VANISHING TYPES OF FEMININITY The Design Can Be Changed in By DOROTHY DIX



your baby needs to make his little body plump, his cheeks rosy and his eyes bright. Pure cows' milk is

nis eyes oright. Pure cows mink is to haise—but cows' milk so changed and modified, and with baby needs added, that your little baby can digest it just as easily as mother's milk. Add cold water and boil, and you

have a Food your baby will thrive on.

have a Food your baby will thrive on.
Cows' milk alone will not do for
your baby. It is dangerously full of
germs which may carry disease to
your baby. There are only eight
clean dairies in a hundred, in this
country. And, besides, cows' milk
is too heavy and indigestible for
your baby's delicate stomach. Nature
made cows' milk for calves, not for
your delicate little baby,

month for next winter.

considering.

rushed with orders.

Forster & Cowden

she can reduce the cost of living.

baby's strength

Give him the right food.

Let us send you a big box of Nestle's—enough for twelve feedings—and our Book on the care of Babies, We will send you also our new "Better Babies" Chart. Measure your baby by this chart and see how near he comes to being a perfect baby. Send the coupon today. Your baby's health depends on his food.

NESTLÉ'S FOOD COMPANY Woolworth Bldg. New Yor

Please send me, FREE, your book and trial package.

New York

More babies die as a result of the wrong food than from any other cause, and it is so unnecessary. When your milk fails and you find you can't nurse your baby, give

Build up your

him the food on which three generations of

boys and girls have grown healthy and strong-

Nestlés Food

50 Cents Per Ton

is what you save on the coal you order this

Every thrifty housekeeper figures how

If you use 10 tons of coal during the winter you save \$5.00. This certainly is worth

Besides you get better coal now than you do later in the year when the mines are so

We are very careful of telephone orders.

United Ice & Coal Co.

ALSO STEELTON, PA.

By DOROTHY DIX

One of the most whose young girl whose young girl whose young about the feminist is sellminated to the certain types of the cortain types of

RETURNED FROM CALIFORNIA Special to Ine Telegraph

Waynesboro, Pa., April 2.—L. C. Ingels, a resident of this place for many years and for the past eighteen months of Los Angeles, Cal., has returned to Waynesboro. Three of Mr.

Special to The Telegraph Special to The Telegraph
Waynesboro, Pa., April 2.—John
M. Cline, Chambersburg, while operating a planer in the Chambersburg
Engineering Company's plant, got
caught in the machine and had both
his legs broken, his hands and body
badly lacerated.

A Hint for **Coming Maternity**



In a little book designed for expectant mothers more complete instruction is given in the use of "Mother's Friend." This is an external embrocation applied to the abdominal muscles for the purpose of reducing the strain on ligaments, cords and tendons.

In thus bringing relief and avoiding

of-reducing the strain on ligaments, cords and tendons.

In thus bringing relief and avoiding pain great good is accomplished. It serves to ease the mind, indirectly has a most beneficial effect upon the nervous system and thousands of women have delightedly told how they were free of nausea, had no morning sickness and went through the ordeal with most remarkable success. "Mother's Friend" has been growing in popular favor for more than forty years. In almost every community are grandmothers who used it themselves, their daughters have used it and they certainly must know what a blessing it is when they recommend it so warmly. Strictly an external application it has no other effect than to ease the muscles, cords, tendons and ligaments involved hence is perfectly safe to use by all women. It is used very successfully to prevent caking of breasts.

"Mother's Friend" is prepared in the laboratory of Bradfield Regulator Co., 404 Lamar Bidg., Atlanta, Ga.

Dandruffy Heads **Become Hairless**

Scalp Dries-Chokes out the Hair And Prevents Its Growth

If you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't.

It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp an rub it in gently with the finger tips.

By morning, most if nc all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy, every single sign and trace of it.

You will find, too, that all itching and digging of the scalp will stop, and your hair will be silky futffy, lustrous, soft and look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and four ounces is all you will need, no matter how much dandruff you have. This simple remedy never fails.—Advertisement.

Several Quite Different



8229 Semi-Princesse Dress for Misses and Small Women, 16 and 18 years.

WITH STRAIGHT SKIRT WITH OR WITHOUT FRILLS, WITH OR WITHOUT COLLAR, WITH SLEEVES FINISHED WITH CIRCULAR CUFFS, FRILLS OR OVER-FACINGS.

months of Los Angeles, Cal., has returned to Waynesboro. Three of Mr. Ingel's children accompanied him. Mrs. Ingels and the other six children will return to Waynesboro May 1.

MRS. FOX SERIOUSLY ILL

Special to The Telegraph

Hershey, Pa., April 2.—Mrs. 'Harriet Fox, the oldest resident of this place, is seriously ill at her home. Mrs. Fox is a native of Manheim, but has resided in this community since 1834. She is 92 years of age and resides with her granddaughter, Miss Carrie Letterman.

PRIZE WINNIING HENS

Special to The Telegraph

Waynesboro. Pa., April 2.—George S. Bareis, South Potomac avenue, has believes are prize winners when it comes to laying. They lay from 18 to 22 eggs per day. During February they laid 360 eggs, while during the month of March they laid 489 eggs.

CAUGHT IN MACHINERY

Special to The Telegraph

FIGULIAR CUFFS, FRILLS OR OVER.

FACINGS.

The collar that stands out away from the neck is one of the very latest, most dashionable fancies. Here is a dress that can be finished in that way or with a little frill at the neck edge. It is exceptionally smart whichever is chosen. In the picture, it is made of taffeta, an'. taffeta not alone is in the height of style but also is one of the best materials for frills and tuffies; but, nevertheless, the frock in made from almost any 'ashionable mactive, it is made of taffeta, an'. taffeta not alone is in the height of style but also is one of the best materials for frills and tuffies; but, nevertheless, the frock in made from almost any 'ashionable fancies. Here is a dress that can be finished in that way or with a little frill at the neck edge. It is exceptionally smart whichever is chosen. In the picture, it is made of taffeta, an'. taffeta not alone is in the height of style but also is one of the best materials for frills and treated in two or three such is first two results and treated in two or three

model.

For the 16 year size, the dress will require 6½ yds. of material 27, 4½ yds. 36, 3¾ yds. 44 in: wide; or 1½ yds. of flouncing 37 in. wide with 1 yd. of all-over 44 to make as shown in the small view. The width of the skirt at the lower edge is 1 yd. and 16 in.

The pattern 8220 is cut in sizes for 16 and 18 years. 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

mes the Stiff Hat for the Hair roubles of Men—Complete Baldness in Women Com-



HAIR PROBLEMS OF MIDDLE AGE -PART III.

The explanation of the hair structure given in a previous lesson shows the dependence of the hair on the nourishment provided by the blood. Any condition of ill health that interrupts or depletes this supply means thinning, failing or breaking hair. As a rule good health means good, normal hair and ill health the reverse.

There are exceptions to this rule for there are local and peculiar conditions that sometimes govern the growth of the hair. The oil supplied by the sebaceous glands is a strong factor in hair health; if this supply is interrupted, the hair becomes harsh, dull and inclined to break; if it is over-abundant, the scalp becomes oily, the pores close and dandruff of a peculiarly unpleasant form is apt to result.

Why Men Are Bald.

Why Men Are Bald.

A thin, tight scalp means thin, impovershed hair. Luxuriant, glossy hair grows from a fat, loose scalp for the reason that this cushion of flesh provides room for a plentiful amount of blood vessels and oil glands. A tight scalp, that is one that adheres to the skull, is an abnormal condition that should be remedied by massage and friction as soon as it is perceived, for it is a symptom of approaching baldness.

You will note this condition on most baldheaded men. When the scalp is very tight and shiny it is generally an indication that the hair follicles are completely atrophied and that there is little chance that hair will ever again grow from them.



fresh pure beneficial dainty inside. So give constant and delicious aid to

your teeth, digestion, breath and FLAVOR appetite with the gum with the "Seal of Purity."

BUY IT BY THE BOX

for 85 cents at most dealers. Each box contains twenty 5 cent packages. They stay fresh until used.

Chew it after every meal

Be SURE it's elean, pure, healthful WRIGLEY'S.

Look for the spear.

wn & Co. Enlarges the North Third Street Store own & Co. located at No. 1217 hird Street, one of the enter-Brown & Co. Enlarges the

Brown & Co. located at No. 1217 N. Third Street, one of the enterprising and progressive business firms of the city, after five years of successful and steadily increasing business, have found, it necessary to enlarge their store, and practically upon their fifth anniversary have taken over the entire second and third floors of the large adjoining building, No. 1219 N. 3rd street. This firm, the proprietors of which are W. H. Brown and R. D. Beman, was established five years ago and by business methods that have won confidence, this store has come to the front as one of the prominent business concerns of the city. Third Street, one of the enter-

prominent business concerns of the city.

This is the second large addition to its ficor space which the firm has been colliged to make since it commenced business, and it will place the concern in the front ranks of the large furniture and house furnishing concerns of Central Pennsylvania. The firm is located in the center of the uptown business district, and while catering principally to uptown trade it has a large business in all parts of the city and throughout the surrounding towns.

and throughout the surrounding towns.

With the recent enlargement of its floor space the firm is handling a larger stock of all grades of furniture than it has ever handled before. Part of the new space will be devoted exclusively to high-grade furniture, while at the same time additional room is provided for the lower-priced lines. The entire store has been repapered and otherwise improved, and presents an attractive appearance.

Recent Deaths in Central Pennsylvania

Halifax.—Mrs. J. C. Marsh, one of the most highly respected residents of this place, died Wednesday morning at her home after more than a year's illness. She was 68 years old and is survived by her husband and one daughter, Mrs. Bertha Rohrbach, at home, and several brothers and a sister. The funeral will be held on Saturday afternocn, with services by the Rev. C. A. Funk, of the United Brethren Church, and the Rev. C. B. Felton, of the Methodist Episcopal Church. Burial will be made in the Methodist Cemetery.

of the methodist Episcopal Church, this cushion of flesh provides and oil glands. A tight scalp, one that adheres to the skull, is formal condition that should be it by massage and friction as soon perceived, for it is a symptom of hing baldness.

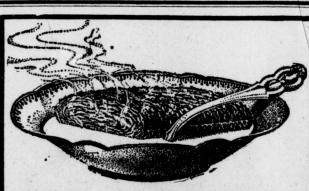
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fer, and was attacked by dogs an was so badly crippled it had to b killed.

POSTAL RECEIPTS INCREASE Special to The Telegraph

Special to The Telegraph

Selinsgrove, Pa., April 2.—Forest and Game Wardens Elder and Middlesworth rescued a 2-year-old buck which had wandered from the mountains to Swift Run Valley, near Ben-



The wise man of business leaves the management of his home to his real "General Manager"—the wife who knows the daily needs of the family. The housewife who knows

SHREDDED WHEAT

has already solved the servant problem and the problem of the high cost of living. With Shredded Wheat Biscuit in the house it is so easy to prepare in a few moments a deliciously nourishing and wholesome meal in combination with baked apples or sliced bananas.

we caredded Wheat Biacuits (heated in the even to restore crispasss) caten with hot milk or cream, will supply all the nutriment needed for a half day's work. Deliciously wholesome with baked apples, stewed prunes-sliced bananas or other fruits.

The Shredded Wheat Company, Niagara Falls, N. Y.

Sunday Schools' Rousing Parade For Temperance Movement FRIDAY EVENING, APRIL 3rd, 1914 Start at 7.00 P. M. at Front and Market Streets

Division 1. Hill Section, all schools east of the railroad.

Form on Chestnut street, right resting on Front street.

Boy Scouts, brigades, etc., from city.

Form on North street.

Division 3. Schools south of Market street, and from Steelton.

Form on Pine street.

Division 4. Delegations from out of town. Form on Locust street.

Division 6. All schools north of Market street. Form on State street.

Cutting Down the Heating Cost value. Fuel that possesses the most heat units will give the desired result with the least possible consumption. You can't cut your coal bill

expense by using less coal. Our coal is the cheapest because it goes the J. B. MONTGOMERY

Main Offices: 3rd and Chestnut Sts. Both Phones.

by cheaper prices-they are uniform, but you can reduce your heating