

# Protect Yourself!

Against Substitutes Ask For

Get the Well-Known Round Package

## HORLICK'S Malted Milk

THE ORIGINAL

Made in the largest, best equipped and sanitary Malted Milk plant in the world.

We do not make "milk products" — Skim Milk, Condensed Milk, etc.

Ask For HORLICK'S THE ORIGINAL Malted Milk

Made from clean, full-cream milk and the extract of select malted grain, reduced to powder form, soluble in water. Best Food-Drink for All Ages.

Used for over a Quarter Century Unless you say "HORLICK'S" you may get a Substitute.

Take a Package Home

## PRETTY COSTUME WITH YOKE SKIRT

Adaptable to Many Purposes Is This Modish New Skirt Pattern

3912 (With Basting Line and Added Seam Allowance) Yoke Blouse for Misses and Small Women, 16 and 18 years.

8915 (With Basting Line and Added Seam Allowance) Yoke Skirt for Misses and Small Women, 16 and 18 years.



# These Oranges Will Keep Well and Do Not Spoil Any Other Foods

Sealdsweet ORANGES GRAPEFRUIT

**FLORIDA CITRUS EXCHANGE**

Not only are Sealdsweet oranges juicy, sweet and delicious, but they keep well and do not spoil the flavor of other foods that may be near them. There is considerable economy in buying oranges by the box instead of in smaller quantities, and the keeping qualities of those sold under the Sealdsweet trademark make it entirely practicable.

Sealdsweet oranges have been kept in an ordinary fruit cellar from May until November. From time to time they may be removed to the refrigerator and cooled before they are served. These oranges have a delightful odor and will not taint the other food in the refrigerator—they are entirely free from the smell resembling ether that makes some oranges unpleasant to keep with other things.

**What Are Sealdsweet Oranges and Grapefruit**

Almost every one at some time has eaten a Florida orange. No person who has ever tasted one that had been ripened on the trees could forget its surpassing flavor, its exceeding juiciness or its satisfying sweetness. That is why so many folks buy Florida oranges whenever they are able to get them with assurance that they are tree-ripened and have been picked, packed and shipped with care.

Florida grapefruit have not been so generally known. Heretofore the demand for them among epicures has more than exhausted the supply. The production has increased until now there is plenty for everybody. Try them once and you will understand why persons who know tree-ripened Florida grapefruit consider them the fruit indispensable. The Sealdsweet brand is your guaranty of quality—buy by the box; they will keep,

**Only Tree-Ripened Fruit Is Picked**

Sealdsweet oranges and grapefruit are grown by the Florida Citrus Exchange, composed of orange and grapefruit growers working together for mutual benefit by putting their fruit on the market in good shape and at fair prices. They believe that to get a proper return for their labor they must protect the interests of the consumers who buy their fruit and of the dealers who handle it. The Exchange markets only tree-ripened fruit, picked and packed by white-gloved workers, and employs no child labor in its packing houses.

Booklet telling how to serve oranges and grapefruit in many ways and containing scores of recipes for their use in cookery and confections mailed to any address free on application.

**Florida Citrus Exchange**  
628 Citizens Bank Building Tampa, Florida

## WOMEN'S INTERESTS

### WHAT HAPPENED TO JANE

By Virginia Terhune Van de Water

CHAPTER XXXVII.  
(Copyright, 1915, Star Company)

Although no reference was made by Jane Reeves or Mary Baird to the brief conversation that had taken place on the moon following the episode of the missing dresses, the wife was conscious that the housekeeper's feeling toward her had undergone a subtle change.

Instinct or intuition warned Jane to say nothing to her husband of the difference that had taken place in the mental attitude of the woman who had been so long under his roof.

That there was some mystery here she was certain. The sick person to whom Mary had referred in her sobbing confession was, apparently, known to Augustus. Then why had he not explained to his wife the purpose for which Mary had needed money? Had he suspected that Jane had overheard Mary's admission to him, he would doubtless have offered some plausible explanation of it. As it was, Jane must think it out for herself.

If the sick person whom Mary wished to help was an aged parent, or a brother, or a distant relative, why should the existence of such a one be something that Augustus did not wish his wife to suspect?

Then suddenly a light, or what she thought was a light, broke upon Jane's mind, and for a while illuminated her doubts.

Perhaps, after all, Mary Baird was not a widow! She had always been spoken of in Milton as one whose husband had died, leaving her in such straits that she must work for her daily bread. Jane had heard how she had come as working housekeeper to the first Mrs. Reeves, of how competent she was and of how well she had fulfilled her duties then and through all the years following Mrs. Reeves' death. She, like the rest of Milton, had believed that Mary was a widow.

It was her affair, and hers only. It would be probable that she would tell her employer her story, also that she should use a good part of her wages for the support of this unfortunate husband. And if he had a severe illness, she would naturally need money with which to defray the expenses of his illness.

Jane wondered if, even in an insane asylum, the patients' friends must pay for their medical care. She supposed this must be the case, for this would account for Mary's sudden desire for

money and her desperate efforts to get it.

Yet why had not Augustus been willing to advance her enough salary to enable her to pay the doctors in question?

Well, perhaps Mary had been in the habit of overdrawing her pay, and if so Augustus might at last have refused to advance her another cent. That would not be kind, but, as he had said about this same matter, it was his business, not his wife's.

With this conclusion Jane tried to content herself. Now she believed she understood what had heretofore perplexed her. She thought she comprehended also Mary Baird's morose manner. It must indeed be sad to love a man and see his mind fail; to have him alive, yet worse than dead. To love a man, and yet not have him with one.

Suddenly, before her mind's eyes swam the face of Edward Sanderson. Was he not worse than dead to her? Had she not loved him, and had fate not placed her where she might never see him? And now she had no right to think of him?

She had been bending over her sewing—the red silk dress, which she had been ordered to "make over." She thrust it from her and sprang to her feet, walking up and down the room in an effort to banish this last thought, which, however, she knew was always underneath all other thoughts—only she would not let herself face it. It would be a sin for a married woman to dream of another man than the one whom she had promised to honor and obey.

Jane found herself at last too nervous to go on with her sewing. She must try on the dress. That would be something to do. It was nearly completed now, and she must judge of the effect.

Removing her morning frock, she slipped on the rich red silk. It was not suited to her, she told herself as she fastened it about her girlish form. It was meant for an older woman than she. She fitted it carefully, even adjusting the bits of lace that were to be fastened in the wrists. Then she stepped in front of the mirror and surveyed the result.

"Can that be me?" she whispered. "I look like a ghost. Well, with a bitter smile, 'I'm in the right place, then; for this house is full of ghosts. I seem to know they are all about me all the time!"

(To Be Continued)

### FOODS

## THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER 9

The apparent cause of the little girl's death was pneumonia. The real cause was malnutrition, low resistance, insidious starvation.

The little girl who had been sick from "overeating" liked bread or biscuits deluged with "table syrup" for lunch. Her mother did not know what life sustaining substances had been removed from the bread and biscuits of what had been taken out of the cornstarch that produced the syrup.

She liked strawberry jam or some other fruit jam from the grocery store, with its 10 per cent of fruit and its 10 per cent of apple juice, made from the sulphured skins and cores of the dried apple industry, with its 70 per cent of glucose, sweetened with 10 per cent of sugar and held together with enough phosphoric acid to supply the jellying quality, and preserved with one-tenth of 1 per cent. benzoate of soda to prevent decay from fermenting. You do not think such jam as this exists. I shall prove to you that more than 80 per cent of all the jam consumed is exactly like this.

She liked the bright strawberry hue of the sweetish stuff, which had been supplied by the legal use of a dye known as amaranth. Only one-tenth of 1 per cent of benzoate of soda was declared in the print on the label, and her mother had never noticed even that. The presence of as much as four more tenths of benzoate of soda in the jam was determined by the commissioner of agriculture of the State of Georgia. The facts were reported through the State chemist in Serial No. 56. I have found more than four-tenths in many foods.

The little girl's doctor did not know this. Besides he was not worried by the presence of a little benzoate in jam.

She was also fond of pickles, hardened in a bath of alum. Her father and mother had not been taught the chemistry of pickles and vegetables nor the relationship which refined food or jugged food or drugged food might some day bear to their anaemic child.

But we must not get too fast. The evening meal was quite suited to the father's needs. It consisted of chops, or pot roast, or sausages, or baked beans, and ham with vegetables of some other season, canned, and a bakery-made pie or a home-made pudding.

It was the average American meal, and it is the average meal with which we are concerned.

During the afternoon a confectionery store down the street received many of the pennies of the little girl. It had existence for the purpose of attracting those pennies. There are just 20,000,000 such pennies spent each day in the United States by the school children, according to the roughest estimate that can be made by consulting the candy industry.

So she feasted between meals on the glucose purchased at the candy store. She had been always of a delicate type, anaemic, and nervous. At different times she had been treated by the family physician for tonsillitis, acute chorea, and anasarca.

At the age of six she underwent an operation for adenoids. In the United States at the same time there were more than 200,000 such operations among children. She had taken a tonic of "Iron and Manganese." Remember these words—"Iron and manganese."

A few times tonics of strychnia were prescribed and on two occasions she was given bichloride of mercury and chloride of arsenic.

Her teeth, like those of other millionaires' children, were decayed. At times mother said, "I wonder if we feed Helen properly." But Aunt Jennie always answered, "Her hills are natural to childhood and are to be expected. She will outgrow them."

The neighbors told her that the less attention she paid to her child's food the better, because people who were always worrying about food had the toughest luck. Here and there a plump child was pointed out to her

### GIRL SKATES INTO WATER

Special to the Telegraph

Elizabethville, Pa., Jan. 21.—While skating on a pond near the Wilconco creek on Wednesday evening, Miss Mary A. Snyder skated into an opening where ice had been removed, and but for the presence of other skaters would have lost her life. She was assisted to a farmhouse where assistance was rendered her.

### BROTHERHOOD PROGRAM

Special to the Telegraph

Halfax, Pa., Jan. 21.—The program of the Halifax Brotherhood for Sunday will consist of a debate: "Resolved, That the church should have a right in politics." Affirmative, Homer Stanley and Homer Dunkel; negative, John C. Miller and W. Leroy Brooke.

### MAY BUILD TROLLEY LINE

Special to the Telegraph

Shippensburg, Pa., Jan. 21.—It is said here that the Patterson trolley line from here to Newburg may be built in the near future. It will probably follow the old survey from here to Roxbury by way of Newburg. The construction of the line came to a sudden stop several years ago when Patterson, one of the promoters, suddenly disappeared and left matters badly muddled.

### ENTERTAINED FRIENDS

Special to the Telegraph

Millersburg, Pa., Jan. 21.—Miss Sue Leib entertained a number of friends at an enjoyable party at her home in North street. The following were present: Mrs. Thomas Long, Mrs. Isaac Miller, Mrs. J. S. Gilbert, Mrs. E. P. Seebold, Mrs. Emma R. Kahler, Mrs. E. W. Steever, Mrs. Luther Shepp, Mrs. Jennie Romberger and Miss Aurie Markley.

### NO COURT CASES

Special to the Telegraph

Sunbury, Pa., Jan. 21.—Unusual is the condition of the criminal court list in Northumberland county for next month. Not a single case is returned for trial. Under ordinary conditions there were at least twenty-five cases returned for trial in other years.

## A Talk to Mothers About Croup and Cold Troubles

The New Treatment With Fresh Air and Antiseptic Vapors That Does Away With Injurious Internal Medicines, Flannel Jackets, etc., etc.

## A Talk to Mothers About Croup and Cold Troubles

The New Treatment With Fresh Air and Antiseptic Vapors That Does Away With Injurious Internal Medicines, Flannel Jackets, etc., etc.

All mothers are "home doctors" when it comes to treating the croup and cold troubles that all children are heir to. They know that growing children need outdoor exercise, and that, with outdoor exercise, some colds are bound to come. They know, too, that internal medicines injure delicate little stomachs, but that these colds must have some kind of treatment.

The answer to this problem is the "external" treatment, Vick's "Vap-O-Rub" Salve. For the many forms of cold troubles, from head colds, asthma and catarrh, down to sore throat, bronchitis and deep chest colds, Vick's will be found better than internal medicines. Just apply Vick's well over the throat and chest, covering with a warm flannel cloth. Leave the covering loose around the neck so the vapors, released by the body heat, may be freely inhaled. The next morning the head is clear, phlegm loosened, and soreness gone.

No one realizes the value of an external treatment better than the skilled druggist, and while the profit is not as large on Vick's "Vap-O-Rub" as on internal preparations, the druggists listed below are anxious that their customers should know of this new treatment. They are, therefore, offering Vick's in the three sizes—25c, 50c or \$1.00, on 30 days' trial. With each sale is given a refund blank—good for your money back if not delighted.

**VICK'S VAPOR RUB**  
This Trade Mark

**AGENTS IN HARRISBURG ARE:**  
E. Z. Gross, Wm. E. Marshall, C. A. Moller, Park's Drug Co., C. M. Ricker, W. F. Stevens, Thompson's Pharm., T. A. Thorley, W. S. Phary, S. K. Wilhelm.

**BAINBRIDGE, PA.**  
H. Wilson Snyder, MARYSVILLE  
H. W. Britcher, DILLSBURG, Holmes' Drug Stores.  
E. C. Smith, DENNCANNON, HERSHEY, John W. Starr, NEW CUMBERLAND  
ENOIA, W. K. Martz, EBY'S Modern Pharm., LIVERPOOL  
Holme's Drug Stores, D. A. Peters, Est, S. M. Shuler.

**Look! Resinol has cleared that awful skin-eruption away**

The moment that Resinol Ointment touches itching skin the itching usually stops and healing begins. That is why doctors have prescribed it so successfully for over 20 years in even the severest cases of eczema, ringworm, rashes, and many other tormenting, disfiguring skin diseases. Aided by warm baths with Resinol Soap, Resinol Ointment makes a sick skin or scalp healthy, quickly, easily and at little cost.

Resinol Ointment and Resinol Soap are great help to clear away pimples and dandruff. Sold by all druggists; for trial free, write to Resinol, Dept. 1-S, Baltimore, Md.

## QUAKER HERB EXTRACT

What It Did For Jacob Lock It May Do For You

Yesterday a more than extraordinary result was reported to the health teacher at Croft Keller's Drug Store, 405 Market St., which is only another startling proof of the startling powers of the Quaker remedies which are now on constant sale here. Mr. Jacob Lock, the well-known upholsterer, who has for years done work for the leading and most exclusive families of Harrisburg reported the following facts: "For the past few years I have indeed a severely afflicted man. I not only had a severe case of rheumatism, which tor-

mented me constantly, but I also had a chronic catarrh and a decidedly weak stomach. I did not dream of ever being cured of all these ills, but I was anxious to get rid of my rheumatism so as to be able to do a little work. I called on the health teacher and he persuaded me to try the Quaker remedies and I will never forget the words he told me: 'You will either help you quickly or not at all.' His words came true. In less than four weeks I could again handle a needle. My rheumatism got easier from day to day, but what is still more extraordi-

nary my stomach grew better and my catarrh also vanished, and now after a six weeks' treatment I can open my bowels and my blood is clear. My rheumatism, catarrh and stomach troubles completely. So happy am I over the results that I will to-day get an affidavit to my cure. "The health teacher says a copy of this affidavit will appear in this paper to-morrow or next day. Is this proof strong enough? Could you ask me evidence?" Here are a few more things it will do well for you to remember:

You can still meet the HEALTH TEACHER at KELLER'S DRUG STORE, No. 405 MARKET STREET, and if you suffer from catarrh, rheumatism or stomach troubles, if you cannot call send \$2.50 and you will receive 3 bottles. This price is made to induce you to try it remedy.

**My Patent Suction Teeth**  
\$5.00 a Set  
They fit perfectly. Gold Fillings \$1.00 up

**Pretty Teeth Add to the Natural Beauty of All Faces**

If your teeth are in want of any attention, call and have them examined, which is FREE OF CHARGE. I guarantee my work to be of the very best, both in material and workmanship, which it is possible to give my patients. My 18 years of constant practice and study have given me the experience which each and every dentist must have in order to do satisfactory work. I do my work absolutely painless. My assistants are dentists, who have had a vast amount of experience, and therefore are able to render the very best of services. My office is equipped with all the modern appliances in order to do painless dentistry.

Gold Crowns and Bridge Work \$3, \$4, \$5  
Fillings in Silver Enamel, Cement, Alloy, 50c and up

Office open daily 8:30 a. m. to 6 p. m.; Men., Wed. and Sat. till 9 p. m. Closed on Sundays. Bell phone, 3322-R.

**DR. PHILLIPS, Painless Dentist**  
320 Market Street, (Over the Hub) HARRISBURG, PA.

OUT OF THE HIGH RENT DISTRICT

# LESTER PIANOS

H. G. DAY, 1319 Derry Street. Both Phones.