

Reading for Women and all the Family

Little Talks by Beatrice Fairfax

The best way to fail is to think you are going to—imagine yourself unsuccessful—to worry!

Worry is lost energy. It travels, but it never arrives anywhere at all. It cannot keep Monday from coming after Sunday—but it will waste Sunday in agitating itself over that fact.

Concentrate your mind on your headache or the pain in your tooth or the throbbing of your cut finger and see how pitilessly your suffering will perform to order. Agitate yourself over how you are going to meet the payment on your victrola, and whatever tune it plays, you will hear "I owe \$16." How am I going to get it before Tuesday? Owe! Debt! Worry!

Worry is completely destructive. A glad heart truly goes the whole day long, while the sad one tires in a mile. Worry never acts as a tonic. Instead, it conducts itself like a sleeping potion.

Helen Olson forged from an \$8 a week "job" to a \$35 "position," the end of ten years in the business world. From clerk in the bargain basement to ribbon buyer.

"I don't know how Helen does it," one of the other girls told me. "She's the most light-hearted girl you ever knew. Never takes anything seriously, never gets nervous or flurried, or seems to realize how much depends on her."

"Doesn't she take any interest in the work?" I asked.

"Interest? Oh, yes, but she never settles down to the seriousness of it—doesn't seem to worry about her responsibility. Why, I remember once, when the Christmas rush was on, and we used to have to stay until 10 or 11 at night and be back at 8.30 in the morning, a terrible blizzard came up. Helen lived way out in Westchester, and it didn't look to me as if she'd get home much before 1 in the morning. I spoke to her about it around 9 o'clock. And what do you think she answered? 'All right, Mary, it may take me an hour to travel home, or even a couple of them, but I'm not going to start my floundering through snow-drifts right here in the store.' You can just see she didn't have much sense of responsibility, can you?"

What I can "just see" is that Helen Olson didn't let her imagination run away with her.

Have you ever waked up in the middle of the night, heard a creaking board and manufactured yourself out of it a burglar—armed, ready to slay? Two hours of cold chills, horror, agony, sleeplessness—and all because you let your imagination run away with you.

That's what worry does—it spurs imagination and lets it run away with you.

Worry never gets up and "hustles" it never does one constructive thing about arranging a better state of affairs than the one it is torment-

Bringing Up Father



Copyright, 1918, International News Service

By McManus

ing itself about; it never inaugurates a finely destructive policy about chopping down the woods that may hold robbers and thieves—it just runs about like a frantic squirrel in a cage.

"For all the troubles under the sun there is a cure—or there is none; if there is one, try to find it; if there is none, never mind it."

There is the whole anti-worry policy in a neat and meaty little nutshell.

Left-Over Potatoes

There is no other vegetable for which there are so many delightful uses as for potato. It combines well with other materials or it can be used all by itself. Surely you are not failing to make use of this versatile vegetable.

Stewed Potatoes
Cut cold baked or boiled potatoes into dice, put into a stew pan with salt, a tiny bit of onion minced fine, and milk enough to half cover the potatoes. Set on the back of the stove and stew slowly, stirring with a fork occasionally until all the milk is taken up. Season with fat and pepper and serve.

Scallop of Potatoes and Cheese
Cut cold boiled potatoes into dice. When ready to use season them well with salt, pepper, and melted fat. In a greased baking dish arrange alternate layers of potatoes, grated

cheese, and white sauce (medium), having sauce on top. Heat in the oven and serve.

Potato Peanut Loaf
1 pint mashed potato,
1 cup ground peanuts or 1-2 cup peanut butter,
2 teaspoons salt,
1-2 teaspoon pepper,
1-2 cup milk,
2 tablespoons fat,
2 eggs.

Beat the entire mixture together and place in greased baking dish; set in a second pan containing hot water and bake in the oven until firm. Serve with tomato sauce.

Potato Pudding
1-4 cups mashed potatoes,
4 tablespoons fat,
2 eggs well beaten,
1-2 cup milk,
1-4 teaspoon salt,
1-2 lemon (juice and rind.)
1 tablespoon sugar,
1-2 cup raisins and nut meats.

Add to the mashed potatoes the fat, eggs, milk, lemon juice, grated peel and sugar. Beat all ingredients together and bake in greased dish 3-4 hour or longer. Serve with top milk.

Potato Puffs
2 cups mashed potato,
2 eggs,
1-2 cup grated cheese,
1-2 cup milk,
1 teaspoon salt.

Add the milk to the potato and beat until thoroughly blended. Add the beaten egg and salt, gradually adding the grated cheese. Bake in greased tins or ramekins in a slow oven.

"Outwitting the Hun"

By Lieutenant Pat O'Brien

(Copyright, 1918, by Pat Alva O'Brien.)



Dinner came at 5.30 p. m., when we sometimes had a little jam made out of sugarbeets, and a preparation called tea, which you had to shake vigorously or it settled in the bottom of the cup, and then about all you had was hot water. This "tea" was a sad blow to the Englishman. If it hadn't been called tea they wouldn't have felt so badly about it, perhaps, but it was adding insult to injury to call that stuff "tea," which with them is almost a national institution.

Sometimes with this meal they gave us butter instead of jam, and once in a while we had some kind of canned meat.

This comprised the usual run of staples for the day—I can eat more than that for breakfast! In the days that were to come I learned that I was to fare considerably worse.

We were allowed to send out and buy a few things, but as most of the prisoners were without funds this was but an empty privilege. Once I took advantage of the privilege to send my shoes to a Belgian shoemaker to be half-soled. They charged me 20 marks—\$5!

Once in a while a Belgian Ladies' Relief Society visited the prison and brought us a handkerchief, American soap—which sells at about \$1.50 a bar in Belgium—tooth brushes and other little articles, all of which were American made, but whether they were supplied by the American Relief Committee or not I don't

know. At any rate these gifts were mighty useful and were very much appreciated.

One day I offered a button off my uniform to one of these Belgian ladies as a souvenir, but a German guard saw me and I was never allowed to go near the visitors afterwards.

The sanitary conditions in this prison camp were excellent as a general proposition. One night, however, I discovered that I had been captured by "cooties."

This was a novel experience to me and one that I would have been very willing to have missed, because in the Flying Corps our aerodromes are a number of miles back of the lines and we have good billets and our acquaintance with such things as "cooties" and other unwelcome visitors is very limited.

When I discovered my condition I made a holler and roused up the prisoners and right then I got another example of German efficiency.

This guard seemed to be even more perturbed about my complaint than I myself, evidently fearing that he would be blamed for my condition.

The commandant was summoned and I could see that he was very angry. Someone undoubtedly got a severe reprimand for it.

I was taken out of my cell by a guard with a rifle and conducted about a quarter of a mile from the prison to an old factory building which had been converted into an elaborate fumigating plant. There I was given a pickle bath in some kind of solution and while I was absorbing it my clothes, bedclothes and whatever else had been in my cell was being put through another fumigating process.

While I was waiting for my things to dry—it took perhaps half an hour—I had a chance to observe about one hundred other victims of "cooties"—German soldiers who had become infested in the trenches. We were all nude, of course, but apparently it was not difficult for them to recognize me as a foreigner even without my uniform on, for none of them made any attempt to talk to me, although they were very busy talking about me.

I could not understand what they were saying, but I know I was the butt of most of their jokes and they made no effort to conceal the fact that I was the subject of conversation.

When I got back to my cell I found that it had been thoroughly fumigated and from that time on I had no further trouble with "cooties" or other visitors of the same kind.

As we were not allowed to write anything but prison cards writing was out of the question; and as we had no reading matter to speak of, reading was nil. We had nothing to do to pass away the time, so consequently cards became our only diversion, for we did, fortunately, have some of these.

Daily Lottery
There wasn't very much money, as a rule, in circulation, and I think for once in my life I held most of that, not due to any particular ability on my part in the game, but I happened to have several hundred francs in my pockets when shot down. But we held a lottery that was watched pretty quite sure in intense interest as that. The drawing was always held the day before to determine who was the lucky man. There was as much speculation as to who would win the prize as if it had been the finest treasure in the world. The great prize was one-third of a loaf of bread.

Through some arrangement, which I never quite figured out, it happened that among the eight or ten officers who were there with me, there was always one-third of a loaf of bread over. There was just one way of getting that bread, and that was to draw lots. Consequently that was what started the lottery.

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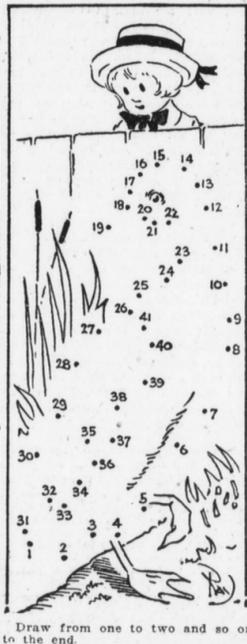
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Daily Dot Puzzle



Draw from one to two and so on to the end.

Premier Tells Commons

MAN-POWER BILL MUST PASS
By Associated Press
Ottawa, April 17.—David Lloyd George, the British premier, announced in the House of Commons last night that the passage of the man-power bill is imperative, as Germany has just called up a further half million men to the colors, says a Reuter dispatch received from London.

NO ADVANCE IN PRICE
PNEUMONIA
First call a physician. Then begin hot applications of—
VICK'S VAPORUB
Keep a Little Body-Guard in Your Home
25c—50c—\$1.00

Ice And Food

THE ice you use is often put into direct contact with much of the food you eat.

Alspure Ice

is made from water that has been filtered, boiled, reboiled, skimmed and again filtered.

United Ice & Coal Co.
Forster & Cowden Sts.
"Wagons on every street"

ONE PINT
MAZOLA
REG. U.S. PAT. OFF.
A PURE SALAD AND COOKING OIL
CORN PRODUCTS REFINING CO.
GEN'L OFFICES NEW YORK, U.S.A.

BREAKFAST MUFFINS
2 cups flour
4 level teaspoons baking powder
1 teaspoon salt
1 tablespoon sugar
1 egg
1 cup milk
1 full tablespoon Mazola

Sift dry ingredients together, being sure they are thoroughly mixed. Beat the egg, add it to the milk and "run into the bowl" containing the dry ingredients. Add the Mazola; "d cut all together very quickly. Do not beat. Turn into muffin pans greased with Mazola, and bake in a moderately hot oven about 25 minutes.

Daily Fashion Hint

Prepared Especially For This Newspaper



THE SLEEVELESS JUMPER.
One of the dominant modes of the moment is the sleeveless jumper, designed to be worn with separate skirts or costumes. This model in figured silk bound with braid is exceedingly smart. Below the belt it has a pointed peplum lined with white satin to match the skirt. The jumper fastens over the shoulders with narrow straps. Medium size requires 3 yards figured silk and 3 yards 40-inch satin for the skirt.
Pictorial Review Jumper No. 7703. Sizes, 32 to 42 inches bust. Price, 15 cents. Skirt No. 7702. Sizes, 24 to 32 inches waist. Price, 20 cents.

SCHOOL OF COMMERCE
AND
HARRISBURG BUSINESS COLLEGE
Troup Building, 15 S. Market St.
Bell phone 4551 Dial 4208
Bookkeeping, Shorthand, Stenotype, Typewriting, Civil Service.
If you want to secure a good position in the office, get a thorough training in a Standard school of Established Repute. Day and Night School. Enter any Monday.
Fully accredited by the National Association.

The Celebrated McDougall Kitchen Cabinet

The Best and Most Complete Cabinet
Removes a Lot of Kitchen Drudgery
Makes Work Easier and Life Happier

A car load of these cabinets just received last week. We have a special sale of them at a specially low price for a short time only. They are selling rapidly. Better be among the early buyers and get one of the best cabinets you ever saw.

Sold on Club Plan \$1.00 per Week

Pictures
Your spring house-cleaning may develop the need of a picture. Do not forget that this store is the mecca for art lovers, when the question of pictures is involved. Pictures from .25c to \$50.00

Bed Room Suits
Our display of complete suits is at its best. When you consider that we pay a lot of particular attention to complete room furnishing, you will understand that this ought to mean something.

Dining Room Suits
We invite your attention to our line of Living Room Suits. All the different period designs on our floors at prices that defy competition. Must be seen to appreciate.

Our store is situated in the North Third Street business section, with moderate expenses, but one of the largest furniture stores in Central Pennsylvania. Our display of goods and our prices are always attractive.

Cash if Convenient
Credit if Desirable
Brown & Co., 1217 N. 3rd St.
The Big Up-town Home Furnishers

When Economy Means Better Cooking!

Women who use Mazola—the oil from Corn—are improving flavor of family meals

THE need for a pure oil from an edible, vegetable source for cooking and salad dressings, was responsible for Mazola.

And today the home cooks who use this carefully and scientifically prepared product of Indian Corn have found the secret of the most savory, the most wholesome fried and sautéed dishes and pastry, the smoothest salad dressings.

Mazola can be used and used again until every drop is gone, as it does not carry taste or odor from one food to another. It is a cooking medium that perfectly meets the demands of the thrifty housewife—**quality and economy.**

For sale in pints, quarts, half gallons and gallons. For greater economy buy the large sizes.

There is a valuable Cook Book for Mazola users. It shows you how to fry, sauté, make dressings and sauces more delicious, make light digestible pastry. Should be in every home. Send for it or ask your grocer. **FREE.**

Corn Products Refining Company, P. O. Box 161, New York
Selling Representative—National Starch Co., 135 South 2nd St., Philadelphia, Pa.