

Reading for Women and all the Family



Life's Problems Are Discussed

Heals Pimples and Itching Scalp in About 3 Weeks

Head full of fish-like scales. Pimrical full of insi-like scales. Pim-ples red and scales formed. Face in terrible condition. Did not like to go out. Ruined scalp by scratching. Trouble lasted 4 weeks. Wrote for free sample Cuticura Soap and Oint-ment. Bought more and was healed. From signed statement of Lloyd Cobbs, 4129 Warren St., W. Phila., Pa.

uticura Ointment to soothe and heal ughness of the skin or scalp. By ising these delicate, fragrant s reamy emollients for all toilet

Harrisburg Business College Froup Building, 15 S. Market Sq. Bell phone 485; Dial 4393

ookkeeping, Shorthand, Steno-Typewriting, Civil Service. ype, Typewriting, Civil Service,
OUR OFFER—Right Training
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what you want. Day and Night
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Bringing Up Father



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By McManus



ago from the public schools and now working in a factory. I am very ambitious, vbut it is along lines entirely apart from my present work, and I can see no means of attaining my ambition. This in a way has worked against my advancement and also against my social popularity, for I have fallen into the way of pondering so much over my present and possible future chances that I am always pre-occupied and silent even when in company. I would greatly appreciate any advice you can give me which would help me to get rid of my absentmindedness and preoccupation."

It is a wonderful thing to have

of experience to show that joy grief are more or less transition."

Neither has it acquired philosophy which teaches all things pass, and that ked hope and passionate pain be as tender things of the time sea." Consequently, its and perplexities are the insistent.

Tonsequently, its and perplexities are the first war a little bundle of letters I slitted out from the others laid aside for consideration, are all from very young peoid they express the same sand desires. They may be into two classes; the first want to know how to acsocial ease and grace, how

ass want a receipe for sucife. Here is a letter from
Mrs. Woodrow: I am
graduated, three years

The next few letters were from
boys and girls who complained of
their sufferings from diffidence
and self-consciouness. They love
to go out among companions of
their own age, and long to enjoy
themselves and have a good time
as others do. But they are always
hindered and humiliated by extreme bashfulness.

Of course, there are meany

treme bashfulness.

Of course, there are many methods advised for the oversiming of this unfortunate affliction, but I have been told by the persons who suffer from it that most of them are not very efficacious. To tell persons in the others happy is not very partical advice. How is it possible to others happy is not very partical tongue is guled to the roof one's mouth and all one's efforts at sprightly conversation will only result in a few incoherent and stammering phrases?

Bashfulness, like anything of the condition of the conquered effort. If the condition is suited to the conquered effort. If the condition is suited to the conquered effort. If the condition is suited to the conquered effort. If the condition is suited to the condition of the condition is suited to the condition of the co

mering phrases?

Eashfulness, like anything else, can be conquered by persistent effort. If a young man—or woman—has the courage to keep himself habitually on the social firing line he will ultimately win that ease and grace of manner to which he aspires, and be able to laugh at his former misery. But during the period of his initiation he will feel that being boiled in oil is, by comparison, merely one of life's minor inconveniences.

This little bundle of the president of the state of the sta

Card: "Cutieura, Dept. H, Boston." Sold everywhere. Soap 25c. Ointment 25 and 50c.

EDUCATIONAL.

School of Commerce

AND.

This little bundle of letters has been lying on my desk for days. I had left them unanswered simply because I wanted to give some definite and practical help, and onto him suggested itself to me other than the usual platitudes.

I do not know whather I "sent my soul into the invisible" or not,

HAIR COMING OUT?

Dandruff causes a feverish irritation of the scalp, the hair roots shrink, loosen and then the hair comes out fast. To stop falling hair at once and rid the scalp of every particle of dandruff, get a small bottle of Danderine at any drug store, for a few cents, pour a little in your hand and rub it into the scale. After several applications the hair stops coming out and you can't find any dandruff.



beings, prevent the figure is spoiled, but the bust back where it beings, prevent the full bust from having the appearance of flabbiness, climinate full bust from having the appearance of flabbiness, climinate the danger of dragging muscles and confine the flesh of the shoulder giving a fragging muscles and confine the flesh of the shoulder giving a from the property of the shoulder giving a flabble—come in all materials and styles: Cross Back, Hook Front, Surplice, Bandeau, etc. Boned with "Walohn," the rustless boning—permitting washing without removal. Have your dealer show you Bien Jolie Brassleres, if not stocked, we will gladly send him, prepaid, samples to show you. BENJAMIN & JOHNES, 51 Warren Street, Newark, N. J.



HOTEL MARTINIQUE BROADWAY, 32D STREET, NEW YORK One Block From Penn-sylvania Station.

Equally Convenient for Amusements, Shop-ping or Business. 157 Pleasant Rooms, with Private Bath, \$2.50 PER DAY 257 Excellent Rooms, facing street, south-\$3.00 PER DAY

Also Attractive Rooms from \$1.50. The Restaurant Prices Are Most Moderate





CHARMING TYPES FOR DAYTIME WEAR

The styles are so varied this season that the woman who wears what suits her taste and her figure is suits her taste and her ngure is fairly sure to find good authority for ft. If she likes the oval skir, she will find it spondored by Cheruit, Doeuillet and other great dressmakor of Paris. A splendid new development is exploited in the frock of plaid gingham to the left. The overwalst is cut out at the front to show a girdle of plain linen to correspond with the whole access underlying. with the plain color underblouse. A hemstitched collar turns over the square neck, while the sleeves are finished with fancy cuffs. In medium size the dress requires 6 yards 36-inch gingham and 2 yards 36-inch batiste for the underblouse.

The woman who contents berself

The woman who contents herself with the serviceable skirt of serge, wearing it with separate waists, will be pleased with the plaited panel effect at the right. The panels may be omitted, however. The straight belt is of self-material. Rose pink linen is used for the blouse, with col-lar finishing the V-shaped neck. It fastens in single breasted effect. Three yards 44-inch serge make the skirt, while 2½ yards linen are re-

quired for the walst.
First Model: Pictorial Review
Costume No. 7612. Sizes, 16 to 20
years. Price, 20c.
Second Model: Walst No. 7593. Sizes, 34 to 44 inches bust. Price, 20c.

THEIR MARRIED LIFE

THEIR MARRIED LIFE
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Third, was simply must help me out of the Committee when a least was a committee. The committee of t



BEAN SOUP
Look over carefully one-half pound of beans. Wash and soak over night. In the morning skim off the fat from the water in which ham was cooked and add the beans and
One pint of tomatoes.
Four large onions.
Two carrots.
One bunch of soup herbs.
Place the tomatoes in a bowl and squeeze between the hands until they are a fine pulp. Peel and chop the onions fine. Peel and dice the carrots. Add the herbs. Bring to a boil and then cook slowly for four hours. Season to taste with salt and pepper.

two and so on E. W. GROVE'S signature on box. 30c.

Advice to the Lovelorn

Relief from Eczema

Don't worry about eczema or other skin troubles. You can have a clear, healthy skin by using a little zemo, obtained at any drug store for 35c, or extra large bottle at \$1.00.

Zemo generally removes pimples, blackheads, blotches, eczema and ringworm and makes the skin clear and healthy. Zemo is a clean, penetrating, antiseptic liquid, neither sticky nor greasy and stains nothing. It is easily applied and costs a mere trifle for each application. It is always dependable.

The E. W. Rose Co., Cleveland, O.

NO JACK SPRATS

the head or a raw, sore throat, get a jar of CAMPHOROLE from the nearest drug store, and watch how it will loosen up that cough, cold and congestion in chest.

Do not treat your colds lightly: this is pneumonia season. The remarkable success of CAMPHOROLE is entirely due to Wintergreef. Menthol and Camphor, president of the color of the colo

FALSE ECONOMY.
Value your eyes at their true worth. Have them examined here and wear the glasses required.
We Are Competent Optometrists





Grand Patriotic Rally

Chestnut Street Auditorium Monday, Feb. 25, 7.30 P. M.

SPEAKERS

George Wharton Pepper Chairman Committee of Public Safety

Commonwealth of Pennsylvania

Howard Heinz Federal Food Administrator Commonwealth of Pennsylvania

Lieut. Frank A. Sutton Member Royal Engineers

Community Singing No Admission will be Charged

