

OF INTEREST TO THE WOMEN

You Get What You Want if--

RUB BACKACHE AWAY WITH "ST. JACOBS OIL"

WHAT HAPPENED TO JANE

By Virginia Terhune Van de Water

CHAPTER LV.

(Copyright, 1916, Star Co.) The following day it rained. As Jane awoke in the gray dawn after an hour's troubled sleep she heard the drops on the tin roof of the veranda under her window. If anything could have added to the dreariness of existence, she reflected it was this sound. She had lain awake most of the night. She had not spoken when Augustus came up to bed. He had undressed quietly, and, to her surprise, had fallen asleep soon after lying down. How could a man with such a soul and with such a cruelty in his heart dare to sleep? She moved carefully away from him and lay on the outer edge of the great bed, shivering all through the night, although the covers were piled thick over her. She had listened when Mary came upstairs very late, and again and again she had thought she heard the measured footfalls of some one walking up and down the house-keeper's room. Jane tried to think connectively of all that she had overheard, but certain sentences would start up out of the dark before her burning eyes and she would shudder anew. At last morning had come. She dared not get up too early for fear of awakening Augustus. It made her feel ill to think of talking to him just now. Yet when she did at last rise he slept on until she was dressed. As she started to leave the room she called him. "Augustus," she said, "I'm going downstairs now. I think you forgot to set the alarm last night, as it is past the time it usually goes off." "No," he said, sleepily, yawning and stretching, "I did not forget it, but I did not want to wind it for fear of waking you. You were having such a good sleep." She did not reply. Yesterday her deception had seemed to her a necessary thing, but now she had been through many phases of mental suffering. As she entered the kitchen Mary greeted her with a grave "good morning," then glanced at the heavy eyes. "Don't you feel well?" the house-keeper asked, throwing off her lethargy with an effort. "Have you a headache?" "Yes," Jane admitted, "I have." "Didn't you sleep well?" "I had fearful dreams," Jane replied. There seemed to be nothing for her to do in here she went back to the diningroom to wait in dull misery for her husband to come downstairs. Even Reeves noticed her pallor. "What's the matter?" he asked. "You look terribly peaked."

JUST THE THING FOR SPORTS GIRL

Middy Blouses and Bloomers Give Ease and Grace of Movement



8809 Middy Blouse for Misses and Small Women, 16 and 18 years. 8856 (With Basting Line and Added Seam Allowance) Plaited Bloomers for Misses and Small Women, 16 and 18 years.

There is no better costume for exercise than the midy blouse with bloomers. This blouse is a new one, with patch pockets and smocking in place of gather and it is altogether charming at the same time that it is essentially practical. The bloomers are plaited, ample and roomy and are closed at the side. Here, the blouse is made of crepe de chine and the bloomers are made of serge, and the blouse of a thinner material is much in demand this season, but the model will be found appropriate for the linen and the simple washable materials and for serge quite as well as for the crepe. If the smocking is not liked, simple shirings can be used in its stead, also the blouse can be made longer and worn with or without a belt. For the 16 year size the blouse will require 3 1/2 yds. of material 36 in. wide, yds. 44 with 3/4 yd. 36 in. wide for the collar, cuffs and belt; for the bloomer will be needed, 2 1/2 yds. of material 36 in. wide, 1 1/2 yds. of 54 in. wide. The pattern for the blouse No. 8809 and the pattern for the bloomers No. 8856 are both cut in sizes for 16 and 18 years. They will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents for each.

Sunday and Stough End New Jersey Campaigns

Philadelphia, Feb. 21.—"Billy" Sunday and Dr. Henry W. Stough last night concluded their seven weeks' campaigns in New Jersey. There were 16,728 converts in Trenton, who yesterday made up a thank offering of \$13,981.00. At Atlantic City Dr. Stough won 4,674 converts and received as a thank offering \$4,350. Both evangelists will begin new campaigns in other cities within a week.

THE UPSTAIRS TRAY

This is the time of year when in any large family or boarding house some one member is sure to be laid up with a cold which means a day or two in bed. The upstairs tray in such household is always a problem. The ordinary tray with the regulation dishes is not only very heavy for whoever has to carry it upstairs, but the dishes are very liable to be broken. A woman who conducts a very successful boardinghouse meets this situation with an enameled ware service. The tray is white enameled ware, and are also the cups, saucers, plates and individual tea or coffee pots. This makes an attractive service, it is light and the danger of breakage is eliminated. A set purchased over three years ago and which has seen much use is perfectly good to-day. To the invalid it means much to have the food arrive in dainty form, and not in nicked or cracked china, which is generally considered good enough to run the risks of upstairs service.

C. E. Boosters Hike to Penbrook For Rally

Christian Endeavor "boosters" were on a "hike" to Penbrook last evening where they boosted the big hill rally to be held in the Penbrook United Brethren Church on Thursday evening, and the State C. E. convention to be held in this city in July. The "flying boosters" gave talks on raising money for the convention, the excellent program anticipated and the many delegates who are expected to attend. The convention "booster song" was sung and Miss Leah Hangen sang a solo entitled, "I Want to See Jesus, Don't You?" Several yards of convention stickers and songs were distributed to endeavorers. Charles S. Ulrich, vice-president of the Hill district of the Harrisburg, C. E. Union, chaperoned the "boosters." Among the party were C. A. Cornman, Miss Leah Hangen, Catherine Bolton, and C. S. Ulrich, of the Park Street United Evangelical C. E. society; Miss Agnes D. Sanderson, W. S. Slaymaker, John N. Finley, L. E. Bowman, of Immanuel Presbyterian C. E. society and E. S. Schilling, of Harris Street United Evangelical C. E. Society. The attendance at each society visited was very encouraging and much enthusiasm was shown by the endeavorers. The following societies were visited: United Brethren, Penbrook, Lutheran, Penbrook; Church of God, Penbrook, and the State Street United Brethren, this city.

By Beatrice Fairfax

"You get what you want," says one of the sanest, strongest men I know. You do "get what you want"—if you want it enough! The very first step toward getting what you want in the world is believing that you can get it. Sneering idly or bitterly, "Oh, yes, that's all very well to say, but some people are born lucky, or rich, or good-looking, or clever, and others start with big handicaps," is exactly the sort of thing that is going to prove a handicap and prevent you from getting what you want in the world.

You have to believe in your own ability and in the fairness of life. And you have to be willing to work—to work single-heartedly, and even desperately, to reach your goal. The one great reason why so few of us do get what we want in the world is because we are not quite sure what it is; or, being sure, we have not quite the backbone to plug away in order to get it; or, being willing to work, we still are weak enough to permit ourselves to be torn from our labors and tempted into all sorts of relaxation.

It is so easy to be "sidetracked." It is so easy to be tempted into taking some little relaxation or pleasure and persuading ourselves that as a result of it you will work all the better. There are plenty of old maxims that seemingly justify such a course—"All work and no play makes Jack a dull boy," for instance. That is quite true, but too much play lightened with only a little work makes Jack a failure is equally true. The people who succeed are the people who are fairly single-minded, who have an honest purpose in life and who propose to accomplish it, and what is more, to accomplish it legitimately and through their own earnest, untiring effort.

You cannot become a power in the legal profession if you give one-quarter of your time to studying the law, one-quarter to going about socially in order to rest from your labors, one-quarter to planning what you are going to do when you get around to it, and before idle winds that blow you where they list. If you are going to be a power in the legal world, you have to study and work and strive constantly for growth in knowledge and power. You have to make everything else subservient to your desire to be a great lawyer. You have to make even your relaxations healthy outdoor ones that shall renew your growth instead of stunting it.

You have to really want to be a great lawyer, and not to desire to be a popular society man who is also prominent in the legal profession. In any walk of life, in any profession, in any position where you are placed, success or failure lies largely in which you

Taking It Out in Talk

I know a stenographer who has literary ability. From 9 to 5 each day she works hard for the \$20 a week salary her position as secretary brings. She needs that salary and she works hard to get it. On Sundays and holidays and during the evenings she talks a great deal about the short stories she means to write. But she does not write them. Instead she lets kind friends take her to dances and off on motor trips. "I need the relaxation," says she. "I have to have a little enjoyment in order to go on with my work. If I were more fortunate I should have a secretary I should make a success as a writer."

"Making a success as a writer" or as anything else depends not at all on how you are placed, and entirely on what you choose to do. The joy of working is just as restful as the joy of playing—particularly when it is working at something other than your regular daily task. Relaxation lies not necessarily in resting, but more often in merely doing something different.

And if the girl who thinks she wants to be a writer really did want it—want it more than to have a good time—she probably would be a writer. But she isn't quite capable of a single-hearted purpose or of a firm determination. She excuses her desire for a little dissipation and enjoyment in terms of "needing the change and rest." A perfectly good excuse, and one she and her friends accept. And since what she really wants is a good time, that is what she gets.

People are too easily sorry for themselves. Too easily do they excuse their own weaknesses and feel very sympathetic for themselves because life is not made smooth and easy for them. They forget that most of the people who have accomplished big things in the world have done them when working in the face of tremendous difficulty.

It is opposition which increases the strong man's determination to succeed. He finds the very fight worth making. But the weakling excuses himself for failure because success would have meant a fight.

The most desperate ill health was not an insurmountable barrier to Robert Louis Stevenson; blindness did not hamper Milton. To none of the big souls in the world is any physical handicap a barrier to success. Any human being who wants anything firmly and surely and strongly enough will get it—because they will go after it and fight for it. "You get what you want," but only if you want it with a force and determination that will make you sacrifice pleasure and all the lesser inclinations for your own great purpose.

MANY ACCIDENTS BEING REPORTED

New System Showing Exactly What Is the Situation in Regard to Mishaps

The development of the system of reports of industrial accidents required by the Workmen's Compensation act is commencing to show how many accidents occur on the railroads, in the mines and in the mills, factories, stores and other establishments throughout Pennsylvania. The reporting system under the compensation act became effective on January 1 and in the first month 13,465 accidents, 129 of them fatal, were reported to the Department of Labor and Industry's bureau of statistics. In the first sixteen days of February, reports of 13,927 accidents, of which 129 were fatal, exclusive of fatalities in several mines. On some days in February 1000 accidents were reported a day, the highest number on one day being 1190. During 1915 there were only 61,540 accidents reported from the industries of the State, but that was under the old system. The first 47 days of this year there have been 221 fatalities reported. The increase in reports, which has been attributed to the requirements of the compensation law, is being carefully followed by the safety authorities of the State and studies of the causes and location of the accidents will be made with a view to recommending safeguards.

OUR DAILY RECEIPT

Apple Marmalade Wash and cut half a peck of tart apples into quarters, place in a kettle, boil until the apples are soft. Rub through a sieve and return pulp to the kettle. Put in one-third cup sugar, twenty minutes; then measure and add to each pint of the apple pulp one pint of sugar and two tablespoons of lemon juice. Cook ten minutes.

RUB BACKACHE AWAY WITH "ST. JACOBS OIL"

Rub Lumbago, Pain and Soreness from Your Lame Back--Instant Relief! Doesn't Blister--Get a Small Trial Bottle--Wonderful Liniment

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a small trial bottle of old, honest "St. Jacobs Oil" at any drug store, pour a little in your hand and rub it right on your aching back, and by the time you count fifty, the soreness and lameness is gone. Don't stay crippled! This soothing, penetrating liniment needs to be used only once. It takes the pain right out and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin. Nothing else stops lumbago, sciatica, backache or rheumatism so promptly. It never disappoints! In use for over sixty years.

OFTEN A "PINT" IS NOT A PINT

City Sealer Reel Explains How Matron Loses by Using Glass Jar APPLIES TO OIL CAN, TOO Dealer Not Entirely to Blame; Suggests Plan For Remedying Evil

How the average matron often cheats herself when buying syrup, vinegar, etc., in glass jars was pointed out to-day by City Sealer Harry D. Reel. Frequently the receptacle does not hold the amount of the commodity asked or paid for, the sealer explained, and the consumer suffers accordingly. And as a rule the storekeeper can hardly be censured because he is no more certain of the real size of the vessel he is filling than is the customer. City Sealer Reel's advice for solving the problem is simple. "If a pint is desired, use a quart jar; if a quart is to be purchased, use a two-quart jar; if two quarts are wished, use a gallon jar," is his suggestion.

When a Pint's Not a Pint

"While it is realized," said Mr. Reel, "that the jars are a great convenience, it is suggested that the consumer use receptacles that hold a greater quantity than the amount to be purchased. It should be borne in mind that these jars are 'containers,' not 'measures,' and will often vary considerably in size. Some hold more than others, although in a majority of cases a 'pint' jar will not hold a full pint, a so-called 'quart' jar falls way short of holding a quart, and so on up the scale. "What is true of the glass jar is equally true of the 'gallon' oil can. Many of these cans will not hold a full gallon.

The Solution

"As a rule," explained City Sealer Reel, "the grocer or other dealer draws the oil, molasses, vinegar, etc., by means of an automatic pump or gauge. These machines release a pint, quart, gallon or other amount for which they are set. The exact amount is drawn, and if the receptacle is too small the overflow returns to the hose-head, cask or barrel, as the case may be. "Consequently," concluded the sealer, "the dealer can scarcely be blamed, as he has no way of determining the exact quantity he is giving; but, if the container furnished would hold more than the quantity ordered, it is more than likely that the dealer would see that his measures, pumps, gauges, etc., operate properly—and draw the proper amount."

Naturalized Germans Give Valuable Assistance in Search For Spy, Lincoln

New York, Feb. 21.—The capture here Saturday night of Ignatius T. T. Lincoln, former member of the British parliament and self-styled German spy, after his escape from the custody of a United States deputy marshal in Brooklyn, January 15, was brought about through the assistance given to special agents of the government by several naturalized citizens of

A CHILD DOESN'T LAUGH AND PLAY IF CONSTIPATED

Look, Mother! Is tongue coated, breath feverish and stomach sour? "California Syrup of Figs" cures harm tender stomach, liver, bowels.



A laxative to-day saves a sick child to-morrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour. Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, poison, sour bile and fermenting waste will gently move out of the bowels and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness. Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Look carefully and see that it is made by the "California Fig Syrup Company."

German birth. It was learned authoritatively last night.

Lincoln, kept under close guard in Raymond street jail, Brooklyn, was not allowed to-day to speak with anyone, while investigators of the Department of Justice carried on a diligent search of his trunks and questioned numerous persons with whom he is known to have communicated during the interval between his escape and his arrest.

While officials of the Department of Justice and United States District Attorney Melville J. Francis, of Brooklyn, declined to divulge the information obtained from the examination of Lincoln's effects, it was learned that nothing was found to implicate others in his escape or in harboring him since then. It was said that Lincoln was planning to leave New York when arrested, but when caught he had only about \$50 in cash.

Tooth Loose? Watch out for Pyorrhea!

When you find a tooth that gives back and forth, even just a little, see your dentist at once. He will find conditions which you might overlook. He will find a gum recession, even though slight, where the gums have pulled away from the teeth. And he will tell you that you have the dread disease pyorrhea.

But Senreco does more. It cleanses the teeth delightfully. It gives them a whiteness distinctive of Senreco alone. Its flavor is entirely pleasing, and it leaves in the mouth a wonderful sense of coolness and wholesomeness. Start the Senreco treatment before pyorrhea grips you for good. Details in folder with every tube. A two-ounce tube for 25c is sufficient for 6 weeks' daily treatment. Get Senreco of your druggist today; or send 4c in stamps or coin for sample tube and folder. Address The Sentinal Remedies Company 503 Union Central Building, Cincinnati, Ohio.

from Oven to Table. RUHL'S BREAD Quality in every loaf. Bell Phone brings wagon. RUHL'S PENBROOK BAKERY

Workman's Compensation Act Blanks We are prepared to ship promptly any or all of the blanks made necessary by the Workmen's Compensation Act which took effect January 1. Let us hear from you promptly as the law requires that you should now have these blanks in your possession. The Telegraph Printing Co. Printing—Blinding—Designing—Photo Engraving HARRISBURG, PA.

Clip This Coupon NOW! Free! Free! Free! SWEETHEART COUPON Present this Coupon to your grocer before Feb. 25 and receive one full-size cake of SWEETHEART Toilet Soap absolutely free. This offer is limited to one coupon to a family and the correct name and address of the party receiving this soap must be signed in full to the following: I hereby certify that I have received one cake of SWEETHEART SOAP Free of all cost. Name Address To the Grocer: Tear off the top end of the carton (the part with the "S" in the diamond.) This coupon (with box top attached) is redeemable at full retail price, providing all of above conditions have been fully complied with, either through your jobber or direct. Any violation of the above conditions renders this coupon VOID. HARRISBURG TELEGRAPH, FEB. 21, 1916. MANHATTAN SOAP COMPANY NEW YORK CITY