

# Women AND THEIR INTERESTS

## Daysey Mayme and Her Folks

No personal description of a woman ever suits her. If complimentary, of course, it is not truthful, and women, as every one knows, are sticklers for veracity.

If complimentary, the compliment is always too short, or it is not spoken loud enough, and of all aggravating things on earth none is more aggravating than the compliment whispered so low that the woman doesn't hear it.

Daysey Mayme Appleton's book, "The Duke's Love, or the Count's Despair," having won her such annoying fame that her picture appears in the street car advertising with her endorsement of cigars, was approached by a reporter with a request for a personal description, and surprised the reporter with the suggestion that she write it herself.

"Then," she added, "I know it will be correct."

"My hair," she said, "is beyond description for this reason: To-day's would not be true to-morrow, but as a general thing I try to make it of the shade of taffy candy that was pulled by a boy whose hands were not clean when he began. This means that it is not too light. This means that it is not too heavy. This means that my eyes are like wet pansies. Not that I ever saw any, but this is my favorite description of eyes in the books."

"My neck is not swan-like. I know this is the poet's description of a pretty neck, but it always seemed to me that swans look as if they have a goiter."

"I can not tell you about my complexion. I have always made it a point to refuse free advertising of any manufacturer of cosmetics."

"I always wear my waists cut V-shaped. No, there is no truth in the story that my latest evening gown is cut the shape of a W."

"I would prefer saying nothing about my family. I have associated so intimately with dukes and duchesses in writing my book that naturally I feel above my relatives who have not had that privilege."

"As for my height: To give it in feet and inches leaves no definite impression on the feminine mind, no woman ever being able to tell if her parlor walls are seven feet high, or thirteen inches. Perhaps this would be a better way to tell it: I began throwing out the presents at the top of my stocking Christmas morning, at one o'clock, and it was that afternoon when I reached the top."

FRANCES L. GARSIDE.

## SHORT TIME LEFT TO GET THE BOOK

The Great Panama Distribution Will Be Discontinued in a Few Days

It doesn't take the oldest inhabitant to remember when some of the great inventions of the day first came into use. Less than thirty years ago typewriters could not be sold and the telephone was but poorly patronized, principally because of the lack of perfection in operation. Truly this is the day of big things.

The Telegraph is carrying on a great educational distribution, which is just about to be brought to a close. "Panama and the Canal in Picture and Prose" is being given for one certificate and a small expense fee. This book does not do your thinking for you, but it develops the thought and will answer every question that arises in regard to Panama at home, in school or at the office.

This volume is being distributed by leading newspapers throughout the country. It is bound in tropical red vellum cloth, with the title stamped in gold and the front cover inlaid with a beautiful stippled color panel showing the famous Culabra cut. It contains more than six hundred magnificent illustrations, many of which are made from unique water color studies and reproduced in their artistic colorings to full page size. No expense has been spared to make this splendid big volume the standard work on Panama and the Canal.

Clip the certificate from another page of this issue and get one of these books before they are all gone.



## Madame Isbell's Beauty Lesson

LESSON X—PART III. BREATHING: ITS RELATION TO HEALTH AND BEAUTY.

To Begin the Day.

Begin the day by throwing back the bed clothes and discarding the pillow. Lie flat on the back, throw the hands over the head and stretch, pushing out the first one leg and then the other, the movements coming from the hips. I assume that the window has been open during the night, either partly or wholly, depending on the season; no one should sleep without a constant renewal of fresh air in the room.

Repeat this stretching movement six or eight times; it will start the circulation and give activity to the limbs.

Breathing Exercises.

Throw a loose wrap over the shoulders, if the day is cold, and take an erect standing position before an open window.

Exercise No. 1.—Extend the arms, palms up, inhale and exhale slowly through the nostrils, keeping the mouth always closed, moving the arms front and back, describing horizontal circles. This opens the lungs so that the air has a chance to get into the interior and expands the chest at the same time. Make twenty circles with the arms in this position.

Exercise No. 2.—Place the hands on the hips, rest lightly on the balls of the feet with shoulders well back. Inhale deeply, entirely filling the lungs; exhale slowly, as slowly as possible, until all the air is exhausted. Repeat this ten times. This exercise will strengthen the diaphragm and, if continued regularly, will reduce the waist measurement.

Exercise No. 3.—Take from six to eight short inhalations, expelling all the breath suddenly. Repeat this ten times.

To finish, throw back the head and blow about an imaginary bubble, moving the head from side to side. This is excellent for neck development and will round and smooth out the throat.

(Lesson X to be continued.)

Madame Isbell

## State and County Officials Inspect Condemned Bridge

Mifflinburg, Pa., Feb. 5.—An inspection of the condemned span in the large bridge which joins Union county and Northumberland county between West Milton and Milton, now causing a great deal of controversy, was made, Benjamin K. Focht, of the State Water Supply Commission, Engineer Walter Frick, of Lewisburg, and State Engineer F. E. Langenhein and R. G. Willis, of Harrisburg, met Chief Burgess A. S. Rhoads, Councilman Mussina, Johnston and Berle, Solicitor Chamberlin and Street Commissioner Cawley, of Milton, at the river bridge. The object of the inspection was to determine if the span should be filled in with earth, at the probable cost of \$3,000, instead of rebuilding the span, at an outlay in the neighborhood of \$18,000.

## THREE OBSERVE ANNIVERSARY

Anville, Pa., Feb. 5.—Three residents of Maple avenue and each neighbors to the other observed their birthday Tuesday. The first and oldest is Mrs. D. B. Leslie, the second is Mrs. M. H. Bachman and the third is Walter S. Saylor. Birthday dinners were served at each home in honor of the event. At the Leslie home the guests included Mr. and Mrs. W. K. Brunner and family.



Did you ever visit the shop where your bread is baked? Are you sure it is clean and sanitary? You run no risk if you make your bread

## SHREDDED WHEAT

It is the real "staff of life," being made from the whole wheat grain, steam-cooked, shredded and baked under conditions that insure its absolute purity and cleanliness. Supplies the warmth and strength that are needed for chilly days.

Two Shredded Wheat Biscuits (heated in the oven to restore crispness) eaten with hot milk or cream, will supply all the nutriment needed for a half day's work. Deliciously wholesome with baked apples, stewed prunes, sliced bananas or other fruits.

The Shredded Wheat Company, Niagara Falls, N. Y.

# Their Married Life

By MABEL HERBERT URNER

Helen Experiences the Difficulties of a Peacemaker in a Lovers' Quarrel

Helen glanced questioningly at Louise's ringless hand on which had glittered Bob's engagement ring.

"I've returned it," briefly.

"You thought you would goad him into action?" persisted Helen mercilessly.

Louise, who was crumpling a tea cake by her plate, did not look up or answer.

"Oh, I could have told you it would be," despairingly. "Bob's like Warren—he just freezes up! He'll think you will wish it final."

"Apparently that is what he wants," retorted Louise coldly.

"Oh, no—no! He looks absolutely haggard! I can't tell you how he's changed in these last few weeks."

"And yet, Louise's dark eyes looked straight at Helen now, "he's never said a word—except that once?"

"That's all he's ever said. But that's the Curtis nature—the more deeply the feel the less they say."

"The orchids in the palm-fringed balcony was now playing 'The Glow-worm,' and Louise's lips quivered as she listened to the plaintive melody. She had refused to go to Helen's apartment for fear Bob would think she was coming there on the chance of seeing him, but she had consented to meet Helen at the Astoritz for tea.

Helen, who had not seen her for over a week, was startled at the change. She was much thinner, all her bright color had gone, and yet her very pallor had a loveliness of its own.

"Did I tell you father and I are going to Florida the 10th?" Louise asked suddenly.

"Yes, lots of people I know are at Palm Beach now. I'll go out like mad and forget," her laugh had a harsh note.

"Does Bob know? Did you write him when you sent back the ring?" Louise shook her head. "I don't want him to know until I'm gone. He might think it only a ruse to influence him."

"How long will you stay?" "Until April."

"You'll be perfectly wretched," declared Helen with conviction. "You'll be thinking of Bob every moment."

"Possibly," admitted Louise coldly. "But I'd be thinking of him here, and I'll at least feel that I've restored some of my self-respect if I go away."

"If I thought you could forget, I'd want you to go—for I believe there's many men who might make you happy if the Bob ever could. But I know you can't forget him, any more than I can forget Warren."

"I can try," Louise said. Then with a startled "Oh!" Louise put her hand to her throat, "that man—the one that's just sat down at the table back of you! Doesn't he look like—"

Helen turned. The poise of the man's head and shoulders was startlingly like Bob's, but the full face view dispelled the likeness.

"I loathe myself for it, and yet," faltered Louise, "whenever I see any one that looks like him, it makes me sick and faint."

For the last half hour a daring scheme had been formulating in Helen's mind, and now with one of her sudden impulses she yielded to it.

"Oh, I've caught my heel in this hem, I'll run to the street," stooping over and examining a fold of her skirt. "I'll run to the dressing room and pin it up before I forget it," pushing back her chair.

"Why can't you do that as we go out?"

"It won't take a moment," hurrying off before Louise could protest.

Out in the lobby Helen made straight for the telephone booth.

"Give me Rector 18025," breathlessly to the girl at the switchboard.

"Number three," snapped the girl.

Helen entered the third booth and tremblingly took down the receiver.

"Rector 18025? Is Mr. Robert Curtis there?"

"Bob, this is Helen! I'm at the Astoritz having tea with Louise—she's going to Florida next week. Take a taxi and get here as quick as you can. . . . 'No, she hasn't said a word,' lovably. . . . 'But if you want to see her come—and come quick!'"

When she came back to the table Louise was gazing out of the window, too deep in her brooding thoughts to wonder at Helen's long absence.

"Let's have an ice," suggested Helen to prolong the tea.

"You have one, I don't care for any," listlessly.

For the next half hour Helen's thoughts were most disquieting. Had she done right? Should she have tried to bring these two together? Might it not be better for Louise if she should never see Bob again? And yet Helen's love of love was so deep-rooted that she had been powerless to resist this impulse to telephone Bob.

Suddenly she saw him, tall, broad-shouldered, coming toward them. Helen caught her breath. How much he looked like Warren!

"Well, this is luck! Already had tea?"

"Yes, but we'll order you some," Helen's laugh was little hysterical, and she dared not glance at Louise.

"Are you sure," he turned to Louise, "that I won't keep you?"

"Oh, quite sure," Louise's voice was low, but icy cold.

"Do you often have time for afternoon tea?" asked Helen, to give him an opportunity for the explanation she hoped he had prepared.

"Unfortunately not, but I had to meet a man from the West here at 4:30. Just left him when I saw you. It's curious how many Westerners stop at the hotel. They used to go to the Aldorf."

Louise kept her eyes on her plate, but Helen could see her hand tremble as she toyed with her ice.

"No," came a silence, awkward, strained, which Helen broke with a nervous, excited.

"Oh there's Irene Moore and her mother! I MUST see her!"

The next moment she was out in the corridor flushed and tremulous. Had her excuse been too bald? But she HAD to get away! The strained situation had been intolerable.

Helen, unconscious of her tightly clasped hands, her flushed cheeks and her shining eyes, did not realize that she was being watched with interest by several men sitting around the lobby.

But in a few minutes she instinctively turned to the shelter of the ladies' dressing room and sank into a gilded chair, her heart beating tumultuously.

How long must she stay away? What would be Louise's attitude? Might not she too "freeze up" if she suspected this was a plot? Would Bob be tactful? If only he would sweep her off her feet by his tenderness. But if he tried to argue—that would be fatal. Louise's pride had been terribly hurt. He would have to meet her much more than half way. What would he say first? Helen felt so much depended upon that, and the way he would say it—his voice, his attitude!

But what if they should say nothing—if they should merely carry on a stilted strained "small talk"? What

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## Semi-Annual Notion Sale

Beginning to-morrow morning we will begin another of our semi-annual notion sales, events that have in the past won a host of friends for this store. Greater than those of the past will be this occasion, presenting as it will important bargains unequalled in any of our previous attempts.

<p><b>BIG SPECIAL IN BUTTONS</b></p> <p>In Black, Brown, Gray and Blue 10c and 15c values, 5c a dozen 20c and 25c values, 10c a dozen 37c and 50c values, 15c a dozen 50c and \$1.00 values, 25c a dozen</p>	<p><b>Extra Special No. 2 DARNING COTTON</b></p> <p>10 spoons for . . . . . 5c</p>	<p><b>Extra Special No. 4</b></p> <p>Cotton Tape, white and black, 1c a pie.</p>
<p><b>Notion Department</b></p> <p>We carry for Dressmakers and Home Sewers at all times a full stock of:</p> <p>Feather Boning, Girdling, Girdling Frames, Bias Seam Bindings, English Dutch Tape, Elastic in black, white and colors, in plain and fancy and different widths; Button Moulds, Weights. Also a complete stock of staple and fancy Buttons, in all sizes and colors, at our usual popular prices.</p> <p><b>Spool Cotton and Silk</b></p> <p>500 yards Basting Cotton, white, 3c spool</p> <p>100 yards Black Linen finish Cotton, 3c spool</p> <p>100 yards Black Spool Silk, 5c</p> <p>500 yards Black Spool Silk, 25c</p> <p>J. &amp; P. Costes Thread; black, white and colors, all numbers . . . 4c spool</p>	<p><b>Miscellaneous</b></p> <p>10c Pearl Buttons . . . . . 2c dozen</p> <p>25c 10-inch Shears . . . . . 10c</p> <p>10c German Silver Thumbtacks . . . 5c</p> <p>5c Thumbtacks . . . . . 1c</p> <p>5c Stocking Darners . . . . . 1c</p> <p>10c Large Tomato Pin Cushions, 5c</p> <p>5c Machine Oil . . . . . 3c</p> <p>5c Stretched Edge Tape Measures, 2c</p> <p>5c Feather Stretched Braid . . . . . 2c piece</p> <p>Half Pins . . . . . 1c package</p> <p>Sticker Finishing Braids, all colors, 6-yard piece at . . . . . 10c, 15c, 19c and 25c piece</p> <p>25c Ladies' Handbags . . . . . 10c</p> <p>25c Ladies' Pocketbooks . . . . . 10c</p> <p>25c Ladies' Colored Elastic Hose Supporters . . . . . 5c</p> <p><b>Collar Supporters and Bindings</b></p> <p>5c Collar Foundations 3c, 2 for 5c</p> <p>Wavy Wire Collar Supporters, 10c dozen</p> <p>Silk Covered Wire Supporters 3c a card, 2 for . . . . . 5c</p> <p>Celluloid, black and white, Collar Supporters 3c, 2 for . . . . . 5c</p> <p>10c English Tape, 10 yards for 7c</p>	<p><b>Dress Shields and Hose Supporters</b></p> <p>12 1/2c Dress Shields, all sizes . . . . . 7c</p> <p>25c silk finish Dress Shields, all sizes . . . . . 12 1/2c</p> <p>25c Ladies' Pad Hose Supporters; black, white, pink and blue . . . 10c</p> <p>Sew-on Hose Supporters, 10c value, 4 for . . . . . 15c</p>
<p><b>Extra Special, No. 1</b></p> <p>100-yard Spool Basting Cotton, 10 spoons for . . . . . 5c</p>	<p><b>Extra Special No. 3</b></p> <p>Chinese Ironing Wax with handles, 2 for . . . . . 1c</p>	<p><b>Extra Special No. 5</b></p> <p>5c Snap Fasteners 1c a dozen</p>

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215 Market St. Opp. Courthouse

All the latest popular music, 10c

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INSURANCE COMPANY ISSUES STATEMENT

Special to The Telegraph

Anville, Pa., Feb. 5.—Copies of the fifty-fifth statement of the Anville Insurance Company are being mailed to the policyholders by Secretary J. H. Thomas. The report contains the following: Property insured to January 1, 1914, amount at actual cash value, \$9,496,000; amount actually insured, \$7,122,075; assessment basis, \$1,260,638; total losses paid from organization to date, \$232,496.31; expenditures and losses, \$28,586.25; assets, \$14,446.08.

SOCIAL ON LINCOLN'S BIRTHDAY

Special to The Telegraph

Anville, Pa., Feb. 5.—Washington

## LONG, LOOSE COAT IS STYLISH MODEL

Rough Materials Are Most Attractive When Made Up in This Fashion



8134 Loose Coat, 34 to 44 bust.

WITH OR WITHOUT BELT TO BE BUTTONED UP CLOSELY OR ROLLED OPEN TO FORM REVERS. PERFORATED FOR SHORTER LENGTH.

Loose coats such as this one are made for so many occasions that there seems always a demand for a new one. This model shows the very latest features in the sleeves that are kimono at the back and raglan at the front. The lines are all the smartest possible and the coat one of the thoroughly useful, satisfactory sort, available for almost any seasonable cloaking, the chinchilla cloth illustrated, wool velours, duvetyon, or plain finished material. The coat can be cut off to half length if preferred, so that really the one model produces two. Again, when the belt is used and omitted, two different effects are obtained. A practical advantage is found in the fronts that can be buttoned up closely when required or rolled back to form revers on milder days.

For the medium size, the longer coat will require 7 yds. of material 27, 4 1/4 yds. 44 or 52 in wide; the short coat 5 1/2 yds. 27, 3 3/4 yds. 44 or 52 in wide, with 1/2 yd. 27 in wide for collar and cuffs.

The pattern of the coat 8134 is cut in sizes from 34 to 44 inches bust measure. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

Bowman's sell May Manton Patterns.

GETS NEW AGENCY

Wagner Koffman, the newsboy politician, who sells late editions at Third and Walnut streets, has been given the agency for the Jewish World, the oldest Hebrew newspaper in the State.

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if you chew this after every meal.

The refreshing digestion aiding mint leaf juice does it.

**WRIGLEY'S SPEARMINT PEPSIN GUM**

THE FLAVOR LASTS LASTS

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**BUY IT BY THE BOX**

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It stays fresh until used