

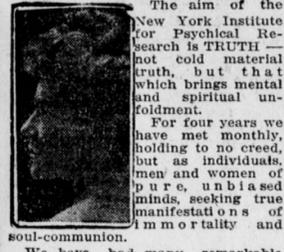
Women AND THEIR INTERESTS

By Ella Wheeler Wilcox

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THE WISEST MAN

MUCH men study, and much men write; And more men utter, and little men know. But the wisest man looks IN for his light And sees for himself where the path should go. And the path should go through the forest of faith And blaze its trail to the brink of death. Many the rules that wise men give, To make us see what is right and wrong; But the wisest man is the one who will live By the law of love as he goes along. And he goes along through an endless May, Though Winter is rampant, who lives this way. Many the names the Great One wears: "Om," and "Holy Ghost," and "I Am;" But the wisest man is the one who cares Least for titles and loves the most. And he loves the most whose heart is aflame For the Mighty Maker who has no name. Many the creeds that wise men make, Based on "Must'n't" and towered with "Must"; But the wisest man is the one who will take A simple religion of love and trust, For love and trust will carry men through Whatever the Fates or the Furies do.



The aim of the New York Institute for Physical Research is TRUTH — not cold material truth, but that which brings mental and spiritual unfoldment. For four years we have met monthly, holding to no creed, but as individuals, men and women of pure, unbiased minds, seeking true immortality and soul-communion.

We have had many remarkable demonstrations when we have felt the silent, subtle, inspiring truth of the oneness and universal harmony of all souls.

Our meetings are open to all who can bring with them—and attract—goodness, sweetness and love of nature and God. In this way we have shown many hundreds of aching hearts, young and old, the path to peace and LIFE.

H. SPENCER LEWIS. The letter quoted above was written in reply to a query about the aim and methods of our Institute for Physical Research.

Much is said and written in these days of the ungodly and unspiritual state of humanity. A missionary of Africa who has been absent from America a score of years recently exhausted his vocabulary of uncomplimentary phrases regarding the material and unholiness of the American people.

We had all gone mad, he said, over tall structures and fast speeding vehicles. He believed the simple savages were more spiritual minded than we, despite our lofty church spires and costly edifices of worship. It has become the fashion to talk in this way.

Yet NEVER WAS THERE SUCH A SPIRITUAL AGE AS THIS BEFORE AND NEVER WERE THERE ON EARTH AT ONE TIME SO MANY PEOPLE SEEKING GOD AND LONGING FOR INDIVIDUAL KNOWLEDGE OF HIM AS NOW.

Still more wonderful is this fact: THE GREATEST NUMBER OF EARNEST INTELLECTUAL SEEKERS FOR A WORTHY GOD ARE IN AMERICA.

In the Oriental lands there are wise seers and adepts who have given their entire lives to the study of occult truths. But their wisdom has done little for the masses, for those masses are bound by superstition. Superstition which includes the blood offerings of fowls and animals at certain holy festivals and the perpetuation of vermin and insects to propitiate the gods is not spirituality.

India is honeycombed with such superstition. Yet the greatest knowledge of high spiritual truths is to be found in the old religions of India

and among the few adepts and masters living there to-day. But in America, while we have fewer masters and adepts, we have many more intelligent and educated people who are breaking away from old traditions and are earnestly and patiently seeking for KNOWLEDGE OF IMMORTALITY.

In many of the tall structures, which are so often spoken of as a symbol of our ungodly ambitions, are rooms where weekly meetings are held for just such purposes as the letter above describes.

The president of this society says: "Our meetings, held in our lodge rooms, are marked by a spirit of pervading spirit of sacredness. Great and lowly men and women alike find here the universality of mind, and we abide, for the brief time of each meeting, at least, in the spirit of love and goodness, touched by souls that have gone on and upward."

"We differ from the London Psychic Society and other scientific (material) bodies, inasmuch as we do not seek to be right with the spirit of love and primarily, and also in that we are an open body—free to all."

"We have found much fraud and exposed it; we have found great truths and glorified them."

This is but one of innumerable societies all over our land organized for similar purposes—the purpose of finding spiritual illumination, to aid humanity in this life and to give it larger encouragement to look forward to the next life with hope and joy. Surely we need not call this age a material or an ungodly one. We are in the dawn of the most wonderful spiritual era of the world. And America will be the center of the new golden age.

Quite recently nearly seventy people gave a whole afternoon to the discussion and thought of matters spiritual and benevolent. Those people were of ages ranging from twenty to seventy, and they represented intellect, fashion and toil. There were men of power, women of high social position, people who had achieved things in many lines of endeavor, and others who lived more humble and obscure lives. During that whole afternoon the room where they congregated seemed to be alight with the pure flames of unselfishness and love of the Creator and humanity.

No thought that was selfish, mercenary, base or unkind could have lived in that atmosphere. Such meetings must give a new impetus to right thinking and right conduct. Such companies of individuals may be found in the heart of our great cities all over the land. The people who compose them go forth to work, to make money, to attend social functions, to dance and to amuse themselves in the world of men, but the whole tenor of their lives is benefited and their impulses are elevated by these meetings.

Concerted thought on any subject is a mighty power.

Passing Impressions of Finance

By Louis Guenther

Edition of the Financial World

Psychology plays a great part in influencing speculation. For the truth of this statement witness the rapid rise through which General Motors stock passed during the past week. Much of the enthusiasm the public has evinced towards this company's shares, as well as some of the other motor stocks, is traceable to Henry Ford's unusual generosity in setting aside a fund of \$10,000,000 for distribution among his employees.

As for the public, it is always ready to see the effect; the causes leading to it receive scant attention. If Henry Ford is able to make from ten to twenty millions annually in manufacturing cheap cars, then the public hastily reasons that other makers will be able to duplicate his success; so why not buy the automobile shares? But because one may make money does not prove that every one else in a similar business can conduct it with like success.

Convertible bondholders are up in arms over the division Union Pacific has decided to make of the Baltimore & Ohio stock among its common shareholders. They claim it is a distribution of the company's assets, while the company contends it comes from the surplus. But the convertible bondholders have good grounds to feel as they do, even if their position is one that legal recourse cannot relieve. When they bought the bonds they purchased a speculative opportunity in addition to a safe investment.

But with the Baltimore & Ohio stock dividend off of the table, it reduces the market value of Union Pacific around \$29, and that is putting the stock just \$28 further away from the conversion price. That is to say, Union Pacific would have to make up this gap before it could get within the proper zone of conversion on which the conversion bonds were fixed.

The deal made by the American Telephone & Telegraph for the sale of its \$20,000,000 Western Union stock to the operation of the railroads, is ordered by the Government, turns out more to the advantage of the minority shareholders of the Telegraph Company, for they get stock around \$63 a share which cost the American Telephone and Telegraph nearly \$75. For this the shareholders have to thank the Government. The underwriting was extremely popular, and subscriptions ran considerably in excess of the fund required to swing the large deal.

The Rock Island security-holders are on the fence. Nothing of an official nature has been published which throws light upon the character of the reorganization. There is some talk that the preferred and common stock will be assessed, as the company will need nearly \$20,000,000, but how much cannot be told. The fate of the disposition of the collateral bonds is clouded in darkness, and those who hold them cannot tell for at least a few weeks to come whether they are to receive their collateral, consisting have to suffer from some financial amputation.

The question of higher railroad rates is a most vital one for the roads. If they can get what they are after, I venture the opinion that forthwith their earnings statements will show a healthier margin in excess of their fixed charges. They need it, too, for they face the necessity, which they cannot shirk, of raising a great deal of fresh capital.

In this connection, I have had the opportunity to dig into some railroad statistics with the idea in view of determining whether our leading roads are not expanding too fast. For this purpose, I took fifteen of the main transportation systems and studied

their growth during the last four years, and what it has cost them to finance it. Here are some interesting conclusions: In increased mileage these roads have added 8,866 miles, during the four years, and in the same period they have created new obligations of \$1,186,812,948, including stock and bonds, while their gross earnings have grown \$338,938,681. Reducing these startling figures to a percentage basis, I find it has cost these roads on an average of \$132,980 to build each mile of new track, and between three and four dollars for every dollar of new business. Naturally, these figures raise the point that the roads are either not receiving enough money for their work, or that they are paying out too much to get new business. At least it is certain that no business man, or manufacturer, could stand a such heavy expenditures and remain solvent.

According to reports, General Motors, which is also a maker of cheap cars, and is one of the few automobile companies with which the department J. P. Morgan had anything to do, has had an excellent year and made big profits. Nevertheless, this fact fails to assure for a certainty dividends on its common shares. Before the company can begin such disbursements it will first have to pay off about \$10,000,000 in notes, due this year and in 1915. Yet, that escapes the speculator's notice; he buys blindly, because the stock is ascending in price, and he wants to get some before the advance stops.

The security market is under wraps. The delay in the rate decision by the Inter-State Commerce Commission has chilled speculative enthusiasm which could not be awakened from its lethargy even by later assurances that this all-important problem for the railroads would be decided one way or the other before June next.

The Commerce Commission is a quasi-judicial tribunal in its relations to the operation of the railroads. It must, in all fairness, hear witnesses from both sides. Not all the shippers have had a hearing, nor have the railroads submitted their whole case. Consequently, the commission cannot go off half-cooked in determining whether the roads ought to get more for the service they sell.

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Don't eat without an appetite!

It's loading more upon an already overloaded digestion.

Appetite is Nature's signal for more!



WRIGLEY'S SPEARMINT

makes Nature give you the "appetite signal." It causes digestion-aiding saliva and adds digestion-aiding mint leaf juice. It brightens teeth and purifies breath besides.

BUY IT BY THE BOX

of twenty 5 cent packages—for 85 cents—at most dealers



It's the hospitality confection. It's ideal to have in the house for family or friends. It stays fresh until used. Be SURE it's WRIGLEY'S. Look for the spear.

JAPANESE BLOUSE SMART FOR SPRING

Transparent Materials Put Over Quite Fancy Linings Are Stylish



8164 Fancy Blouse, 34 to 44 bust.

WITH LONG OR THREE-QUARTER SLEEVES.

The perfectly plain Japanese blouse with front closing is being much worn. It is liked for lace and for net, as well as for heavier materials. The finish of frills over the hands and at the neck and front is dainty and generally becoming. If a more elaborate effect is wanted, the trimming can be arranged over a lining, which properly would be cut exactly like the outside, and often colored ribbon and lace banding are used most effectively beneath the transparent material. If silk or other heavier material is used for the making it can be embroidered or trimmed with insets or treated in any similar way. The blouse is cut all in one piece, there being a straight band or applied box plait arranged over the front edge.

For the medium size, the blouse will require 3 1/2 yds. of material 27, 2 1/4 yds. 30, 2 yds. 44 in. wide, with 2 1/4 yds. of plaited ruffling.

The pattern 8164 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. TRAINING FOR PLAY

Special to The Telegraph Dillsburg, Pa., Feb. 26.—Members of the senior class of the Dillsburg High School are preparing to present the play, entitled "The Bachelor's Congress." They are being trained by the assistant principal, Miss Myrtle Mayberry. No date has been fixed as yet.

Madame Ise'bell Gives Reducing Diet That Will Not Harm Health or Beauty

LESSON XII—PART V. Obesity (Continued).



The diet that goes under the name of "Banting" which I gave in last article will reduce the most stubborn cases of obesity. There is some talk that whether physical exercises are included in the regime or not. But there are certain disadvantages in adopting so rigorous a diet.

Disadvantages of Banting. For perfect health a more varied diet is necessary; the system needs some starch and sugar and a considerable amount of fat. Women who undergo the banting system are apt to suffer with sallow, dry, wrinkled skin. They look, as they are, undernourished. The diet I recommend is less strenuous and to get good effects should be accompanied by at least one-half hour's daily work at specific exercises that I shall give you later and a certain amount of walking or vigorous outdoor work.

Madame Ise'bell's Reducing Diet. Breakfast—One egg, cooked in any fashion except fried; two thin slices of bacon; toast, cup of weak tea, with milk if desired, but no sugar; oranges, grapefruit or apple sauce made without sugar.

Lunch—Choose one of the following dishes: Corned meat with green peas; oysters with a few buttered crackers. Dry toast with baked apple, apple sauce or any stewed fruit cooked with very little sugar. Any of the following: green aspen with toast or crackers. An occasional glass of buttermilk may be drunk.

Dinner—Grilled chop or steak, underdone roast beef and lamb, chicken, boiled or grilled fish (excepting salmon and sardines), green salad with French dressing, any vegetable that grows above ground, with butter omitted from seasoning, and cheese or fruit for dessert. Cup of black coffee may be drunk after dinner.

This diet includes a small amount of fat and sustains energy and liquid to aid digestion. In addition, drink on arising a cup of hot water with juice of one lemon in it and partake freely of pure cold water between meals. If the dinner hour is late, a cup of weak tea, but no food, may be taken at five o'clock. Food between meals or before going to bed is absolutely forbidden.

Lesson XII to be continued.

Madame Ise'bell CARD SHOWER FOR LITTLE GIRL

Special to The Telegraph Dillsburg, Pa., Feb. 26.—Miss Verdella Dick, the 10-year-old daughter of Mr. and Mrs. George A. Dick, who celebrated her birthday several days ago, received ninety-six post cards. They were sent by friends from Harrisburg, Clear Springs, Mechanicsburg, York Springs, Dillsburg, York, East Berlin, Hanover, New Oxford, Carlisle, Mt. Top, Latimore, Vineland, N. J., and Detroit, Mich.

Dillsburg People Take Food to Destitute Family

Special to The Telegraph Dillsburg, Pa., Feb. 26.—Yesterday word was received in Dillsburg that Henry Moyer and his family, consisting of his wife and three children, who live several miles from here on the South Mountain, were without food and fuel. William Smith and John Sheffer went to investigate and found the

family in destitute circumstances, with only a few potatoes and a little bread in the house. Upon their return a subscription was taken up and groceries and clothing was purchased and taken to them. Mr. Moyer has been unable to work for some time on account of having had his right eye injured while chopping wood.

Give what Thou canst, without These we are poor And with Thee rich, take what Thou wilt away. —Cowper.



WHO LOSES?!

When you read announcements of five dollar glasses for one dollar just stop and think.

When I sell a frame or mounting for 50c, \$1.00 or \$3.50, it is worth all of the price I ask.

When I make a pair of lenses for \$1.50, \$2.50 or \$10.00 a pair they are worth all of the price I ask.

When I examine your eyes I charge you \$1.00. My service would be cheap at \$5.00. I don't sell you a pair of glasses for \$5.00 or \$1.00 to ruin your eyes. If you don't need glasses, you pay me for my service. The "eyes examined free" man makes his profit. Think it over.

C. Schoolf EYE-SIGHT SPECIALIST

With H. C. Claster, 302 Market St. Cumberland Valley Railroad TIME TABLE

In Effect November 30, 1913. TRAINS leave Harrisburg— For Winchester and Martinsburg at 6:05, 7:52 a. m., 3:40 p. m. For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and intermediate stations at 8:05, 9:52, 11:58 a. m., 2:40, 5:32, 7:40, 11:15 p. m. Additional trains for Carlisle and Mechanicsburg at 9:40 a. m., 2:15, 3:25, 6:30, 9:30 a. m. For Dillsburg at 5:03, 7:53 and 11:58 a. m., 2:15, 5:40, 8:35 and 9:30 p. m. Daily. All other trains daily except Sunday. J. H. TONGE, Supt. H. A. RIDDLER, G. P. A.

EDUCATIONAL MAKE NEW YEAR RESOLUTION to enroll next Monday in Day or Night School. SCHOOL OF COMMERCE 15 S. Market Square, Harrisburg, Pa.

Harrisburg Business College Day and Night. Business, Shorthand and Civil Service. Individual Instruction. 28th year. 329 Market St. Harrisburg, Pa. UNDERTAKERS RUDOLPH K. SPICER Funeral Director and Embalmer 213 Walnut St. Bell Phone

Woman Is As Old As She Looks

No woman wants to look old. Many in their effort to look youthful resort to the "beauty doctor's" prescriptions. Their mistake is that they visit the wrong department in the drug store. Beauty depends upon health. Worry, sleepless nights, headaches, pains, disorders, irregularities and weaknesses of a distinctly feminine character in a short time bring the dull eye, the "crow's feet," the haggard look, drooping shoulders, and the falling steps.

To retain the appearance of youth you must retain health. Instead of lotions, powders and paints, ask your druggist for **DR. PIERCE'S Favorite Prescription**

This famous medicine strikes at the very root of these enemies of your youthful appearance. It makes you not only look young, but feel young. Your druggist can supply you in liquid or tablet form and send 50 one-cent stamps to Dr. Pierce's Invalids' Hotel and Surgical Institute, Buffalo, N. Y., and trial box will be mailed you.



Break Up That "Hacking" Cough

That constant, ever-present "hacking" cough is a severe strain on your throat, as well as unpleasant to everyone you meet. Break it up—stop it—use

GOFF'S COUGH SYRUP

and you will get relief and freedom

Goff's is the "Pure Food" Cough Syrup—the old-fashioned kind that is made from a formula used when your grandmother was a child. It contains no opiates of any kind; nothing harmful; nothing injurious. Just the pure extract of native herbs. It is entirely vegetable, pure and safe for anyone to take.

For Bronchitis, Coughs, Colds, Hoarseness, Grippe, Threatened Pneumonia, Croup and Whooping Cough, Goff's Cough Syrup is the tried and proven remedy that brings speedy relief and cures the cough.

All dealers sell Goff's—get a 25-cent bottle and break up that "nervous habit" cough. Your money back by the dealer if it fails to help YOU.

