



Reading for Women and all the Family



Life's Problems Are Discussed

BY MRS. WILSON WOODROW

No man is a hero to his valet, runs the old saying; and fewer still are heroes to their wives.

But to the woman who is closely associated with him in his business—his private secretary, confidential clerk, or cashier—a man is seldom less than a demi-god. That is, unless he is really a demi-god, and even some demi-gods get the favorable rating.

"He is simply wonderful," this woman will tell you in hushed, worshipful tones. "No other man in the world could accomplish what he is doing."

Or if she inclines more to the vernacular: "Say, if you're looking for the real stuff, you've got to hand it to my boss. He's a go-getter from Go-getterville, believe me!"

And there's a reason for it.

The man at business is the man in action. He is the modern expression of the eternal masculine—the stalker and slayer, a lineal descendant of that Nimrod, son of Cush, who was a mighty hunter before the Lord.

His wife sees him only when he returns at night to the family lodge, spent and wearied by the efforts of his enthusiasm dulled. His step is laggard and his speech slow. If the hunting has been good, he dumps down his spoil at the door and gives himself over to rest and relaxation. If on the other hand things have gone badly with him, he is apt to be crabbed and fault-finding.

He may endeavor to show an interest in the affairs of the household, but it is perfunctory, tepid at the best, things so much more vital and absorbing have been occupying his attention. And equally his wife soon begins to yawn if he starts to treat what he has been doing. There is little excitement for her in the bare, prosaic recital of his adventures after she has learned the

Bringing Up Father



amount and quality of the game he has brought in.

But the woman who accompanies him on the hunt and acts as his quiver-bearer has a different experience. She sees him eager, alert, keyed up to a supreme passion. She watches him lay his snares and plan the subtle ruses by which he hopes to overmatch some cunning adversary. She crouches with bated breath as he engages in combat with some ponderous, grizzly or snarling mountain lion, and thrills with triumph as he emerges a victor. She comprehends and is able to sympathize with his defeats and disappointments.

In a word, she actually sees his performance, with all its hazards and dangers, whereas the wife only hears a tired man's story of it after all the hazard and danger are over.

And as an example of the different impressions created by seeing or hearing about a thing I am reminded of a play which was produced on Broadway some years ago and the plot of which turned upon a murder committed some years previous to the real action of the story.

As originally presented, this murder was simply described in a conversation during the first act, and the play promptly proved a failure. Then some one suggested that a prologue be added, allowing the audience to see the actual commission of the crime. Immediately the tide turned and the piece scored a tremendous success.

It is only the woman who sees a man in action that can rate him at his true worth. She is able to realize the odds against which he is battling, the keen mental processes he brings to bear upon his problems, all the give-and-take of the contest, and she admires him, as a woman from time immemorial has admired the fighting qualities of man.

Bernard Shaw, with his unerring sense for human foibles, has drawn very clearly this contrast between the attitudes of the wife and the private secretary in his "Candida." The reader there beholding the husband through the eyes of Candida sees him as a prating windbag, a

self-deceived hypocrite; yet it is also made plain that Prossy, the private secretary, regarded him as something approaching the sublime. And, perhaps, Prossy had as much reason for her opinion as Candida had for hers; since we all are very apt to show to another person the side of our characters which that person brings out.

Shaw makes his Prossy in love with the husband, but that does not necessarily follow. More often than not, indeed, the facts are directly the reverse. It is the wife who sees his faults, that is fond of him; the woman who sees only his virtues, that is indifferent. After all, there is a good deal of the marble statue about a demi-god. It does not exactly fit in with home comforts, and one would hesitate even in the throes of neuralgia to ask it to get the hot-water bag.

There might be more happy marriages, though, if somehow the wives could gain a composite portrait which included the demi-god features; if they could be made to understand that the unromantic figure which goes "down to business" every morning is possibly facing risks as dauntless and displaying a silent grit which would put to the blush any "movie" hero over whose exploits they gasp and thrill.

THE FOUR OF HEARTS

A SERIAL OF YOUTH AND ROMANCE

By VIRGINIA VAN DE WATER

CHAPTER XXXVII

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Milton Van Saun declined to come in when the quartet reached the Livingstone house on their return from the Philharmonic concert.

"Dora says she is sleepy," he remarked. "Therefore, I think it's best for me to let her go to bed at once."

"Sensible boy!" Dora approved. "Let Oscar drive you around home, Milton." Mrs. Livingstone advised.

"Thanks, I will," the young man agreed. "Then, when the front door was opened by the butler, he said good night and ran lightly down the steps."

He had shaken hands with Cynthia, as he had with Mrs. Livingstone, in a casual way, not with the lingering pressure to which the girl had become accustomed. He and her aunt had had a little voice raised over the little of Car-negie Hall. What had she said to him? No matter! Cynthia was engaged to another man.

The lower floor was dark except for the lights in the hall. Mrs. Livingstone and the girls went directly upstairs.

"Dad has a light in his den," Dora announced as they reached the first landing. "I wonder if Gerald is in there with him," she added hopefully.

"Pushing the door open she glanced in. "Oh, bother!" she regretted. "Gerald has gone!"

Her mother spoke sharply. "Dor! I wish you would not talk in that way of Mr. Stewart. He is nothing to you, and you are as little to him. Such seeming admiration on your part is in wretched taste."

Cynthia waited to hear no more, but hurried on into her own room and closed the door.

Throwing off her evening cloak, she sank down into her chair, and laying her head wearily back, closed her eyes. She was in a tangled mesh of circumstances that tired and puzzled her. Mrs. Livingstone's reproof to her daughter was certainly undeserved. It was plain that Dora liked Gerald—but surely she had a right to like the friend of the man to whom she was engaged.

Dora Comes In

How cold Milton's manner had been when he said good-night! But it made no difference anyhow. As Mrs. Livingstone had just affirmed about Dora and Gerald, Milton Van Saun and Cynthia Long were less than nothing to each other. Cynthia must soon tell Dora of her engagement. She hoped the girl would make it easy for her to do so. Somehow Cynthia shrank from doing the facts to her cousin. Yet it was ridiculous for her to feel this. She must get used to conditions and the sooner the better. She would try to confide in Dora this very night.

She heard Dora go into her own room, then the door of the little ante-chamber was opened suddenly and violently.

"May I come in, Cyn?" Dora asked brusquely, and entered without waiting for a reply. Her face was flushed and her eyes flashed.

"Mother drives me wild!" she burst forth. "She watched me as

A Hoe For Every Home

The hoe has become a weapon of war. The food situation was never more serious than now. Saving food is one solution of the world's shortage; substitution is another, but equally important is the spring edict from the U. S. Department of Agriculture and the U. S. Food Administration that the county must plant and produce more food this year than ever before.

The urgency of this demand must be appreciated and acted upon promptly by every home in America. Every householder with even a little land to spare should buy a hoe. The hoe should become the symbol of a self-sustaining household as regards garden foods. Every peck of potatoes and every pint of peas brought in from the backyard releases that much more for the current market and saves that much to ship abroad.

Almost every home has some member who can devote a little time each day to the hoe. This should be considered as much a part of patriotism as to buy thrift stamps or to knit for the soldiers. It is necessary to do our part to finance this war, but of what avail to furnish money if we fail to feed the army and the civilians who are waging it?

The allied countries have little left on the credit side of their food ledger after nearly four years of war. Canada has sent during these years every particle of food she could possibly spare.

It has now become America's part to be the bread basket for the world. This means that America must save and stretch and produce foodstuffs as never before in all her history. It means that the shipping shortage should be considered carefully in saving certain foods and substituting others for home consumption. It means that the real congestion should be thought of in the selection of those foods nearest at hand.

And above all, it means that every home with available land should produce enough garden foodstuffs this summer to feed itself and to can and store for the winter ahead. Every home should have a hoe and every member of the household should see to it that he has done his part in furnishing the family larder with garden produce.

estate left unaccounted by the wife [A. Kirby, 1100 Green street, this [Mrs. Kirby is the wife of Charles Kirby.]

ADAMS Pure Chewing Gum

a Stick a day keeps Headache away

BLACK JACK

GOOD-BYE BACKACHE, KIDNEY AND BLADDER TROUBLES

For centuries all over the world GOLD MEDAL Haarlem Oil has afforded relief in thousands upon thousands of cases of lame back, lumbago, sciatica, rheumatism, neuralgia, gravel and all other affections of the kidneys, liver, stomach, bladder and allied organs. It acts quickly. It does the work. It cleanses your kidneys and purifies the blood. It makes new man a new woman of you. It frequently wards off attacks of the dread and fatal disease of the kidneys. It often completely cures the distressing diseases of the organs of the body, allied with the bladder and kidneys. Bloody or cloudy urine, sediment, or "brick-dust" indicate an unhealthy condition.

Do not delay a minute if your back aches or you are sore across the loins or have difficulty when urinating. Go to your druggist at once and get a box of imported GOLD MEDAL Haarlem Oil Capsules. They are pleasant and easy to take. They dissolve in the stomach, and the kidneys soak up the oil like a sponge does water. They thoroughly cleanse and wash out the bladder and kidneys and throw off the inflammation which is the cause of the trouble. Your druggist will cheerfully refund your money if you are not satisfied after a few days' use. Accept only the pure, original GOLD MEDAL Haarlem Oil Capsules. None other genuine.

Cocoanut Oil Makes A Splendid Shampoo

If you want to keep your hair in good condition, be careful what you wash it with.

Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful. Just plain mislified cocoanut oil (which is pure and entirely greaseless), is much better than the most expensive soap or anything else you can use for shampooing, as this can't possibly injure the hair.

Simply moisten your hair with water and rub it in. One or two teaspoonsful will make an abundance of rich, creamy lather, and cleanses the hair and scalp thoroughly. The lather rinses out easily and removes every particle of dust, dirt, dandruff and excessive oil. The hair dries quickly and evenly, and it leaves it fine and silky, bright, fluffy and easy to manage.

You can get mislified cocoanut oil at most any drug store. It is very cheap, and a few ounces is enough to last everyone in the family for months.

No Trouble to Remove Superfluous Hair

(Toilet Tips)

It is an easy matter to rid the skin of objectionable hair or fuzz, if you proceed as follows: Mix a paste with some water and a little powdered delatone, apply to hairy surface and in 2 or 3 minutes rub off, wash the skin and the hairs are gone. This method of banishing hairy growths is painless and does not mar the skin, but to avoid disappointment, be certain to get real delatone.

Daily Fashion Hint

Prepared Especially For This Newspaper



A SMART APRON. It is just an apron for morning work, but everyone will admit that it has a neat and jaunty air. Five yards of printed percale are required to make it and the only trimming used is mercerized braid. The one-piece sleeves are set into large kimono-like armholes and gathered into straight bands.

Pictorial Review Apron No. 7634. Sizes small, medium, large. Price, 75 cents.

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

Daily Dot Puzzle

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Eat Less Bread

Every time that you eat a nourishing but breadless meal, you deal a blow to the enemy as surely as though you fired a gun across No Man's Land.

The United States Food Administration is bending its energies particularly to the matter of saving wheat during the next few months. Grain must go across the sea to our troops in France and to the Allied nations with whom we are fighting against Germany, in vast quantities if the war is to go on.

Our surplus of wheat is exhausted and the people of the United States must save from their own supply at least 75,000,000 bushels to ship between now and the next harvest.

The simplest way to save is to stop using bread in the casual, general way to which we are accustomed. Victory bread, substitute mixed bread, graham bread, wholewheat and what not in the way of breads are being recommended and receipts are being suggested for them.

All these are good and should be used when necessary, but it is better still to cut down the daily consumption of bread and to eliminate the thoughtless habit of eating it to fill in idle moments at the table.

In England the public eating places of all types and degrees of expensiveness serve one slice with each meal. No more is to be had for any price.

In France, where bread made up more than fifty per cent of the entire amount of food eaten in pre-war days, the daily allowance is as plentifully small. The same holds true in Italy and in the latter country, people are being denied the macaroni which in some sections has constituted the main article of diet.

To make matters worse over here, other foods are scarce as well as wheat.

In the United States, there is no lack of other foodstuffs.

Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of combustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which, if not eliminated, forms toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising, a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowels, thus cleansing, sweetening and purifying the entire alimentary tract, before putting more food into the stomach.

Girls and women with sallow skins, liver spots, pimples or pallid complexion, also those who wake up with a coated tongue, bad taste, nasty breath, others who are bothered with headaches, bilious spells, acid stomach or constipation should begin this phosphate, hot water drinking and are assured of very pronounced results in one or two weeks.

A quarter pound of limestone phosphate costs very little at the drug store, but is sufficient to demonstrate that just as soap and hot water cleanses, purifies and freshens the skin on the outside, so hot water and limestone phosphate act on the inside organs. We must always consider that internal sanitation is vastly more important than outside cleanliness, because the skin pores do not absorb impurities into the blood, while the bowel pores do.

Women who desire to enhance the beauty of their complexion should just try this for a week and notice results.

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