

# Reading for Women and all the Family

## Life's Problems Are Discussed

By Mrs. Wilson Woodrow

I have half a dozen letters here on my desk before me, sad little letters all on one theme, the one eternal theme—Love. And most of them are signed "An Unhappy Girl," or "Broken-hearted" or "Despairing."

Sometimes the world seems full of voices, sighing voices, whose ceaseless burden is, "I want love, I want content, I want happiness, I want freedom, I want rest."

But to-day, with these letters before me, it is youth which must be served. And as I have said above, the cry of the heart of youth is for love and romance. Cinderella forever waits for Prince. The one great love story of all time has been told.

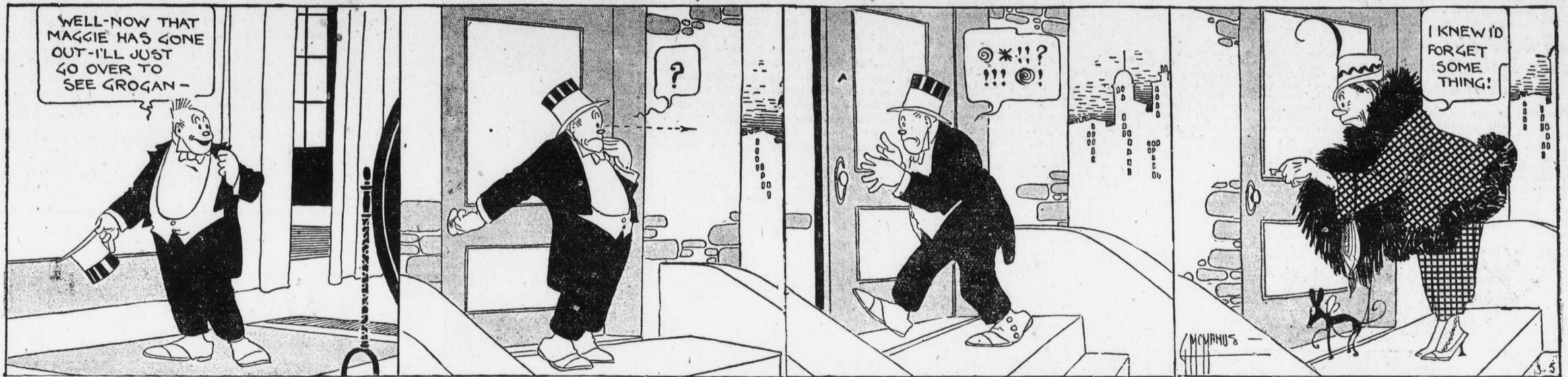
The first letter, which is a counterpart of many others I receive, is from a Cinderella who thinks she has lost the Prince. Her story is that she and the young man to whom she had been engaged for about a year have quarrelled and parted. She earnestly desires a reconciliation and has made every effort to bring one about, but unsuccessfully; and she is forced to the conclusion that he prefers to remain estranged. She is perplexed and heartbroken, and she wants to know what to do about it.

I am very much afraid that there is nothing for her to do but to write "Fini" on that chapter of her life. No matter how hard it may seem, there is only one course open for her, and that is to accept the situation. If that young man had died, she would be forced to live without him, and she is only compromising her dignity and self-respect in endeavoring to hold some one who is determined to be free. You cannot force love, and cannot force friendship.

I argued that question with a girl once. She said: "I know I could make him happy, whether he cares for me or not. I would be so sweet and charming and attractive that he couldn't help loving me."

We don't love people because they are sweet and charming and attractive. We love them because they are they, and we can't help it. We admire the others quite coolly for their delightful qualities, and the better we know them the finer we think they are. But we take no especial delight in their

## Bringing Up Father



Copyright, 1917, International News Service

By McManus

## THEIR MARRIED LIFE

Copyright by International News Service

presence. And then some one who may not impress us as especially sweet or charming or beautiful happens along and we know instinctively that we are friends. We understand each other. We speak the same language. Oh, you can't buy love with charm and beauty any more than you can buy it with money.

It is one of the greatest mistakes in the world to try and hold anything that is slipping away from you. The moment there is the faintest pull on the rope, let your end of it go quick. It is a wise plan always to anticipate the yawns of another. People yawn in their eyes before they put their hands up to their mouths to hide those large, round "Os."

The moment you see the shadow of a yawn in the beloved's eyes, clear out. Let it be your proud boast that no man has ever yawned at your sallies. Let him remember you as one who fled, not as one who pursued. Just spread your bright wings, and over the tree-tops. And the chances are that he will stop yawning in a hurry and think: "Heavens! How fast she flies! And how her wings shine in the sunlight! I must up, and after her."

You, dear girl, who have written me, and every other girl who writes me are playing this game of life to win; and I want to do the very best I can to help you. So, instead of saying to yourself, "He has left me, and I am heartbroken," can you not try to say, "It was all a mistake. He never was mine, or he couldn't have left me. There are better things in store for me. There is a greater, truer love, and a more congenial companionship. He wasn't the right man. I admit that it is a blow to learn this. The lesson has hit me hard. But I am not a weakling. I am not going to give way under it, and lose all my joy in life. With all my will, and with all my hope I am going to expect and keep on expecting something more beautiful and satisfying to come into my life."

For almost hear you saying: "Perhaps the right man will never come. And I don't want to live my life without a love companionship all my own."

"Nonsense! No woman ever had one suitor that there were not more in the offing. Give them a chance. The wrong Prince has been standing in the way."

And the day will surely come when you will be very grateful to Fate for kindly removing him from your pathway. Never a woman lived who reached her thirties that did not look back and thank Fortune that she had been mercifully saved from marrying him, and usually her second and third.

For, although the first love may be—and sometimes is the right Prince, he is much more likely to be a mere clothes-tree on which we hang those shimmering robes of romance we have woven from our dreams. In the 'teens, it is very often a case of: "I must love some one, and it might as well be you."

Your real destiny may be waiting for you in the next street, or he may be at the other end of the world. But he is seeking you just as surely as you are watching for him.

"Two shall be born the whole world apart, And speak in different tongues, and have no thought Each of the other's being, and no head. And these o'er unknown seas to unknown lands Shall cross, escaping wreck, defying death, And all unconsciously shape every act And bind each wandering step to That, one day out of darkness, they shall meet. And read life's meaning in each other's eyes."

of more from life than she ever gets.

"But you just finished one of my books," protested Helen.

"I know it, but it happened to be fairly interesting. Even so, I feel sorry now that I devoted the time to it when I might have been reading good material in the newspapers."

"He says a novel is like a drug," persisted Helen. "What do you think, Doctor?"

"Well," said the doctor slowly, "I think that's right, but so are drugs in their place. Of course, we doctors see a great many more things in life than you people would, and you will believe in the old saying is true that truth is stranger than fiction. I don't blame Mrs. Curtis for enjoying a good novel, and I don't see any reason why you should be ashamed of enjoying one, old man. I think it is good for you to change your viewpoint and get into a more romantic atmosphere once in a while, just as I think that it is good for Mrs. Curtis to read the newspapers and a few of the better things to balance her fondness for fiction."

"That's a sensible way of looking at it," said Warren heartily. "I think you're right."

"And so do I," assented Helen quickly, "and I must confess that I don't give as much time to the newspapers as I should. Sometimes Warren finds me lamentably ignorant. It's such a temptation to lose oneself in a good novel."

"Well, we'll both turn over a new leaf," said Warren promptly. "I'll read more fiction and you keep up on the daily news. And now, how about some beer and sandwiches? I'm starving, and I think the doctor needs some nourishment after solving a matrimonial problem so wisely."

To Be Continued.



**"A GOLDEN SEAL CUSTOMER, A PLEASED CUSTOMER"**

**Lunching at the Golden Seal Luncheonette**

in congenial surroundings, with courteous service, and delicious food at reasonable prices.

If YOU haven't tried one of our special luncheons come in this noon. We serve wholesome satisfying combination luncheons at from 20¢ to 35¢.

A la Carte Service also

Open from 8 A. M. to 7 P. M.

City Health Tests prove our Ice Cream the best in the city. Try some at the fountain—take some home.

**Golden Seal Drug Store**  
11 SOUTH MARKET SQUARE

**MY STOMACH WAS BAD**

**Had Pains Around Heart**

says Mr. E. Gans, 130 Liberty street, Harrisburg. My stomach was very bad. I would bloat with gas and the pressure would cause pains around my heart, had sharp knife-like pains under my ribs and under my shoulder blade. I think it was my liver, had gripping pain in stomach after eating.

My head and throat were full of catarrh and I was always hawking. I would get a swimming in my head and a dizziness, and felt feverish. I read of Sanpan and gave it a trial and all the above conditions are gone and I am full of ambition. Sanpan is being introduced at Keller's Drug Store, 405 Market street, Harrisburg.

**Alkali Makes Soap Bad For Washing Hair**

Most soaps and prepared shampoos contain too much alkali, which is very injurious, as it dries the scalp and makes the hair brittle. The best thing to use is just plain mulled coconut oil, for this is pure and entirely greaseless. It's very cheap, and beats the most expensive soaps or anything else all to pieces. You can get this at any drug store and a few ounces will last the whole family for months.

Simply moisten the hair with water and rub it in about ten minutes. It is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out easily. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy, and easy to handle. Besides, it loosens and takes out every particle of dust, dirt and dandruff.—Adv.

**PNEUMONIA**  
First call a physician. Then begin hot applications of—  
**VICK'S VAPORUB**  
Keeps a Little Body Guard in Your Home

### Daily Dot Puzzle

33	34	35	36
32	16	39	38
31	40		
25	26	30	42
27	28	4	43
24	1	6	44
	2	5	45
23		7	47
	10	8	
22	12	9	48
	13		
18	16	11	49
20	60	13	51
21		14	52
	15		53
59			54
	58		55
	57		
	56		55

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

**PLAN FOR GARDENS**  
Avoid Wastes—Give Special Attention to Soil, Preparation of the Seed Bed and Time of Planting

The number of home gardens in cities and small towns has increased enormously in the past year, and many in existence have been enlarged. The U. S. Department of Agriculture estimates that the value of these gardens in 1917, exceed \$350,000,000. Against this it has been estimated that as much as \$400,000 was wasted in seeds through poor judgment. Two hundred thousand of this can be attributed to planting too thickly, \$150,000 to improper preparation of soil, and \$50,000 to lack of thought as to the time it takes a vegetable to mature.

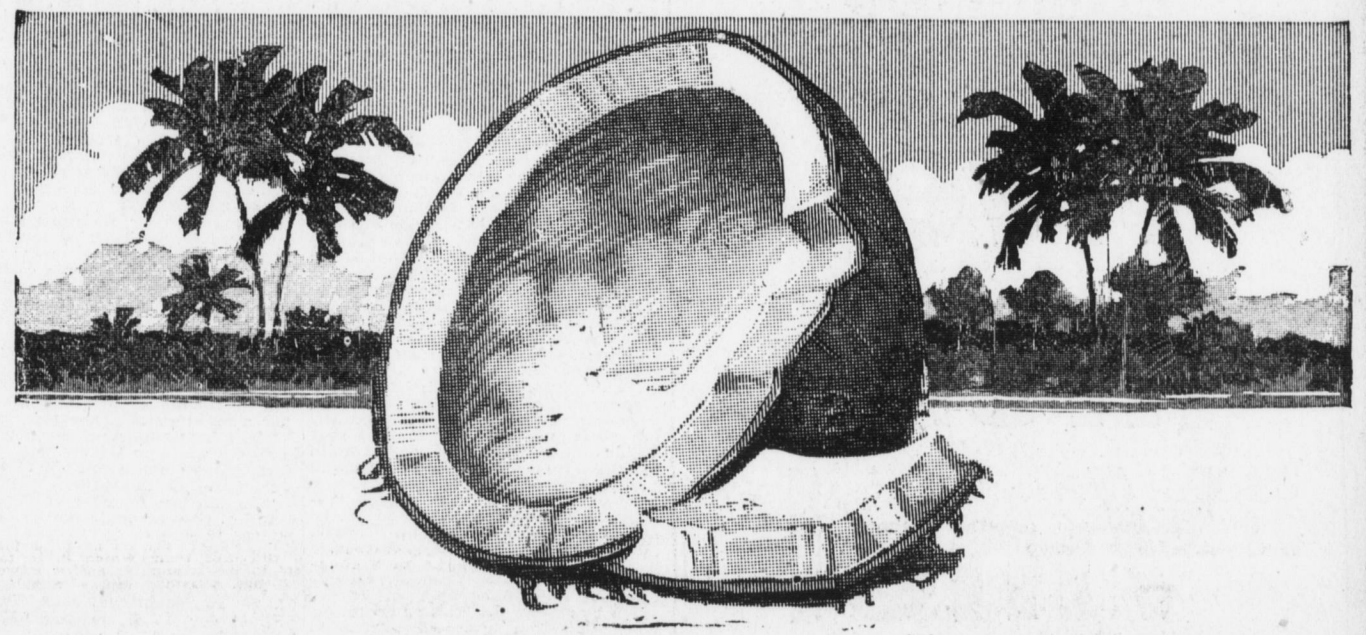
It is important that each of these thoughts be given consideration, especially in the light of the prevailing high prices of all commodities directly or indirectly entering the cost of living. Garden soils should be sweetened with lime just as the farmer must use lime on soils. Practically all vegetables thrive better in alkaline soils, especially the root crops. If an application of

**LEMONS BRING OUT THE HIDDEN BEAUTY**  
Make this lotion for very little cost and just see for yourself.

An attractive skin wins admiration. In social life and in business the girl or woman whose face and hands show a clear, bright complexion enjoys a tremendous advantage over those who do not realize the value of a healthy skin and a spotless complexion.

At the cost of a small jar of ordinary cold cream one can prepare a full quart of the most wonderful lemon skin softener and complexion beautifier by squeezing the juice of two fresh lemons into a bottle containing three ounces of orchard white. Care should be taken to strain the juice through a fine cloth so no lemon pulp gets in, then this lotion will keep fresh for months. Every woman knows that lemon juice is used to bleach and remove such blemishes as freckles, sallowness and tan, and is the ideal skin softener, smoother and beautifier.

Just try it! Get three ounces of orchard white at any pharmacy and make up a quart of this sweetly fragrant lemon lotion and massage it daily into the face, neck, arms and hands. It naturally should help to soften, freshen, bleach and bring out the roses and beauty of any skin.



## Science Solves the Butter Problem with Butter Made from the White Meat of Cocoanuts

Just when the price of butter threatens to make it an unattainable luxury, science perfects TROCO, the new vegetable butter made from the white meat of the coconut.

It tastes exactly like the finest creamery butter and is even more wholesome and pure.

It is churned with fresh Pasteurized milk to give true butter flavor.

Because of old laws, made before this discovery, we are compelled to label this nut-made butter as oleomargarine. But it contains no oleo oils—no hog or beef fat.

TROCO is simply vegetable fats, churned with milk for the butter taste. Yet this appetizing combination costs no more than does the best grades of oleomargarine.

# TROCO

**Can't Be Told From Butter**  
TROCO has all the good qualities of fine creamery butter. The only difference you will notice is the cost.

It is as nutritious as cream butter, and as easily digested. It possesses the fuel value needed for energy.

TROCO when served has butter's golden color, because we supply the same vegetable coloring used by all butter makers.

Served on your table, without explanation, no one can tell the difference.

**Goes Farther In Cooking**  
TROCO, used in cooking, gives the same results as butter, except that it goes farther. Cooks should remember this and reduce the amount.

It makes such cake as has not been known since butter soared in price. It allows the old-fashioned "rich cooking" that builds up the family health.

**Your Dealer Can Supply TROCO**  
If your dealer doesn't already keep TROCO, ask him to get it for you. Tell him you must have this new-day successor to butter. Insist until he secures a supply. For TROCO solves one of the biggest problems presented by our high food prices—The problem of serving appetizing, wholesome butter at a moderate cost.

Made by the  
**TROCO NUT BUTTER CO., Milwaukee, Wis.**

**EDSON BROS., Distributors**  
Harrisburg, Pa.

**NOTICE:** Under the law, all butter substitutes must be branded Oleomargarine. That law was passed before TROCO was invented. So the TROCO package is branded "Oleomargarine," though there is no oleo in it. All butter substitutes must pay an extra tax if colored. So the color for TROCO comes in a capsule. Add it yourself, as you do with Oleomargarine.