

Reading for Women and all the Family

By McManus

Bringing Up Father

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BENATURAL AND BE "REAL"

Affection Bores Friends and Yourself; Frankness and Honesty Make One Loved

By BEATRICE FAIRFAX
 "A real person" is one who has an honest knowledge of himself, the mental detachment to stand off and criticize that self, the fineness and strength to cultivate the best and conquer the worst in that self, and enough healthy impulse to thoroughly compel vital, energetic living. "A real person" has healthy instincts, normal desires and an honest way of expressing them, and sanity enough to respect other people's individuality even while expressing his own.

Affection surely must bore the one who practices it. It means a constant strain, a constant minding along on tip-toes when you want to stride on the balls of your feet. And even as a man must have an excellent memory to be good liar, so he has to keep careful track of his pose and the things he has done to establish it, in order to keep on affecting it.

The poser is always forced to live up to something he is not. He has to keep his eyes on his audience to see if he is making a successful impression. He has to go through the strain of posturing and grimacing and play-acting. No matter how much he longs to wash off the "grease-paint" and "make-up" from his attitude, he has to go on wearing them.

Now, for naturalness. What will it do for you? Well, first of all, the "you" you honestly are will attract the friendships that are honestly congenial to it and will be able to do the things it honestly longs to do. You don't wear yourself out when you express yourself; you just grow freely along the lines that are natural for you.

How are you going to be natural? In previous articles I have tried to indicate how you may find out what you really are and which of the qualities you really have you want to cultivate. After you have done that, what you want to do with your naturalness is to bring it into human relations.

The first use you make of your naturalness in your human relationship is frankly and honestly to express the affection you feel for people. Suppose someone you like breaks an appointment with you. The Real You says, "I like Jerry."

I like him well enough to excuse him for failing me yesterday. Probably he had a reason. Perhaps he isn't quite brave enough to come and make his excuses to me for fear I won't believe him. Well, I like him well enough to give him the benefit of the doubt. "I'll ask him what it was all about."

That, I insist, is the natural attitude. But we have cultivated certain poses of pride and dignity. We have taken a position of feeling that certain things are our due and of insisting upon them. So what you probably do is to assume a very top-loftical attitude when Jerry comes along and, by that pose of frozen dignity, fill Jerry with an idea that you don't care much about him after all, or that you are almost too exacting to be a real friend.

If you like people, express it honestly. Don't you see how easy that will be after you have learned to express your tastes and inclinations honestly? Don't you see how natural that will be after you have cultivated your better tastes and inclinations?

Come, Jack Watkins, let us have you for an example. You have found out that you are full of fun and that you like to be amused and entertained—that you have a tendency to let cheap vulgarity amuse and entertain you. You try to educate your love of wit and humor and beauty, and you get yourself beyond horse

play humor and burlesque beauty to an enjoyment of finer things. You're expressing yourself naturally enough; only now you go to charming comedies, instead of to cheap burlesque shows, and you wear ties of a wonderful shade of blue instead of green ones checked off with purple and dotted with yellow. You still like a good time and attractive clothes, only now you are reaching a more cultivated standard of what is fun and what is beauty.

Well now, honest Jack, you are walking up Main street one evening and along comes a girl—overdressed, swaggering, bold, painted and cheaply alluring. Won't you be likely to pass her by in favor of the finer type, just because you have begun to appreciate fineness all along the line?

A little later a charming young woman who is well-groomed and full of the magnetism of clean, sweet youth passes by. Now that you have begun to be natural, your impulse is to go up and fairly demand acquaintance with her. This is the particular point at which all writers on naturalness stop and hesitate. Lucy Wilton is attracted by you, she is the natural thing for you two youngsters to do is to scrape acquaintance? Why can't you?

First of all, the same just isn't played to you; and either one of you, seeing the other one ready to break the rules of the game, won't quite trust that other to play fairly and squarely always and to give an absolutely honest deal.

Naturalness in the individual is charming; but it cannot go beyond the individual and bend the laws of society to its will. Teach yourself to like the best—and to set about attaining it in the finest and "best" way.

(The next article in this helpful series by Miss Fairfax will appear soon in this page. Don't miss it!)

THE YUKON TRAIL

By William MacLeod Raine

(Continued)
 "Got to stable the horses," he explained, and left them. After a time he came back and lit a fire in the sheet-iron stove. As the circulation that meant life flooded back into her chilled veins Sheba endured a half-hour of excruciating pain. She had to clench her teeth to keep back the groans.

The cabin was empty of furniture except for a home-made table, rough stools, and the frame of a bed. The last occupant had left a little firewood beside the stove, enough to last perhaps for twenty-four hours. Sheba did not need to be told that if the blizzard lasted long enough, they would starve to death. In the handbag left in the

stidge were a box of candy and an Irish plum pudding. She had brought the latter from the old country with her and was taking it and the chocolates to the Husted children. But just now the stage was as far from them as Drogheda. Like many rough frontiersmen, Swiftwater Pete was a diamond in the raw. So far as could be he made a hopeless and impossible situation comfortable. His judgment told him that they were caught in a trap from which there was no escape, but for the sake of the women he put a cheerful face on things. "Lucky we found this cabin," he growled amiably. "By this time we'd 'a' been up Salt creek if we hadn't. Seeing as our luck has stood up so far, I reckon we'll be all right. Mighty kind of Mr. Last Tenant to leave us this firewood. We ain't so worse off."

"If we only had some food," Mrs. Olson suggested. "Food!" Pete looked at her in assumed surprise. "Huh! What about all that live stock I got in the stable? I've heard tell, ma'am, that broncho tenderloin is a favorite dish with them French chefs that do the cooking. They kinder trim it up so it's most as good as frags' legs."

Sheba had never before slept on bare boards with a sealskin coat for a sleeping bag. But she was very tired and dropped off almost instantly. Twice she woke during the night, disturbed by the stiffness and the pain of her body. When she awakened for the third time it was morning.

It seemed to her that the hard, whip-sawed planks were pushing

through the soft flesh to the bones. She was cold, too, and crept closer to the stout Swedish woman lying beside her. Presently she fell asleep again to the sound of the blizzard howling outside. When she awakened for the third time it was morning.

In the afternoon the blizzard died away. As far as the eye could see, Sheba looked out upon a waste of snow. Her eyes turned from the desolation without to the bare and cheerless room in which they had found shelter. In spite of herself a little shiver ran down the spine of the girl. Had she come into this Arctic solitude to find her tomb?

As soon as the storm had moderated enough to let him go out with safety, Swiftwater Pete had taken one of the horses for an attempt at trail breaking.

"Me, I'm after that plum pudding. I gotta get a feed of oats from the stage for my bronchos too. The scenery here is sure fine, but ain't what you would call nourishing. Huh! Watch our smoke when me and old Baldface get to bucking them drifts."

He had been gone two hours and the dusk was already descending over the white waste when Sheba ventured out to see what had become of the stage driver. But the cold was so bitter that she soon gave up the attempt to fight her way through the drifts and turned back to the cabin.

Some time later Swiftwater Pete came stumbling into their temporary home. He was fagged to exhaustion but triumphant. Upon the table he dropped from the crook of his number arm two packages.

"The makings for a Christmas dinner," he said with a grin. Mrs. Olson thawed out the pudding and the chocolates in the oven and made a kind of mush out of some of the Peas had saved from the horse feed. They ate their one-sided meal in high spirits. The

freeze had saved their lives. If it held clear till to-morrow they could reach Smith's crossing on the crust of the snow.

Swiftwater broke up the chairs for fuel and demolished the legs of the table, after which he lay down before the stove and fell at once into a sudden sleep.

Presently Mrs. Olson lay down on the bed and began to snore regularly. Sheba could not sleep. The boards tired her bones and she was cold. Sometimes she slipped into cat naps that were full of bad dreams. When she awakened with a start it was to find that the fire had died down. She was shivering from lack of cover. Quietly the girl replenished the fire and lay down again.

When she awakened with a start it was morning. A faint light sifted through the single window of the shack. Sheba whispered to the old woman that she was going out for a little walk.

As she worked her way down the gulch Sheba wondered whether the news of their loss had reached Kuskokwim. Were search parties out already to rescue them? Colby Macdonald had gone into the blizzard years ago to save her father. Perhaps he might have been out all night trying to save her father's daughter. Peter would go, of course—and Gordon Elliot. The work in the mines would stop and men would volunteer by scores.

That was one fine thing about the North. It responded to the unwritten law that a man must risk his own life to save others.

From a little knoll Sheba looked down upon the top of the stage three hundred yards below her, and while she stood there the promise of the new day was blazoned on the sky. It came with amazing beauty of green and primrose and amethyst, while the stars flickered out and the heavens took on the blue of sunrise. She drew a deep, slow

breath of adoration and turned away. As she did so her eyes dilated and her body grew rigid.

Across the snow waste a man was coming. He was moving toward the cabin and must cross the trench close to her. The heart of the girl stopped, then beat wildly to make up the lost stroke. He had come through the blizzard to save her.

At that very instant, as if the stage had been set for it, the wonderful Alaska sun pushed up into the crotch of the peaks and poured its radiance over the Arctic waste. The pink glow swept in a tide of delicate color over the snow and transmuted it to millions of sparkling diamonds. The Great Magician's wand had recreated the world instantaneously.

(To Be Continued)

POS-LAM BEST WAY TO STOP SKIN'S ITCHING

Cover the spot that itches with Pos-lam; relief is immediate. When the skin aggravates, burns, presents an unsightly, broken-out surface, there is one remedy pre-eminently fitted to soothe and heal, on which you can always depend—Pos-lam. Pos-lam is Quality—Pos-lam is Concentrated Healing Energy so little does so much. Let Pos-lam SHOW you how excellent it is. Sold everywhere. For free sample write to Emergency Laboratories, 213 West 47th St., New York City. Pos-lam Soap is the tonic soap for the skin and will freshen and beautify your complexion.—Advertisement.

This new method prevents faded lifeless hair

WILDROOT is a preparation that is guaranteed to remove dandruff — your money back if it fails! You can apply it yourself, or your hair-dresser will do it for you. A week's trial of WILDROOT will work wonders.

WILDROOT THE GUARANTEED HAIR TONIC

Here is another use for WILD-ROOT which brings out the real beauty of your hair as nothing else can. Try this treatment today! Moisten a cloth with WILDROOT, and wipe your hair, one strand at a time, from the roots clear to the ends. Then see how soft and fluffy and pretty your hair is! Your money back if it fails.

Wildroot is for sale by all good drug stores, and all good barber shops. Applications may also be had at any first class hairdresser's. Always sold under our unconditional guarantee that it will do as we say or your money will be refunded.

WILDROOT CHEMICAL COMPANY
 BUFFALO, N. Y.

Wildroot Shampoo Soap, when used in connection with Wildroot, will hasten the treatment.

Ill Health Often Due to Neglect of Kidneys and Liver

Many organs take part in assimilation of food, and a number are active in eliminating those portions of the food which are not taken into the body. Of the eliminative organs, the liver and the kidneys are of major importance, and are most likely to be overworked and become diseased. When such is the case, various troubles of a digestive and eliminative character occur, and such troubles are so frequent and so common that it is absolutely necessary to find some relief. Warner's Safe Kidney and Liver Remedy was compounded over 40 years ago to help equalize the work of both kidneys and liver. How successful it has been is evidenced by its widespread sale and its value is attested by an immense number of appreciative users who through these many years have put it to the severest tests with the most satisfactory results. The experience of multitudes is

sometimes worth more than the wisdom even of the brightest physicians. If you have liver or kidney troubles, you cannot do better than call upon your druggist for Warner's Safe Kidney and Liver Remedy. "About 7 years ago I was so weak and worn out that I could hardly work. After trying other things without relief, I tried Warner's Safe Kidney and Liver Remedy. In a short time the pain left me, my urine cleared up and the rheumatism and dyspepsia vanished. We have used Warner's Safe Kidney and Liver Remedy ever since with great success in our family." O. F. Rose, Burtonville, Kentucky, U. S. A.

Warner's Safe Kidney and Liver Remedy contains no harmful ingredients and should be used when the kidneys need attention. Sold by druggists everywhere. Sample sent on receipt of ten cents. Warner's Safe Remedies Co., Dept. 266, Rochester, N. Y.

Advice to the Lovelorn

By BEATRICE FAIRFAX

CLOTHES—AND THE WOMAN

By "MRS. FAIRFAX"

I have been going about with a young man for about five months, and have now found out that he does not care for me on account of my clothes. He claims that I do not dress like every other girl, but have explained to him that I do not care because my father is in the hospital. Do you think I should continue going with him, or should I drop him, as I have friends that care for me for myself.

CLARA L. Clothes really do not count. Of course, if your father is ill, you are thinking of him and not of the latest New York fashions. That doesn't mean that neatness, cleanliness and tidiness have ceased being important. I am sure that you can keep yourself looking well groomed even in old clothes, and any man who judges you by what you wear rather than by what you are is not particularly worth while. I don't think the quarrel between you two need break off your friendship at all. Just try to convert the young man to a common sense view of the situation.

Fashions of To-Day - By May Manton

There is no prettier variation of the fashionable tunic than this one. It really consists of one piece but is so draped that it forms graceful and becoming points and the shaping of the bodice at the lower edge is exceedingly new and smart. As you see it here, it is made of broadcloth with trimming of soutache braid and fur and is worn over a velvet skirt. You could hardly find a more fashionable combination or a handsomer one, but you could, of course, copy the idea in various ways. Charmeuse would be handsome for the blouse with tunic and you could use charmeuse over velvet or over serge or over the same material. You could make the bodice and tunic of a fine serge if you want a more useful dress and you could leave the lower edge of the tunic plain, or you could use soutache there as well as down the sides. Serge would be pretty either over a skirt of serge or over a skirt of satin.

For the medium size the bodice with tunic will require 3 3/4 yards of material 44 inches wide, 2 3/4 yards 54, and the skirt, 2 1/2 yards of either width.

The pattern of the bodice with tunic No. 9592 is cut in sizes from 34 to 40 inches bust measure and of the skirt No. 9593 in sizes from 24 to 34 inches waist measure. They will be mailed to any address by the Fashion Department of this paper, on receipt of fifteen cents for the bodice with tunic, ten cents for the skirt.

9592 Bodice with Tunic, 34 to 40 bust. Price 15 cents.
 9593 Two-Piece Skirt 24 to 34 waist. Price 10 cents.

Daily Dot Puzzle

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Draw from one to two and so on to the end.

Giving Notice of the Great February Furniture Sale

At Wanamaker's IN PHILADELPHIA

The February and August Furniture Sales held in the Wanamaker Stores, Philadelphia and New York, are celebrated all over the United States.

The greatest sale of all is to be held this coming February. It will contain more than 15,000 pieces of furniture, every piece reduced in price.

Every piece of this furniture is good furniture, and is better than you can possibly find elsewhere for the same money.

It is known that we sell good, sound, properly seasoned, splendidly made furniture for prices as low as many stores charge for cheap and unworthy grades.

Yet we never sell anything but the best in workmanship.

Wherever you live, even if it is a thousand miles from Philadelphia, if you have new furniture to provide for your home, whether it is a single room or a whole household, it will pay you to come to Wanamaker's.

In advance of this Sale there will be

Three Days For Inspection January 29, 30 and 31

on which out-of-town people may make their selections and give their orders for furniture at the reduced prices to prevail in February, and these orders will be dated as of February 1st.

Make your plans now. Arrange so that you may be in Philadelphia early, if possible, next Tuesday, January 29th.

JOHN WANAMAKER PHILADELPHIA

The furniture will all be shown with its sale tags on it.

Furthermore, each of the Wanamaker Stores is now holding a Million-Dollar Daylight Using Sale, in which there are fine lots of special merchandise offered every morning.

Some of these may be of interest to you as well as the great Furniture Sale.