

### A Youngster at Fifty

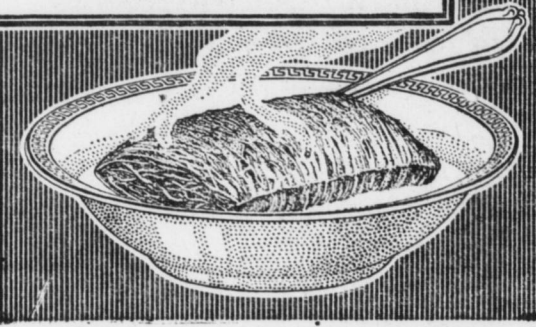
The man who wants to be young at fifty must stop digging his grave with his teeth. He must cut out the "high-proteid diet" and eat cereals, fruits and fresh vegetables instead of heavy meats.

### Shredded Wheat

contains the greatest amount of tissue-building, strength-giving material prepared in a digestible form—the maximum of nutriment at lowest cost. Keeps the brain clear, the muscles strong and supple and the bowels healthy and active.

Two Shredded Wheat Biscuits, heated in the oven to restore crispness, served with hot milk or cream, make a complete, nourishing, satisfying meal at a total cost of five or six cents. Also delicious with fruits. TRISCUIT is the Shredded Wheat Wafer, eaten as a toast with butter or soft cheese, or as a substitute for white flour bread or crackers.

Made only by The Shredded Wheat Company, Niagara Falls, N. Y.



### Recent Deaths in Central Pennsylvania

Sunbury.—Mrs. L. M. Corbin, aged 65, died at the home of her son, T. J. Corbin, of a complication of diseases after a long illness. Salisbury.—Miss Jane Black, 86 years old, died yesterday. Marietta.—Alexander Millner, 76 years old, a veteran of the Civil War, who served with distinction, died today at the home of Mrs. Kirsner, at Lancaster, from the infirmities of age. He is the last of his family. Quarryville.—Richard Suter, 76 years old, died yesterday after a long illness. He was a veteran of the Civil War and was the last old-time lime burner in this section. One son survives. Waynesboro.—William N. Sientz, a well-known resident of Waynesboro, died yesterday of asthma, aged 73. He had been ill since Thanksgiving Day. Dillsburg.—The funeral of Mrs. Da-

vid Chronister, who died on Sunday, aged 68, was held on Wednesday. Services were conducted in the Ber-mudian Lutheran Church by the Rev. Paul Gladfetter.

### HIG CLASS GRADUATED

Special to The Telegraph East Lampeter, Pa., April 15.—The largest class in the history of the East Lampeter high school was graduated yesterday—nine boys and nine girls. Rebecca M. Leaman was the valedictorian and Helen Umbler the salutatorian. The orator for the occasion was Dr. M. J. Klein, of the Franklin and Marshall College.

### PENNSYLVANIA POSTMASTERS

Washington, D. C., April 15.—J. R. McClure was named today by President Wilson as postmaster at Dillsburg, Josiah Cole at Slatington and Walter M. Clevenshine at Spring City. Eliza B. Craig was named to the post office at Limestone, Clarion county.

### STUDENTS LEARN OF EXTENSION COURSES

University of Pennsylvania Instructor Addresses Central High Boys and Girls

### TRIBUTE TO PROF. STEELE

Explains How Branch Brings University to Doors of City's Ambitious Youth

The work and purpose of the Harrisburg Extension School of the University of Pennsylvania was described in detail to the students of the Central high school today by Wendell P. Raine, instructor in commercial law in the Wharton school of the University.

Mr. Raine paid a high tribute to the late Professor W. S. Steele, the Central principal, who recently died, saying that he was largely responsible for the establishing of the Harrisburg extension. Mr. Raine said of Mr. Steele:

"To your late principal must be given much credit for the successful establishment of the school. When I first called on Professor Steele and told him the purpose of my mission his eyes shone with enthusiasm and from that moment I never had another doubt as to the successful launching of the Harrisburg extension school. You must remember, if any of you become students at this school, that he had part in giving you your opportunity. I wish also that you were to have him as your quizmaster in business law but that privilege is denied you. His long years of pedagogic training and his long knowledge made him the logical choice for that position, and you know from the students who worked with him last Fall that our choice was well made. The extension school has lost a strong man."

Work of Extension School Mr. Raine said that among others who are aiding the Harrisburg extension school are Dr. Samuel S. Shope, C. Harry Kain and Dr. Thomas Lynch Montgomery. Speaking of the work of the extension school Mr. Raine said:

"Now what is it that these men, Professor Steele and others, have brought to Harrisburg for you? What is this extension school? What is it that you are to get out of it?"

"First of all, let me impress upon you that that the extension school is just as much a part of the University of Pennsylvania as is the evening school at the University buildings in Philadelphia. There come here to Harrisburg the same professors that are giving the courses in Philadelphia and for the most part the same quiz-masters. You participate as students of the University. You become their members of that University and you receive a certificate from that University just as you would if you were to take the night work in Philadelphia instead of Harrisburg. The University claims you and honors you as its own."

"What are the courses you receive? The University Bulletin shows you that plainly. But I shall run through the courses in the order in which they are listed. Commercial law, my own subject; accounting, money and banking, corporation finance, governmental regulation of business, selling and advertising, industrial management and cost accounting, real estate, insurance and investments."

"You pay a yearly fee of fifty dollars. You receive instruction four nights of every week from October until June; you receive certificates after you have completed these subjects—after a period of three years."

"The University is brought right to your very door. For those of you who plan, immediately upon the completion of your school course, to take a position there is still opportunity for you to continue your studies and to continue those studies along practical, scientific lines. Study with us because you have a position and want to fill yourself the better for that position with the practical business knowledge and training we give you; or you take the course to prepare yourself for a position in the future. In either case the University of Pennsylvania is serving you. It will continue to serve you students of Harrisburg so long as you wish it."

In conclusion Mr. Raine gave a brief resume of the courses you can take in the Harrisburg extension school. Mr. Raine announced that a complete description of the courses can be had by applying at the Central high school, and at the Chamber of Commerce headquarters in the Kunkel building.

### Fifty Hurt When Car on Elevated Leaves Rails

By Associated Press New York, April 15.—Two women and a man were seriously injured and about fifty persons hurt in a panic of passengers aboard a Third Avenue elevated train at Chatham Square today. The panic resulted from the derailment of one car of a train which failed to take a switch. A short circuit caused a small fire which added to the fears of the passengers. Men and women, wedged tight in the cars fought to reach the elevated structure, where they walked along the ties to the station, turned into a temporary hospital to care for the injured.

### CAKE WITHOUT EGGS

One cup sugar, one cup sour milk, one teaspoon baking powder, one teaspoon soda, three tablespoons of lard, and one tablespoon corn starch, and flavoring. I use either raisins chopped fine or nut goodies. Make small sample to try this recipe and see if you like it.—Farm Life.

### TRANSPLANTING TOMATOES

When setting out tomato plants in the garden if they are put down half their length in the soil, they will make a much better growth than if only the roots are put in.—Farm Life.

### MOTHER TELLS HOW VINOL

Made Her Delicate Boy Strong New York City.—"My little boy was in a very weak, delicate condition as a result of gastritis and the measles and there seemed no hope of saving him. The doctor prescribed cod liver oil but he could not take it. I decided to try Vinol—and with splendid results. It seemed to agree with him so that now he is a strong healthy boy."—Mrs. THOMAS FITZGERALD, 1090 Park Ave., N. Y. City.

We guarantee Vinol, our delicious cod liver and iron tonic, for run-down condition, chronic coughs, colds and bronchitis. George A. Gorgas, druggist; Kennedy's Medicine Store, 321 Market street; C. F. Kramer, Third and Broad streets; Kitzmiller's Pharmacy, 1325 Derry street, Harrisburg, Pa., and at leading drug stores everywhere.—Advertisement.



## One Day Sale of Millinery At Astrich's This Friday

### Most Extraordinary Sale of the Season

The pick and choice of our stock has been selected for this sale—the sole purpose which is to bring many new customers to this store—and to convince them that this is HARRISBURG'S BIG MILLINERY STORE! Unlike any other store—at which only certain articles are sold special—we offer at this sale only the most wanted hats and trimmings.

### The Prices Advertised Are For This Friday Only

All advertised goods will have SPECIAL GREEN PRICE CARDS. SALE STARTS AT 9 O'CLOCK. Newest Styles, Largest Assortment, Only Best Reliable and Fresh Merchandise

Children's and Misses' White Milan and Hemp Hats, in all colors, \$2.00 value; Friday only

74c



### Best Quality Hemp Hats

All the LARGE SAILORS, POKE HATS, MUSHROOM HATS, PLENTY OF BLACK. Over 25 shapes, also sand color, Belgian blue, brown, burnt, and white. These hats are worth \$1.50 to \$2.00. This Friday only.....

93c



### Highest Class Hemp Hats

Including Milan Hemps showing all the newest large broad brimmed London Sailors. A wonderful complete assortment to select from. Actual values \$2.50 to \$3.00. This Friday only.....

\$1.48

### Newest Novelty Hemp Hats

Most exclusive shapes which cannot be bought at other stores for less than \$3.00 to \$4.00, including fancy crown. The popular poke hats, handmade tubular braid hats and many other novelty shapes; Friday only

\$1.79



### Mannish Panamas

Creased center, genuine Adumba, value \$8.00; large headsize; Friday

\$3.88

### Newest Large Leghorn Hats

Actual Value \$4.00 Friday, \$1.88

### Newest Panama Hats

Actual values \$3.00 and \$3.50. All the latest shapes. Save money by buying now. Friday.....

\$1.66



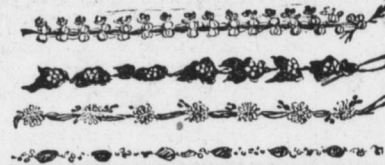
### Hemp Hats

Large, small and medium, Sailors and all shapes, Friday

73c

## Flowers and Millinery Trimmings at Friday's Special Prices

Hats trimmed free if all goods are bought here.



BEAUTIFUL FLOWER WREATHS, values 50c and 75c. Friday only..... 25c

Many more bargains not advertised here.

LARGE BUNCHES OF PANSIES worth 75c. Friday at..... 24c



ELEGANT LARGE BUNCHES OF DAISIES Ten color combinations, eight different styles and patterns, worth 75c. Friday..... 36c

WREATH OF VELVET DAISIES with foliage, eight colors, worth 75c. Friday..... 33c

BEAUTIFUL CHERRIES worth 50c, full bunches. Friday... 18c

LARGE BROAD TOP QUILLS value 75c, in 5 colors, and black. Friday..... 25c

OSTRICH POMPONS AND FANCIES white, black and colors, value 75c. Friday..... 44c

French Fruit Bouquets, Grapes, Berries, etc., value 50c. Friday... 17c

Extra wide all silk BLACK VELVET RIBBON satin back, 35c value. Friday..... 24c

OSTRICH BANDS 7 colors, 1 yard long, value \$1.50. Friday..... 79c

LARGE DOUBLE WINGS white, black and colors, value \$1.50. Friday..... 73c

Rosebuds—Pink, Cerise, Tango and Blue, also forget-me-nots; Friday, bunch... 12½c

DON'T FORGET—There are hundreds of other attractive bargains not advertised here. They are just what you are looking for, to trim up your hat. If you cannot find it anywhere else you'll find it here.

### THIS SALE FOR FRIDAY ONLY

## ASTRICH'S Fourth and Market Sts.

### BARNUM & BAILEY'S CIRCUS HERE MAY 6

Complete Chinese Show; All Best Riders, Acrobats, Daredevils, Wild-Beasts, and So On

Great news for the small boy and the grown-ups! Barnum and Bailey's Greatest show on Earth is coming to Harrisburg, on Thursday, May 6. This fact is being heralded far and wide to-day by fifty advertising agents who arrived in town at an early hour this morning on the first of four advertising cars. The bill boards throughout the city and surrounding country are taking on a new dress of highly colored posters, depicting the many wonders of the this greatest of all tented amusements. There will be three more advertising cars and several brigades of special agents come here between now and circus day, and the big event will be billed in such a manner as to assure a big holiday crowd. The Barnum and Bailey management announce an all new program for

this year and one that contains more foreign novelties than have ever been shown before. It is a circus of all nations and 450 artists from every quarter of the globe taken part. A distinct novelty among the importations is a complete Chinese circus from Peking. All the best riders, acrobats, aerialists and clowns that are really worth seeing will be on hand and the trained animal foreign novelties will play an important part. Among these are the Barnum and Bailey seven groups of posing horses, the marvelous "war" elephants presented by lady trainers, Mile. Adgie's ten tango dancing lions, Madam Bradin's flying horses and Pullenber's wonderful bicycle riding and roller skating bears. A grand prelude to the excellent circus this year is the presentation of the new, magnificent, spectacular pageant, Lalla Rookh, in which 1250 people take part. The menagerie is more complete than ever and includes forty elephants and 110 cages, pens and tanks of rare wild beasts. Nearly all of these are shown in open dens in the big morning parade that takes place on circus day and which this season the management claims is three miles long and cost a million dollars to produce.

### MINISTER GOES TO TIOGA

Marietta, Pa., April 15.—The Rev. C. Stuart Kitchin, rector of St. Luke's Episcopal Church, of Mount Joy, left for Tioga county, where he has accepted a call.

### GARDEN HINTS

The ideal farm garden should be 120x220 feet, the rows run north and south so that each row will get full benefit of both morning and evening sun. It should always be located near to the house and contain rich, well-drained soil for profitable results. It should contain every vegetable and small fruit that can be successfully grown in the locality, local conditions governing this. Don't grow flowers and shrubs in the garden. Every farm should have these too, but not in the vegetable garden. Let one member of the family attend to the garden work, and if it is given the time and attention it deserves it will not only furnish your family with the best and freshest of vegetables throughout the growing season of the year, but it will return in money more than any acre on the farm. Keep every foot of the garden busy throughout the growing season. Sweet corn, beans, tomatoes, celery, endives and turnips can follow such early crops as beets, lettuce, radishes and peas. The revenue will be doubled and the land will be none the worse for the double cropping if a little judgment is exercised.

### DIES AT AGE OF 108

Chatham, N. B., April 15.—Patrick Lloyd is dead at Milbank near here in his 108th year. He was born in Limerick, Ireland, on St. Patrick's Day, 1808.

### TO SING AT HOSPITAL

The Harrisburg Christian Endeavor Choral Union will sing at the Harrisburg Hospital next Sunday evening, at 8 o'clock.

### Washing Won't Rid Head of Dandruff

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 and rub it in gently with the finger tips. Do this to-night, and by morning most, if not 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, no matter how much dandruff you may have. You will find, too, that all itching and digging of the scalp will stop at once, and your hair will be fluffy, lustrous, glossy, silky and soft, and look and feel a hundred times better. You can get liquid arvon at any drug store. It is inexpensive and never fails to do the work.—Advertisement.

## HARRISBURG LIGHT & POWER CO.

### Be Sure Your New Home Is Lighted by ELECTRICITY

The best homes and apartments are wired for electric light. No other light compares with electric light in convenience and safety. Electric light today is cheaper and better than ever before. Use the sun's only rival—G. E. Mazda lamps and you will get an abundance of clean, clear and bright illumination.

Let us submit our special wiring prices and have the wiring done during Spring housecleaning.

5c

Regularity of quality means regularity in the use of good tobacco. Nothing is taken for granted in the selection of leaf for

## King Oscar 5c Cigars

It's judged by experts who know what is required to maintain that pleasing aroma that has made this brand celebrated for its regular quality for

24 Years