



Reading for Women and all the Family



Making Your Job Pay

By BEATRICE FAIRFAX

"If I had not such frightful handicaps, I might succeed too."
 "Given a good mind in a healthy body, any man may succeed," wrote a sage of years gone by. I want to amuse that bit of philosophy. "Given a good mind in a healthy body, and the will to force that brain to work in the right direction, any man must succeed."

Each day brings me dozens of letters from boys and girls who pour out their pathetic tales of adverse circumstances, of their unappreciated efforts, of their bad luck. Practically every letter ends the same way:

"I know you, dear Miss Fairfax, will sympathize with me, and will help me find work in which I have a fair chance to use the ability I have. I only had a little encouragement."

What I long to do for 'nose boys and girls is not to make them a present of a magic and unearned opportunity—but to give them the grit and gumption to go and find their own opportunity—just a plain, everyday opportunity; not one written in capitals.

Who do you suppose handed his chance on a silver salver to Henry Ford, to James J. Hill, to Frank Vanderlip, to Ulysses S. Grant—to Abraham Lincoln? Wealdings are the victims of adverse circumstances; strong men—who have it

IT STOPPED MY SUFFERING

Said Mrs. Jaynes, Speaking of Lydia E. Pinkham's Vegetable Compound.

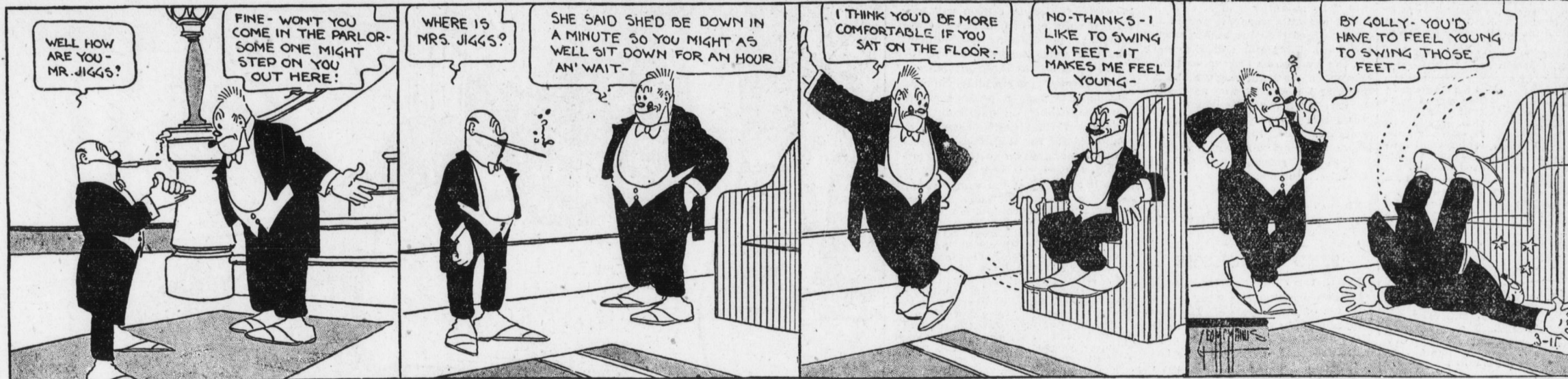
Anderson, S. C.—"I got into an awful condition with what the doctors said was an organic displacement. I would have pains so badly that they would have to put hot cloths on me and give me morphine. The doctor said I would never have any children without it. A neighbor who knew what you medicine would do advised me to give Lydia E. Pinkham's Vegetable Compound a trial. I did so and it made me a well woman and the next September I gave birth to a healthy baby boy." — Mrs. SALLIE JAYNES, 37 Lyon St., Anderson, S. C.

The letters which we are constantly publishing from women in every section of this country prove beyond question the merit of this famous root and herb medicine, Lydia E. Pinkham's Vegetable Compound.

TO PEOPLE WHO CHAFE

Over one hundred thousand people in this country have proved that nothing relieves the soreness of chafing as quickly and permanently as "Sykes Comfort Powder." 25c at Vinol and other drug stores. Trial Box Free. The Comfort Powder Co., Boston, Mass.

Bringing Up Father



Copyright, 1917, International News Service

By McManus

in their nature to succeed bend circumstances to their own needs.

Grit, gumption and knowledge to galvanize action to life through them are bound to solve the problems of all the lazy folks who want me to hand them a chance they are too "shiftless" to earn and so would probably be too lazy to learn even if I were to put it right into their ineffectual hands!

Why do you suppose Carnegie has given about two thousand public libraries to various cities of our country?

Do you think it was whim—accident, and that he would have been just as well satisfied to sow the seeds of his beneficence in the museums or Botanical Gardens if he had thought of it in time?

No. As a course of Business Essentials says: "It is evidence of his own intense love of knowledge and his belief in the relation of knowledge to human efficiency and human happiness."

Lena is grubbing along in a bargain basement where the average of ventilation and salary is low. Lena dreams of a Fairy Prince perhaps, or it may be her thought is of a marvelous chance to make good. How ready is Lena for either if it should chance to come her way?

Lena is ignorant of history, music, art, the events of the great To-day in this world of ours. She reads the murder cases and scandals in the newspaper, the society column gets her breathless attention and the comics claim a bit of her time. She speaks in a rough, piercing voice; her English is slangy, coarse and ungrammatical; her clothes are gaudy, but not neat; her manners are bad—if she were to be taken to a fine restaurant, Lena would be too frightened to eat.

Why should a Fairy Prince interest himself in her pretty, empty face? What can an opportunity do for Lena or with her?

Now here is my first suggestion to all those who write me impassioned pleas. "Pray, do find me a chance." Get ready to find your own chance. Go to the nearest public library station and ask a kindly librarian to direct your reading so you will know a bit of the history of all the great countries of the earth. After you have studied history, study next the great men who made history. The literature of the world will prove just as interesting (!) as the merry-merry magazine.

Study! Educate yourself. Watch the manners and deportment of the cultured people who sit near you in the cars or who stop at your counter to buy. Modulate your voice—breathe deep and hold a column of breath back of your voice. Don't try to impress other people with your ideas, but try to get a few ideas from them. Make a study of your department and its needs.

Watch the people who come into it. Amuse yourself by trying to please others.

Now you have background for success. You have directed your mind into useful directions. Don't fritter time away trying to have a "good time"—for in doing your work thoroughly you will find a better good time than a hilarious party ever gave you.

After you have trained and educated yourself in general, find a branch of your work you enjoy and learn all there is to know about it. Specialize! But specialize on a background and foundation of general knowledge. I don't care if you study lace and lace weaving or granite ware or dust cloths—if you know your specialty, your knowledge will earn the opportunity you long to have.

Victim of Costa Rican Revolution Arrives in U.S.

By Associated Press

An Atlantic Port, March 11.—Michael Ryan, an American, victim of a Costa Rican revolutionary disturbance, arrived here to-day on an American steamer, and confirmed stories of an attack made on a passenger train between San Jose and Port Limon, late in February. Ryan returns home with his left eye destroyed and bringing a suit of clothes containing twelve bullet holes and a great number wounded, Ryan said, by bullets fired from a machine gun. A number of Americans were in the car with Ryan.

GIVES PIANO TO CHURCH

E. J. Book is the donor of a fine piano to Camp Curtin Memorial Church.

Advice to the Lovelorn

By BEATRICE FAIRFAX

Dear Miss Fairfax:

I am nineteen and friendly with a man three years my senior. On his birthday I gave him (with the knowledge of my parents) a present. Did I do wrong in giving him this little gift, a pair of gold cuff buttons?

M. A.

Don't worry about your own generosity in the matter of a birthday gift. A boy of fine feelings cannot help appreciating the fact that you gave without calculating whether you were in his debt or not. What you did was free from any mercenary spirit and surely cannot be considered forward or bold in the light of the question you were asked and the honest answer you made. I have an idea that the young man is rather seriously interested in you but that agrees with your own sensible attitude and recognizes the wisdom of letting time prove the seriousness of the attachment between you. Just go on as you have done before. There is no need for self-consciousness or regret.

Receipts That Save Wheat

Indian Pudding
 Five cups milk, 1-3 cup corn meal, 1 teaspoon salt, 1 teaspoon ginger, ½ cup molasses.
 Cook milk and meal in a double boiler 20 minutes; add molasses, salt and ginger; pour into buttered pudding dish and bake two hours in slow oven; serve with whole milk.

Fruit Gems
 One cup corn meal, 1½ cup milk, 1 teaspoon salt, ½ cup raisins, ½ cup currants, 2 tablespoons fat, 1 teaspoon baking powder.
 Cook the meal and salt in the milk for a few minutes. When cooked add the baking powder and beat thoroughly. Add the fruit and melted fat and bake.

South Carolina Corn Bread
 1½ quarts fine corn meal, 2½ quarts of flour or 2½ quarts fine corn meal, 1½ quarts wheat flour, 2 cups molasses, 1 pint mashed sweet potatoes, 1 yeast cake.
 Mix one pint each of the corn meal and the flour and add warm water enough to form a stiff batter. Add the yeast cake, mixed with a small amount of water. Keep this sponge in a warm place until it becomes light. Scald the rest of the meal with boiling water and as soon as it is cool enough add it to the sponge with flour, potatoes and salt. The dough should be just thick enough to knead without danger of its sticking to the board. Experience will teach how much water to use to secure this end. Knead well and put in a warm place to rise. When it is light, form into loaves, put into bread pans, and let it rise until its volume is double. Bake in a moderate oven.

It was a common, though not general, practice in New England to add cooked pumpkin to the other ingredients in making such bread as this very much as sweet potato is used in the South. The sweet potato or pumpkin changes the flavor of the bread somewhat and apparently facilitates the rising of the dough, improves the texture of the bread and tends to keep it moist. However, if sweet potato or pumpkin, either home cooked or canned, cannot be conveniently obtained, good bread can be made with white potato.

Corn Meal or Rolled Oats Muffins
 One cup corn meal or rolled oats, 1 cup flour, 1-4 cup sugar, 1 teaspoon salt, 1 egg, 1 teaspoon soda, 2 teaspoons cream of tartar, 2 tablespoons melted shortening, 1 cup milk.
 Mix and sift the dry ingredients; add gradually milk, well beaten egg and melted shortening. Bake in greased muffin tins in a hot over twenty-five minutes.

Spanish Steamship Igutz Mendi Refloated

Copenhagen, March 11.—The Spanish steamship Igutz Mendi, which went ashore near the Skaw light-house, late last month, was refloated yesterday.

The Igutz Mendi was among the vessels captured by the German sea raider Wolf and was endeavored to get into a German port when she went ashore. She had three Americans on board. The German crew was interned by the Danish government and the vessel was declared to be Spanish property.

Labor Planning Board Favors 3 Meetings Weekly

Washington, March 11.—Members of the Labor Planning Board, meeting here to-day, favored an arrangement for discussions on Monday, Tuesday and Wednesday of each week until a national labor policy is worked out. This plan, members pointed out, will allow businessmen and labor leaders time to fill other engagements and attend to private affairs.

To Enlist, 18 Year-Old Boy Gave Age as 39

San Francisco, March 11.—"I am afraid my boy Harold has run away and enlisted. He didn't come home last night."

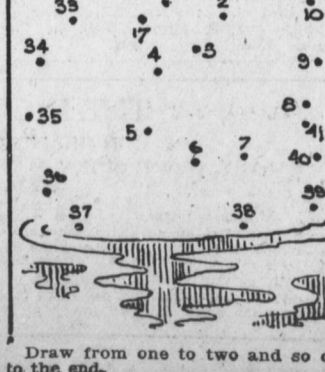
These words uttered by an anxious voice over the phone caused a sympathetic recruiting sergeant to hurry to the home of the boy's mother, covering the name of an 18-year-old youth, who probably had added some imaginary months to his sojourn on earth in order to pass muster. Finally he found the enlistment card and this is how it read: "Harold Cohn, age 39."

Cuticura Heals SEVERE ECZEMA

On Head, Arms and Limbs. Itching Very Intense. Hair Very Thin.

"Eczema began first with a fine rash and a great deal of itching. My head, arms, and limbs were broken out and the skin was red and sore. Later the rash increased to large pimples with burning, itching, and loss of sleep. The itching was very intense. My hair was very thin and dry. I suffered five years. Then I tried Cuticura. I used three cakes of Soap and two boxes of Ointment when I was healed." (Signed) Edward T. Cora, 39 Vine St., West Orange, N. J.

Cuticura Soap cleanses and purifies. Cuticura Ointment soothes and heals pimples, rashes, redness or roughness. Sample Each Free by Mail. Address post-card: "Cuticura, Dept. H, Boston." Sold everywhere. Soap 25c. Ointment 25 and 50c.



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

YANKEE ABROAD NEEDS CHEERING FROM AMERICA

Friendly Pipe Does Much For Men in the Front Lines

Sammy's wet and hungry Says, "It's not a joke— Standing in the trenches, Longing for a smoke. He is stopping bullets. Meant for you—and yet All he asks in payment Is a cigaret!"

Put yourself in the place of an American soldier in France. Paris is behind him. The cheering is over. He is in a front line trench, waiting to go over the top. He is facing homesickness as well as the foe. He needs cheering, a friendly pipe, a soothing cigaret.

You can cheer him. You can send a package of happiness across the sea to the man who is defending your home, your loved ones.

You can't overestimate the good you do when you send tobacco over there for the fighting men. A smoke is the one form of comfort that the man in the trench or the hospital craves. Officers, Red Cross nurses, chaplains, U. S. A. workers, the soldiers themselves, all plead with us to keep sending the smokes that cheer them there on the dread borders of No Man's Land.

*Every quarter subscribed buys 45 cents worth of tobacco, enough to keep a fighting man supplied for a week. One dollar a month keeps a soldier supplied for the duration of the war. Will you do your part by sending to the Telegraph fund 25 cents, 50 cents, \$1.00 or \$5.00; then wait for the receipt card from a thank you letter from the man who may be close to death as he faces the atrocious Hun.

The following contributions to the Telegraph's Tobacco Fund have been received:

Previous amount	\$925.15
R. S. Clark, Dillsburg, Pa.	1.00
M. E. Fulton, 39 N. Fifth St., Newport, Pa.	.50
Cash	1.00
Total	\$925.65

Official Householder's Flour Report

(WRITE CAREFULLY)

NO HOUSEHOLDER is permitted to purchase over 49 pounds of wheat flour nor to have more than thirty days' supply. Every householder must report immediately (on this form) to their County Food Administrator. Make report of all wheat flour on hand, whether it is excess or not, and urge on your neighbors the importance and necessity of making this report promptly:

Number in household.....adults.....children under 12.

Wheat flour on hand (all flour containing any wheat).....lbs.

Thirty days' requirements (when used with substitutes according to 50-50 regulation).....lbs.

Excess amount on hand.....lbs.

I agree to hold my excess subject to the order of the United States Food Administration.

Name.....

Postoffice.....

Street and No. or R. F. D.....

Maximum penalty for hoarding is \$5,000.00 fine and two years' imprisonment. These blanks will not be distributed. You must fill in your own blank and mail or deliver it to your County Food Administrator. An immediate report will avoid possibility of search and prosecution.

Send report to:

THE FEDERAL FOOD ADMINISTRATOR
 c-o CHAMBER OF COMMERCE,
 DAUPHIN BUILDING, HARRISBURG, PA.

Nothing to Indicate Abandonment of Drive in West, Says Weekly Review

Washington, March 11.—Nothing has developed to indicate that the Germans have abandoned their plans for a great offensive in the west, says the War Department's weekly review of the military situation published to-day. Meanwhile the allies, the statement continues, have taken an alert defensive and are content to let the enemy break himself against their impregnable line.

The review discloses that the principal sector occupied by American troops is four-and-a-half miles long and it emphasizes that the Americans hold trenches at four separate points on the French front.

Germany's sweep into the heart of Russia is seen as another futile attempt to shift the center of the war from the western front.

Delaware Assembly For "Dry" Amendment

Wilmington, Del., March 11.—Ratification of the federal prohibition amendment by Delaware's general assembly, which meets in special session to-day, is believed certain from the last-hour analysis made here by the dry forces.

Use McNeil's Pain Exterminator—Ad.

HEADACHE STOPS, NEURALGIA GONE

Dr. James' Headache Powders give instant relief—Cost dime a package.

Nerve-racking, splitting or dull, throbbing headaches yield in just a few moments to Dr. James' Headache Powders which cost only 10 cents a package at any drug store. It's the quickest, surest headache relief in the whole world. Don't suffer! Relieve the agony and distress now! You can. Millions of men and women have found that headache or neuralgia misery is needless. Get what you ask for.

MOTHERS, LISTEN!

When work exhausts your strength, when your nerves are irritable and restless, when your ambition lags and you feel run down, you need the rich, creamy, nourishing food in

SCOTT'S EMULSION

to check your wasting powers, enliven your blood and build up your nerve force. Scott's is helping thousands and will give you strength.

Scott & Bowne, Bloomfield, N. J. 17-35

NEURALGIA

For quick results rub the Forehead and Temples with VICK'S VAPORUB

When the advance comes you will have nobody to blame but yourself for not ordering your



and THIS we know and tell YOU: there WILL be an advance SOON.

The Overland-Harrisburg Co.

OPEN EVENINGS

Newport Branch— 212-214 North Second Street
 Opp. Railroad Station

York Branch— 128-130 W. Market St.
 Service Station and Parts Department, Twenty-Sixth and Derry Streets.

A High Tribute

The Steiff Piano

Necessitating the accompaniment on an instrument of perfect time and quality and following her custom of years,

Miss Sara Lemer USES

The Steiff Piano

The fame which Miss Lemer has attained strongly endorses her choice, which should be followed by those seeking accomplishment in the musical world.

CHAS. M. STEIFF

24 North Second Street
 Harrisburg, Pa.