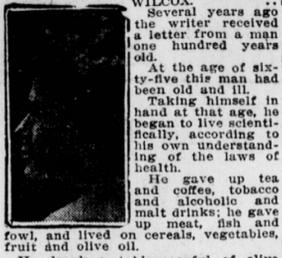


Women and Their Interests

By ELLA WHEELER WILCOX

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Several years ago the writer received a letter from a man one hundred years old.

At the age of sixty-five this man had been old and ill. Taking himself in hand at that age, he began to live scientifically, according to his own understanding of the laws of health.

He gave up tea and coffee, tobacco and alcoholic and malt drinks; he gave up meat, fish and fowl, and lived on cereals, vegetables, fruit and olive oil.

He drank a tablespoonful of olive oil five times daily, and gave himself an olive oil rub twice a day.

As a consequence all his physical ills dropped away. Rheumatism, gout, heart disease, nervousness, sleeplessness, shortness of breath, fatigue, all these symptoms vanished.

He gained in strength and vitality, and enjoyed life with all the zest of a normal youth.

Investigations proved that the man had written the truth, and that he had passed the century mark, and that his only physical ailment at the advanced age was dimness of vision.

Without question 90 per cent. of the people who believe they have reached all-ages when mortal maladies must naturally assail them and who are middle-aged sufferers from combinations of diseases could be restored to vigor and health would they follow such rules of hygiene as this man followed.

The most illustrious example of this kind in the world's history was Count Cornaro, the celebrated Italian nobleman, who lived to be 103 years old. Cornaro was stricken from his birth; at forty the doctors pronounced him a complete physical wreck. Their warning that he was doomed to an early death aroused him to a careful consideration of his condition. He saw wherein his manner of life was responsible for that condition and resolved upon a radical change; he formulated a few rules for his method of living, which should at least insure that what was left of his life should be lived to its fullest value.

It was a simple method—easy to follow, pleasant in practice. It needed no drugs, no expense of time or money. It proved even more successful than he had expected—prolonging his life sixty years beyond the time at which he had been given up to die!

His falling vigor was restored, his enfeebled faculties renewed their vitality. He whose condition at forty had been pronounced utterly hopeless lived with vigorous body and mental faculties alert to the end of a century.

Cornaro's book, containing a minute account of his method of living—a work he finished at the age of ninety-five—has been translated into all cultivated languages, and will ever be esteemed a classic and a standard by the medical profession and the discriminating public.

He is the only one who, at the end of a century, ever wrote—was ever able to write—a statement, authoritative because based upon experience of the means by which others with but little effort on their part could enjoy the unbroken delights of a long life of uninterrupted perfect health.

Louis Cornaro selected the diet that agreed with him, and kept to it. He did not make the claim that every other human being should eat and drink exactly as he ate and drank, believing that tastes and appetites and systems differ.

What he did demand of all sensible human beings who desire health was **EXTREME TEMPERANCE**. Very little food, very little drink, he found restored him to health after he had been declared an incurable invalid.

At the age of eighty-eight he said: "As years multiply I lessen the quantity of my food, and I may truly say that I never knew the world so beautiful until I reached old age. Eating but little, my appetite is normal, and I keenly enjoy bread, light broths, an egg and all foodstuffs that are suited to the old—but always in SMALL QUANTITIES, and only in quantities easily digested."

Mr. William F. Butler, the able translator of Cornaro's book, says: "Today only one man in 35,000 lives as long as he could—only one in 189,000 as long as he should. Sickness, premature old age and premature death are so common that they have come to be accepted as a necessary part of the established order of things.

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"But They Are Not!"

Barring accident of some quite exceptional circumstance, there is no excuse for sickness, nor for death from any cause other than extreme old age. As a rule, he who suffers from sickness, feebleness of falling faculties is alone to blame—with him rests the remedy. Woeful evidence of the present universal untimely end of human lives—the real race suicide—is at hand in the official figures of "The American Table of Mortality:

"Of every 100,000 persons enjoying good health at the age of 30, 8,585 are dead before 40; 13,802 are dead before 50; 32,214 are dead before 60; 54,859 (more than half) are dead before 70; 83,000 are dead before 80; 95,000 are dead before 85; 99,000 are dead before 90—only 2 out of every 100,000 men and women in good health at 30 live to be 95.

And the unhappy close of unhealthy, shortened lives! "What time is worth? Ask dead-bodies; they can tell!"

There are few—very few and hard to find—who are exempt from sickness of some kind who have any actual and definite conception of perfect health.

To be free from sickness is to live; to die before one's time, as most do, is self-murder!

How easy it is for man to live the healthy, natural life that avoids premature death is demonstrated in Louis Cornaro's account of his own memorable experience.

Yet, of the many who will read the wonderful story of Cornaro's life, what percentage will be willing to exchange ill-health and weak old age for vigor and a youthful body by following his temperate methods? Not one in 100!

Hundreds of people who complain that the necessities of life, with the present high cost of living, keep them in debt, together with their doctor's bills, court expenses, and other expenses and ill-health and tradesmen's bills and lay a tidy sum in the savings bank each year by simply using self-control and changing the diet.

Instead of buying and eating conglomerations of indigestible stuffs, if they kept strictly to a few wholesome things and eliminating the unnecessary and never partaking of more than two kinds of food—meat, one meal, health and purse would both be benefited.

Self-control, temperance, deep breathing, fresh air—these things spell health. But few are the individuals who care to learn the lesson in the way.

JAPANESE SLEEVES SHOWN EVERYWHERE

Lace Combined Prettily With Soft Silk or Crepe in Girl's Frock



8188 Girl's Low Belted Dress, 10 to 14 years.

WITH STRAIGHT SKIRT AND TUNIC, ELBOW OR LONG SLEEVES.

Tunic frocks are the smartest of all things for school girls as well as for the bigger folk and Japanese sleeves are in the height of style; therefore this frock is one much to be desired. As shown here, it is made of lace with crepe de chine and worn with a wide ribbon belt. For dancing school or for parties or for any occasion of the sort, the combination is a charming one but fundamentally the model is simple and, in the back view, it is shown made of plain and figured chalis to become just a plain little afternoon dress. Besides being extremely smart, the frock is extremely simple. The Japanese sleeves are really the delight of the home dressmaker, for they do away with all fitting and the little skirt and tunic require only to be gathered at their upper edges.

For the 12 year size, the dress will require 2 3/4 yds. of material, 27, 1 1/2 yds. 36, 1 1/2 yds. 44 in. wide, with 3 yds. of flouncing 19 in. wide, to make as shown on the figure; or with 3 yds. of figured material 27, 2 1/2 yds. 36, 1 3/4 yds. 44 in. wide to make as shown in the back view, 1 yd. of ruffling.

The pattern of the dress 8188 is cut in sizes for girls from 10 to 14 years of age. 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.

RECEPTION FOR NEW MEMBERS

which took place in the vacant Hench storeroom in Railroad street. Over sixty members attended and enjoyed the social event. Miss Hazel G. Hench, Miss Caroline Averill and Miss Evelyn Smith rected; prayer was offered by Samuel Reen, and David P. Stokes

made an address. A luncheon of ice cream, cake and homemade candies was served. The signing of the pledges was part of the business attended to during the evening. The union is progressing, the membership now being about eighty.

NEW POSTMASTER AT MONT ALTO

Waynesboro, Pa., March 5.—The newly appointed postmaster of Mont Alto, D. M. Brown, will enter upon the duties of his office April 1. The location of the post office has not yet been determined upon.

Excitement of Slight Fire Causes Death of Woman

Special to The Telegraph

Gettysburg, Pa., March 5.—Mrs. Peter C. Eyer, of near Emmitsburg, died suddenly from heart failure. Fire was discovered in the kitchen of the Eyer home and Mrs. Eyer started to run

from the room when she fell unconscious. A physician was summoned, but she died before his arrival. She is survived by her husband and five children. The fire was extinguished without serious damage.

SING THEIR OWN PRAISES

Behr Bros. Pianos, Players and Grand. Spanier, Sixth above Mackay.—Advertisement.

New Officers Elected by Methodist Sunday School

Special to The Telegraph

Mechanicsburg, Pa., March 5.—Last evening the annual election of Sunday school officers in the Methodist Episcopal Church was held and the following were chosen for the ensuing year: Superintendent, T. D. Hummelbaugh; first assistant superintendent, E. E. Strong; second assistant superintendent, B. F. M. Sours; secretary, George W. Hench; assistant secretary, George Berkheimer; secretary of the Sunday school board, B. F. M. Sours; assistant secretary of the board, Miss Myrtle Sours; treasurer, W. E. Strock; librarian, Samuel Plough; assistant librarian, R. H. Thomas; organist, Mrs. D. L. Snavely; assistant organist, Mrs. E. E. Strong; chorister, B. F. M. Sours; superintendent of primary department, Miss Maudie K. Williamson; assistant superintendent, Miss Claire Frysinger; superintendent of home department, Mrs. C. Egbert Brindle; superintendent of the cradle roll, Miss Myrtle Sours. Among other business transacted was the election of Mrs. Samuel Plough and Mrs. E. E. Strong as delegates to the Sunday school convention to be held in Shippenburg on Thursday and Friday, March 12-13. B. F. M. Sours, Miss Julia Hefflinger and Mrs. C. E. Umbarger were appointed a committee on resolutions on the death of Mrs. Julia T. Owen.

Loyal Temperance Legion Enjoys Social Meeting

Waynesboro, Pa., March 5.—Last evening the session of the Loyal Temperance Legion was devoted to a social and a lot of work of practical nature and the program was novel to the members.

There were seventy-five children present and the regular business meeting and literary exercises were omitted to make room for the social and other new features, which the children enjoyed heartily.

Mrs. W. L. Widdowson took sixteen of the larger girls into a vacant room and began the practice of a flag drill, which will introduce the play that will be given by the Loyal Legion the latter part of April.

The remainder of the children were divided into four groups and entertained by Miss Clay Wertz, Mrs. Frank Boerner, Mrs. L. H. Maxwell and Miss Alice Good. The smaller children were occupied in painting anti-cigarette and anti-saloon cartoons in paper leaf fans, the purpose of the teachers being to give these fans to the children's ward of some hospital, where other children who do not have a lot of L. T. L. members may study these pictures and catch somewhat the spirit of the wide-awake L. T. L. of Waynesboro. Refreshments of ice cream and cake were served to the children.

PIGEONS HATCH CHICKEN

Marietta, Pa., March 5.—In the lots of the Marietta Pigeon Farm a pair of racing homers were given a chicken egg three weeks ago, and they brought forth a chick yesterday. This is the first time on record that a pair of pigeons was known to hatch five days over the time it requires to hatch chicken eggs. The cold weather froze the chick, although it was perfectly formed and hardy. The experiment was tried many times, but the birds would always leave their nest after the seventeenth day, the time required for pigeon eggs to hatch.

DOUGHTY DISCOVERIES

A dispatch from Norfolk, Neb., to the newspapers of the country, last October, read:

"A baseball batted into a cornfield thirty-eight years ago by E. K. Ballantyne, later sergeant-at-arms in the United States Senate, was found near here to-day when excavations were being made for a new building. This was the first league baseball ever bought for north Nebraska."

Of course the story is true. A good companion for it may be expected within the next few days, as follows:

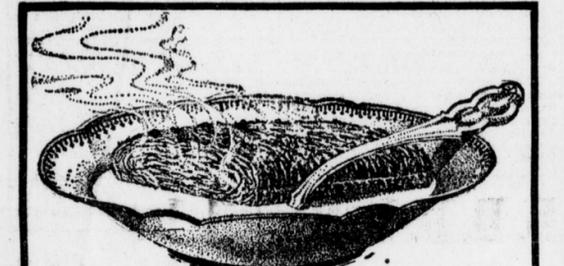
"The first bullet fired at Armageddon by Theodore Roosevelt was found near Tusculoos, this morning. It is the missile which split the solid South."

Or this:

"A satin slipper, small as nothingness and pink as the first flush of dawn, was dug out of the Schuylkill river, near Philadelphia, at 11 o'clock last night. It is the first slipper ever kicked off an actress' foot by accident. The catastrophe befell Miss Dolly Lightfoot in the old Walnut Street Theater two hours after the battle of Manassas."

Or this:

"The base which Merkle did not touch in that famous league game was discovered in the bottom of an old trunk in a deserted house in Harlem this afternoon. It was learned that the trunk belongs to John McGraw."—The Popular Magazine.



Your dollar is just as large as it ever was, but it is smaller in purchasing power than ever before. The problem is to make a dollar go as far as possible. For a dollar you can get one hundred

SHREDDED WHEAT

and that means a hundred wholesome, nourishing breakfasts. Shredded Wheat Biscuit is the whole wheat prepared in digestible form. It is ready-cooked and ready-to-serve—a boon to busy housekeepers.

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.



Rid Yourself of that Dry, Irritating Cough

Free yourself from that ever-present and always unpleasant cough that weakens your throat, causes hoarseness and annoys those near you. Loosen the congestion in your throat and raise the phlegm by taking

GOFF'S COUGH SYRUP

Goff's is the "Pure Food" Cough Syrup. Made by boiling harmless herbs, such as Horehound, Boneset, Blood Root and Field Balm after a formula used over 100 years ago. No opiates of any kind in Goff's—not one drop or grain.

Goff's Cough Syrup has been relieving Coughs, Colds, Grippe, Hoarseness, Croup, Whooping Cough, Asthma and Bronchitis and preventing Pneumonia, for a generation. It is the cough syrup that anyone can take. Try it!

Get a 25-cent bottle and see how effectively it stops your Cough. Money back by the dealer if it fails to help YOU.



Sealed!

WRIGLEY'S SPEARMINT

is now electrically sealed with a "SEAL OF PURITY" so absolute that it is damp-proof, dust proof, impurity-proof—even air-proof!

Give regular aid to teeth, breath, appetite and digestion. It's the safe besides delicious and beneficial confection!

BUY IT BY THE BOX

for 85 cents—at most dealers. Each box contains twenty 5 cent packages. They stay fresh until used.

It's clean, pure, healthful if it's WRIGLEY'S.

Look for the spear

CHEW IT AFTER EVERY MEAL

