

Reading for Women and all the Family

Bringing Up Father

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By McManus

Life's Problems Are Discussed

By Mrs. Wilson Woodrow

Isn't it awful? How often do you hear that phrase? More times than you can count if your experience corresponds to mine.

There isn't one person in ten using the phrase habitually who really means it. Its constant expression is largely a matter of habit.

The condemnation of the isn't-awful people falls heavily upon the weather. The weather is a universal scapegoat.

Why is it not the part of true philosophy to determine to take the days as they come enjoying to the full the pleasant things and minimizing the discomforts?

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every trifling discouragement or worry or disappointment as "awful?" And to-day, when we are living through one of the greatest crises of history and the greatest cataclysm the world has ever known, it is surely necessary to hold tight to all the joy, all the courage, all the cheer we possess or can assiduously cultivate.

I know and I venture to say you too, people who so persistently "awful," that they don't know when they are using it. I cut my finger slightly the other day.

Who are the happy people you know? Have you ever made a study of them? They are those who feel and express the joy of life, and would still feel it and still express it in poverty, in sickness and in sorrow.

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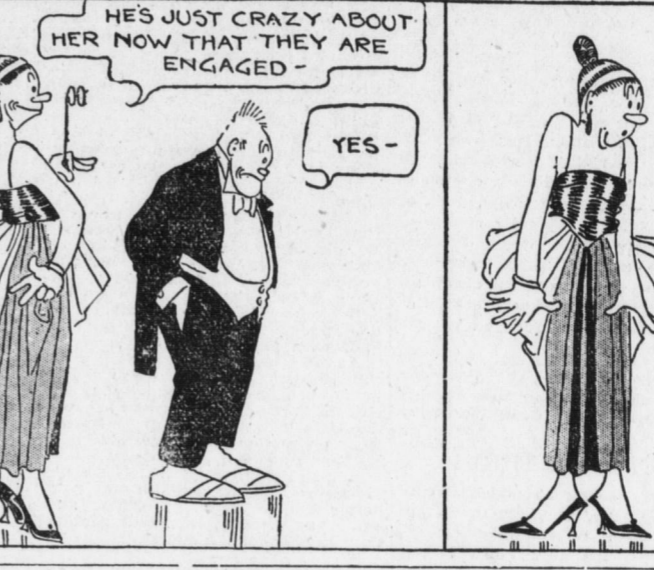
CHAPTER XXIV. Copyright, 1918, Star Co. When Cynthia opened her eyes, she found herself carried through the fast-falling snow and there were voices about her—Dora's being the most distinct.

"What's the matter?" Cynthia muttered, trying to sit up. "But the arms that carried her held her close. "Be quiet, dear, just for a moment," Milton Van Saun whispered. "I am taking you to Dora's car."

"Are you hurt, Cynthia?" she quavered. "We're right behind your taxi, and a big truck skidded and struck it, for your driver passed too close to the truck and pieces of wood and glass from the window must have hit you—or something did and stunned you."

"I am all right," Cynthia said, sitting up straight. But as she did so a sharp pain made her catch her breath. "I think my shoulder is hurt a bit," she acknowledged. "That's all, I am sure it amounts to nothing."

"I can walk perfectly well, thank you," Cynthia said, decidedly. "Then let her walk, Milton," Dora advised. "Don't fuss over her. She hates it."



WHAT TO DO And How to Do It as Outlined For Housewives by the Federal Food Administrator

"I know what the United States Food Administration is asking us to do," one housewife was heard to remark. "I can't cut down any more than I have unless I can get something to take its place."

That was the question to be solved—What will "take its place?" The first thing to determine, then, is what each of these foods you are asked to save, contributes to the body's needs.

Meat has long been considered the chief source of protein. But there are many other foods equally rich in body-building material such as milk, poultry, fish, cheese, eggs, dried legumes and some of the nuts.

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after which many gifts were presented to Mr. and Mrs. Murphy. The following were present: The Rev. Mr. Sower, Mr. and Mrs. Alfred Carothers, Mr. and Mrs. Harry May, Mr. and Mrs. Cecil Snyder, Mr. and Mrs. Richard Clark, Mr. and Mrs. Blain Locke, Mr. and Mrs. P. H. Madden, Mr. and Mrs. James Murphy, Prof. J. F. Slaybaugh, Mr. Warren Madden, Mrs. Elsie Connor, Alfred Barron, Blanche Walls, Vesta Madden, Thelma Carothers and Francis Locke.

Orblonia, Pa., March 4.—Recently Mr. and Mrs. Alfred Murphy, of Rockhill Furnace, celebrated their fifth wedding anniversary at their home. The evening was spent in playing games, singing and social enjoyments.

After dinner was served the Rev. Mr. Sower acted as toastmaster and addressing Mr. and Mrs. Murphy in behalf of the guests wished that the future might have many more such happy occasions in store for them.

These fragrant, super-creamy emollients are all you need for your skin and all toilet purposes. Sample Each Free by Mail. Address postcard "Cuticura, Dept. H, Boston." Sold everywhere. Soap 25c. Ointment 25 and 50c.

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THE FOUR OF HEARTS

A SERIAL OF YOUTH AND ROMANCE

By VIRGINIA VAN DE WATER

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PIMPLES ON FACE FOR TWO YEARS

Itchy All the Time. So Bad Ashamed to Go In Company. Cuticura Healed.

"My face broke out in a rash, and then pimples came, making my skin red, sore, and itchy all the time. I was ashamed to go out in company my face was so bad, and many sleepless nights I have had."

"I was annoyed for over two years and I used many remedies but none of them did any good. Then I used Cuticura Soap and Ointment and I used two cakes of Cuticura Soap with one box of Cuticura Ointment and my face is now healed."

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CASCARA QUININE advertisement with logo and text: 37% More For Your Money Get the Genuine

Strive To Have Healthy Skin advertisement with illustration of a woman's face and text: Next time you are in a gathering of women note the different conditions apparent in complexion.

Yes, Eat Apples advertisement with text: An apple eaten in the evening will mechanically and chemically clean the teeth and protect them from bacterial ravages in the night when most damage is done.

UNITED ICE & COAL CO DISTRIBUTORS advertisement with text: Our Famous Adams County Apples for sale by first class grocers.

May Still Eat Candy and Be a Patriot advertisement with text: Is it wrong to make and eat candy in war times? Can we find in this class of food substitutes for sugar?

Stomach Upset? advertisement with text: That's what thousands of stomach sufferers are doing now. Instead of taking tonics, or trying to patch up a poor digestion, they are attacking the real cause of the ailment—clogged liver and disordered bowels.

DELICATE GIRLS IN Business or School advertisement with text: who have thin or insufficient blood or are physically frail will find SCOTT'S EMULSION

Daily Dot Puzzle advertisement with a grid of numbers and text: 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

Advice to the Lovelorn advertisement with text: DEAR WISE FAIRFAX: I have been engaged to a man whom I deeply love and whom I cannot give up. I will go up to my room and rest for a while before dinner.

The Strain of War advertisement with text: The Hon. John Skelton Williams, Comptroller of the Currency, writes in his Annual Report, "At the industrial centers, car lines are being rushed and overburdened by new armies of workers."

And car lines must be kept going just the same. Uncle Sam must have his great armies of workers get to and from work. At times, especially at noon and supper time, the strain is heaviest.

HARRISBURG RAILWAYS COMPANY advertisement with text: Public utilities all over the land have been called upon to increase their facilities to take care of the added burdens of war—yet this increased efficiency had to be, and must in the future be acquired while men and materials are harder to get. And getting harder.