Reading for Women and all the Family

Bringing Up Father

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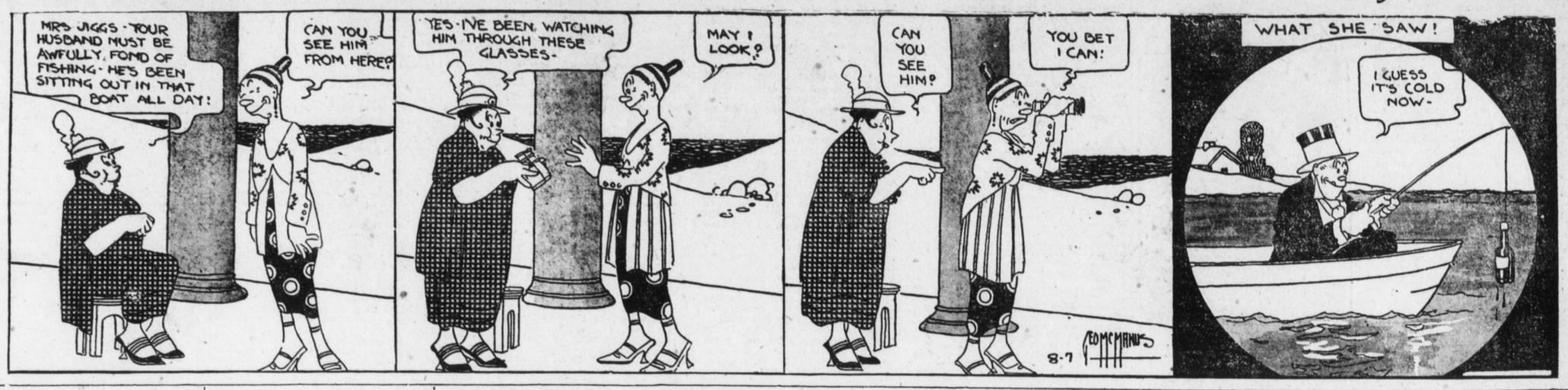
By McManus



The Plotters

A New Serial of East and West

By Virginia Terhune Van de Water

CHAPTER XXII

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So absorbed had Elizabeth Wade been in the information acquired through listening at her window on the night of the automobile ride that it was not until the next day that she appreciated that she had been guilty of the dishonorable act of eavesdropping.

The appreciation of this came to her as she debated with herself as to whether or not she should write to Douglas and tell him what she had overheard.

If she did this, she must confess that she had deliberately listened to a conversation not meant for her ears.

Douglas would disapprove of this, yet would not condemn her. He was not the kind of brother to chide her for a thing she had done unthinkingly.

Even in her own mind she did not feel that she had been dishonorable. The significance of the information acquired cast into shadow the importance of her thoughtless eavesdropping.

When she reached this point in her cogitations she took up her pen to tell her brother what she had learned.

Then she hesitated. What could he do? He had no money. Even if he were aware of the extent to which Amos Chapin's plans had gone, Douglas would be practically powerless to check them. His anger and anxiety could take no tangible form. They would but interfere with his peace of mind, and, perhaps, make it harder for him to perform his ordinary duties.

No, on the whole, she would not tell him all the facts. In stead, she wrote a shorter letter than she had expected to write, saying that she was well, that Butler continued to improve and that she hoped practice in Riverhill was growing.

"The more I see and hear," she added in a postscript, "the more certain am I that Amos wants to buy the farm. I mean to do all that I can to make it possible for you to retain it."

A Poor Outlook

Douglas Wade wrote back promptly. So in earnest was he that he neglected his usual precaution of enclosing his letter to his sister in an outer envelope addressed to Amos Chapin. Or his doubt of the farmer's honor may have made him hesitate to enclose in an envelope to Chapin a letter of the nature of that which Elizabeth received.

For in this epistle Wade acknowledged that he was near the end of his resources. There was still in the bank enough money to enable him and his sister to live very plainly for several months to come. But then—what?

"This is a discouragingly healthy town," the writer complained. "I have enough patients to keep me from starvation, but you must remember that at this rate several years must elapse before I have a paying practice. That, my dear, is what I need to maintain an appearance of prosperity and to do what I want to do for you. I am telling you all this because it is your right to know it. Yet I am not discouraged. I am living only one day at a time now. Surely, with so much at stake, with my future happiness dependent upon my success, something will materialize.

"It keeps up my courage to hear that Butler's seemingly incurable case is so plainly curable. I dare not let him stop the outdoor life and work yet. He must stay on the farm until he is perfectly well. Were he to return here now he might relapse into the same old nervous condition from which we have pulled him.

"But remember one thing. If he comes home completely cured, my reputation is made. Think how much depends upon the outcome of my scheme—and this depends upon you! So keep up your couarge."

Elizabeth Wade read this letter as she sat on the front seat of the car Clifford Chapin had hired. He had driven her and his mother into Midland, that Mrs. Chapin might buy some neded groceries.

The matron had insisted on sitting in the rear of the car, for she must have an abundance of room for her purchases—an arrangement to which the driver agreed heartily, and at which Elizabeth demurred. But the will of the son and his mother prevailed, and the girl submitted rather than make a scene.

Elizabeth Is Silent

After Mrs. Chapin's shopping had been completed, Clifford drove the car around to the post office and brought the mail out and handed it to Elizabeth.

Later, Elizabeth took advantage of his absence in a cigar store, where he had gone to secure what he termed "some smokes," to read her letter slowly and thoughtfully.

As the man returned and took his seat beside her, she slipped the letter into its envelope and tucked it into the belt of her dress.

What she had read had given her food for deep reflection, and she was unusually silent until Clifford aroused her to a realization of her own changed demeanor.

"Mother!" he called back over his shoulder, "Doesn't Lizzie's chatter make your head ache? Isn't she a persistently noisy young person?"

Mrs. Chapin smiled indulgently. "Clifford, you are so naughty!" she chided tenderly. "Don't tease Lizzie! Let her alone."

"All right," the man said, watching the girl's face. "When a young lady gets a letter from her best young man she likes to think about it in silence for a while—eh, Lizzie."

Elizabeth did not smile. Instead she frowned slightly. "I wonder," she said, "why some people always think that the only letter a girl cares about must be from some man to whom she has taken a fancy. It so happens that this letter is not one of that kind."

"I suppose not." Her companion raised his eyebrows skeptically. "From your sister, perhaps?" he teased.

"It might be from my sister if I had one!" Elizabeth Wade retorted. "But it so happens I haven't."

(To Be Continued)

A GROWN-UP BOY

A laborer asked a political candidate whether he was in favor of children going to school until 16. "Yes," replied the candidate. "Well, I'm not," said the working man. "I'm not goin' to have my lad coming home from school and askin' me for threepence for a shave!"

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Urge your skin to become clearer, brighter, better through the daily use of Poslam Soap, medicated with Poslam.—Advertisement.

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TRAINED HELPERS MUST TAKE THEIR PLACES

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Bookkeeper	Training for Aviation Corps
Stenographer	In Nurses Training School
Cashier	Over There With Marines
Stenotypist	With Y. M. C. A. in France
Accountant	In Officers Training Camp
File Clerk	Doing Red Cross Work
Secretary	Yeoman in Navy

Not one bit less urgent than the needs of Civil Service are the needs of Business. Millions of men and women have given up good positions in Business to heed their country's call. Millions must take their places. Here again is your opportunity to do a patriotic service and join the Nation's productive forces. Not only is it your duty. It also is your opportunity; for never have salaries been so high or chances for advancement so plentiful.

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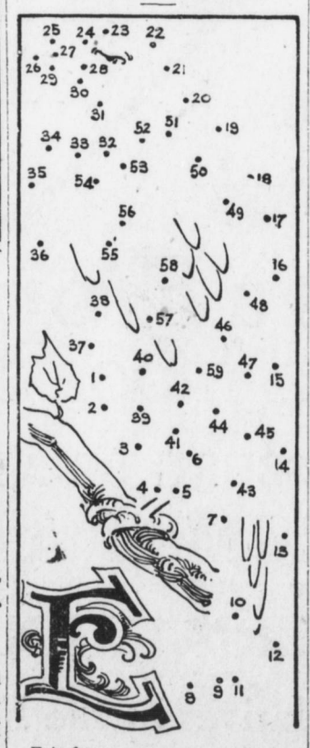
Bringing Iron to the Front

It is a well-known fact that men of courage, men with brawn and nerve to "buck the line" and go "over the top" have rich red blood coursing through their veins. This blood must contain about as much iron as there is in a common railroad spike. The red blood corpuscles must be fed on iron to have that rich, red color. The nerves are fed on the red blood corpuscles, so when you feel tired, worn out before the day is half over, when pimples show on neck or face, it's the danger signal, time to repair the blood cells. It is fortunate that Dr. Pierce and his staff of able physicians at the Surgical Institute in Buffalo have found a combination of iron and herbal extracts that gives the stomach tone, fortifies the blood with iron in a form that it can be taken into the system. You need energy and "pep" every day. You can acquire it quickly by taking "Irontic." This latest discovery called "Iron-tic," can be had at most drug stores in tablet form, at 60c the vial. Send the Surgical Institute in Buffalo, N. Y., 10c for trial pkg. if you wish to make a trial.

Men with a wallup, men who are on the front or doing their "bit" behind the lines, are men with an active liver. When they feel logy, dull, headachy, blue, and what is termed bilious, they acquire regular habits, become "regular as clockwork" from taking Dr. Pierce's Pleasant Pellets.

Daily Dot Puzzle



E is for——

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

To Chronic Dyspeptics:---

You can eat what you like if you take **Bi-nesia**. Make this test: Eat a hearty meal of the good things that usually disagree with you, then take two or three **Bi-nesia** Tablets. If you aren't astonished and delighted you can have your money back for the asking. Get a 50c bottle to-day from Geo. A. Gorgas or any other good druggist; use as directed, and you will soon be telling your friends how you got rid of indigestion. Remember the name—**Bi-nesia**—the indigestion remedy that costs nothing if it fails.—Advertisement.

MAKING THE MOST OF OUR CHILDREN

A Series of Plain Talks to Parents

By Ray C. Beery, A.B., M.A.
President of the Parents Association.

NO. 3 OVERCOMING SELFISHNESS

WHEN your child touches a hot stove or lets a hammer fall on his fingers, he is shocked in an unpleasant war by immediate physical pain. The pain following so quickly, is associated with the act, with the result that he will be more cautious in the future. In other words, he has taught himself how to act in relation to the hot stove and the hammer because of the immediate results in dealing with these particular things.

Unfortunately, when you consider moral traits, nature does not produce results so quickly—or perhaps we should say that the immediate results of morally good or bad acts are not such as to influence children and prevent similar conduct in the future. Therefore, you as a parent must so manage that the child is immediately rewarded in some way for all moral acts that are to be encouraged.

You must, however, make a distinction between allowing the child to get the idea that he is being rewarded by you and simply treating him in a natural way, which will not suggest the idea of reward but which nevertheless will have an influence upon his future behavior. Let us consider a case of the selfishness.

"My boy is getting too selfish for any use," one mother said to me. "He simply has to be catered to all the time. He never shares anything with his brothers or sisters. Please tell me what to do."

In the first place, never call attention to the selfish trait. Suggestion plays a very large part in curing or intensifying the habit. For example, a fellow in college was reminded by his room-mate one day that he was selfish. The result was that this fellow became ten times more selfish after his attention had been called to the trait than he ever had been before.

You will find that suggestion operates even more strongly in the case of children. If you tell your child he is selfish, and permit him to think of himself as selfish, you make it much easier for him to act selfishly.

Make frequent use of the positive suggestion that your child is generous. Make the suggestion, of course, only after he has done something on which it is natural for you to put that interpretation. Just as some parents spoil their children by telling them they never mind, so you can develop the habit of unselfishness by looking carefully for all the small instances of generosity you can find and by suggesting that your children are always generous and thoughtful of others.

Smiling and showing approval of little acts of kindness will serve as immediate rewards for those acts, with the result that similar acts in the future are encouraged. You are daily making your child's character.

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FASHION'S FORECAST

(By Annabel Worthington)

A dear little apron to keep the little maid's dresses clean and to make her look pretty besides is sketched in No. 8856. The diagram shows how simple it is to make, for the yoke is all in one piece and it is slashed at centre front so that the apron can be easily slipped on over the head. The front and back sections are hemmed on the edges and they are gathered to the lower edges of the yoke. A narrow belt is attached to each side of the front section and buttons at the back. Lawn, percale or chambray may be used for making.

The child's apron pattern No. 8856 is cut in four sizes, 2 to 8 years. The 8 year size requires 2⅛ yards of 27 inch, or 1⅞ yards of 36 inch goods, and 1⅝ yards braid. Price cents

Music Charms Snakes; Protects Berry Pickers

Altoona — Music protects Henry Atherton, the Frankstown Township berry picker, from poisonous snakes, and has for years, he says. When he comes to a spot where they are plentiful, he takes his mouth organ and plays the liveliest airs. If there are any copperheads, rattlers and other reptiles about, they will raise their heads and begin to sway their partly erect bodies in time with the music, which charms and soothes them and takes all the desire to bite out of them. For a long time afterwards they remain harmless, while Atherton proceeds to pick the berries.

THEY'RE ALL HAPPY

Vegetables and fruits to be properly dried must be properly handled. Our free book telling how sent for two cents to pay postage by applying to the National War Garden Commission.

FATIGUE NEARLY OVERCOMES WOMAN

"Bringing up several children in the right way and cares of home brought me to the verge of nervous prostration," says a well known woman. "Fearing that I might become ill and have to give up housework and the care of my little ones, created a nightmare that was ever before me. I happened to mention my affliction to one of my neighbors and she advised me to procure some Phosphated Iron. A day or two later when I was feeling unusually miserable I sent my daughter to the drug store for a box of the capsules and after ten days 'treatment I felt like a different person altogether. I sleep well at night, something I hadn't done in months before; my appetite is good and in fact what formerly seemed like mountains of work in my home is now more like play. An aunt of mine living over East has been taking Phosphated Iron with equally gratifying results."

Phosphated Iron is put up in capsules only. In this locality it can be obtained at G. A. Gorgas 16 N. Third street and Pennsylvania Railroad Station.—adv.

How to Conserve

Canning and Packing For Winter's Use Explained in Detail by National War Garden Experts.

CANNING PINEAPPLES

It is advisable for the housewife to can local food surplus. Pineapples are easily canned, and if not shipped from a distance may be profitably put up for home use. The National War Garden Commission, Washington, will send you free canning and drying manual on request, and the enclosure of a 2-cent stamp to cover postage. This book contains careful directions for canning common fruits and vegetables by the cold pack, single period sterilization method.

Select firm pineapples for canning. Pare, remove eyes, shred or cut into slices or small pieces. Save the juice which escapes while cutting and strain and reserve. Blanch three to five minutes, cold dip and pack in jar. Cover with boiling syrup of medium grade, made with one part sugar to two parts water. The pineapple juice contains 7 per cent. of sugar and when it has accumulated in sufficient quantity it may be used boiling hot instead of syrup for a few jars, or it may be canned separately for use as a beverage. Pineapple canned for children is wholesome put up in this way.

After packing the jar and filling spaces with hot liquid, put on rubber and top. Adjust top bail or screw top on with thumb and little finger.

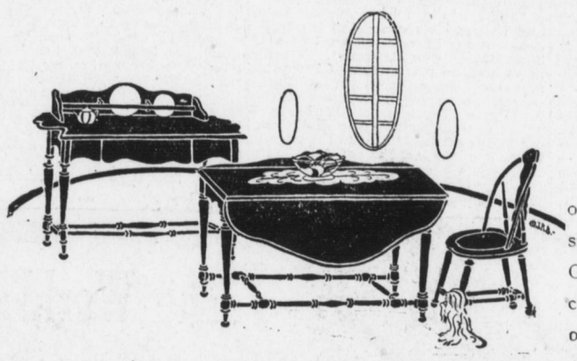
Sterilize 30 minutes in hot water bath, or ten minutes at five to ten pounds' steam pressure. Remove, complete seal and cool.

Fruit gelatine jelly cannot be made with raw pineapple, but canned pineapple is suitable and will give satisfactory results. You will be glad to have some canned pineapple in the house next winter. The commission will gladly answer any questions written on one side of the paper and sent in a self-addressed stamped envelope.

Easiest Way to Remove Ugly, Hairy Growths

(Beauty Culture)

Here is a method for removing hair or fuzz that is unfailing and is quie inexpensve. Mx a thick paste with some powdered delatone and water and spread on hairy surface. After two or three minutes, rub it off, was hthe skin and every trace of hair has vanished. No harm or inconvenience results from this treatment, but be careful to get genuine delatone.



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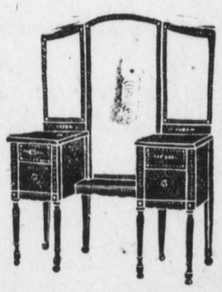
Four-piece Burl Walnut Bedroom Suite—dresser, triple mirror toilet, chiffonier and bed—regularly $223.50. Sale Price, *$185*



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