

Your "Batting Average"

can't be kept up on foods that are deficient in muscle-making material, that heavily tax the digestive organs.

SHREDDED WHEAT

will keep the body at top-notch efficiency for work or play. It is what you digest, not what you eat, that supplies strength for body and mind.

Always heat the Biscuit in oven to restore crispness then pour over it milk or cream, adding salt or sugar to suit the taste.

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

THE LAST MARCH

By FREDERICK PALMER

[Continued] "I beg your pardon, I forgot!" he explained in his old man's voice, his head sinking, his shoulders drooping in the humility of a servant who recognizes that he has been properly rebuked for presumption.

Jaws dropped and eyes bulged, for above the sounds of the struggle, rose from the distance the unmistakable crackling of rifle fire which, as they listened, spread and increased in volume.

"Go on--on to the end of the oath! It will take only a moment," said Marta resolutely. "It isn't much, but it's the best we can do!"

[To Be Continued] A JOINT RESOLUTION. Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met, That the following amendments to the Constitution of Pennsylvania be, and the same is hereby proposed, in accordance with the provisions of article XVIII of the Constitution.

Identifying each one of the faithful with a glance, "have so many brothers and sisters that they hardly be missed from the flock. Others have no homes--at least not much of a one"--here her temper rose again--

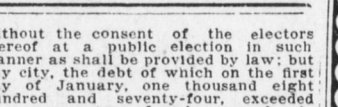
"My seven disciples--seven!" exclaimed Marta as she counted them. "And you need not sit on the regular seats, but around me on the platform. It will be more intimate."

without the consent of the electors thereof, at a public election in such manner as shall be provided by law; but any city, the debt of which on the first day of January, one thousand, eight hundred and seventy-four, exceeded seven per centum of such assessed valuation, and has not since that time reduced to less than such per centum, may be authorized by law to increase the same three per centum in excess of seven per centum in the aggregate, at any one time, upon such valuation.

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Great School-Time Specials in BOYS' WEAR

- Great sale of Boys' suits, with two pairs of knickers, which insure double wear, in browns, grays and mixtures in good durable materials, at \$4.95 and up to \$10.00. Good wearing well-tailored latest style suits that your boy will take a pride in wearing, all latest materials in gray, tan, brown and fancy mixtures, new Balkan, norfolk and patch pocket styles.



Children's Wear

- CHILDREN'S SWEATERS--High neck, roll and shawl collars in navy, garnet, white, Copenhagen and Gray. Sizes 1 to 6 years. Prices are 98c, \$1.25, \$1.50, \$1.98 and \$2.25. GIRLS' SCHOOL DRESSES--Pretty dark materials in the new plaids and checks. Very serviceable for school wear.

MANY NEW FEATURES FOR CARLISLE FAIR. Midway Has Been Greatly Enlarged and Largest Race List in Years Scheduled.

For Indigestion and Biliousness. Beecham's Pills. Let this wonderful remedy tone your stomach, stimulate your liver and kidneys, regulate your bowels and you will feel improved throughout your entire system.

Law Should Stop Sale of Elastic and Spring Trusses. Such Misery-Causing Makeshifts Are the Ruptured Man's Worst Enemies.

Clute's Automatic Massage Truss. Only thing good enough to stand up to for a long and thorough test. That's our guaranteed rupture holder.

ROBERT MCAFEE, Secretary of the Commonwealth. Proposed amendments to the Constitution of Pennsylvania regarding the debt of cities and counties, public improvements, and the cancellation of indebtedness.