

# Women and Their Interests

## By ELLA WHEELER WILCOX

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Guard yourself from unprofitable conversation; conversation which wastes time, energy, thought and speech, and brings no good result to speaker or listener. One does not want to talk always on serious or profound subjects. To hear serious or profound conversation continually would make life so ponderous that it would become insupportable to most of us. Wit, humor, repartee have their profitable part in life. The man or book, or play, or recreation, which makes us laugh in pure glee gives us a tonic for mind and body.

There is no system of callisthenics so beneficial to health as the habit of hearty, rib-shaking laughter.

The laughing cure has been advocated for a long time, and the patient is told to stand before the mirror and force laughter for ten minutes at a time.

It is declared that this process will drive away melancholy, cure depression and put to rout all nervous maladies arising from oversensitiveness and lack of self-confidence; and that hope, courage and ambition will soon reorganize the disordered realm of the mind and bring a happy train of helpers in their rear, including health and success.

Therefore, any conversation or occupation of time which causes us to laugh at least once in the day is to be commended.

It is even well to be frivolous at times; to think and talk of light and superficial matters such as dress and fashions, and dancing and sports. Just as nature does not give all her energies to producing nourishment for her creatures, but takes earth space to grow forth flowers and plants which have no practical use save their beauty, so may our minds be occupied at times with light themes.

But there are few of us who do not

waste precious, precious moments and still more precious mind-stuff in what we know to be a waste of time, and is unprofitable conversation or worse than unprofitable.

Have you not heard a whole family of intelligent beings use fifteen golden moments in a heated discussion regarding the precise date on which some unimportant event occurred?

One said it was the tenth; another was certain it must have been the ninth, or the eleventh—certainly not the tenth; a third was sure it happened an entire week earlier or later; and so on and so forth. And when the entire twelve months, with the exception of one was a whit benefited. It is only when one is on the witness stand or some vital issue is at stake that such a use of memory and words is of the least importance.

Again so much valuable time is lost in discussing the weather. The weather is a topic one naturally finds in the foreground in lands where the thermometer rides itself upon rapid climbs and sudden descents. But even in the tropics, where the temperature does not vary over ten degrees in the course of twelve months, people find the weather a time-killing topic.

In our ever-varying and never-duplicated seasons I have heard sensible human beings waste almost violent, disorganizing hours of the year before was not warmer or colder than this year; or whether such unseasonable weather had ever before been known; or trying to prove that the first snows fell earlier or later some other year than this.

Surely all this is unprofitable conversation.

It is not instructive, interesting or amusing.

**Gossip Is Unprofitable and Also Malignant to the Mind**

It does not develop the reasoning powers to give food to the mind.

And it entertains no one.

Gossip is not only unprofitable, but it is a malignant substance, dangerous to the mind.

If our callers introduce gossip, like a poison needle, we can readily change the subject and refuse the inoculation.

And we can go alone after the caller departs and use a mental antidote in the way of affirmations of love and good will and peace to all created things; and more light for the gossip-sipper.

To read what is painful, vicious, or terrible, unless we are prepared to go forth an endeavor to relieve the conditions of which we read, is unprofitable. The same time devoted to music or a language would soon bring us an accomplishment.

**To Talk About Disease Usually Results in Self Hypnosis**

To sit and listen to the stories of terrible surgical operations, or to relate them, is a popular method of indulging in unprofitable conversation with many women.

And it is a sure method of inviting sickness, and maladies which may lead to similar operations.

Every thought and every word has its effect upon our physical structures. In Proverbs xii: 18, we read "The tongue of the wise is health"; in the same book, "In the multitude of words there wanteth not sin; but he that refraineth his lips is wise."

And yet again, "A wholesome tongue is a tree of life."

Cultivate wholesomeness in your conversation, and it will come from others. Talk of good things; of happy things; of great things; and of clean things. There are so many interesting topics which come under this category.

When you are asked to speak of the bad, the sad, the petty and the unclean things, get it over as soon as possible and cease to think of them afterward. Just as you might be forced to do something nauseating in your mouth, and as you would go and rinse your mouth with an antiseptic afterward, so hasten to talk of good and sweet things, and to make your affairs and your conversation pleasant talk has ended. Your thoughts and your conversation are building your character and shaping your future.

Do not indulge in unprofitable conversation!

And do not be afraid to remain silent when you have nothing of interest or value to say!

# SMART LITTLE COAT IN HEIGHT OF STYLE

Touches of Brocade or Taffeta Used on Cloth or Silk This Season



8230 Coat with Vestee, 34 to 42 bust. WITH THREE-QUARTER OR LONG SLEEVES.

Little vestees are among the features of spring coats and, unquestionably, they are smart and, at the same time, they allow the effective use of the really wonderful fancy materials shown. This one is short enough to suggest the "jokers" idea at the front while it is a real coat at the back and this combination is a fashionable one. In the illustration, it is made of taffeta with trimming of brocade silk and worn with a skirt to match but coats of this kind will be much used for fancy materials to be worn over white gowns, as a skirt of white serge and a coat of yellow gulline or some other fancy material, costumes of the sort being greatly in vogue for carriage and for spring resorts.

For the medium size, the coat will require 3 yds. of material 2, 2 1/2 yds. 36, 2 yds. 44 in. wide, with 3/4 yd. 27 in. wide for the trimming.

The pattern of the coat 8230 is cut in sizes from 34 to 42 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

# Madame Ise'bell Opens Her Mail Box and Talks of Facial Surgery and Sallow Skins



Some days my correspondence is so interesting that I am tempted to share it with my readers and it often reminds me of subjects that I would like to talk about. A pupil writes me in regard to facial surgery, whether I would advise it for deep frowning lines that she says she is unable to remove by massage.

"First of all I do not advise facial surgery except in serious cases where there is some absolute facial deformity. It is an expensive process and the results are somewhat problematical. It should only be entrusted to the hands of a qualified surgeon of the first rank.

The operation my correspondent refers to is a simple one. It consists of cutting the skin near the hair line back of the temples and drawing back the skin, thus forming a little seam in it so that the loose skin over the forehead will be tightened and the lines disappear. This operation is painful, and it sometimes leaves a scar. Let us assume for argument's sake that it does not leave a scar, what are the results? When the operation is a success it leaves the forehead for the moment perfectly smooth and unlined.

**Results Not Lasting.**

Unfortunately, the permanency of these good results cannot be guaranteed. If the habit of frowning is still indulged in, the lines will return, for the skin is extremely elastic and will continue stretching. In such a case the painful, expensive operation must be repeated.

To rid oneself of frowning lines first of all stop frowning. This is due to nervousness or to defective eyesight and either case can be corrected. I know of one woman who cured a bad case of frowning that gave her a most disagreeable look by working always in front of a mirror. Whether she was sewing, writing or reading she would have a mirror in front of her and from time to time watch her expression. In a short time she could feel herself frowning and was able to correct the habit without the aid of the mirror.

**Persistent Sallowness.**

Another correspondent asks advice as to a persistent sallow condition of the skin. She adds that her general health is good and that she is careful in regard to diet. Chronic sallowness in the case of a person in good health may be due to two things: a badly balanced diet or inactivity of the little blood vessels feeding the skin. Choose a diet without too much starch, that is, cut down the amount of bread and potatoes eaten. Eat plentifully of fruit, green salads and raw onions if they do not occasion indigestion. Drink plentifully of water, but avoid coffee and strong tea.

**CASTORIA**

For Infants and Children In Use For Over 30 Years Always bears the Signature of *Wm. L. Chas. H. Little*

# It is well worth while For Every Woman to Secure the Happiness of Health instead of suffering pain and sorrow

During the past forty years thousands upon thousands of women have found relief in Dr. Pierce's Favorite Prescription for the sufferings to which all women are subject.

The dizziness, hot flashes, nervous irritability, backaches, headaches, bearing-down-pains, low spirits which come periodically to many women are signs that the functions of the feminine organs are not being performed as Nature intended. The immediate sufferings are bad enough; but they are warnings of complete break-down unless help is secured. Don't wait! Act—wisely and quickly!

# Dr. Pierce's Favorite Prescription (In Tablet or Liquid Form)

may be confidently recommended as a tonic and regulator composed of healing and strengthening native roots and herbs—without alcohol or narcotics. Dr. Pierce's Favorite Prescription is not a mere "Pick-me-up!" The benefit it conveys is lasting.

While all women will find benefit in Dr. Pierce's Favorite Prescription it is especially valuable to women approaching that time of life when there is coming an important change in the feminine organism. Weaknesses and irregularities at this time should not be neglected lest there should be serious consequences. At such a time every woman should secure the utmost of health and strength.

Dr. Pierce's Favorite Prescription can be obtained in liquid (as heretofore) or in tablet form from all dealers in medicines—or send 50 cent stamps for a trial box of tablets. Address: Dr. V. M. Pierce, Buffalo, N.Y.

If you need advice you are invited to consult our staff of Physicians, Surgeons and Specialists. The advice will be sent you in strictest confidence and absolutely free of charge, after a study of your case by a physician who is specially trained to care for the ills of women. Address: DR. PIERCE, Invalids' Hotel, Buffalo, New York.

Dr. Pierce's Pleasant Pellets regulate Stomach, Liver and Bowels. Easy to take.

# CIVIL WAR VETERAN DIES

Special to The Telegraph

Waynesboro, Pa., April 2.—John B. Mann, a Civil War Veteran, and for twenty years a clerk in the foundry of the Geiser Works, died Monday evening at his home in Roadside avenue of stomach trouble, aged 68 years. He was born near Greencastle and farmed in that section and at Park Hill until twelve years ago, when he moved to Waynesboro, residing here since.

# MRS. JACOB SHEFFLER

Special to The Telegraph

Waynesboro, Pa., April 8.—Mrs. Jacob Sheffler, 153 South Potomac avenue, died yesterday, aged 34 years. She is survived by her husband, her parents, Calvin and Louise Zentmyer, and these children: Earle, Paul, Mary and Evelyn Sheffler, at home.

# MRS. HENRIETTA BAKER ILL

Special to The Telegraph

Waynesboro, Pa., April 8.—Mrs. Henrietta Baker, nee Good's Sliding, one of the oldest women of this section and a twin sister to Mrs. John Funk, of Quincy township, is very ill at the residence of her son, Henry Baker, with whom she makes her home. She is 85 years old.

# SHORT WILL RECORDED

Special to The Telegraph

Waynesboro, Pa., April 8.—One of the shortest wills on record was probated Thursday by Register Miller in Chambersburg. It was made by Frank J. Barkdoll, of Louisa, Pa., and contained but sixteen words. It provided that the entire estate be given to Mr. Barkdoll's widow.

# SINKS GASOLINE TANK

Special to The Telegraph

New Bloomfield, Pa., April 8.—G. W. Garber, proprietor of the New Bloomfield department store, is placing a 345 gallon gasoline tank and pump in front of his store. The tank will be placed under the level of the street several feet.

# MI-O-NA FIRST AID TO SICK STOMACHS

Distress after eating, belching of gas and undigested food, that lump of lead feeling in the stomach, sick headache, biliousness and lack of energy, indicate dyspepsia. Now—at once—is the time to remove the cause and stop the distress.

MI-O-NA is the remedy. Surely get a box of these health-restoring tablets from any druggist to-day. Their action is safe, effective and immediate. Besides quickly stopping the distress MI-O-NA soothes the irritated walls of the stomach and strengthens the gastric glands so that they pour out their daily supply of digestive materials—your food is promptly digested and assimilated, the entire system is properly nourished—you feel strong, energetic, and perfectly well.

MI-O-NA is not an experiment—it is a cure-all—it is a scientific remedy recommended only for indigestion, distress and out-of-order stomachs. These health-giving and harmless tablets are a household remedy—keep them handy whether at home or traveling. Always sold by H. C. Kennedy, on the money back if no benefit is shown. You can surely afford to try a fifty cent box of MI-O-NA on this basis.—Advertisement.

# Have Color in Your Cheeks Be Better Looking — Take Olive Tablets

If your skin is yellow—complexion pallid—tongue coated—appetite poor—you have a bad taste in your mouth—a lazy no-good feeling—you should take Olive Tablets.

Dr. Edwards' Olive Tablets—a substitute for calomel—were prepared by Dr. Edwards after 17 years of study with his patients.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil. You will know them by their olive color.

If you want a clear, pink skin, bright eyes, no pimples, a feeling of buoyancy like childhood days, you must get at the cause. Dr. Edwards' Olive Tablets act on the liver and bowels like calomel—yet have no dangerous after effects. They start the bile and overcome constipation. That's why millions of boxes are sold annually at 10c and 25c per box.

Take one or two nightly and note the pleasing results. Olive Tablet Company, Columbus, O. At all druggists.—Advertisement.

# Their Married Life

By MABEL HERBERT URNER

The long corridor, the mingled odor of ether and antiseptics, the uniformed nurses, the air of hushed expectancy—it was all a part of the hospital atmosphere.

"I should like to see Mr. Curtis," Mr. Robert Curtis, murmured Helen in a subdued tone to the nurse who approached her.

"Will you wait a few moments?" Mr. Curtis's sister, with him now, and the doctor wishes him to have only one visitor at a time."

Just then the door down the corridor opened, and Carrie came out. She greeted Helen stiffly, and the nurse hurried off, leaving them together.

"Don't let him talk, it only excites him. And I wouldn't stay too long," Helen's sister said, and she turned to go.

The doctor came by now, and Carrie approached him. But he was gravely noncommittal, for he was only young Mr. Curtis in charge of the case.

Leaving Carrie talking to him, Helen followed the nurse, who now came to show her into Bob's room.

It was the typical hospital room, depressingly sanitary and bare. Bob lay with his back to the door and did not see her until she went around to the other side of the bed.

"Hello, Helen," with a faint motion as though to stretch out his hand. "I'm in rotten luck."

The Patient "You mustn't talk," soothingly.

# Get Rid of those Pimples



# Cuticura Soap and Ointment

Will help you when all else fails. Unsightly complexions are often a bar to social advancement and business success. Start life with a clear skin and good hair.

**Samples Free by Mail**

Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 12-page book. Address "Cuticura," Dept. 16H, Boston.

**Cumberland Valley Railroad TIME TABLE**

In Effect November 30, 1913.

Trains leave Harrisburg:

- For Winchester and Martinsburg at 8:05, 10:52 a. m., 1:40 p. m.
- For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and intermediate stations at 8:05, 11:55, 1:55 a. m., 4:40, 7:30, 11:15 p. m.
- Additional trains for Carlisle and Mechanicsburg at 9:45 a. m., 2:15, 8:27, 8:30, 9:30 a. m.
- For Dillsburg at 5:05, 7:52 and 11:55 a. m., 2:15, 9:40, 6:32 and 6:30 p. m.

Daily. All other trains daily except Sunday.

H. A. RIDDLER, Supt.

"They want you to be very quiet."

"Oh, they don't want me to breathe! Why don't they dose me up and get me out of here. All they do is jab a thermometer down my throat."

"But Bob, you're sick—very, very sick."

"Well scribbling my temperature on that chart up there isn't going to make me any better. And that night nurse—"

But the exertion of talking was too much, and now he lay with closed eyes and labored breathing. Helen smoothed the already smooth covers and watched him anxiously. He was gaunt and changed he was, and his hand was burning hot.

She knew that he had been partly unconscious during the night. Doctor Elliott had told her so this morning. And now, as she waited, she could see he was dozing off. He still held her hand, and she did not withdraw it for fear of arousing him.

Warren had been deeply affected, and now she stood silently, helplessly by the bed, his hand clasped behind him.

"Dear," she ventured at length. "don't you think we ought to wire Louise?"

"What for?" savagely. "She's nothing to him now."

"But don't you think she ought to know?"

"No, I don't!" he almost shouted. "But, dear, maybe she ought to know more for him than the doctors or any one else?"

At this suggestion Warren fairly snorted. Helen said no more, but his report that Bob was unconscious had decided her. She would take the risk—she would wire Louise!

It was almost eleven—how could she get the message off to-night? There was a telephone office only a few blocks away, but if she sent for a messenger, Warren would know when he came.

At last she thought out a plan. She would wait until Warren was taking his bath and could not hear her, then she would phone the message. She had never sent a telegram by telephone, but she knew it could be done.

**The Telegram**

It was almost twelve before Warren finally went in to his bath. As soon as she heard the water running, Helen ran to the phone, and in a low voice called the telephone office.

"I wish to send a message to Palm Beach. How can I prepay it?"

"That's all right, it's charged on your telephone bill."

Then Helen read slowly the message she had written out.

"Louise Whitmore, Hotel Royal Poinciana, Palm Beach, Fla.:

"Bob is very ill. Unconscious. Doctor admits condition is serious. Thought I ought to let you know. No one knows I'm writing."

"HELEN."

The operator read it back for accuracy.

"What time will that be delivered?" she asked.

"Then you don't want it sent as a night letter?"

"Oh, no, no; I want it delivered at once! How long will it take?"

"It should be there in two hours—three at the most. I know of one woman who cured a bad case of frowning that gave her a most disagreeable look by working always in front of a mirror. Whether she was sewing, writing or reading she would have a mirror in front of her and from time to time watch her expression. In a short time she could feel herself frowning and was able to correct the habit without the aid of the mirror."

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# Beware of ointments offered as "just as good as Resinol"

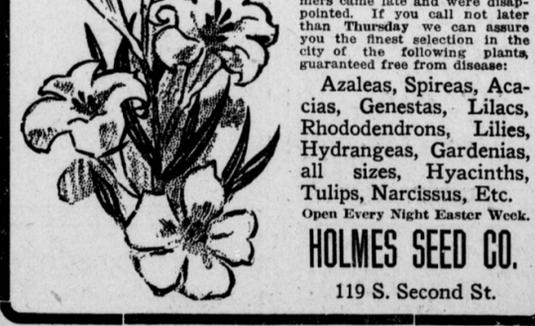
If you have any skin trouble, you want Resinol. You want it because you have known about it for years, because your friends and neighbors have used it successfully, and because you know that physicians have prescribed it for nineteen years in the treatment of eczema, rashes, ringworm, pimples and other distressing eruptions.

You do not want a "substitute" or something that a dealer tells you is "just as good as Resinol." You do not want it because you know nothing of its value. It has nobody's endorsement and for all you can tell it never did anyone any good at all. If a dealer tries to force a "substitute" on you, it is for a very good reason of his own—read about it in the next column.

Most druggists sell Resinol gladly. Small jar 50c, large jar \$1; Resinol Soap 25c per cake. For trial size free, write to Dept. 48-8, Resinol, Baltimore, Md.

# EASTER FLOWERS

Unrivaled Showing COME EARLY



Last year many of our customers came late and were disappointed. If you cannot later than Thursday we can assure you the finest selection in the city of the following plants, guaranteed free from disease:

Azaleas, Spirea, Acacias, Genestas, Lilacs, Rhododendrons, Lilies, Hydrangeas, Gardenias, all sizes, Hyacinths, Tulips, Narcissus, Etc.

Open Every Night Easter Week.

**HOLMES SEED CO.**

119 S. Second St.

# CLOGGED NOSTRILS AND STUFFY HEAD OPEN AT ONCE—CURES COLDS AND CATARRH

Instantly Clears Air Passages; You Breathe Freely; Dull Headache Goes; Nasty Catarrhal Discharge Stops.

Try "Ely's Cream Balm."

Get a small bottle anyway, just to try it—Apply a little in the nostrils and instantly your clogged nose and stopped-up air passages of the head will open; you will breathe freely; dullness and headache disappear. By morning the catarrh, cold-in-head or catarrhal sore throat will be gone.

End such misery now! Get the small bottle of "Ely's Cream Balm" at any drug store. This sweet, fragrant balm dissolves by the heat of the nostrils; penetrates and softens the inflamed, swollen membranes which lines the nose, head and throat; clears the air passages; stops nasty discharge and a feeling of cleansing, soothing relief comes immediately.

Don't lay awake to-night struggling for breath, with head stuffed; nostrils closed, hawking and blowing. Catarrh or a cold, with its running nose, foul mucous droppings into the throat, and raw dryness is distressing but truly needless.

Put your faith—just once—in "Ely's Cream Balm" and your cold or catarrh will surely disappear.—Advertisement.