



Reading for Women and all the Family



NURSING AS A CAREER FOR WOMEN

By JANE A. DELANO
Director of the Department of Nursing of the American Red Cross

Training schools for nurses offer the American girl graduated from high school a chance to continue her education at small and sometimes at no expense to her parents. From the first day of her training she is extending her technical education and acquiring a distinguished profession.

Some of the best training schools charge a nominal tuition fee. There are also many schools of excellent standing where not only is the student nurse at no expense for tuition or for board, lodging, uniform and laundry, but she is given a small sum to cover equipment expenses.

This practical consideration is making it possible for many hundreds of young women to become trained nurses.

In all of the best schools reasonable working hours and attractive living quarters are assured. The life is healthy, simple, regular and full of interest.

The young women of ability, graduating from a good school, immediately on the completion of her course, steps into regular professional life. Her work is ready and waiting. Opportunities for advancement are steadily increasing, in administrative work and public health and hospital nursing.

Hospital training prepares one for many kinds of public service and at the same time it is perhaps the best training a woman can have for home and family life.

The American Red Cross and the Council of National Defense have been appealing to young women of the country just graduating from high school and college to take up the nursing profession as a patriotic service, filling in the ranks of service for those who are released from military duty. Training schools have expanded to accommodate greatly increased numbers of student nurses, the enrollment this year being over 20 per cent. greater than the year before, and undoubtedly they will have to expand still further following this year's graduations.

A good pudding will prove a satisfying solace to the most omnivorous pie-eating male in captivity. The following receipt is a Victory pudding that has been tried out on the mere male with gratifying success:

1/4 cup molasses
2 cups milk
1 tablespoon suet
1/4 cup rice
1 teaspoon cinnamon
1 teaspoon salt

This may be cooked in a double boiler or in a fireless cooker for two hours and a half. It can be varied by the use of raisins or nuts, or both, and a little orange or lemon rind adds to the flavor. Serve with cream.

Bringing Up Father



liberty and economy. If the woman ought to work out new desserts, or alter the old ones, the man ought, if necessary, to learn to like them. And that is the situation exactly. If it is a part of the wartime duty of women to change their marketing, their menus and their cooking, it is also the wartime duty of men to change their tastes and adapt themselves to the substitute desserts.

There are plenty of desserts that can be made from the various cereals, such as rice puddings, cornstarch puddings, Indian pudding with fruit, and many delicious steamed puddings made from some of the Victory cereals.

He said this very earnestly indeed. "I give you just six months," I replied, skeptically, "and you will be back in harness again."

"Not on your life," he answered, with more emphasis than elegance. "I was not talking about my life, but yours," I returned. "You will enjoy the rest for perhaps two months. Then you will begin to get terribly restless and then acutely miserable. When you drop what has been an absorbing interest you leave a vacuum. You can't fill it with what are to you trivialities. You have been in the thick of things; you can't be happy in the thin of them."

He didn't believe me. But he was back in his office in three weeks. That is human nature.

I have a letter from a woman who was left a widow with two or three little children and without means to support them. Before marriage her profession had been that of a trained nurse, and she took this up again in order to provide a home for her children and give them an education.

The children are now grown and have established themselves in life, and they urge their mother to give up her work and let them provide for her for the rest of her days. Her friends all advise her that this is the right and proper thing for her to do. But she is having a struggle with her own inclinations.

She writes: "I feel that I would like to earn some money now for myself while I am still in my good years, and thus I can also help in keeping up the home. Am I right in wanting to help myself, or is it my duty to do as my children wish? I think this sort of question lies before many mothers. When we have brought up our children and given them a start in life we would like to go on with our work and not be dependent on them. Would you advise me to give up nursing and try to get some other work which I could do at home? I am worried, but I want to do the right and best thing."

The word "duty" is customarily used as an excuse for making ourselves and every one else miserable. It has been so long ground into us that we must do it, and we are influenced by the criticisms of their friends—the people who either in-

own leading. Here is the case. This woman's grown children are naturally anxious to repay their mother for the sacrifices she has made for them during childhood. The best way they can repay her is to let her arrange her own affairs in her own way, unhampered and unhindered by them. But in their anxiety to make her happy they are more or less influenced by the criticisms of their friends—the people who either in-

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LIFE'S PROBLEMS ARE DISCUSSED

By MRS. WILSON WOODROW

"I've worked hard for the greater part of my life. I've got all the money I want, and now I'm going to retire and enjoy myself while I'm still young enough to do so."

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NO ADVANCE IN PRICE
ASTHMA
There is no "cure" but relief is often brought by—
VICK'S VAPORUB
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LEMON JUICE TAKES OFF TAN

Girls! Make bleaching lotion if skin is sunburned, tanned or freckled

Squeeze the juice of two lemons into a bottle containing three ounces of Orchard White, shake well, and you have a quart of the best freckle, sunburn and tan lotion, and complexion beautifier, at very, very small cost.

Your grocer has the lemons and any drug store or toilet counter will supply three ounces of Orchard White for a few cents. Massage this sweetly fragrant lotion into the face, neck, arms and hands each day, and see how freckles, sunburn, windburn and tan disappear and how clear, soft and white the skin becomes. Yes! It is harmless.

Special—

MEN AND VICTORY DESSERTS

Dessert after dinner isn't the most important thing in life in these days, but it is important enough to deserve serious attention. The woman who arranges her meals with a view to avoiding the use of wheat and other foods that we Americans must refrain from eating in order that we may send them to the soldiers abroad, must redouble her efforts to make the meal attractive. More than that she must even more than in normal times, exert herself to make sure that every part of the meal is real food, serving a real food purpose.

The man has his part to play also. Even a favorite dessert is a small thing to sacrifice as a contribution to the world's struggle to maintain

New Insignia Adopted For U. S. Air Service

Washington, June 14.—Adoption of a new collar insignia for the Army Air Service to distinguish it from the Signal Corps was announced yesterday. The design consists of a pair of horizontal bronze wings similar in shape to a colonel's insignia with a silver, two-bladed propeller placed vertically on the wings.

The insignia will be worn by officers and enlisted men of the military aeronautics service and of the bureau of aircraft production. The hat cord selected for enlisted men is green and black.

WHEN VITALITY IS LOWERED

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Excellent for the relief of exhaustion due to summer heat, overwork, or worry. Cooling and refreshing. Advertisement.

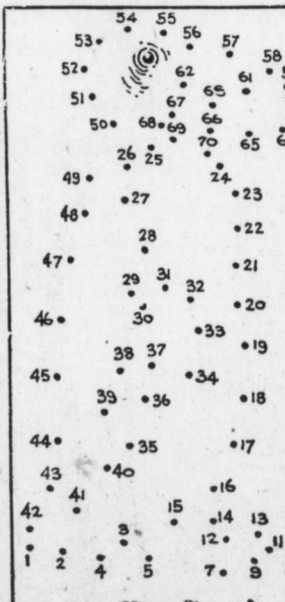
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You Cannot be Constipated and Happy
A Remedy That Makes Life Worth Living
Small Pills Small Dose Small Price
Genuine bears signature
Carter's Iron Pills
Absence of iron in the blood is the reason for many colorless faces but Carter's Iron Pills will greatly help most pale-faced people

WEEK-END SPECIALS
in Highest Grade, High Priced Refrigerators
Our trade demands the highest grade Refrigerators and for that reason we sell none else than the best.
Wise folks have long ago discovered that a CHEAP Refrigerator is most expensive in the long run.
Choosing a thoroughly dependable, ice-saving Refrigerator is an easy matter here—provided you want the BEST at the LOWEST price.
The Refrigerators offered below are odds and ends which were left after heavy early season selling.

Special No. 1 Side-icer Refrigerators—porcelain lined—90 lb. ice capacity—special at \$50	Special No. 2 Side-icer Refrigerators—porcelain lined—160 lb. ice capacity—special, at \$60	Special No. 3 Side-icer Refrigerators—lined with one-piece porcelain—160lb. ice capacity, special at \$85
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GOLDSMITH'S
North Market Square

Daily Dot Puzzle



"A" is for Auk, tho' the Great Auk no more
Is seen at its nesting ground
On the sea shore.
Draw from 1 to 2 and so on to the end.

Advice to the Lovelorn

BY BEATRICE FAIRFAX

A STEPMOTHER
DEAR MISS FAIRFAX: Some years ago a wife ran away and left her husband and two babies. She asked for a divorce, but he vowed he would never give her one. I came into his life and he has decided he wished a divorce. He is 26, I, 21.

My mother tells me I can never love his little girls, ages five and two, and I must see this man as little as possible until after the divorce is granted. My inner self tells me as I love the father so can I love his children. My heart tells me I can rear these girls going to be an awful bother to take care of, and that if the cat should get it, why, "we should worry!"

Of course, any woman with fine instincts can learn to love two little babies who have no one else to mother them. I like your attitude toward the children of the man you love. These children are not an obstacle to your happy marriage. I dare not advocate divorce, because I might know only half a story and might be the means



Less Than a Penny a Plate

Dromedary Tapioca makes dozens of dainty delicious desserts quickly, for less than a penny a plate. No need to soak it before it is cooked—it is ready for "Instant" use. Try it today.

Mrs. Kate Brew Vaughn uses Dromedary Tapioca, Dromedary Dates, and Dromedary Cocoanut in her lecture demonstrations.
The HILLS BROTHERS Company
New York

Quality Garments



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Values 25.00 to 45.00

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that are distinctive
5.95 6.95 to 17.95

Of fine fancy voiles, organdies and gingham; finely made in the prettiest styles created this season. Junior organdie dresses, sizes 13 to 19, are included in our showing.



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Charming Georgette Blouses
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Hand-embroidered and beaded in the newest styles. The kind you pay \$6.00 for elsewhere.

Fine Voiles and Organdies
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Embroidered, lace trimmed and lace insertion, of fine quality voile and organdie. The styles and fine make will meet with your enthusiastic approval.

Tub Shrunk Wash Skirts

1.24 2.49 2.95 3.95 to 6.95
Of fine white gabardines, tricotine, white satin cloth and pure linen, in the newest and most becoming styles of the season. See these splendid skirt values before making your skirt purchases.

Ladies Bazaar
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Harrisburg's Garment Institution