



Reading for Men and all the Family



Life's Problems Are Discussed

By MRS. WILSON WOODROW
Bob Smith enters the Aviation Corps. The business of the Aviation Corps is to fly.

Consequently, we picture Bob Smith as soaring aloft, darting hither and thither in dragon-like flights, making hazardous scouting trips out over the enemy's lines, bombing hostile trenches and supply depots, fighting deadly duels two thousand feet and more up in the air, wheeling, circling, dodging among the clouds.

But as a matter of fact Bob Smith may never leave the ground. He may never occupy a seat in an airplane except as a passenger and merely for the sake of the experience.

Yet that is not saying that Bob Smith is not as truly serving his country, or that his work is any less important than that of the renowned "Ace" who boasts a score of fifteen or more enemy machines to his credit.

In order that the "Ace" may successfully perform his adventurous feat it is highly essential that every bolt and nut and spar and stay upon his fragile craft shall be true and fast, that his controls shall be without a hitch, that his engine shall function unobscured and the buzzing whirr of his propeller continues unstilled.

And for this purpose a force of assistants is required—hangar-men, skilled mechanics and sail-makers. If I am not mistaken, the squad attached to each airplane is composed of fifteen men, one flyer and fourteen others who remain upon the ground, yet whose service is no less vital and indispensable.

This illustration seems to me very aptly to epitomize the duty and relation of each of us toward the government on this day of stress.

The business of our nation at present is war. And it is the business of every American man and woman to help make that war effective and speedily victorious, no matter what the personal sacrifice or hazard involved.

But even in the army every man is not called to the trenches. No less requisite to the fighting operations are the commissary and transportation departments, the engineers, the hospital units, the ordnance and signal corps—all the various and diverse elements which make up the organization behind the lines.

Only a small proportion of the

PNEUMONIA
First call physician.
Then begin hot applications of
VICK'S VAPORUB

FLASH KIDNEYS WITH SALTS IF BACK IS ACHING

Noted authority says we eat too much meat, which clogs Kidneys.

Take glass of Salts when Kidneys hurt or Bladder bothers you.

No man or woman who eats meat regularly can make a mistake by flushing the kidneys occasionally, says a well-known authority. Meat forms uric acid which excites the kidneys, they become overworked from the strain, get sluggish and fail to filter the waste and poisons from the blood, then we get sick. Nearly all rheumatism, headaches, liver trouble, nervousness, dizziness, sleeplessness and urinary disorders come from sluggish kidneys.

The moment you feel a dull ache in the kidneys or your back hurts or if the urine is cloudy, offensive, full of sediment, irregular of passage or attended by a sensation of scalding, stop eating meat and get about four ounces of Jad Salts from any pharmacy; take a tablespoonful in a glass of water before breakfast and in a few days your kidneys will act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate the kidneys, also to neutralize the acids in urine so it no longer causes irritation, thus ending bladder weakness.

Jad Salts is inexpensive and cannot injure; makes a delightful effervescent lithia-water drink which everyone should take now and then to keep the kidneys clean and active and the blood pure, thereby avoiding serious kidney complications.

CRITICISM OF A "FAT" STORY

We were criticized for telling fat people to "tender" seventy-five cents to their druggists for a large case of Marmola Tablets. Several wrote in saying the use of the word "tender" was incorrect, that "tender" such a connection raised the impression the druggist might refuse seventy-five cents as insufficient.

Now, isn't that odd? A few weeks ago seventy-five cents was "tendered" to a Broadway druggist and he did refuse it. That is, he said he had no Marmola Tablets, or rather he had seven cases. But the wholesale house was closed, it being on a Saturday. He had to promise to protect his regular customers, who absorbed those seven cases later in the day.

This elegant pharmaceutical preparation of that famous, fashionable fat reducer, the Marmola Prescription (viz., 2% of Marmola, 1% of Eucasara Aromatic, 4% of Peppermint Water), is certainly having a remarkable vogue. The million cases of tablets are sold yearly and their fame grows. This is doubtless because of their harmlessness (guaranteed by the Marmola Co., 364 Woodward ave., Detroit, Mich.), and sure ability to remove ten to sixteen ounces of fat (not flesh) a day without inconvenience, bother, need for exercising or interference with the taker's appetite for good things.—Advertisement.

SUFFERED WITH INDIGESTION

"Was Dizzy--- Felt Irritable"

says Mrs. V. Curtis, 1131 Monroe Street, Harrisburg. "Indigestion and nervousness were always with me. After eating had pain in stomach and would get so dizzy I could hardly see. Was nervous and irritable. Had headaches and pain in back of neck.

"I worried so much that I could not sleep at night, and in the morning hardly had the strength to do my work.

"Sanpan made a new woman out of me and I am pleased to recommend it."

Sanpan is being sold exclusively at Keller's Drug Store, 495 Market street, Harrisburg.—adv.

DR. CHASE'S Blood and Nerve Tablets

Wield Yourself Before Taking.

Price 40 Cents, Special 90 Cents.
Dr. Chase, 224 North Tenth St. Philadelphia, Pa.

Bringing Up Father



crew of a battleship is used to man the big guns. Yet who would say that the work of the stokers far down in the hold is any less important as heroic? Yes, and also the work of the riveters in the yards. For without the riveters and shipbuilders, without the big guns would never get into action.

I am trying to make a point here, apropos of a large number of letters I have recently received. Here is one which I select as a sample:

"Dear Mrs. Woodrow: I have something which has been troubling me for some time. I am a young woman twenty-three years old, pleasantly situated in an excellent position, and earning a good salary. But I am not happy. For I have an intense desire to serve my country.

"My brother has joined the army and I want to do my share, too. Every day I grieve that I am not a man and able to enlist. I have done considerable work for the Red Cross, and am now in charge of a large auxiliary; but I long to be of more active service. I speak two languages, but have only a limited knowledge of French.

"Can you advise me what to do, so as to be of greater aid to my country?"

There speaks the earnest, devoted spirit of the American woman, enthusiastic to help.

"Discouraged" should remember that we can't all fly. We can't all chase submarines, we can't all go over the top. An efficient chorus girl, filling up her thrift card with War Savings Stamps, rigidly observing the meatless and wheatless days, doing her bit for the Red Cross between whistles, and every night helping to lift the strain of care and worry by her exacting performance, is aiding much more to win the war than some inefficient, untrained "Sister Susie," who, by pull or persuasion, manages to obtain a nurse's uniform and get to the front. Even in the old days, war was a matter of infinite attention to details. The horseshoe, the horse, the rider, the battle, the kingdom were lost, "all for the want of a horseshoe nail." And to-day it is an enterprise of thousand-fold more complexity, so ramifying and co-ordinate as to include the whole people. It merely remains to direct the energy of each individual into the most effective channel.

I yield to no one in my honor for our fighting men, nor for the wonderful, self-sacrificing women who, heedless of death and danger, are cheerfully accepting all the privations and toll of service on the other side. No one should refuse to follow their gallant example, who is needed or fitted for the work they are doing. Let your qualifications be submitted to the proper authorities; and then, if you are called, answer "Ready!" and go.

If not, then fight for your country by putting the very best you've got into your job; for as has been frequently pointed out, it is not bullets alone that will win the war, but dollars and food and ships, and by keeping together the vast, intricate framework of business and industry.

So to Bob Smith and to Lizzie Smith, I would say, "If you are what Uncle Sam wants of you, but whatever you do, don't go up in the air."

THEIR MARRIED LIFE

"Helen are you superstitious?" asked Frances, laughingly from the next room.

Helen had dropped in to see Frances and was waiting in the big studio while Frances in the bedroom was busy finishing dressing.

Helen pondered. "Why I don't know, Frances," she returned at last. "I suppose I am about some things, but not about any of the more flagrant superstitions.

Mahomet who still occupied the place of honor in Frances's place, had curled up on the broad arm of Helen's chair, and Helen was allowing herself the luxury of petting and stroking his silky fur to her heart's content. Warren had decided that cat was a menace to a child, and since Winifred had gone to school had had Mahomet banished from the apartment.

Helen, who had been inconsolable at first, had finally given him up to Frances with no more than a passing qualm. Warren's argument that a cat was all right, but that a child was better and of more importance, and that she had spent too much time petting and stroking the cat when her small daughter needed attention, had only been another of Warren's queer ideas for no one did more for a child than Helen did for Winifred.

Frances came out into the studio fully dressed, and curling up in a low chair proceeded with what she called her "reading."

"I asked you because I heard the

Little Talks by Beatrice Fairfax

Suspension of laws or ordinances prohibiting married women from teaching school is advocated by the Federal Commissioner of Education Claxton as the best means of relieving the large numbers of teachers who have quit to enter war work.

In a letter to city, county and state school authorities Commissioner Claxton pointed out that many sections are facing a shortage of teachers because higher wages paid in commercial and industrial occupations are attracting many young teachers without experience or professional preparation.

There is very good news for working people in this decision of Federal Commissioner of Education Claxton. It is the entering wedge that will make possible a greater degree of home life for that huge army of workers—not alone teachers—the country over. Paradoxically enough, have been at the same time both too poor and too well off to marry.

"Marriage," as one of them once said to me, "is the privilege of the ultra rich and the squalid poor—we intermediates can't afford to marry."

Can't Afford to Marry

As the cost of living continues to soar it becomes increasingly difficult for a man with a modest salary to ask a young woman who has been comfortably reared to share poverty with him, whereas their joint salaries would insure a comfortable home life.

The thing that has made the marriage of two working people impossible has been what Mrs. Grundy has designated "My feelings on the subject." Mrs. Grundy, as usual, has indignantly refused to share poverty with him, whereas their joint salaries would insure a comfortable home life.

Again it has been reserved for the war to bring aside lightly another of our cardinal prejudices and force us to accept a state of affairs that only a few years ago we denounced as attacking the foundations of society.

When "Women and Economics" was published, twenty years ago, the book was received as a highly revolutionary document. It was denounced, fought over and regarded generally as a torch with which to kindle the home. Since then so many of the economic measures urged by the author have become a part of our daily routine and it is difficult to realize the antagonism they aroused only a little while ago.

Change Is Due to Social Conditions

These changes may be attributed to social conditions rather than to the activities of reformers, and so gradually have they replaced the old order that the reactionaries—always the last to realize the presence of reforms—are still hardly aware of them.

Twenty-five years from now it will make very good reading, the foolish attitude that greets any change in the existing order is well-nigh unbelievable after the reform has been accomplished.

During the Civil War 10,000 slaves signed a petition to the President

begging that freedom should not be given them. No one protested more vigorously against the abolition of slavery in India than the ladies who were destined to be burnt alive.

But the best reading of all, along these lines, is the weltering eloquence evoked when the question of public bakeries was first broached in this country. It was then predicted that families fed on "the bread of commerce" would speedily become extinct. Men entirely in their senses talked eloquently of a nation's decline, unfortified by mother's bread and doughnuts.

It was a sort of "the hand that rolls the biscuit rules the world" prevarication, intended to keep women pacified while they were debarred from education. In spite of such eloquence, the bakeries thrived and flourished, and the kneading and baking of the family bread was one duty lifted from the almost breaking shoulders of "mother," who died very young in the paroxysm of grief by the ages inscribed on tombstones of the period.

France and England, both nations fed wholly on commercially baked bread, have given a very good account of themselves in the present fight, and we, too, have produced some fine specimens during the last fifty years, in spite of the dismal predictions in regard to bakeries.

The next illusion to go, and the decision of the Federal Commissioner of Education Claxton is a mighty push in the right direction, will be that women must give up their positions when they marry. In the case of married women school teachers, we have a maternity leave of two years granted on application. No salary is paid during that period, but at the end of the leave the woman may return and resume her position as teacher.

I have heard of one or two apartment houses in New York where no vision is made for children where the mother is employed. There are model nurseries in charge of child-care centers and trained nurses, and the children are well and scientifically cared for while the mother is attending to business.

Among the class of women who furnish the country with the bulk of unskilled labor we have had for years day nurseries, where children are taken in the morning by their mothers and called for when the day's work is done. I recall one such for French children in New York, whose mothers were chiefly employed in laundries, and I have never seen a happier or healthier lot of children as they played their games and chattered in French in the neighborhood of Washington Square.

The author never made any objection to the day nursery for the convenience of workingwomen—their lives, their joys and tragedies were too far removed from the home to be a matter to her. But we may expect no such tolerance—or indifference—when it comes to the professional class.

Though Mrs. Grundy never earns a dollar and could not if she tried, she will, in some subtle manner, feel that her rights have been invaded when the teacher, the Government clerk and the stenographer marry and continue to work. In some inexplicable way Mrs. Grundy will feel that something has been done to her, and she will protest accordingly.

But her disapprobation will not deter the vast army of progressive and devoted women given us a last chance to establish homes that promise to continue the best traditions of our country.

- Riced Potatoes
 - Dried Corn Baked in Milk
 - Spinach
 - Indian Pudding
 - Creamed Potatoes
 - Beef Loaf
 - Corn Oysters
 - Cabbage Salad
 - Rice Pudding
 - Oatmeal Betty
- 2 cups cooked oatmeal, 4 apples cut up small, 1/2 cup raisins, 1/2 cup corn syrup, 1/4 teaspoon cinnamon Mix and bake for one-half hour. Serve hot or cold. Any dried or fresh fruits, dates or ground peanuts may be used instead of apples.
- Jugged Rabbit
- Forequarters of rabbit, 2 tablespoons fat, dash thyme, 1 sliced onion, grated rind 1 lemon, 1 bay leaf, water, salt, 3 tablespoons vinegar, 1 cup gingerbread crumbs. Cut rabbit into pieces, place in saucepan with fat, thyme, sliced onion, lemon rind and bay leaf. Add enough water to cover rabbit an inch from top, salt, cover and stew, when rabbit is nearly done, take out, strain the liquor, add vinegar and then make a gravy by adding to the liquor, fat rubbed with an equal quantity of flour. Add the gingerbread crumbs to the gravy. Pour this gravy over the rabbit, simmer awhile and serve.
- Corn Oysters
- Soak dried corn in water overnight or use canned corn. To each cup allow one egg beaten light, one tablespoon milk, one tablespoon flour, 1 teaspoon melted fat, one-half teaspoon salt. Mix all together and drop by spoonfuls on hot greased griddle and brown on both sides.

BAKER'S BREAKFAST COCOA

The food drink without a fault

Made of high grade cocoa beans, skilfully blended and manufactured by a perfect mechanical process, without the use of chemicals. It is absolutely pure and wholesome, and its flavor is delicious, the natural flavor of the cocoa bean.

The genuine bears this trade-mark and is made only by

Walter Baker & Co. Ltd.
DORCHESTER, MASS.
Established 1780

Daily Fashion Hint

Prepared Especially For This Newspaper



A BIFURCATED SLEEPING GARMENT.

One must have bifurcated sleeping garments in these days of the disordered nights and there is nothing more practical for their development than cotton crepe. Much silk and put satin are used for pajamas and the pink is given the preference over white because the latter so often turns yellow after being laundered. Narrow silk braid trims the front collar and sleeves of this design which requires 5 yards 36-inch material.

Pictorial Review Pajamas No 7645. Sizes, 26, 40 and 44 inches bust. Price, 20 cents.

Daily Dot Puzzle

23 22 21 20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1

Warren pricked up her ears. Was it possible? Warren, the scoffer actually believing in one of the oldest superstitions?

"Why, dear?" she asked softly, certain that Warren had forgotten their conversation at dinner, and baiting him correspondingly so that he would say more.

"Oh, I don't know; of course I don't believe in anything so foolish, but I don't get out on the wrong side if I can help it. This morning it just happened that my slippers were over on that side. And everything went correspondingly wrong.

This was too much, and Helen went off into a peal of laughter. "Oh, Warren!" she said when she could get her breath. "And you said you weren't superstitious."

Warren flushed, remembering suddenly. "I'm not," he denied indignantly.

But Helen went off into another gale of laughter, and Warren caught fairly, was finally forced to give a grudging smile, and to listen while Helen told the whole story.

"Well, if it's true," Warren said finally, "we all ought to be ashamed of ourselves."

"Frances is taking that angle in her story," Helen returned. "Don't you see, dear, that it's only by laughing at ourselves for believing in such things that we can ever realize just how superstitious we are?"

(Another installment in this series will appear here soon.)

THE LIBERTY LOAN EDITION of the New York American, Sunday, April 7, will contain a special supplement that reproduces in colors of the "Honor Flag" of the Third Liberty Loan, to be awarded by the United States Treasury Department to every town subscribing its quota.

"Under Fire," the truest and most graphic record of the world war begins series of the whole story and continues in the daily edition. Of this book The Bellman says: "The most notable contribution to the enlightening literature of humanity."—Adv.

No Bread at Dinner

Girls in the two large dormitories at the University of Wisconsin have their own board voted to have no bread served at dinner. Why not adopt their plan in your home? Bread is quite unnecessary with such menus as the following:

- Vegetable Soup With Rice
- Mutton Chops
- Mashed Potatoes
- Lima Beans
- Creamed Cauliflower
- Stuffed Prune Salad
- Oatmeal Betty
- Clam Soup
- With Oatmeal Flats

Why Women Suffer

BECAUSE you are a woman there is no need to suffer pain and annoyance which interfere with work, comfort and pleasure. When you suffer again try PISO's Tablets—a valuable, healing local application with astringent and tonic effects. The name PISO established over 50 years guarantees fair treatment. Money refunded if not satisfied.

If you would be rid of Backaches, Headaches, Nervousness, Weariness as symptoms of the condition—a trial will convince.

PISO'S TABLETS

Samples Made Free—address postcard THE PISO COMPANY 300 Pine Blvd. Warren, Pa.

HOTEL MARTINIQUE
Broadway, 32d St., New York

One Block from Pennsylvania Station Equally Convenient for Amusements, Shopping or Business

157 Pleasant Rooms, with Private Bath, \$2.50 PER DAY

257 Excellent Rooms, with Private Bath, facing street, southern exposure \$3.00 PER DAY

Also Attractive Rooms from \$1.50 The Restaurant Prices Are Most Moderate

Beautiful Bust and Shoulders

are possible if you will wear a scientifically constructed Ben Jolie Brasieres.

The dragging weight of an unbalanced bust so stretches the supporting muscles that the contour of the figure is spoiled.

put the bust back where it belongs, prevent the full bust from having the appearance of flatness, eliminate the danger of dragging muscles and confine the flesh of the shoulder giving a graceful line to the entire upper body.

They are the daintiest and most serviceable garments imaginable—come in all materials and styles: Cross Back, Hook Front, Surplice, Bandeau, etc. Boned with "Walolin," the rustless boning—permanently washing without removal.

Have your dealer show you Ben Jolie Brasieres. If not stocked, we will gladly send him, prepaid, samples to show you. BENJAMIN & JOHNS, 81 Warren Street, Newark, N. J.

Footers Dye Works

Removed From 34 North Third Street to 27 N. Second Street