

Women and Their Interests

GROW WITH THE YEARS

By Ella Wheeler Wilcox

If you set forth on a journey with a company of friends and the goal is distant and difficult of attainment you must not set your face to accommodate that of every other traveler beside you.

Passing Distractions Must Not Cause You to Delay.

You must press on according to your own strength, and you must not allow every passing distraction to delay you.

If one of your comrades is ill or meets with an accident, stop and render such service as lies in your power. That will not delay you. But if your comrades want you to lag back and amuse yourself with them in senseless diversions, do not heed them.

And if one is interested in making notes of every kind of poison which grows by the wayside, and urges you to study this phase of botany with him, flee away and let him alone. There is no disloyalty in your departure from such companionship.

Many men and women encounter these experiences in life's journey. Many endeavor to cling to the old friends and to regulate their pace to that of others, fearing to be thought fickle or disloyal if they pass onward and leave others behind. But there is a loyalty to one's best

self, to one's own highest purpose, which is paramount to all other duties. Two women who had been close companions in early youth met after a decade of separation. The one had grown and developed from immature girlhood into womanhood. The other, a woman in years, had remained crude and frivolous in mind. She talked of the trivial things which had interested both ten years previous. The woman listened disinterested and without interest.

"How you have changed!" cried the other. "Once you found these topics so fascinating; now you are bored. I never believed you would so forget your old friends."

But she had not forgotten her old friends; she had simply grown with years, and, ceasing to be a child, she had given up playing with toys.

Grow with the Years and Cease to Be a Child.

Another pair of friends set forth in life's journey, both enjoying the intellectual things of the world and admiring the beautiful. But gradually one of them placed all her emphasis upon the painful and sorrowful and disagreeable events of life, upon the laws in people, and the spots of blight upon the rose leaves.

The other refused to talk of these things, refused to think about them, and she turned more and more each year to look at what was beautiful, what was lovable, what was admirable and noble in human nature.

Look Upon the Bright Side of Life's Journey.

She dwelt long upon her own blessings, and touched lightly upon her troubles, and she found life growing more and more interesting as the years passed. But she found her friend less and less companionable. By and by, at a fork in the road, the two separated, one seeking shade, the other sunlight.

POULTRY NEWS ITEMS

HARRISBURG HEN HELPS A RECORD

She Lays Two Eggs in One Day in Contest at Storrs, Connecticut

Storrs, Conn., April 11.—The twenty-second week of the third international egg-laying contest at Storrs developed a new high record for the weekly production. There was a net gain of 49 eggs or a total yield of 3,646 eggs for the week. Twelve individuals, including White and Barred Plymouth Rocks, White and Buff Wyandottes, Rhode Island Reds and Buff Leghorns, laid seven eggs each during the week. No. 2 hen in pen 30, a Rhode Island Red, owned by Dr. John A. Fritchey, Harrisburg, Pa., particularly distinguished herself by producing two eggs on Thursday.

The English pen of White Wyandottes, owned by Tom Barron, got first place for the week with a yield of 59 eggs. A pen of Barred Rocks from Massachusetts were a close second with 58 eggs to their credit. White Rocks from the same State were an equally close third with a yield of 57 eggs for the week. Thus it will be noted that Massachusetts got away with more than her share of honors for the week.

So far White Wyandottes have performed more consistently and have a higher average per bird than any other variety represented in the contest.

U. S. Analyses Show Comparative Nutritive Value of the Different Varieties

The results of tests made by the Department of Agriculture show that about seven-eighths of the white of eggs is water, the remaining one-eighth being nearly pure albumen. The eggs of chickens, geese, ducks and turkeys were used in making the tests. The tests showed the entire egg to be made up as follows:

Hens' eggs, 50 per cent. water, 16 per cent. protein, 34 per cent. fat.

Goose eggs, 44 per cent. water, 19 per cent. protein, 36 per cent. fat.

Duck eggs, 46 per cent. water, 17 per cent. protein, 36 per cent. fat.

Turkey eggs, 48 per cent. water, 18 per cent. protein, 33 per cent. fat.

The protein goes to make blood and muscle and the fat furnished fuel for heat, so it is easily seen that eggs, although largely composed of water, contain the elements needed to build up the body and repair the tissues.

Tests have exploded the old yarn that an egg contains as much nourishment as a pound of beefsteak; it is difficult to understand how anyone ever did believe this. Government analyses show that three-fourths of a pound of eggs, about six eggs, have the same nutritive value as a pound of lean steak.

Tank Car Was "Tanked" When It Went Through Here

An empty oil tank car, which officials say passed through Harrisburg last week, turns out to be a real "tank" car, and government officials are making inquiries. A dispatch from St. Louis says:

"A tank car, which literally lives up to its name and is 'full as a goat' with liquor, though it masquerades as an 'empty,' is on the 'holdover' in the Leeper street yards of the Iron Mountain Railroad Company and will not be released until its owner is found.

"Repairers who were at work on the car discovered that it was a tank in more senses than one. They were amazed to find it contained a stock of whisky, wine and beer in packages. It was billed to Oklahoma City from an Eastern city. The 'wet goods' are believed to have been intended for blind tiger operators in that dry State. "Federal officials and Iron Mountain detectives are trying to solve the mystery of how the intoxicants got into the tank car."

MRS. ADAMS, EXPLORER, RETURNS TO UNITED STATES

Washington, D. C., April 11.—After a thorough study of the peoples along the fringe of Asia from Siberia to Sumatra in her effort to trace the original American, Mrs. Harriet Chalmers Adams, one of America's foremost women explorers, in a communication to the National Geographic Society to-day expresses the opinion that the ancient American peoples came by sea, possibly in broken stages, from Asia. Mrs. Adams has just returned to this country.

BABY BOY 3 WEEKS OLD GOT ECZEMA

Spread All Over Face, Terribly Disfigured, Itched and Burned, Cuticura Soap and Ointment Cured in Less Than Three Weeks.

229 Trevor St., Conneville, Pa.—"When my baby boy was only three weeks old he got something on his face. They said it was eczema. The trouble started like little pimples at first on his cheek and later it started to spread all over his face. His face was terribly disfigured for the time and I thought it would be disfigured for life. It seemed to itch and burn. "He was treated for two months and it just got worse. I used everything I heard of and nothing cured. I heard about Cuticura Soap and Ointment so I tried them. In less than three weeks' time his face was entirely cured." (Signed) Mrs. E. D. Magill, Sept. 5, 1913.

Do you wish to improve your complexion, hands and hair? If you wish a skin clear of pimples, blackheads and other annoying eruptions, hands soft and white, hair lustrous and glossy, and scalp free from dandruff and itching, begin to-day the regular use of Cuticura Soap for the toilet, bath and shampoo, assisted by an occasional light application of Cuticura Ointment. They work wonders in promoting skin and hair beauty. Cuticura Soap (25c.) and Cuticura Ointment (50c.) are sold by dealers everywhere. Liberal sample of each mailed free, with 32-p. Skin Book. Address post-card "Cuticura, Dept. T, Boston."

Man who shave and shampoo with Cuticura Soap will find it best for skin and scalp.



Mighty to Help

When you notice a suspicious looking character sneaking around your house—quick, Bell Telephone.

When the dread cry of fire makes your blood run cold—keep cool, Bell Telephone.

When a serious accident demands quick action—don't worry, Bell Telephone.

These things have perhaps not happened to you, so far. But any of them may occur to anyone, anytime. Make sure that you will have the Bell Telephone's mighty help.

Telephone or post-a-card to the Bell Business Office to-day.

When You Telephone, Smile!

The Bell Telephone Co. of Pa.
S. B. WATTS, Local Mgr.
210 Walnut St., Harrisburg, Pa.

The Columbus Ladies' Cafe

Sunday Table DeHote Dinner
12 M. to 9 P. M., \$1.25

Little Neck Clam Cocktail	LADIES' CAFE AND GENTLEMEN'S GRILL
Cream of Chicken a la Reine	NOONDAY CLUB LUNCHEON, 40c
Consomme Royale	TABLE DE HOTE DINNER, 75c
Celery Olives Salted Almonds	5.30 to 9 p. m.
Broiled Delaware Shad	Sunday, \$1.25
Maitre d'Hotel Julienne potatoes	From 12 m. to 9 p. m.
Frozen Eggnog	COLUMBUS STRING ORCHESTRA
Roast Stuffed Chicken, Giblet Sauce or Roast Spring Lamb, Mint Sauce	From 6.30 to 7.30 p. m.
New Bermuda Potatoes in Cream	From 9 p. m. to 1 a. m.
Candied Sweets	A La Carte Service at Reasonable Prices at all Hours.
Oyster Bay Asparagus	Friday evening Ladies' night.
Imperial Salad	Souvenirs.
Vanilla Ice Cream with Fresh Strawberries	
Assorted Cakes	
Roquefort Cheese	
Toasted Crackers	
Dem-tasse	
After-dinner Mints.	



3-IN-ONE OILS ANYTHING

CLEANS, POLISHES EVERYTHING PREVENTS RUST EVERYWHERE

3-in-One has been for 15 years the Old Reliable, largest-selling home and office oil. It is light enough to oil a watch; heavy enough to oil a lawn mower. On a soft cloth it becomes an ideal furniture polish. Makes a yard of cheese cloth the best and cheapest Dusters Dusters Clean.

And 3-in-One absolutely prevents rust or tarnish on all metal surfaces, indoors and out, in any climate.

Free Trial-One. Write today for generous free sample and the Dictionary of Uses—both free to you. 3-in-One is sold everywhere in 3-size bottles: 10c (1 oz.), 25c (3 oz.), 50c (8 oz.), 75c Pint for 75c. Also in patented Handy Oil Can, 25c (3 1/2 oz.).

3-IN-ONE OIL COMPANY
42 2d BROADWAY, NEW YORK CITY

Coal Is Cheapest and Best Now

To buy coal now is to buy it at the cheapest price for which it can be obtained during the year. And then you gain in quality, too, for the coal sent from the mines at this time of the year may be thoroughly screened before delivery, a difficult matter in cold weather when frost will cause the dirt to cling to the coal. So to buy Montgomery coal now is to buy the best quality of the best coal at the lowest prices. Place your order.

J. B. MONTGOMERY

Both Phones Third and Chestnut Streets

Try Telegraph Want Ads. Try Telegraph Want Ads.

WARM WEATHER FROCK FOR YOUNGER GIRLS

Chemisette of White Gives a Lightness to Solid Colors of Dress



8233 Girl's One-Piece Dress, 6 to 10 years.

WITH THREE-QUARTER OR LONG SLEEVES.

There is no dress better adapted to warm weather needs than this simple one. The body and skirt portions make one piece and the clinging is made all the way down the back, so that the dress can be opened out and laundered with the greatest ease, while at the same time the belt confines it. The little chemisette of white makes a prettiness, too, and the sleeves that are joined to the garment at the drooping shoulder, allow the effective use of stripes through the dress, of course, be made of plain material. Among new fashions, it is a very pretty little flower dress as it is very pretty for children's dresses and a Dresden effect of the sort with white trimming would make a dainty frock.

For the 8 year old, the dress will require 3/4 yds. of material 27 in. wide or 4 yds. of 36 in. wide material.

8233 is cut in 1/2 size for girls of 6, and 8 years. It will be made to an address by the Fashion Department of this paper, on receipt of an cent.

Bowman's sell May Manton Patterns.

It Really Improves Your Complexion

MME. ISE'BELL'S Exquisite Face Powder softens the skin while beautifying it. It blends perfectly with the natural tone of the complexion and is so pure and wholesome that its use really benefits the skin. Comes in three shades, Naturelle, Brunette and White. Price, 50c.

Other Beauty Requisites

Mme. Ise'bell's Turkish Bath Oil, 50c and \$1.00.

Mme. Ise'bell's Natural Blush Rouge, 50c.

Mme. Ise'bell's Rose Blush Stick Rouge, 25c.

Mme. Ise'bell's Lilac Hand Whitener, 25c.

Mme. Ise'bell's Skin Food and Mme. Ise'bell's Flesh Worm Eradicant, \$1.00.

Mme. Ise'bell's D. C. Depilatory Powder, \$1.00.

Sold by Good Stores Everywhere.

Central
GEORGE A. GORGAS
16 N. Third Street, Harrisburg, Pa.
GEORGE A. GORGAS
Pennsylvania Railroad Station
Hill District

W. B. GOODYEAR
Nineteenth and Derry Streets
Central
GOLDEN SEAL DRUG STORE
11 South Market Square
West End
C. F. KRAMER
3rd and Broad Sts., Harrisburg, Pa.
Hill District
BRINDLE'S PHARMACY
Thirteenth and Derry Streets

Made by Mme. Ise'bell
352 No. Michigan Ave., Chicago, Ill.

If your dealer's name is not in the above list he can get Mme. Ise'bell's Toilet Preparation for you from his wholesale druggist.

Republicans Decline to Endorse Roosevelt

Special to The Telegraph

Augusta, Me., April 11.—A move to have the Republican State convention recommend the nomination of Theodore Roosevelt as a candidate for President in 1916, met with failure. A resolution to that end adopted by the Republican caucus of the town of Yarmouth was offered as an amendment to the platform, but was declared out of order.

The platform as adopted condemns the national Democratic Administration for what is declared to be its "hurried surrender to Great Britain in the matter of the Panama Canal"; "its violation of platform pledges," and "its vague vacillating policy in dealing with conditions in Mexico." National prohibition is favored.

The Underwood tariff law is characterized as "unjustly sectional and a menace to our industries."

A workmen's compensation law; a law limiting the work of women and children in factories to fifty-four hours a week; women suffrage; ballot reform; and a presidential preference primary are advocated.

Addresses were delivered by Congressman P. H. Kelley, of Michigan, and Congressman John A. Peters, of Maine, who attacked the President's Mexican policy and his stand on the canal tolls question.

Why Not a Car?

Waiting to save the price of a new one?

What's the use—think of the good times you're missing. Used cars in good condition at bargain prices in Telegraph Want Ads. See Want Ad page.

Board Floors Not Good For Chicks Too Long

Often persons will confine their chicks to coops with board floors for weeks, believing they are giving them the best of care by so doing, but rarely will chicks do well after three weeks old if cared for in this way. For the first two days after hatching a chick should be allowed to sleep practically without interruption. But three weeks of close confinement on floors of any kind should be the limit. At that age turn them out for at least a while each day, even if the weather should be none too favorable. Their coming in contact with the ground gives them something that cannot be supplied, and that something, whatever it is, is indispensable; with it chicks thrive; without it they go back every day.

IT'S ALL IN THE CHICK

There is no doubt that a chicken, hatched and reared without being shipped to a distant point, has some slight advantage over one that has been subjected to the mercy of express messengers, but it must be remembered that there is a difference in day-old chicks. Chickens well hatched from vigorous stock, freed from disease or other conditions that tend to lower vitality, will live and thrive, whether shipped or not, when weeklings would either die or mature into inferior fowls.



MME. ISE'BELL

8233 Girl's One-Piece Dress, 6 to 10 years.

WITH THREE-QUARTER OR LONG SLEEVES.

Ward Brand SHEEP MANURE

is most convenient and economical—"A Wagon Load in a Bag"

—Dry, finely pulverized, without weeds, waste or refuse.

If you really want the greenest kind of a velvety lawn and gardens that will be a delight to possess, flowers of rare foliage and bloom, and berries that come near to perfection, give your soil a good dressing of Ward Brand Sheep Manure the first thing this Spring. Scatter it broadcast, 10 lbs. to 100 square feet (10 by 10 ft.) or 100 lbs. to 1,000 sq. ft.

ORDER WARD BRAND TO-DAY

We deliver it for you.

Price List	
5 lbs., \$0.25	100 lbs., \$2.00
10 lbs., .40	500 lbs., 8.00
25 lbs., .75	1,000 lbs., 14.00
50 lbs., 1.25	2,000 lbs., 25.00

Walter S. Schell
Quality Seeds
1307-1309 Market Street, Harrisburg, Pa.

Single Comb White Leghorn EGGS FOR HATCHING

From Locust Grove Layers Bred for superior egg production and combining the best strains of English and American blood.

Several pens headed by Tom Barron's Cockerels whose parents have records of 220-262 eggs per year.

\$1.25 per setting. \$6.00 per hundred. Write for complete price list of eggs and breeding stock.

LOCUST GROVE FARM
MARYSVILLE, PENNA.

Eggs For Hatching

From our prolific layers—Barred Rocks and S. C. W. Leghorns—75c per setting; 13c; \$5.00 per 100.

Call, Phone or Write
Camp Hill Poultry Farm
P. O. Box 198, Camp Hill, Pa.
L. Gulsbit, Prop. O. J. Shank, Mgr.

Try Telegraph Want Ads. Try Telegraph Want Ads.

Urges Co-operation of Poultry Association

C. S. Smith, the new secretary of the Central Pennsylvania Poultry Association, has addressed an appeal for co-operation to the members of the association.

The communication says: "I am both willing and anxious to do everything within my power to make the Central Pennsylvania Poultry Association the largest, strongest and best association of its kind in the State, but I realize that if this end is to be achieved the hearty co-operation of all members must be forthcoming."



One Bag Equals Whole Wagon Load of Barn Yard Manure

Give the Soil What it Needs to Make Things Grow

You can't make things grow unless you keep your soil rich and fertile.

This can only be done by putting back the vital elements that every crop takes away with it. Nothing will do this so well as good Manure.

Ward Brand SHEEP MANURE

is most convenient and economical—"A Wagon Load in a Bag"

—Dry, finely pulverized, without weeds, waste or refuse.

If you really want the greenest kind of a velvety lawn and gardens that will be a delight to possess, flowers of rare foliage and bloom, and berries that come near to perfection, give your soil a good dressing of Ward Brand Sheep Manure the first thing this Spring. Scatter it broadcast, 10 lbs. to 100 square feet (10 by 10 ft.) or 100 lbs. to 1,000 sq. ft.

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L. Gulsbit, Prop. O. J. Shank, Mgr.

Try Telegraph Want Ads. Try Telegraph Want Ads.

Why Spring Colds Are Dangerous

If Neglected They Lead to Serious, Perhaps Fatal Results

If you get cold at this time of year and try to "let it wear off," it frequently develops into a stubborn lung trouble, which may in turn become chronic asthma, bronchitis or consumption. It is important to remember that Father John's Medicine relieves colds because of its nourishing body-building elements, which give strength to the system and enable each organ to resume its normal functions. Father John's Medicine is not a patent medicine, contains no injurious drugs, but it is a pure food medicine, for those who are weak and rundown.

Advertisement.

Out-Door Photos

of your CHILDREN, your HOUSE, your AUTOMOBILE or your STORE. Photo finishing for amateurs.

Kepple
PHOTOGRAPHER
20 N. Second Street, Room 10.

The Reliable House For Pianos

JOHN BROS. 8 North Market Square

CHAS. H. MAUK THE UNDERTAKER

Sixth and Kalkreuth Streets

Largest establishment. Best facilities. Near to you as your phone. Will go anywhere at your call. Motor service. No funeral too small. None too expensive. Chapels, rooms, vault, etc., used without charge.

LICE? Conkey's Lice Powder

The lice question is quickly settled if you dust your fowls with Conkey's Lice Powder. It's safe, quick and sure. Saves your poultry profits because it kills the lice.

Conkey's Lice Liquid
Kills the Lice Doesn't Harm Chickens

For the mites that hide in the cracks by day and prey on chickens at night, spray your poultry house with Conkey's Lice Liquid. For the deadly head louse use CONKEY'S HEAD LICE OINTMENT.

Effective and doesn't harm chicks. 10 and 25 cents. Money back if these preparations do not cure.

The C. E. Conkey Co., Cleveland, Ohio

SAVE EVERY CHICK

by feeding for the first three weeks this scientifically, perfectly balanced ration

PRATT'S Baby Chick Food

It carries the new hatched brood safely through the danger period. Prevents intestinal trouble and leg weakness—makes bone and muscle—insures early maturity and strong healthy chicks.

PRATT'S WHITE DIARRHOEA REMEDY positively prevents and corrects this common disease. Now is the time to give

PRATT'S POULTRY REGULATOR to the grown birds.

Refuse substitutes; insist on Pratt's. Get Pratt's 100 page Poultry Book. Sold on Money Back Guarantee by Dealers Everywhere

There's A Difference In Building Lumber—

not alone in price, but also quality and durability, while some woods are tough and strong they are not suited to exposure to the elements.

Other woods that will stand exposure probably could not be used throughout a house because of the price.

We've a wood for every purpose and the price is right. Let us quote you before you go ahead.

United Ice & Coal Co.
MAIN OFFICE: Forster and Cowden Sts.

National Optical Co.

Is entirely different and is the only correct way to fit glasses.

No Charts on the Wall

No questions asked. We do not try on a number of glasses, asking you Can you see this and that, etc. We look into your eyes and tell you your troubles. Glasses Made as Low as \$1.00.

National Optical Co.
34 North Third Street HARRISBURG, PA.
Near Post Office
Physician and Oculist in attendance.

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DAY AND NIGHT SESSIONS Enroll Next Monday

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Harrisburg Business College

Day and Night. Business, Shorthand and Civil Service. Individual Instruction. 28th year. 329 Market St. Harrisburg, Pa.

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SAVE EVERY CHICK

by feeding for the first three weeks this scientifically, perfectly balanced ration

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It carries the new hatched brood safely through the danger period. Prevents intestinal trouble and leg weakness—makes bone and muscle—insures early maturity and strong healthy chicks.

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