

Reading for Women and all the Family



THE PLOTTERS

A New Serial of East and West
By Virginia Terhune Van de Water

(By Virginia Terhune Van de Water)
CHAPTER LV
(Copyright, 1918, Star Company)
Elizabeth Wade awoke from a heavy sleep. The sun was shining feebly through the drawn curtains. The light from the night lamp had burned itself out.

about in the kitchen below—"who is getting breakfast?"
"Mrs. Miller," Martha Chapin explained. "I went down just now and had a talk with her. It seems that Mr. Butler asked Mr. Miller to let his wife come over here and do for us until you and me are feeling real good again. So she's arranged to stay on for several days and ask her lover these questions."
"That's very kind," Elizabeth muttered.

As her eyes fell on Martha Chapin's head she remembered what had happened. But where was Mrs. Chapin? Rising stily from her chair, Elizabeth started across the room just as the door opened and Mrs. Chapin entered, fully dressed.
"Good morning, dearie," she said gently. "I awoke at 6 o'clock, and when I saw how you was sleeping I crept out of the room and got dressed. You must have been very tired, for you never moved."
"What time is it now?" the girl questioned.

"After 7. Now go and change your clothes to freshen yourself up a bit. I just remembered you've not had a bite nor a sup since yesterday."
"Perhaps that's why I feel so queer and dizzy," the girl said as she went to the door. She heard some one moving as she heard some one moving.

TO RELIEVE CATARRHAL DEAFNESS AND HEAD NOISES

If you have Catarrhal Deafness or are hard of hearing or have head noises go to your druggist and get 1 ounce of Parmit (double strength) and add to it a pint of hot water. Take a little granulated sugar. Take one tablespoonful four times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils, swollen, burning, become easy and the mucous stop dropping into the throat. It is easy to prepare, costs little and is pleasant to take. Anyone who has Catarrhal Deafness or head noises should give this prescription a trial.

TONALL Is Still "Going Over the Top"

Kate E. Smith, of Annyville, Lebanon county, Pa., is the latest to join the host of users in praise of the merits of Tonal. She says:
"I suffered from indigestion and gas forming in my stomach. I tried various remedies, but the relief I got was only temporary. I heard about Tonal, and so many people praise it for the good results they got, I decided to try it, and behold, I found I got the right remedy. Last night I changed more than any other medicine I ever tried. I don't hesitate to proclaim to the world the truth about Tonal for the good it does."
This testimonial was given Sept. 21, 1918.
Tonal is sold at Gorras Drug Store, Harrisburg, and also at Herzog's Drug Store, Hershey, and Martz at Steelton.

Spanish Influenza—A New Name For An Old Familiar Disease

Simply the Same Old Grip That Has Swept Over the World Time and Again. The Last Epidemic in the United States Was in 1889-90

ORIGIN OF THE DISEASE

Spanish Influenza, which appeared in Spain in May, has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C. which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831, this country has had five epidemics, the last in 1889-90.

THE SYMPTOMS

Grip, or influenza as it is now called, usually begins with a chill followed by aching, feverishness and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The attacks are attended by sore throat, or lining of the air passages—nose, throat and bronchial tubes—there is usually a hard cough, especially bad at night, often times a sore throat by tonsillitis, and frequently all the appearances of a severe head cold.

THE TREATMENT

Go to bed at the first symptoms—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Nature herself is the only "cure" for influenza and will throw off the attack if only you conserve your strength. Little Quinine, Aspirin or Dover's Powder may be given by the physician's directions to allay the aching. Always call a doctor. The worst danger of grip is in its weakening effect on the system, which allows complications to develop. These are chiefly pneumonia and bronchitis, sometimes inflammation of the middle ear, or heart affections. For these reasons, it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 60 or not strong, stay in bed four days or more, according to the severity of the attack.

EXTERNAL APPLICATIONS

In order to stimulate the lining of the air passages to throw off the grip germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts mentioned. The skin is rubbed thickly and covered with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck as the heat of the body liberates the

elements in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time, VapoRub is absorbed through the moist surface of the skin, attracting the blood to the surface, and aiding in relieving the congestion within.

NO OCCASION FOR PANIC

There is no occasion for panic—Influenza or grip has a very low percentage of fatalities—not over one death out of every four hundred cases, according to the N. C. Board of Health. The chief danger lies in complications arising, attacking principally patients in a run down condition—those who don't go to bed soon enough, or those who get up too early.

HOW TO AVOID THE DISEASE

Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food.

KEEP FREE FROM COLDS

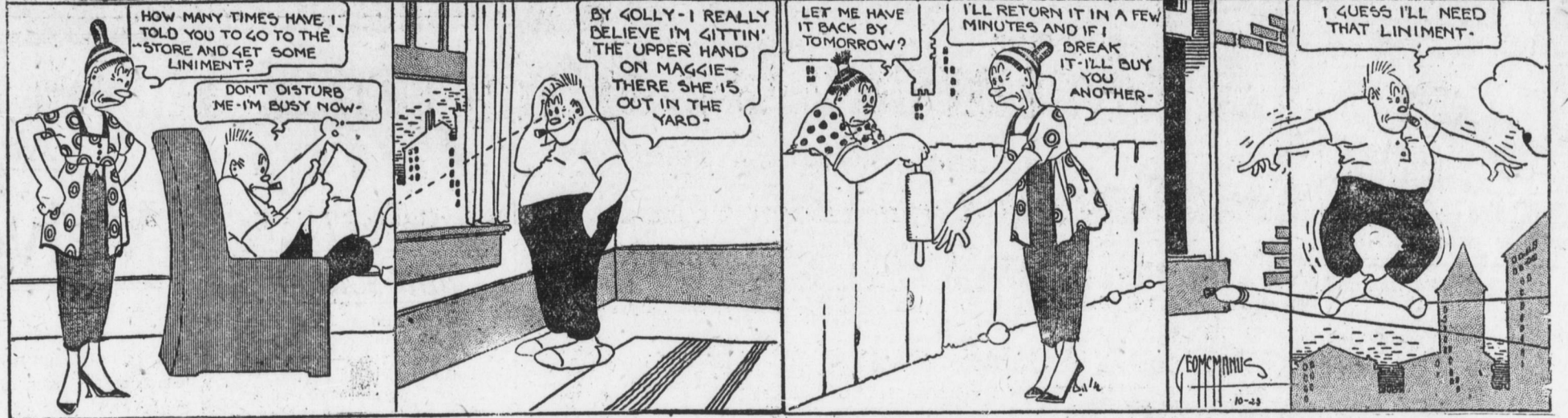
Above all, avoid colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs. Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordinary teakettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

NOTE—Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in easy-to-use form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cajeput, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors. VapoRub can be had in three sizes at all druggists. While comparatively new in certain parts of the North, it is the standard home remedy in the South and West for all forms of cold troubles—over six million jars were sold last year. VapoRub is particularly recommended for children's croup or colds, as it is externally applied and can, therefore, be used freely and often without the slightest harmful effects.

Bringing Up Father

Copyright, 1918, International News Service

By McManus



he had overlept? It was not like him to be present at a time when he must know she would be nervous. She thought of the form lying in the darkened room across the hall and felt suddenly sick and very much alone. She must not seem eager about John Mrs. Miller was watching her and might suspect her anxiety if she asked questions about him. Yet she must find out how and where he was. A happy inspiration came to her.

"When I went upstairs last night," she remarked, casually, "Mr. Miller was here. Has he gone home?"
"Yes," the wife nodded. "He had matters to tend to on our farm, you see. So I fixed him up a little breakfast real early and he drove back home."
Elizabeth's ruse had not proved successful. She must try again.

"First, one for Mr. Miller, then another for Mrs. Chapin and myself and one later for Mr. Butler when he comes down," Mrs. Miller spoke quickly as if to conceal her eagerness to impart a bit of interesting news. "I don't have to get breakfast for Mr. Butler. He's gone away. And that reminds me, he told me that your folks that he had some business he'd go to attend to in Midland."
Elizabeth wet her dry lips with her tongue.

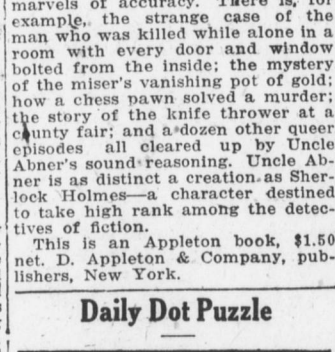
"When will he be back?" she asked.
"Suddenly she did not care who knew that she was engaged to John. All she cared about was his safety."
"First, one for Mr. Miller, then another for Mrs. Chapin and myself and one later for Mr. Butler when he comes down," Mrs. Miller spoke quickly as if to conceal her eagerness to impart a bit of interesting news.

"My six-year-old son is an exceedingly timid child. He wants to quit kindergarten because the other boys tease him. What would you suggest?"
"Have your little six-year-old son tell you his experiences at kindergarten. Appear to be very much interested in everything that he relates. When he tells of some experience, show a great deal of enthusiasm."

In this way, get him into the habit of confiding things to you. Put the emphasis upon interesting, wholesome thoughts about his kindergarten work. Whenever any point comes up in the conversation relating to fear as, for example, fear of other boys teasing him, do not pass it off lightly and at the same time do not old man who rights wrongs, lets light in upon the darkness and executes justice in each of the strange cases which are brought to him for solution. In contrast to Uncle Abner is the country justice, Randolph, who takes circumstantial evidence too freely, is often misled by appearances, and usually has to be put right by Uncle Abner. Throughout the book Uncle Abner shows that evidence may be sifted out by logical methods and his solutions are marvels of accuracy. There is, for example, the strange case of the man who was killed while alone in a room with every door and window bolted from the inside; the mystery of the missing vanishing pot of gold; how a chess pawn solved a murder; the story of the knife thrower at a county fair; and a dozen other queer episodes all cleared up by Uncle Abner's sound reasoning. Uncle Abner is as distinct a creation as Sherlock Holmes—a character destined to take high rank among the detectives of fiction.

This is an Appleton book, \$1.50 net. D. Appleton & Company, publishers, New York.

Daily Dot Puzzle



Cuticura Quickly Relieves Itching Skins
Bathe with Cuticura Soap, dry and apply Cuticura Ointment. For eczemas, rashes, itchings, irritations, etc., they are wonderful. Nothing so ensures a clear skin and good hair as making Cuticura your everyday toilet preparations.

Head Stuffed From Catarrh of a Cold
Says Cream Applied in Nostrils Opens All Passages Right Up

Instant relief—no waiting. Your clogged nostrils open right up; the air passages of your head clear and you can breathe freely. No more yawning, sneezing, blowing, headache, dizziness. No straining for breath at night; your cold or catarrh disappears.

Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly.

It's just fine. Don't stay stuffed up with a cold or nasty catarrh.

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.

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No. 36. How Can We Help the Timid Child?

When your child first starts to kindergarten or to school, he is more than likely to experience some timidity in the new surroundings. He is away from father and mother and everything is so different. Some children will cry and many others will feel like crying but succeed in keeping back the tears.

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FOR THE GOOD OF THE WHOLE COMMUNITY

We earnestly ask you not to telephone unless it is absolutely necessary. So long as we can do so with the few operators not ill, we intend to give telephone service for emergency calls, for the sick and those who are helping in this terrible epidemic. But we can't continue to do it unless the unessential calls are cut out entirely both day and night.

It would be an added disaster if there were no telephone service for those in trouble. Everybody wants to help them. You can do so by following the Board of Health's request—Don't telephone.

THE BELL TELEPHONE COMPANY OF PENNSYLVANIA

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What shall I draw for you and so on to the end.

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