and tubers" with which our markets abound at such low figures.

While speaking of the markets I want to say that I have made personal visits of investigation to see if what I have heard so often said was true, namely that this or that market undersold another. I made a list of the prices given me by the dealers and, after comparison, found them virtually the same everywhere. Personally I was a bit surprised when moving to Harrisburg some years ago from a big city to find the market people so simple hearted and honest a class. Now and then a grocery store contains two hearts or two necks but then such accidents (?) may happen anywhere.

It has been proven by actual test that the butcher's bill of the average family far exceeds that of the grocer if the staples such as flour, sugar, etc., be omitted. In nearly all meats there are minute disease-breeding parasites, in some cases in such quantity that we fear the formal inspector must be in need of stronger glasses. Vegetables and fruits also contain dangerous insects and parasites but when in sufficient quantity to do serious harm to the human organism the tree or plant is first eaten away and rotted to such a degree that it attracts attention. All vegetables eaten raw such as lettuce, celery, water cross, etc., should, as a safeguard, be laid in a bowl of cold water to which a little vinegar is added. The latter instantly kills all insects and the parasites and finally floats afterwards floating in the water. Then, when thoroughly washed and drained, one can feel safe to enjoy the salad.

Cancer of the stomach or the intestines, a disease so woefully on the increase in our country, is said in many cases to be directly traceable to the minute insects on raw food.

For the same reason appetite the salad can contain all the food properties of a heavy meal in proportionate quantity. For instance:

- Lettuce—mineral salts.
- Celery—mineral salts.
- Nuts—proteins.
- Fresh fruit—mineral salts.
- Sliced tomatoes—Mineral acid.
- Mayonnaise (eggs, milk, oil, vinegar, sugar)—fats and carbohydrates.

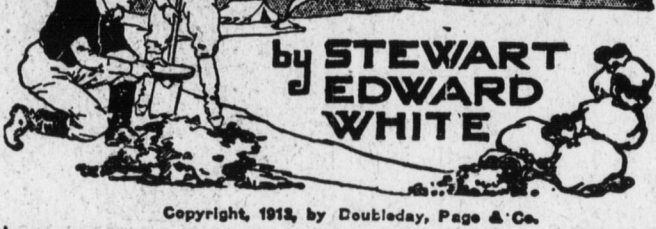
There has been much written of late with regard to a diet for reducing flesh wherein the green vegetables are used almost entirely at the expense of the starchy and fatty foods. This is a very for a certain length of time such a system is successful, the weight decreases and all seems well, but in the course of a few months the individual usually develops a lassitude, a lack of animation. Why? Because nature's law has provided starch and sugar as the heat and energy producers of the human organism just as surely as coal is needed to feed an engine. As proof of this, notice the abundant energy and quick movement of the average stout man or woman with the exception of the really obese whose excess pounds are a form of disease usually traceable to the weakness of some special organ.

With the present high cost of living, many housewives have dropped the use of cakes, puddings and similar luxuries. With eggs at the price they are, custards are almost prohibitive. Therefore, to provide good food value for her family, the wise woman will substitute fruit and more of the vegetables, containing sugar and starch such as potatoes, peas, beets, rice, corn, etc.

Likewise, to combat the high cost of meat, unless willing to use the cheaper cuts the housekeeper must resort to substitutes but there is such a variety to fall back upon that this should be no trouble. The fault usually is that through ignorance she serves a dish equally full of protein, but lacking the bulk or filling property of the meat and the family object. What (married) man would eat 2 ounces of salted peanuts in place of a cutlet even when told the nutritive value was equal? But if the nuts were baked into a lot of nut bread, hash-browned with potatoes or crumbled and baked over a dish of macaroni he would probably swallow them down smilingly. When prepared correctly, the dried vegetables, lentils, beans, dried peas, etc., are excellent meat substitutes containing both the necessary bulk and protein. Then there are syrups and tonics, but nothing seemed to break her cold. I rubbed a little Vick's VapoRub up her nostrils and made her inhale a little of it, and she had instant relief in the head. When put her to bed I rubbed her chest and throat with a good thick application, and in the morning there was no trace of a cold.

Mothers will find Vick's VapoRub Salve a sure enough "Bodyguard in the home." Three sizes, 25c, 50c or \$1.00.

GOLD



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(Continued.)

"Much obliged, boys," said he, "but I've still got my health. I don't need charity. Guess I've been doing the baby act. But I was clean mad at that rotten old rail. Anyway," he laughed, "there need nobody say in the future that there's no gold in the lower Sacramento. There is. I put it there myself."

We drew up to San Francisco early in the afternoon, and we were, to put it mildly, thoroughly astonished at the change in the place. To begin with, we now landed at a long wharf projecting from the foot of Sacramento street instead of by lighter. This wharf was crowded by a miscellaneous mob, collected apparently with no other purpose than to view our arrival.

Among them we saw many specialized types that had been lacking to the old city of a few months ago—sharp, keen, businesslike clerks whom one could not imagine at the rough work of the mines; loafers whom one could not imagine at any work at all; dissolute, hard faced characters without the bold freedom of the road agents; young green looking chaps who evidently had much to learn and who were exceedingly likely to pay their little fortunes, if not their lives, in the learning. On a hoghead at one side a street preacher was declaiming.

Johnny had by now quite recovered his spirits. I think he was helped greatly by the discovery that he still possessed his celebrated diamond.

"Not broke yet!" said he triumphantly. "You see I was a wise boy after all! Wish I had two of them!"

We disembarked, fought our way to one side and discussed our plans.

"Hock the diamond first," said Johnny, who resolutely refused to borrow from me; "then hair cut, shave, bath, buy some more clothes, grub, drink and hunt up Talbot and see what he's done with the dust we sent down from Hangman's."

That program seemed good. We strolled toward shore, with full intention of putting it into immediate execution. "Immediate" proved to be a relative term. There was too much to see.

At the land end of the wharf we ran into the most extraordinary collection of vehicles apparently in an inextricable tangle, that was further complicated by the fact that most of the horses were only half broken. They kicked and reared; their drivers lashed and swore; the wagons clashed together. There seemed no possible way out of the mess, and yet somehow the wagons seemed to get loaded and to draw out into the clear. Occasionally the drivers were inclined to abandon their craft and do battle with the loaded ends of their whips, but always a peacemaker descended upon them in the person of a large voluble individual, in whom I recognized my former friend and employer, John McGlynn. Evidently John had no longer a monopoly of the teaming business, but as evidently what he said went with this wild bunch.

Most of the wagons were loaded with goods brought from the interiors of storehouses alongside, the approach to the wharf. In these storehouses we recognized the hulls of ships, but so shored up, dismantled and cut into by doors and stories that of their original appearance only their general shapes remained. There was a great number of these storehouses along the shore, some of them being quite built about by piles and platforms, while two were actually inland several hundred feet. I read the name Niantic on the stern of one of them and found it to have acquired in the landward side a square false front. It was at that time used at a hotel.

"Looks as if they'd taken hold of Talbot's idea hard," observed Yank.

CHAPTER XXVIII.
Johnny Buys a Drink.

THE place was full of new buildings, some of them quite elaborate two story structures of brick, and elevated plank sidewalks had taken the place of the old makeshifts. Although the Plaza was still the center of town, the streets imtablespoons peanut butter instead of lard, pinch of salt and cold water. Cover pan with the crust and bake.

Lentils With Bacon

Boil the lentils in water to which has been added one onion and a pinch of powdered cloves and allspice. Cut bacon into dice and fry. When sufficient grease has formed, add a sliced onion. Next add the lentils and enough of their water to moisten. Season with salt, pepper and parsley and let simmer until thoroughly blended. Serve on hot toast.

Soft Baked Beans

Soak the beans and boil until soft then mash through the colander. Season with pepper, salt, sugar, butter, mustard and a little milk or cream. Bake in a shallow pan until firm and brown and serve with tomato sauce.

Baked Peas

After soaking the dried peas, drain and put into a baking dish. Add 2 teaspoons butter and one of salt and a pinch of pepper. Cover with water and bake. If water cooks away before the beans are tender, add more from time to time as necessary.

ANNA HAMILTON WOOD.

TIMELY HINTS FOR THE HOME GARDENER

Peas, Beans and Beets

Washington, D. C., March 21.—Garden peas are a favorite crop in the home garden, and as they are not easily injured by light frosts, they may be planted as soon as the soil can be put in order in the spring, according to the specialists of the United States Department of Agriculture. By selecting a number of varieties it is possible to have a continuous supply of peas throughout a large portion of the growing season. In order to accomplish this, plantings should be made every 10 days or two weeks until warm weather comes. The first plantings should be of small-growing, quick-maturing varieties, such as Alaska, First and Best, Gradus. These kinds do not require supports. They should be followed by the large, wrinkled type of peas, such as Champion of England, Telephone, and Prize Taker. These may be supported on brush, on strings attached to stakes driven in the ground, or on wire netting.

Peas should be planted about two to three inches deep in rows three to four feet apart. Some gardeners, however, follow the practice of planting in double rows six inches apart, with the ordinary space of three to four feet between these pairs of rows. With varieties requiring support this is a good practice, as the supports can be placed in the narrow space between the rows.

Beans are more susceptible to cold than peas and should not be planted until danger of frost is past and the ground begins to warm up. They are, however, among the most desirable vegetables that the home gardener can raise. There are many different kinds and varieties of beans, but for garden purposes they may be divided into two classes—string and Lima. Both classes are grown commercially over the greater part of the East and adapt themselves to a wide diversity of soils and climate. They grow rapidly and, therefore, leave the area in which they have been planted free for another crop. To secure a continuous supply, it is desirable to make plantings at intervals of 10 days or two weeks from the time that the ground is reasonably warm until hot weather sets in.

Both string and lima beans are subdivided into pole and bush types. The pole Lima bean should be planted with from eight to ten seeds in the hill and after the plants become established should be thinned to three or four. The hills should be four or five feet apart. Bush Lima beans are planted five or six inches apart in rows thirty to thirty-six inches apart. Bush beans of the string type may be planted somewhat closer—the plants standing three or four inches apart in rows from twenty to twenty-four inches apart if hand cultivation only is to be employed.

Beans of any kind should not be planted any deeper than is necessary to secure good germination. This should never be over two inches and on heavy soil it should not be more than 1 1/2 to 1 3/4 inches.

Beets can be planted comparatively early in the season. It is not necessary to wait until the ground has become warm, if the danger of frost is past. The seed should be sown in drills fourteen to eighteen inches apart and covered to a depth of about one inch. As soon as the plants are well up they should be thinned to stand three to four inches apart. From two to three plantings should be made in order to have a continuous supply of young, tender beets.

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Girls' Club Celebrates Two Members' Birthdays

Williamstown, Pa., March 21.—The Gamma Delta room was the scene of a pretty gathering when the girls of the club celebrated the birthdays of Misses Esther Warlow and Mary Budd. The room was tastefully decorated with ferns, flowers and shamrocks. The evening was pleasantly spent with music, dancing and recitations by Miss Budd. A delicious luncheon was served to: Misses Alma Thompson, Bessie Moffett, Annie Miller, Estella Moffett, Florence Kaufman, Hazel Wolkoff, Shaw, Mae Thompson, Emily Reigle, Ethel Berry, Margaret Watkey's, Helen Durbin, Mae Thompson, Anna Hines, Henrietta Haerter, Helen Haerter, Helen Meyer, Amy Moyer, Alma Hyerly, Alice Moffett, Eva Ralph, Lizzie Moss, Alice Flynn, Esther Warlow and Mary Budd.

Gordon Culton and Harry Sannes, of Dickinson College, Carlisle, are spending a short vacation at their parental homes.

Miss Jane Moffett spent the weekend at Harrisburg.

Mrs. Joseph Whittle and Miss Jane Ryan spent a day at Pottsville.

IN HANDS OF RECEIVERS

Lykens, Pa., March 21.—Yesterday the bakery establishment of William L. Sansom went into the hands of receivers. For the last several years Mr. Sansom has supplied the people of Lykens, Wisconsin, Williamstown, Elizabethville and other towns with his products, and in two years he had made an up-to-date bakery.

Mr. and Mrs. Forrest Schoffstall, of North Second street, announce the birth of a daughter.

An illustrated lecture on "The Pioneers and Landmarks of the United Brethren Church" was given last evening by the Rev. I. H. Albright, of Middle United in the auditorium of the United Brethren Church.

There We Had \$5 Worth of Various Things Done to Us.

pillars. We duly admired this marvel and then wandered over to the polished mahogany bar, where we were joined by the half dozen loafers who had been lounging around the place. These men did not exactly join us, but they stood expectantly near. Nor were they disappointed.

"Come, let's all take a drink, boys!" cried the captain heartily.

They named and tossed off their liquor and then without a word of farewell or thanks shambled back to their roosting places.

"What's the matter, Billy?" demanded the captain, looking about curiously. "Where's your usual crowd?"

"They're all down at the Verandah," replied the barkeeper, passing a cloth over the satiny wood of the bar. "Dorgan's got a girl tending bar. Pays her some ungodly wages, and he's getting all the crowd. He'd better make the most of it while it lasts. She won't stay a week."

(To Be Continued.)

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Pottsville Miss Prescribed For Dad When He Had Pneumonia

"Dad Daddy with Vick's 'Cause It Made Me Better, and It Will Make Him Better, Too," Said Little Emma Kienzle.

MR. KIENZLE IS WELL NOW.

When Mr. C. F. Kienzle, 811 Laurel St., Pottsville, Pa., was stricken with typhoid pneumonia, his little daughter immediately recommended the remedy that always relieved her colds. Her advice was good, for Mrs. Kienzle writes—"The doctor had little hopes for him but I kept right on using Vick's and the pneumonia was broken."

When Vick's VapoRub Salve was first introduced from the South, Schneider's Pharmacy presented Mrs. Kienzle with a jar, and requested that she give it a thorough trial. Mrs. Kienzle reported—

"At that time my little girl was suffering with a severe cold. Her head was closed and she could not breathe through her nostrils. She was tight on the chest and complained of her throat hurting her. We had been trying to doctor her up with cough



syrups and tonics, but nothing seemed to break her cold. I rubbed a little Vick's VapoRub up her nostrils and made her inhale a little of it, and she had instant relief in the head. When put her to bed I rubbed her chest and throat with a good thick application, and in the morning there was no trace of a cold.

Mothers will find Vick's VapoRub Salve a sure enough "Bodyguard in the home." Three sizes, 25c, 50c or \$1.00.

THEY WERE RUNDOWN

How often we hear it said of a man or woman that "they were rundown in health" which accounts for their present sickness. For that reason it is important that when you find you tire easily, when your nerves are troublesome or your work is irksome, you should strengthen your system immediately with the blood-enriching, tissue-building food in Scott's Emulsion which contains pure Norwegian cod liver oil and is free from alcohol.

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