

# Reading for Women and the Family

Little Talks by Beatrice Fairfax

"Come on—be a good sport—take a chance," says Lucy. "But I really oughtn't to I never work very well the next day if I've been up late at night," replies Helen.

"You'll be a long time dead. Why don't you have a little fun while you are here?" insists Lucy.

"I oughtn't to—I haven't the right kind of clothes."

"Oh, Helen, be game. I'll lend you a hat and the money for a new waist. We'll have a lot of fun and—suppose you don't work so well tomorrow?"

"Mother wouldn't like me to go out with men I don't know, anyway."

"Now Mabel Hollins, they are my friends! Are you hinting I didn't meet them in the right way, or would you like to fellows that are not just what they ought to be. Don't come if you don't want to—but you needn't go hurting my feelings about it."

And Helen goes. If in the first place she had said, "No, Luck, I can't," and had stuck to that simple statement, all would have been well. But she fitted with temptation and the results are—wasted she could not afford to buy, a headache that interferes with an important day's work and gives the manager of her office his first doubts about her efficiency—both of these, and more, too.

"That one flirtation with temptation has given Helen a desire for more 'good times' bought at the risk of health and efficiency; and an equally dangerous desire for the sort of clothes she cannot afford and the society of people who may amuse themselves with her, but she will never give her sincere, helpful or loyal friendship."

It is easier to conquer the first temptation than to deal with all the others that grow out of it. It is never particularly hard to say "No" to something which doesn't mean very much to you since you have never tried it. It is never very hard to bend your energies in making up your mind and keeping it made up when you know that every possible advantage lies in firmness. But it is very, very hard to resist the lure of going on with a habit once you have begun to form it.

The first drink, the first misdeed, the first extravagance, the first lowering of your own standards—actually it is harder to yield to these temptations than to resist them. But fear of being laughed at and sheer mental laziness keep folks from the firmness refusal requires. They yield, not to any desire for the thing to which they "sell out," but simply and solely because "it is easier to

## Bringing Up Father



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By McManus

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### SEA LION TRAVELS INLAND

Cranbury, Wash.—On his ranch near the head of the bay, Dewey DeLong was attracted by his dog's barking the other morning, went to investigate and found an 800-pound sea lion quartered in his pig pen.

Astonished at meeting such a thick-necked, shaggy-maned, saucer-eyed monster, with head elevated above the rails, peering out through the morning mist at the landscape so near his home, Dewey called the neighbor boys, who went over to see the marine visitor. One of the boys proceeded to probe the sea lion's side with a stick, whereupon the beast made a backward overhead plunge, and the attack was followed by a panicky retreat.

Several shots from a rifle put an end to the venturesome animal, which had crossed about a quarter of a mile of tideland, climbed a steep hill, about eighty feet high, on which the home is situated, and broke through the wire fence enclosing the orchard and hog yard.

Dewey buried the carcass on the hillside. As near as can be learned, this is the only occurrence of the kind in this part of the country, and one wonders what the visitor was after.

### Use Wheatless Quick Breads For Victory

Mrs. Newton D. Baker has a little song which she sings sometimes for encores, and every woman in the country should know those last words, "But they've never licked you yet, Uncle Sam." Uncle Sam has never been up against such a problem as he is facing now. It is a great piece of work which will never go through unless the women make it go through. And right now it means that you should use other cereals than wheat. You must do it. Remember—"But they've never licked you yet, Uncle Sam."

**Barley Baking Powder Biscuits**—2 cups barely flour, 4 teaspoons baking powder, 1/2 teaspoon salt, 3 table-spoons fat, 2-3 cup milk.

Sift the dry ingredients together, rub in the fat and add the liquid until a soft dough is formed. Roll to about 1/4-inch thick, cut with a cookie cutter and bake in a hot oven.

**Oat Cakes**—1 cup oatmeal, little warm water, pinch salt. Mix the oatmeal, warm water and salt together into a firm dough. Do not roll out but pat it with your hand into a thin, flat cake. Then sprinkle the top with oatmeal flour and toast in front of the fire.

**Hominy Muffins**—1 cup cooked hominy, 1 teaspoon salt, 1 1/2 table-spoons shortening, 1 egg, 3/4 cup milk, 2 cups corn flour, 5 teaspoons baking powder. Mix together hominy, salt, melted shortening, beaten egg and milk. Add flour, which has been sifted with baking powder. Beat well and bake in greased muffin tins or shallow pan in hot oven 20 to 30 minutes.

**Corn Dodgers**—1 1/2 cup boiling water, 2 cups cornmeal, 1 teaspoon salt, 2 teaspoons fat. Pour the boiling water over the other materials. Beat well. When cool, form into thin cakes and bake thirty minutes in a hot oven. Makes fourteen biscuits. These crisp biscuits are good with butter or gravy.

## LIFE'S PROBLEMS ARE DISCUSSED

By MRS. WILSON WOODROW

"I am sensitive. Perhaps it is foolish in me, but I can't help it. My feelings are very easily wounded."

She had said the fatal words, without a suspicion of how fatal they were—and are; for they express a mental attitude which is friendship-shattering, love-shattering, happiness-shattering.

You could see the immediate effect of her speech on the little group, of which she was one. It was as if a shilling wind had passed over it. The easy touch-and-go talk became forced and constrained. All chaffing and gay banter ceased.

She had labelled herself, "Fragile. Handle with care." You had mentally stepped lively every minute to see that you didn't tread on her toes. The group broke up as soon as possible. Life is too interesting and varied; the whirling globe whirrs too fast to waste time on those who glory in having their feelings hurt.

**The Sensitive Plant!** At the slightest touch it closes its leaves. The rose, the lily, the magnolia, manifest no such exclusiveness. The rain may patter down on them, great winds the wilder blow; they do not therefore withdraw their beauty and sweetness from the world. It is there for the nightingale and the turkey buzzard, the butterfly and the cockroach equally to enjoy.

"I am sensitive." Never say it. My dear girl, conceal the fact, as you would the theft of your grand-

mother's pocketbook and your unfortunate passion for raw onions. It is always a regrettable admission; it rouses apprehension in the breasts of all who hear it.

The delight of congenial companionship is freedom—freedom to say what you please, to drift from one topic to another and express any idea that comes into your head. But how can you really talk to anyone if you have to be constantly on guard, knowing that she must be handled with gloves and that she is apt to misconstrue and misinterpret any careless, haphazard word you may say.

I stopped to see a friend the other day and found her staring at me from the desk before her in a dazed sort of way.

"Ah," I said playfully, paraphrasing a sentimental verse:

"When you bought, it it never seemed That a frock could be so dear; When you bought, you little dreamed That a bill could rouse such fear!"

"It's not a bill," she replied. "It's a fool note from a woman to whom I was talking yesterday. She asks me to forgive her for being so horrid to me. She says she has come to the conclusion that I did not mean to be so brutally cruel in what I said to her."

Here my poor friend smote her brow.

"What did I say to her? And how was it cruel? As to her being horrid, I just regarded her as a cross cat with the toothache or something, and never gave the matter another thought."

Then her indignation rose. "Fancy making such a tempest in a teapot!" she cried. "It was nothing in my life if she felt like scolding me. Her claws couldn't get through my armor of complete indifference."

"She's evidently one of those tiresome, sensitive plants," I said. "They go about victimizing the good-natured. You always have to hear of some person's lack of consideration and the cruel and inhuman treatment someone else has accorded them, and how they have been made ill because somebody else has said something to them."

"They put on such airs about it, too," she said. "They regard themselves as of finer clay than the coarse and crude beings with whom they are forced to associate. But it does seem rather small to spend one's time mourning over trivial slights and neglects. Why should one torment himself to-day because of the speech or action of someone who ten years from now may utterly have forgotten his life?"

It is certainly a dangerous indulgence. We get what we are looking for, or rather what we fear. If you have a hurt feeling you will probably knock it against something especially hard about every three minutes. If you are looking out for wounding words you will go out and rather than by the bushel. If you believe in your heart that people have the power and the wish to hurt you you will surely be a mark for the barbed arrows of speech and the serpent tongue.

But you do not have to be that

### MUSTER ROLL TO CLOSE

The muster roll for the Pennsylvania Reserve Militia will be closed to-morrow night at 8 o'clock, and the new organization will be mustered into state service next Tuesday night by Adjutant General Frank D. Beary. The muster service will be held in the armory, and the public is invited to attend. It is thought the full complement of sixty-five men will be secured by the time the roll is closed to-night.

### Fat That Shows Soon Disappears

Prominent fat that comes and stays where it is not needed is a burden; a hindrance to activity, a curb upon pleasure. You can take off the fat where it shows by taking after each meal and at bedtime, one Marmala Prescription Tablet. These little tablets are as effective and harmless as the famous prescription from which they take their name. Buy and try a case to-day. Your druggist sells them at 75 cents or if you prefer you may write direct to the Marmala Co., 854 Woodward Ave., Detroit, Mich. You can thus say good-bye to dieting, exercise and fat.—Advertisement.

### TO TELL OF COLLEGE WORK

"Lebanon Valley Day" is the term selected to designate next Sunday by the United Brethren Church, whose ministers will all speak on the work being done at Lebanon Valley College.

### TO STUDY WHEAT PROBLEM

To entirely eliminate the use of wheat in their menus is the next request, probably, that will be made of Harrisburg restaurant men. A meeting is to shortly take place between hotelmen and the Food Administrator at which this and other measures for saving wheat will be discussed.

**CROUP**  
Spasmodic croup is usually relieved with one application of—  
**VICK'S VAPORUB**

**AWNINGS**  
MADE TO ORDER

## Don't Delay Having Your Awnings Made

These warm, sunny days are but a taste of what is to follow.

Awnings are a Summer necessity and in view of the ever-increasing prices, scarcity of materials and labor, it is imperative that you place your order for them Now.

Present prices for NOW only — future conditions will govern prices you will be compelled to pay if you wait until later on.

Our 37 years' experience speaks volumes for our superior workmanship and satisfactory service.

Only the very best of materials used throughout.

No job too small—none too large.

Estimates Cheerfully Furnished Without Any Obligation to Buy

**GOLDSMITH'S**  
North Market Square

## If Your Kidneys and Liver Are Sluggish Bliss Native Herb Tablets Will Restore Them to Healthy Action

"I suffered for years from defective kidneys and sluggish liver. Nothing seemed to relieve me till I used your Bliss Native Herb Tablets. They are wonderful for I can say that I am perfectly well. They relieved me in a very short time and I have had no more trouble with sick kidneys or liver. I can't say enough in favor of Bliss Native Herb Tablets to any one suffering from bad kidneys and liver."

MRS. QUEEN TURNER, "Oak Park, Va."

There is a budget of health in every one of Bliss Native Herb Tablets. They contain only the purest herbs, roots, barks, and are free from

drugs containing deleterious substances. By their action, the liver is stimulated, the kidneys cleansed, the bowels responded gently and freely, and a healthy condition results. They are invaluable in cases of constipation, indigestion, biliousness, dyspepsia, sour stomach, heartburn, sick headache, rheumatism. Bliss Native Herb Tablets are put in boxes containing 200 tablets. Each box bears photograph of Alonzo O. Bliss and guarantees beneficial results or money refunded. Price \$1 per box. Be sure and get the genuine. Every tablet stamped with our trade mark (A.B.). Sold by Kennedy's Drug Store and local agents everywhere.

**Daily Fashion Hint**  
Prepared Especially For This Newspaper

**HOOVER TRIES HIS MEDICINE**  
Washington.—Herbert C. Hoover and 500 other employees of the Food Administration have tried out the new wheat conservation regulations the police are asked to observe and have pronounced them good. No wheat is used in the Administration's cafeteria. This means not only a hundred per cent. saving, but lessens the cafeteria's expenses at no sacrifice of nutrition or tastiness.

Flour made from rice, barley, potatoes and corn is used in the making of breads and muffins. Cornstarch is used for gravies. Experiments with wheat substitutes are being made in the Department of Agriculture to evolve new receipts. Results that may be unsatisfactory as bread undergo a drying process for use as crumbs.

Use McNeil's Cold Tablets. — Adv.

### Daily Dot Puzzle

**Rely On Cuticura To Clear Pimples**  
Soap 25c. Ointment 25 and 50c.

**Says His Prescription Has Powerful Influence Over Rheumatism**

Discoverer Tells Geo. A. Gorgas Not to Take a Cent of Anyone's Money Unless Allen's Compound Banishes All Rheumatic Pains and Twinges.

Mr. James H. Allen suffered for years with rheumatism. Many times this terrible disease left him helpless and unable to work. He finally decided, after years of ceaseless study, that no one can be freed from rheumatism unless the accumulated impurities common to aged uric acid deposits, were dissolved in the joints, muscles and expelled from the body.

With this idea in mind he consulted physicians, made experiments and finally compounded a prescription that quickly and completely banished every sign and symptom of Rheumatism from his system.

He freely gave his discovery to others who took it, with what might be called marvelous success. After years of urging he decided to let sufferers everywhere know about his discovery through the newspapers.

Geo. A. Gorgas has been appointed agent for Allen's in this vicinity with the understanding that he will freely return the purchase money to all who state they received no benefit.

Advertisement.

**A MODE FOR THE CRITICAL.**  
The selection of separate skirts is unusually extensive this season, due to the urge of critical demand. A check velours model which will answer for general as well as sports wear is shown here, trimmed with large pocket of self-material. The pockets are suspended from a narrow belt cut on the bias. The waist is made of white handkerchief linen and has wide revers edged with cluny lace. The cuffs are also trimmed with cluny. Medium size requires 3 3/4 yards 44-inch material for the skirt and 2 3/4 yards 36-inch linen for the waist.

Picture Review Blouse No. 7655. Sizes, 34 to 44 inches bust. Price, 20 cents. Skirt No. 7644. Sizes, 24 to 34 inches waist. Price, 20 cents.

## You must not delay if you want one of these Baby Grand Pianos

YOU SIMPLY CANNOT PUT OFF any longer, if you want to get one of these BRAMBACH BABY GRANDS, subject to our attractive offer: Not over a day or two, anyway, for they are going rapidly.

**Conditions upon which these Grands are sold**

- 1 That, if for any reason whatsoever, the piano is not satisfactory after a 30 days' trial and inspection in your home, you may have your money back.
- 2 That you may exchange it for any reason whatsoever, for any other new instrument that we carry of equal grade, at any time within six months, without incurring any loss or being put to any extra expense.
- 3 That the piano is guaranteed without restriction or reservation for the period of 5 years.
- 4 That you may take 3 years' time in which to make settlement, dividing the payments over a 36-month period as best suits your convenience.

You must keep in mind, please, that we had but 25 of these little beauties in the first place. That is all we could get for this advertising campaign. You must keep in mind, also, that the price of these 25 Baby Grands is but \$495 each. Such Grands usually bring \$600 each. This means, that this offer is an advantage or saving to you of \$105—and it is for this reason, principally, that you cannot delay any longer.

Don't delay. If you have a home of which you are proud and a family for which you are ambitious, don't lose another day without at least seeing and hearing these perfect little gems.

**J. H. Troup Music House**  
Troup Building 15 S. Market Square  
Chickering and Mehlin Grands included in this introductory sale.