

# Reading for Men and all the Family



## NURSING AS A CAREER FOR WOMEN

The Community Debt to the Nurse

By Jane A. Delano

Director of the Department of Nursing of the American Red Cross

The woman who has been trained as a nurse stands in a special relation to her community. Since we entered the war, and the ranks of nurses in civilian life have steadily decreased by the number entering the military service, this relation has become emphasized.

As a sanitarian, as a woman who thinks in terms of public health, and as one who has trained personal services to render, the trained nurse is unquestionably one of the most valuable members of society.

The time of thinking of the nurse as one whose duties are confined to the actual care of the sick in hospitals and homes has passed. Public Health Nursing, although still in its infancy, has taught us to think of her as sanitary inspector, as organizer and teacher. A week in the life of a typical nurse of the Town and Country Nursing Service of the American Red Cross has been described.

"In a busy week she cares for the bed-ridden who might otherwise receive insufficient attention; she inspects the children in the school to see that incipient epidemics are not starting; she gives the children simple lessons in hygiene, and talks to their elders on this subject in community meetings; she organizes local health committees and clubs; brings the clean-up and swat-the-fly campaigns to the country; she gives to mothers, the latest advice of modern science; and renders a general community nursing service."

Surrounding the majority of our army camps and cantonments are areas known as sanitary zones. These have been established by the United States Public Health Service for the purpose of preventing contagion between the camps and the civil communities. About ninety Red Cross nurses are on duty in these zones.

Every woman who has graduated as a nurse, is needed by her country to-day. Married nurses are asked to give part of their time to hospitals and visiting nurses' organizations, or in public health service. Available graduate nurses are urged to enter military service.

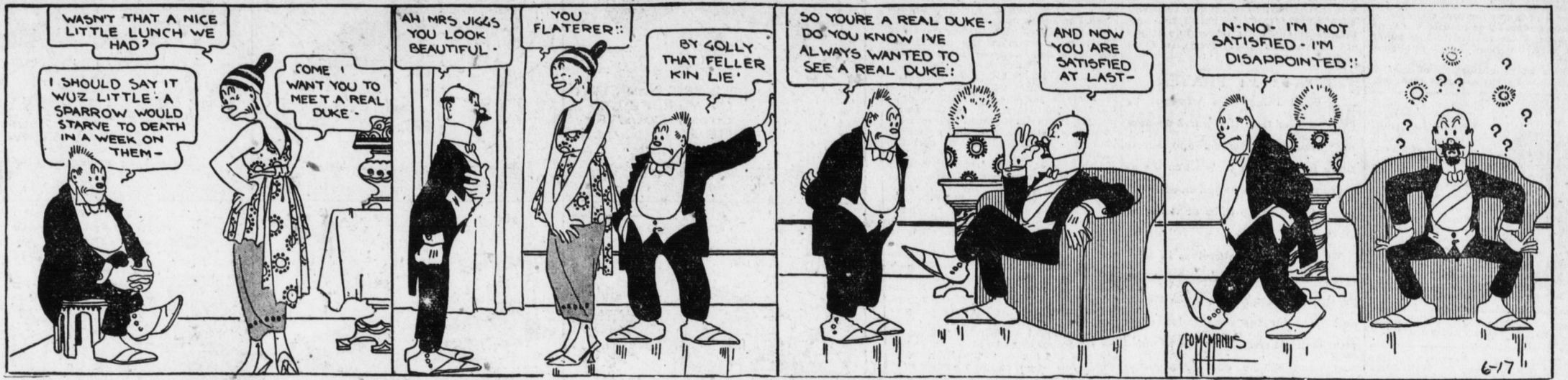
## FORMER RESIDENT OF MARYSVILLE DIES

Mrs. W. A. Houdeshel, formerly of Marysville, Pa., died at her home in Baltimore, Md., Saturday evening. Death was due to a stroke of paralysis. Funeral services will be conducted in Marysville Tuesday afternoon at 1:30 o'clock in charge of the Rev. C. G. Gabriel, Baltimore, assisted by the local pastor, the Rev. C. D. Penterbaugh. Deceased is survived by her mother, Mrs. George Kocher; her husband, W. A. Houdeshel, an engineer on the Baltimore division of the Pennsylvania Railroad; four sons and three daughters.

## WEAK, RUN DOWN WOMAN

Tells How Vinol Made Her Strong So, Kaukauna, Wis.—"I was weak, all run down, tired all the time, and had Asthma so I could hardly keep around and do my housework. After everything else had failed to help me Vinol built me up and made me well and strong."—Mrs. Jay Parker. The reason Vinol was so successful in Mrs. Parker's case, is because it contains the necessary elements to create an appetite, aid digestion, make pure blood and create strength. It is the beef and cod liver vitamins—iron and glycerophosphates in Vinol—that does it—you will not be disappointed if you try it. George A. Gorzals, Kennedy's Medicine Store, 321 Market street; C. P. Kramer, Third and Broad streets; Kitzmiller's Pharmacy, 1325 Derry street, and drugists everywhere.

## Bringing Up Father



## LIFE'S PROBLEMS ARE DISCUSSED

By MRS. WILSON WOODROW

"Dear Madam—what would you do if you were in my place? A something has overtaken me which I cannot explain, and I beg for some suggestion, advice or idea which can awaken me out of this spell. Life means nothing to me. Time and again I wish for death to be relieved of this melancholy. I have lost all interest in living.

"Perhaps, madam, you will wonder why this despondency. True, I have health but am lacking many an earthly thing which I have never experienced and which other girls have, such as pretty clothes, riches, amusements, young men friends, good positions, etc. In fact, non-success and years of disappointment are the real causes of my despair. Twenty-six years of striving and struggling are the masters of my fate.

"Everything I undertook in life was a failure, although I may say boldly and honestly that there never existed a person in this world who tried harder to make good than I have. It is true that I have been despondent many times before, and have overcome it when I tried hard enough. But now I try and try, but all in vain. Strange to say, I feel that if anything could change this state, it would be through your statement of what you would do, madam, if you were in my place. E. G."

## Advice to the Lovelorn

BY BEATRICE FAIRFAX

"FOR OLD TIMES' SAKE"

DEAR MISS FAIRFAX: A year ago a young man, who had been attentive to me, and with whom I went about a great deal, had a position offered him in California, and asked me to marry him and accompany him to that state. I declined on the spot that seemed unbecomingly whether he would succeed. He now writes, announcing his approaching marriage to a girl whom he says is just like me. He asks me to write to him and he will send a photo of his wife and himself, and that I will look upon their love and happiness with happy thoughts.

Do you think this letter is fair to his future wife, although he states it is written with her knowledge? What can be his mental process in believing that I will answer the letter in these circumstances?

R. A. H. I think the man is behaving quite splendidly. Once he thought he loved you, he had not the pioneer spirit and did not care enough for him to venture out and seek fortune at his side. So he owed you no loyalty. When he met a girl who came to mean a great deal to him and in whom he idealized in you. Still, for old times' sake, he retains some of his regard for you, and writes you that his friendship will not die, even though love has come into his life.

DEAR MISS FAIRFAX: I am 19 and go about with a girl the same age. She has been going about with a young man for two years—in the meantime with other young men. Not long ago I was introduced to the first man and wanted to take me about. Would you advise telling my friend, although I hate to make her feel bad. E. L.

Evidently you are a loyal friend, who has just cried tears for a girl. I certainly would not hurt her by going out with a man for whom she would care deeply. On the other hand, since she accepts attention from other young men, perhaps he does not mean very much to her at all. Have not the exclusive "property" attitude toward girls who are merely their friends which girls so readily have. If you like this boy who not tell her and ask her if she minds? If, on the other hand, you are really sure that she loves him it would be best perhaps just to quietly refuse his interest and say nothing about it. Perhaps you are making a mountain out of a mole hill and would do best to accept the situation as it is, which would be exactly this: Accept his invitation merely as a little friendly incident and tell your girl friend that you have done so.

## NOT VERY IMPORTANT

DEAR MISS FAIRFAX:

Won't you help me out of a predicament? A few weeks ago I went out with a friend whom I admired. I was hurt by something he said, and let him know I didn't like it. He persisted, for he is the type that seems to demand obedience, or rather submission.

Now, since then I have not seen or heard from him. I should not like to break our friendship, but still I will not run after him. He is very busy, but so am I. ELSIE C.

## CONQUERING SELF

DEAR MISS FAIRFAX:

Would you advise a girl to marry a man who, when she first met him, was inclined to drink, but has since changed? Her mother is opposed to the marriage on this ground, being of the opinion that after they are married, he will go back to his old habits.

K. B. Any of us may, sadly enough, become the slave to a bad habit. That is unfortunate and weak. But when one is once conquered an ugly habit and triumphs, he proves himself strong. I see no reason to believe that a man who has really conquered himself and whose temper need go back to it. If this man has really proved himself victorious over drink, he deserves happiness—not suspicion. A temporary reform of a man who has not counted; real, time-proved self-quest does.

## THE BOY KNEW

"Little boy" asked a well-meaning man a hard question. "I understand that your mother over there wearing a beautiful set of furs? Yes, sir." "Do you know what your animal is that has had to suffer in order that your mother might possess those furs?" "Yes, sir—dad!"

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By McManus

## FASHION'S FORECAST

(By Annabel Worthington)

The popularity of the tunic skirt promises to continue for a long while to come, so one cannot go far wrong in selecting this becoming style for the new skirt. A very simple model is illustrated in No. 8877. The underskirt has two gores, which may be entirely of one material, or if preferred, a band at the lower edge and a front panel of contrasting material may be used. The tunic also has two gores and it is gathered at the slightly raised waistline. It is open at the front to show the underskirt. This is an excellent model for a lingerie skirt.



The lady's two gore tunic skirt pattern No. 8877 is cut in five sizes—24 to 42 inches waist measure. Width at lower edge of skirt is 1 1/4 yards. As on the figure, the 28 inch size requires 2 3/4 yards 32 inch flouncing, with 2 1/4 yards 36 inch material.

This pattern will be mailed to any address upon receipt of 12 cents in stamps. Address your letter to Fashion Department, Telegraph, Harrisburg, Pa.

## \$100,000 Fund for K. of C.

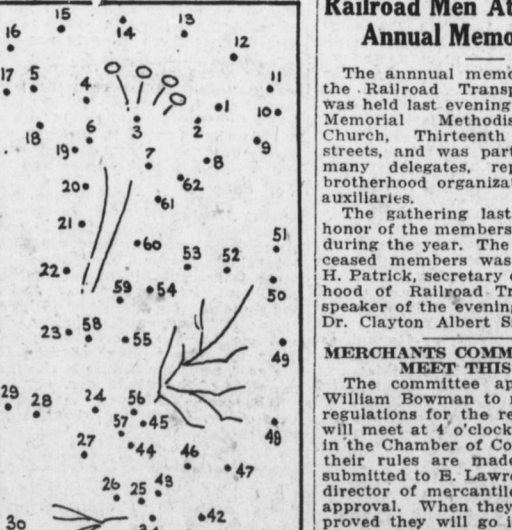
John McCormack, the famous tenor, who has just closed a concert tour to raise \$100,000 for the Red Cross, has announced he would start a similar tour to raise the same amount for the Knights of Columbus war camp fund. The singer starts his campaign June 3 in Boston.



JOHN MCCORMACK.

It is only personal sacrifice and personal saving that will give us any wheat to seed until next harvest. There are other foods in plenty for Americans to eat as wheat substitutes.

## Daily Dot Puzzle



Trace the dots to sixty-two. See then what I bought for you. Draw from 1 to 2 and so on to the end.

## MESSIAH CHURCH IS DEDICATED

Special Services to Be Held This Week in Handsome New Edifice

With special services and sermons, the newly-built Messiah Lutheran Church edifice was formally dedicated yesterday. The Rev. G. V. A. Tressler, president of the General Synod, preached the dedicatory sermon in the morning, praising the achievements of the congregation which has built Messiah Lutheran Church. The chairman of the building committee, Luther Minter, handed the keys of the structure to the pastor, the Rev. H. W. A. Hanson, who turned them over to George Fager, secretary and treasurer of the congregation. The Rev. Mr. Hanson presented a large basket of flowers to Mr. Minter in recognition of his earnest efforts to make the work successful.

The Rev. Luther DeYoe, pastor of Trinity Lutheran Church, Germantown, preached at last night's service. He declared that happiness is contagious, and that joy should be in the hearts of all who were present at the dedicatory services. The church was thronged last night, there being more than a thousand people present. Many were forced to stand. Services will be held each night this week, ending with holy communion, Sunday morning. To-night Alfred C. Kuschwa, organist at St. Stephen's Episcopal Church will play an organ recital. Clarence Sigler

## Unscrupulous Doctors Help Deplete Ranks of Army

London.—Unscrupulous physicians and chemists in London have been operating recently a regular school to assist men of military age from avoiding service by the use of drugs. Medical boards before whom men appear for examination of exemption learned some time ago of this practice, taught by heads of the school, and measures have been taken by the police to break up the organization of quacks.

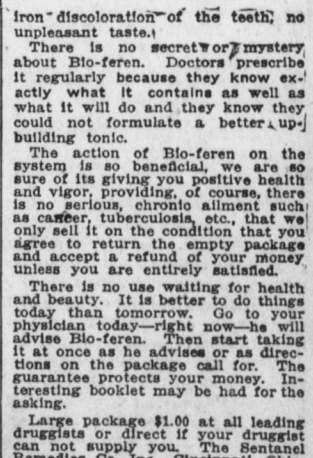
A doctor can produce almost any symptom of disqualification for the army, the heart being the chief organ tampered with, it was learned by the authorities. Use of drugs which affect the heart is more difficult to detect and because of this fact is the most in demand among "clients" of the doctors' school.

The fee charged by the quacks is \$50 in most cases, but in many instances the amount paid by men seeking to avoid the army is said to have been much larger. Money is no object among these shirkers. Owing to the labor shortage men have been earning wages in virtually all lines of work which were not even dreamed of before the war.

## Best Treatment For Catarrh S. S. S. Removes the Cause

By Purifying the Blood

Once you get your blood free from impurities—cleansed of the catarrhal poisons, which it is now a prey to because of its unhealthy state—then you will be relieved of Catarrh—the dripping in the throat, hawking and spitting, raw sores in the nostrils, and the disagreeable breath. It was caused in the first place, because your impoverished blood was easily infected. Possibly a slight cold or contact with someone who had a cold. But the point is—don't suffer with Catarrh—it is not necessary. The remedy S. S. S., discovered over fifty years ago, tested, true and tried, is obtainable at any drug store. It has proven its value in thousands of cases. It will do so in your case. S. S. S. at once and begin treatment. If yours is a long standing case, be sure to write for free expert medical advice. We will tell you how this purely vegetable blood tonic cleanses the impurities from the blood by literally washing it clean. We will prove to you that thousands of sufferers from Catarrh, after consistent treatment with S. S. S., have been freed from the trouble and all its disagreeable features and restored to perfect health and vigor. Don't delay the treatment. Address Medical Director, 439 Swift Laboratory, Atlanta, Ga.



## Strive To Have Healthy Skin

Next time you are in a gathering of women note the different conditions apparent in complexion. You will see some filled with blackheads, some dry and rough, some smooth and clear, some smeared with rouge, some streaked with heavy metallic powders and once in a while you will see one that is a demonstration of intelligence from every point of view. The color is rosy, the skin is clear and smooth, the pores are small, and the complexion does not show on the firm vigorous skin. Every woman can have a good complexion if she will only use a little discretion. If she would acquire real beauty, the beauty of perfect health, you must replenish your worn-out nerves with lecithin. Nature's own nerve restorer, and put into your blood the invigorating iron which Nature intended it to have for health. In most of the modern foods these and other vitalizing elements have been largely eliminated. Yet to be healthy and beautiful the system must have them. They are found in Bio-feren, not only in proper proportions to restore weakened vitality but in such form as the system can best assimilate them. A treatment of lecithin and iron peptonate as combined in Bio-feren increases the appetite, aids nutrition and improves the circulation. And Bio-feren in its pellet form is easy and palatable to take—no liquid.



If the price of Mazola were twice what it is—it would not make cooking more delicious. Yet Mazola is more economical than butter and lard because it goes farther.

WHAT a boon to the housewives of America is this pure, wholesome oil pressed from the heart of Indian Corn! Makes such wonderfully light and flaky pastries—such delicious and easily digested fried dishes—such smooth and savory salad dressings. And Mazola not only gives splendid quality—it is much more economical than butter, lard, suet and olive oil. Can be used over and over again as it never carries taste or odor from one food to another—even fish or onions. For sale in pints, quarts, half gallons and gallons. For greater economy buy the large sizes. There is a valuable Cook Book for Mazola users. It shows you how to fry, sauté, make dressings and sauces more delicious, make light digestible pastry. Should be in every home. Send for it or ask your grocer. FREE. Corn Products Refining Company, P. O. Box 161, New York. Selling Representative—National Starch Co., 135 South 2nd St., Philadelphia, Pa.

NO ADVANCE IN PRICE SORE THROAT or Tonsillitis—gargle with warm, salt water—then apply—VICK'S VAPORUB



## IF STATELY DIGNITY

Is your choice for a monument we are ready to submit a variety of designs which are sure to meet your approval. We are equally prepared to supply a simple headstone and those who know us will testify as to the pains we take to make every monument we turn out here the best in its class. I. B. DICKINSON 505-513 N. 13th St. BOTH PHONES