

WOMEN AND THEIR INTERESTS

"THEIR MARRIED LIFE"

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"I do wish I could stay at home to-day, although I want to see Mrs. Kinsley so much," thought Helen to herself as she looked through the curtains of her living room down to the river or slush and wretchedness in the street below.

She had promised to go to Brooklyn for lunch that day. She had postponed the date from earlier in the week because Warren had wanted her to meet him, and had as the weather was, she could not postpone the luncheon again.

Mrs. Kinsley lived in a dear little cozy home. She had three children, who adored her, and Helen had met her when she had been crossing the continent last year. Quite a friendship had sprung up between them and Mrs. Kinsley, who was younger than Helen, delighted to ask her advice about thousands of little trivial household matters concerning which Helen was twice as ignorant as she cared to admit.

Whenever they met, whether it was in New York for tea or out in Brooklyn or very occasionally at Helen's own apartment, they always talked household affairs. There were few women who gave themselves heart and soul to their homes as did little Mrs. Kinsley, to whom her husband and her babies meant more than the whole world put together.

Helen bundled herself into a rain-coat, pulled a little beaver hat down over her hair, which had just been curled, and sallied out into the rain. The snow which had fallen had left the sidewalks in a terrible condition. Ice strewn the curbsmen and the steps of the subway, and every one walked gingerly lest he be taken unawares.

"I really didn't believe you would come," said Mrs. Kinsley, running out of the house to meet her regardless of the rain which was dripping from the roof all over her fresh shirtwaist.

"Get in out of the rain," said Helen, closing her umbrella and giving her a playful push. "Don't tell me that I am not particularly fond of you, coming over to this terrible place on a day like this."

She is cordially welcomed.

"I don't know, are you?" You postponed the date till to-day, you know, last Tuesday was wonderful."

Why, said Helen, holding up her hands in mock horror, I thought commuting from Jersey was dreadfully, but don't mind me, dear, I am cross because I am wet. "I'll be all right as soon as I get acclimated. Hello, Helen Junior," to the little flaxen haired girl who stood in the hall looking at her gravely. "I thought you went to school."

"I kept her home to-day," explained the mother. "Come up to my room and take off those wet things, then we can talk. Lunch will be ready in a minute."

Helen followed Mrs. Kinsley upstairs, where she was quickly divested of her wet garments. The room was warm and cozy, and she

sat in the bow window humming a little song while Mrs. Kinsley, who kept no maid, went downstairs to see about lunch. She was glad that she had come. There was something appealingly homely about this place. Perhaps it was the evidence of children, but still it hardly seemed that. Didn't she herself have a baby?

A broken doll was lying on the window seat. She wondered if Winifred had any broken dolls. Somehow Winifred never seemed to break her toys like other children. But she was a darling, and Helen was so glad that she still believed in all the dear illusions of children. What were the holidays when there were no children about?

Helen Junior came in and in her baby way began to entertain Helen with an account of a letter.

"Luncheon," called Mrs. Kinsley from downstairs. "Bring Helen Junior with you, will you, Helen? Somehow I never can get her down to meals."

Helen enjoyed the luncheon and insisted that she was ravenous. She helped carry out the dishes and piled them on the table to be washed and pronounced the baked fish delicious.

Afterward they adjourned to the living room and talked "gossip," as Mrs. Kinsley termed it.

"You know such lots of clever people," she sighed wistfully. "Where did you meet so many interesting people who do things?"

"Just luck, I guess. I met a great many through Frances Knowles, you know."

"Oh, yes! She is writing 'Nimrod' in the Scroll. I have read several chapters of it and think it is splendid. I hate to spend so much for a magazine though. I would rather put the money into paint boxes for the children."

"You're a dear," said Helen impulsively, and she stifled a sigh as she spoke. She wondered if Mrs. Kinsley did not get more out of life than she did, in spite of the fact that Mrs. Kinsley rarely had half the time that she, Helen, did for herself.

The two women kept up a conversation about trivial home things for some time. When Helen finally rose to go she was astounded at the time.

"I've had such a good time, and you must come over and see me soon, won't you?"

"Yes, indeed. Good-by. I'm so glad you came. I always enjoy you so."

"And I always learn lots about life that I never learn anywhere else," said Helen impulsively. "I should think that there would be lots of men who would be glad that there were still women like you left in the world." And she ran off, leaving Mrs. Kinsley with a slightly puzzled expression on her sweet face.

(Another installment of this interesting series will appear soon.)

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER I

Live stock and crops are fed according to fixed laws. Infants and children are fed in ignorance and caprice.

Our daily food is less understood after twenty-five years of agitation than is perhaps the referendum or the fourth dimension. Not one woman or child in ten thousand can give a definition of the phrase. Notwithstanding the fact that to the housewife and to those dependent upon her judgment for their health and very life there is no thing more vital, she is as much mystified over its meaning to-day as when she first began to read about Dr. Wiley's activities.

Babies are born every day and every day children are fitted for school. Their food is their first and most important necessity. Without pure food all the tender nursing and all the love and care lavished upon them soon take the shape of anxiety and fear.

Owners of stock farms, producers of prize sheep, poultry, and hogs understand its meaning thoroughly. They apply their knowledge of its meaning and measure the results according to fixed rules. They know that the growth and health of animals depend upon the operation of clearly defined and easily understood laws.

They make a business of feeding their animals for certain desired ends. To them pure food is not a mystery. It is a means with which to supply proper building materials to the physical development of the creatures in which their money is invested; it means with which they may effectually prevent disorder and sickness among their herds, flocks, kennels and litters.

Even the average farmer, as far as his soil is concerned, knows quite perfectly and meaning of pure food. He knows that if he does not supply his fruit, vegetables, and grains with just the right kind of fertilizer, he is giving to his land the food elements required by his plants in the form of fertilizer, he will have either a stunted, feeble crop or a crop failure.

The United States government has developed around this truth one of its most important and most useful departments, the chief of which, in the person of the secretary of agriculture, is a member of the President's cabinet.

Livestock and crops are receiving the benefit of man's interest in pure food, but thus far in the affairs of our national development infants and children are not, as a rule, receiving that benefit. Woman's interest in pure food has not yet crystallized.

This heretofore has not been woman's fault, because she has been led to believe that Uncle Sam stands on guard over her food supply. To show her how hollow is this pernicious superstition, we frequently visited upon the bodies of innocent women and children.

will begin a campaign of education, presenting a plain, understandable treatment of the whole subject in a form not only acceptable to physicians, nurse, and teacher, but to the parents of our boys and girls, and to the boys and girls themselves.

Thousands of untimely deaths, the true cause of which are never suspected, are occasioned by pitiable ignorance of the simplest laws of nature. But ignorance is not the only road to physical infirmity and death. One of the other roads, never marked with a signpost, the road that leads from commercial greed to the little white casket.

In the series of articles which are to follow on honest food will be ignored and no guilty food will be spared. In the name of the things we eat, for the benefit of the cradle, the nursery, the kindergarten, and the school, the shield of privilege will be battered and food follies called out of their snug retreat to render a long overdue account to a grim jury of awakened mothers.

This newspaper has promised me that its pages will be as free and unconfined to my story about our deadly food and its deadly but unsuspected abuses, their causes and their remedies, as are the women's clubs, church societies, and organizations of unselfish welfare workers who extend to me the privilege of their platform.

With this unflinching compact and the fearless support of an outspoken newspaper my readers will be taken behind the scenes and there learn for themselves just how the laws of nutrition, so sacred to animal life, are outraged and debauched.

Where the faults originate in the idle caprice of a housewife herself, through thoughtlessness of her own or inheritance from some of grandmother's superstitions, the result of such household sins, when applied to the diet of mice, guinea-pigs, monkeys, chickens and cows will be described.

Where the abuse is purely commercial, the lid will be taken off and in such instances as are not born in idleness for gain at the expense of human life the natural and practical reform will be pointed out.

For the old abuses for which politics and clerical lawyers have succeeded in erecting a flimsy protection and defense for outrageous and unnatural practices there will be no mercy.

The physician who follows this constructive reform will come into the possession of facts which unfortunately are not to be obtained in the medical schools of Europe or America. The physician who follows this reform with regard to many of the causes of malnutrition, anemia, neurasthenia, tuberculosis, and other preventable diseases which, in the form of needlessness, are so frequently visited upon the bodies of innocent women and children.

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Taft Says Businessmen Support Peace Proposal

Special to the Telegraph

New Haven, Jan. 10.—Ex-President Taft in a formal statement yesterday declares that representatives of the business interests of the United States are supporting the proposals of the League to Enforce Peace, of which he is president. Mr. Taft also approves the idea of a league of American republics, which was put forth last week at the Pan-American Congress.

The ex-President's particular reference is to the referendum vote of the Chamber of Commerce, of the United States, announced last Wednesday, which favored the establishment of permanent world peace at the close of the present European war. This plan in its essential features is identical with that of the League to Enforce Peace.

Many Injured in Two Lancaster Trolley Wrecks

Special to the Telegraph

Lancaster, Pa., Jan. 10.—Two head-on trolley collisions occurred last evening, both on the Lancaster and Ephrata line. The first was at 5 o'clock half a mile north of Mechanicsburg, where a barn on a curve prevented the approach of the cars from being seen.

Both cars were badly wrecked, and Motorman Harvey E. Groff's foot was so badly mangled it had to be amputated. Conductor Aaron Leisey was injured about body. A number of passengers were slightly injured by flying glass.

The second accident occurred at 7.30 o'clock half a mile from Akron, the cars colliding on a curve, but nobody was injured.

CONSUMER WILL GET PRIVILEGE

Secretary Patton Helps Farmer in the Matter of State Analysis of Lime

Consumers of agricultural lime are to be given the same privileges as manufacturers, importers and jobbers in such products for the farm under the new "pure lime" act under a ruling just made by Charles E. Patton, the new secretary of agriculture. By the terms of the act, which became operative January 1, only manufacturers and importers could have lime analyzed, but the department will allow farmers or anyone to have analysis made upon payment of a fee to cover expenses.

This extension of the privilege of analysis to the consumers will give the State authorities an excellent chance to check up on the quality of lime sold and to meet the purposes behind the introduction of the lime act. For several sessions members from rural counties sought to secure State control of agricultural lime on the same lines as fertilizers, seeds, cattle feeds, Paris green and linseed oil, but only succeeded last session.

As in the case of pure paint law manufacturers must file their brands and declare the chemical composition, taking out a State license. The license costs \$5 for each brand this year, but next year will be governed by the tonnage sold.

The lime act requires all lime sold in the State to be labeled and that for agricultural use is to be inspected by State agents. Any farmer may ask for analysis, but the services of the State laboratory will not be extended to purchases made at quarries or kilns where consumers are presumed to know what they are getting and the seller will be exempted products such as air slaked lime, gas-house lime, kiln slacks, tanners' lime and the like.

The field agents will start work on this because of the conditions in the fertilizer trade which are causing various lime and other products to be heavily bought because of the scarcity of potash.

NO EXTRA PLANT UNLESS NEEDED

Commissioner Magee Lays Down Law in Regard to Destructive Competition

The Public Service Commission in an opinion by Commissioner W. A. Magee, refuses to approve a contract between the borough of Phoenixville and the Phoenix Water Power Co. for a competitive supply of electric light, heat and power. The opinion holds that there is no necessity for another company and that by its power of regulation it can require the existing company to give adequate service at just and reasonable rates. The opinion is in answer to a petition for a writ of mandamus in which the commission has refused to approve contracts between municipalities and utility corporations when an existing company was giving service and there is no extraordinary demand. In this case it is held that there are no exceptional conditions to warrant investment of capital in a new plant.

In another opinion by Mr. Magee the commission also holds that Hiram G. Chase against the Citizens' Water Co. of Clinton, that the company cannot hold a tenant or occupant of a property liable for the unpaid bill for water furnished to a former occupant. It is held that the practice of holding the bill against the occupant is now unjust and unreasonable and that it is a ground of discrimination regarding the fact that it was expedient to enforce the rule years ago.

There two opinions hold that times have changed from what they used to be and that the demand for water in the one case would only add to the burdens of a community in interest charges and in the water case it is held that it would tend to make officers lax in collections.

VISITING THE WAR BRIDES

By Frederic J. Haskin

[Continued from Editorial Page.]

pected to face. Their mail congests the post office so that people who have lived in Penn's Grove all their lives must wait in line while Demetrios Callinicus gets his letter from the good wife in Athens, or Giuseppe Bassano receives his weekly paper from Rome. Worst of all, they have utterly ruined those beautiful roads.

The irony of this pathetic situation is intensified by a peculiarity of the local tax laws. Penn's Grove has a tax rate of \$2.46 on the \$100, which is a pretty good rate. It is incorporated as a borough. But the township in which the borough is located has a tax rate of about a dollar less, and out in the township are all of the immense powder mills and the mushroom villages. The crowds and the traffic cost Penn's Grove a whole lot of money, but the taxes are paid to the township. So Penn's Grove is exasperated, to say the least.

She thought she saw a way out, not long ago. Through her borough council, she approached the township authorities with a bland smile and a large idea. She suggested that the whole township, with its new and numerous population, should be incorporated with the borough, thereby creating "Greater Penn's Grove." It was a magnificent scheme to consolidate all this tremendous growth under one government, to equalize the tax rate and, incidentally, to give the borough fathers a little wherewithal to pay their amazing bills. The township, however, declined with thanks. It wasn't losing any money, and did not see what was to be gained by making the troubles of Penn's Grove its own. This was a good deal the setback to the harassed village fathers, but they soon hatched a new idea. The council now proposes to present to the New Jersey State Legislature a petition for the rescinding of the borough charter, so that Penn's Grove will lose its identity and be reabsorbed into the township. The tall found it couldn't

wag the dog, but there is reason to believe the process can be successfully reversed.

The plight of Penn's Grove develops a new angle almost every day. For example, it is now time to elect its city officials. The most important of these are a mayor and two councilmen. But not a soul could be found who aspired to these posts of honor, emolument and public service. It may seem strange, but it is not. No one cared to be the "boast" of Penn's Grove's multifarious difficulties, and so no one announced himself as a candidate. It was a situation unheard of, but Penn's Grove was getting used to such situations and rather resourceful in dealing with them. In this case it was decided to resort to conscription. The local political leaders made up a ticket, without asking anyone anything about it, and posted it to be voted upon at the primaries. The drafted candidates were forthwith nominated, willy-nilly, and being thus thrust into the limelight, they had no choice but to file their acceptances, which they did. So the machinery of government was preserved intact.

To Avoid Dandruff

You do not want a slow treatment when hair is falling and the dandruff germ is killing the hair roots. Delay means no hair.

Get, at any drug store, a bottle of Zemo for 25c or \$1.00 for extra large size. Use as directed, for it does the work quickly. It kills the dandruff germ, nourishes the hair roots and immediately stops itching scalp. It is sure and safe, is not greasy, is easy to use and will not stain. Soaps and shampoos are harmful, as they contain alkali. The best thing to use is Zemo, for it is pure and also inexpensive.

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WEAK FROM GRIPPE

Home Missionary Tells How She Restored Her Strength

"I am a Home Missionary, was weak and run-down after a hard spell of La-Grippe. I had headaches, indigestion and pains in my chest, and was tired all the time. A friend asked me to try Vinol and the result is I am freed from those troubles and I feel well and strong and able to go to work again." Mrs. Hattie Johnson, Towanda, Pa.

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We wish every person in Harrisburg who is suffering from a weakened, run-down, debilitated condition, would try our Vinol on our guarantee to return their money if it fails to benefit them.

George A. Gorgas, Druggist; Kennedy's Medicine Store, 22 Market street; C. F. Kramer, Third and Broad streets; Kitzmiller's Pharmacy, 1325 Derry street, Harrisburg, Pa.

P. S.—In your own town, wherever you live, there is a Vinol Drug Store. Look for the sign.—Advertisement.

School Board Gets Views For Benefit of Schools

Special to the Telegraph

Halifax, Pa., Jan. 10.—The Halifax township school board has made arrangements to send to Philadelphia museum for twelve different sets of lantern slides with typewritten lectures on each. It will require almost an hour and a half to show and describe each set of slides. The first set will be shown in the Grange hall in this place on Tuesday evening at 7.30 o'clock. This will give the people of Halifax an opportunity to see these slides before they go to the rural schools. The first set on the Philippine Islands and the lecture describes and illustrates the city of Manila and taking up in detail the industries of Manila.

SUNDAY SCHOOL ELECTS

Special to the Telegraph

Halifax, Pa., Jan. 10.—The following officers have been elected by the Trinity Sunday school to serve for the ensuing year: Superintendent, Carrie C. Lebo; assistant superintendent, Isaac Seagrist; secretary, Mary Sweigard; assistant, Ira Hoffman; treasurer, John P. Meader; organist, Miss Neta Seagrist; assistant, Mrs. John P. Meader; primary superintendent, Mrs. C. M. Richter; assistant, Mrs. M. Word; librarians, Daniel Miller and Harold Hoffman; cradle roll superintendent, Mrs. Oscar Seagrist.

EVANGELISTIC SERVICES

Special to the Telegraph

Halifax, Pa., Jan. 10.—Evangelistic services are being held in the local United Brethren Church, much interest has been manifested thus far. Many persons are coming forward last evening. A feature of the meetings is the singing by a chorus choir.

HOT TEA BREAKS A COLD—TRY THIS

Get a small package of Hamburg Breast Tea, or, as the German folks call it, "Hamburger Brust Thee," at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time. It is the most effective way to break a cold and cure grip, as it opens the pores, relieving congestion. Also loosens the bowels, thus breaking a cold at once.

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