Pleases the palate and relieves fatigue. Young and old will enjoy it. There is no end to the occasions on which it may be served. "If I could have only one fruit," said a famous woman,"it would be the orange. I seldom eat a whole orange but drink the refreshing juice."

OF INTEREST TO THE WOMEN

WHAT HAPPENED TO JANE

By Virginia Terhune Van de Water

peak pleasantly to her always, of "But, remember," he warned her "I will have no more working of you by your father. I'l see him some time this week and tell him what I've told bout her affairs to my wife. Mary on't do that, does she? I mean she on't talk over things with you, does not."

There was an anxious sound to the

The New Labor Law

The new Workmen's Compensation Act is now in effect. If you are an employer of labor you should be familiar with every phrase of this most important piece of legislation. We are prepared to supply this act in pamphlet form with side headings for easy reference. Single copies 25c with very special prices on larger quan-

The Telegraph Printing Co.

PRINTING—BINDING—DESIGNING
PHOTO-ENGRAVING HARRISBURG, PENNA.

THESE GARMENTS FOR NIGHT WEAR

Pajamas and Nightshirts For Men and Boys in Quite



Short—Sighted Parents

The Continued To the Continued To

ABOUT 300,000 BABIES DIE BEFORE ONE YEAR

The Census Bureau estimates that 300,000 babies died in this country last year before the age of one year, and it is stated that one-half of these deaths were needless if all mothers were strong and infants were breast-fed.

Expectant mothers should strive to increase their strength with the strengthbuilding fats in Scott's Emulsion which improves the blood, suppresses ner-vousness, aids the quality of milk, and feeds the very life cells.

Physicians prescribe Scott's Emul-sion; it is doubly important during nursing. No alcohol. Everydruggist has it. Insist on Scott's—the white-food medicine. No advanced prices. Scott & Bowne. Bloomfield. N. J. 15-27 tion of soil, sunshine and showers is just right for oranges. The best and most select of Florida oranges are sent to market under the Sealdsweet trademark. You will find it on the boxes and the wrappers. Sealdsweet oranges are those grown by members of the Florida Citrus Exchange, a non-profit co-operative organization for the mutual benefit of the producers and the consumers of citrus fruits. The

A Glass of Orange Juice

Cooling and Refreshing

Sealdsweet Fruit Recipe Book Free and shipped to reach you in will be mailed to any adthe very best condition.

Sealdsweet grapefruit are Sealdsweet oranges and just as good as Sealdsweet grapefruit may be served in oranges-the product of the many ways and used in best kept groves in Florida, making hundreds of dainty ripened on the trees and dishes. Booklet of recipes, carefully picked, packed handsomely illustrated, dress free on application.

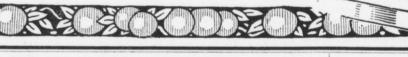
Sealdsweet Oranges Make More and Better Juice Than just ordinary oranges. The juiciest, sweetest, best flavored oranges grown in all the world are produced in Florida. In this State the combina-

Sealdsweet trademark is a guaranty of full value for your money. Insist on Sealdsweet oranges—your dealer can supply them.

Florida Citrus Exchange

628 Citizens Bank Building

Tampa, Florida



Short-Sighted Parents

munity if you are making dyspeptics and invalids of your children by improper food and neglect of hygienic principles of life. If you are sane and healthy, and are able to feed and clothe sweeten to taste and sprinkle with a your children, it is no one's business how many you bring into the world, but it is a matter which concerns humanity at large how you bring them up in the world.

wp in the world.

Away off in an interior town of Illinois—that birthplace of great menlive several growing boys under six teen, who have been reared without proper instruction by their parents.

These boys imagined they were having "fun" when they destroyed the cart of an old man of seventy who maintains himself and wife by carting ashes from private houses.

FOR A BAD COLD

Get a small package of Hamburg Breast Tea, or as the German folks call it, "Hamburger Brust Thee," at any pharmacy. Take a tablespoontal of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time. It is the most effective way to break

DRINK HOT TEA FOR A BAD COLD

little cinnamon and a few drops of lemon juice. Before putting the apples into the dish sprinkle the pastry gen-

Liniment "Keep a bottle in your home. Price 25c. 50c. \$1.00

Cumberland Valley Railroad
TIME TABLE

teen, who have been reared without proper instruction by their parents. These boys imagined they were having "fun" when they destroyed the cart of an old man of seventy who maintains himself and wife by carting ashes from private houses.

A self-made young woman, indignant at the occurrence, set herself the task of finding who the vandals were, and of visiting their parents and urging them to make good the old man's loss, and to rebuke their children.

As a consequence the young woman woman in the mediate statement.

Sepast Tea, or as the German folks and it, "Hamburger Brust Thee," at any pharmacy. Take a tablespoon-following her table poor it, pour through a sieve and drink a teacup full at any time. It is the most effective way to break a cold and cure grip, as it opens the pores, relieving congestion. Also loosens the bowels, thus breaking a cold at once.

It is inexponsive and entirely vegentable, therefore harmless. — Advertisement.

Sepast Tea, or as the German folks are the construction of the tea, put a cup of boiling water upon it, pour through a sieve and dirth a leave Harrisburg. TRAINS leave Harrisburg.

For Hagerstown, Chambersburg at 15:03, *7:52 a. m. *3:40, 5:17, *1:53 a. m. *2:16, *3:40, 5:17, *1:53 a. m. *2:

Throw Away Your

GRAPEFRUIT

Consequently Kelley's Coal has Superior Burning and Heating Qualities.

H. M. Kelley & Co.

1 North Third Street Tenth and State Streets

1463 Market street to

Dr. H. Hershey Farnsler has removed his office from

1438 MARKET STREET

Try Telegraph Want Ads