

A Hundred Thousand Strong—that's the size of the army that passes every year through the factory at Niagara Falls in which Shredded Wheat is made — an army that inspects every detail in the manufacture of the cleanest, purest and best of all cereal foods. These crisp, brown, delicious little loaves of baked whole wheat have everything in them the human body needs. Try them for breakfast with hot milk or cream. Made at Niagara Falls, N. Y.



DELEGATE TO CONFERENCE
Special to the Telegraph
New Cumberland, Pa., Jan. 24. — J. A. Sprunkel was elected by the Methodist Episcopal church to the lay conference at Altoona in March. Russel Kohr was elected alternate.

You Want the Best?
Try Making Mentho-Laxene

A splendid quick acting cough syrup and cold cure. It has no equal for prompt action and permanent effects on children or adults. Immediate results is the pleasing feature. Cheapness is another. Permanent system cleaning another. Not constipating still another. Those who have used it, swear by it, and recommend to neighbors and friends.

Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well, what a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning habit of drinking a glass of hot water before breakfast.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gas, acid and acidity, and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store. This will cost very little, but is sufficient to make anyone a pronounced crank on the subject of inside-bathing before breakfast.—Advertisement.

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WHAT HAPPENED TO JANE

By Virginia Terhune Van de Water

CHAPTER XXXIX.
(Copyright, 1915, Star Company)
As Jane listened to the conversation of the people by whom she was surrounded at the church supper, she was conscious of being out of her element.

Why need she, at not quite twenty-two, feel that this was the only circle to which she might be admitted? Was it because she had married a man old enough to be her father? There had been no sin in that act, had there? Even as she asked herself this question she was afraid to look down into her soul for the answer. If to crush the purest and best instincts of her womanhood was sin, then she was a sinner.

Jane smiles at Ruth
Ruth Crosby was gazing over in her direction, and Jane smiled at her, as she had always been in the habit of doing. Ruth looked slightly surprised, then smiled back, but without her accustomed cordiality.

It was Ruth who had spoken to Jane's mother of the daughter's "stuck-up" airs. It was Ruth who had promised to come and see the bride soon. Ruth, then, would be the best one for Jane to talk with about that which was on her mind.

With this end in view, she strolled toward the young people as, supper ended, they began to disperse and break up into small groups. She went straight to Ruth and laid a hand on her arm.

"Ruth," she said, eagerly, "can you make a chance for a few minutes' chat with me before we go home?"

Ruth Crosby hesitated, then replied frankly: "Why, yes, Jane—if you really want to speak to me."

"I do," Jane affirmed; "and alone, too—if possible."

"I don't see how we can fix that," Ruth demurred, "for there's an awful bunch of people here to-night. Oh, I tell you what—the door into the church is unlocked, and there's always a low fire kept in the furnace, so it's not cold in there. I'll meet you up in the choir loft in fifteen minutes."

"Where are you going?" Reeves asked his wife as, a quarter-of-an-hour later, she started from his side. He had beckoned her to him as she and Ruth had parted after arranging for their meeting.

"There's something I want to speak to Ruth about," she muttered, and hurried away without giving him time for further questioning.

The church was dark, but not cold, as she went into the choir loft. She knew her way perfectly. Ruth was there ahead of her.

"Well, what is it?" asked Ruth. "We must hurry, for it's getting late."

Two Boys Drown While "Trying Out" Thin Ice

Philadelphia, Jan. 24.—Two boys, Harry Story, 8 years old, and Gilbert Shisler, 10 years old, were drowned yesterday afternoon in Pennsylvania creek. Two men who plunged into the icy water to save the children, Thomas Maguire and William Smith, are at the Frankford Hospital in a serious condition from exposure. Harry Story's mother, Mrs. J. R. McCartney, wife of a drygoods merchant of Holmesburg, is temporarily deranged as a result of the death of her only child.

Mrs. McCartney told her son yesterday that, if he was a good boy and it was a cold day to-day, she would teach him to skate. He was so happy in the promise that he invited his chum, Gilbert Shisler, to "try the ice" with him. The boys ran to Crystal Springs. The ice was safe enough near shore, but out in the center the boys went through.

BETTER MAIL FACILITIES TO BE PROVIDED AT COURTHOUSE

More convenient mailing facilities will be provided for county and city officials on the second floor of the courthouse, through the efforts of Custodian Charles L. Peter, and the County Commissioners. The commissioners will ask the Post Office authorities to construct either a mail chute from the second floor to the first floor mail box in the rotunda or to place a new mail box on the second floor.

DESPAIRING WOMAN NOW HAPPY MOTHER

Mrs. Stephens Did Not Need The Surgical Operation.

Patoka, Ill.—"I had been married five years and my greatest desire was to become a mother. The doctor said I never would have a child unless I was operated on for female troubles and I had given up all hopes when a friend told me of Lydia E. Pinkham's Vegetable Compound. I took it regularly for sometime, and I am in better health than ever, and have a healthy baby girl. I praise your Vegetable Compound for my baby and my better health. I want all suffering women to know that it is the sure road to health and happiness."—Mrs. GEORGE STEPHENS, R. F. D. No. 3, Patoka, Ill.

Lydia E. Pinkham's Vegetable Compound is so successful in overcoming woman's ills because it contains the tonic, strengthening properties of good old fashioned roots and herbs, which act on the female organism. Women from all parts of the country are continually testifying to its strengthening, curative influence.

It has helped thousands of women who have been troubled with displacements, inflammation, ulceration, tumors, irregularities, periodic pains, backache, that bearing down feeling, indigestion, and nervous prostration.

RUPTURE

A Reliable Expert of High Standing Coming to Harrisburg

W. B. Seeley, the noted expert, will be in Harrisburg, at the Commonwealth Hotel, Wednesday and Thursday, January 26th and 27th, 1916, where he will be pleased to have those desiring something better than the common truss consult him.

The government has used his goods for years, and many officials representing every branch of the service are numbered among his patrons.

No fee for consultation. Those treated on former visits are invited to call. Home office, 1027 Walnut street, Philadelphia, Pa. Cut out and keep for reference.

PASTOR RESIGNS
Special to the Telegraph
Marietta, Jan. 24. — The Rev. I. Howard Kern for several years pastor of the Mount Joy Lutheran Church, has resigned to accept the pastorate of the Lutheran Church at Mahanoy City, at a salary of \$2,000 per year.

Penna. Milk Products Co.

Patrons as well as others should know that the District of Columbia Milk Inspector has visited the farms from which we draw our supply of milk, and has inspected the herds and conditions, most of the farms scoring *very* high, Certified Milk Farm scoring 98%, Bonnymeads Farms equally as high. You will make no mistake by using

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as it is the best safeguarded supply of milk in the city.

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Visit Our Booth at the Westfield Pure Food Show At the Chestnut Street Auditorium

MEDIATION BASIS IN DECLARATION

"Rights of Nations" Defined by High International Authorities

Washington, D. C., Jan. 24.—What may ultimately be made the basis for Mediation in Europe—a formal pronouncement, laying down for the acceptance of the entire world the principles of right and justice which should be followed in order to preserve peace, was issued in the form of an international "Declaration of the Rights of Nations" by the American Institute of International Law last night.

The document, which is the joint product of the best legal brains of the United States, South and Central America, is the most important result of the recent Pan-American Scientific Congress. Suggested originally by Secretary of State Lansing, this exposition of the rights of neutrals as well as belligerents is certain to be put forward by President Wilson should he turn to mediation in the great European war arrive in the near future.

Expresses American sentiment the institute's conception of only elementary national rights, and will be further considered at the next meeting of the institute in Havana next year. It contains five primary sections, which were fashioned with the United States Declaration of Independence in mind as a model. They follow:

1. Every nation has the right to exist, to protect and to conserve its existence, but this right neither implies the right nor justifies the act of the State to protect itself or to conserve its existence by the commission of unlawful acts against innocent and unoffending States.
2. Every nation has the right to independence in the sense that it has a right to the pursuit of happiness and is free to develop itself without interference or control from other States, provided that in so doing it does not interfere with or violate the just rights of other States.
3. Every nation is in law and before law the equal of every other State composing the society of nations, and all States have the right to claim and, according to the Declaration of Independence of the United States, to assume, among the powers of the earth, the separate and equal station to which the laws of nature and of nature's God entitle them.
4. Every nation has the right to territory within defined boundaries and to exercise exclusive jurisdiction over this territory and all persons, whether native or foreign, found therein.
5. Every nation entitled to a right by the law of nations is entitled to have that right respected and protected by all other nations, for right and duty are correlative, and the right of one is the duty of all to observe.

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See your dentist twice yearly. Use Senreco twice daily and keep your teeth and mouth in perfect health.

Get a tube today, read the folder about the most general disease in the world. Start the Senreco treatment tonight. 25c at your druggists. For sample send 4c. stamps or coin, to: The Senreco Remedies Co., Cincinnati, Ohio.

A DENTISTS FORMULA

CURE YOUR ECZEMA WHILE YOU SLEEP

Antiseptic Ucanol—Inexpensive and Safe—Gives Quick Relief

If you suffer with eczema, pimples, salt rheum, other skin troubles, apply antiseptic Ucanol when going to bed, then you should enjoy peaceful sleep entirely free from that torturing itching and burning, and best of all, awake realizing that the cure has already begun.

The itching and irritation stop almost as soon as Ucanol is applied, the soreness is quickly overcome, and the poisonous germs in the skin and flesh are destroyed by this new antiseptic. Healthy tissue soon forms, then the skin is clear, smooth and free from blemish.

You can get a liberal supply of Ucanol for not more than 50 cents from H. C. Kennedy with their guarantee of money refunded if you do not find it the best remedy for eczema or other skin troubles. Begin using antiseptic Ucanol to-night and you will be surprised and delighted to see how quickly and well it does its healing.—Advertisement.

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These apples are without a peer in any market of this country.

The fact that we are shipping our fine fruit to New York, Philadelphia, Washington, Roanoke, Va., etc., etc., should be evidence enough that our apples are without a rival.

Staymen Winesap Apples are large in size, 2½ inches to 3½ inches in diameter; rich red color; flesh yellow and not in the least mealy. Plenty of juice and a fine, pleasant flavor.

One of these apples will do more real good than one pound of fine candy.

Staymen Winesap Apples are for sale by all first class grocers and fruit dealers.

Don't accept substitutes—there is as much difference in apples as there is in horses.

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