

"The Perfect Day" is the day when you work in harmony with law. Health comes from Harmony. Get in harmony with Nature's laws by eating Shredded Wheat, a simple, natural, elemental food which supplies the greatest nutriment with the least tax upon the digestion. Try it for breakfast with hot milk or cream. Delicious with sliced bananas or other fruit. Made at Niagara Falls, N. Y.



WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Says inside-bathing makes anyone look and feel clean, sweet and refreshed.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, causing illness, while the bowel pores do.

For every ounce of food and drink taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste material is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only nourishment to sustain the body.

A splendid health measure is to drink, before breakfast each day, a glass of real hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons, gases and toxins from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

A quarter pound of limestone phosphate costs but very little at the drug store but is sufficient to make anyone an enthusiast on inside-bathing. Men and women who are accustomed to wake up with a dull, aching head or have furred tongue, bad taste, nasty breath, sallow complexion, often have bilious attacks, acid stomach or constipation are assured of pronounced improvement in both health and appearance shortly.—Advertisement.

DRESS WARM AND KEEP FEET DRY

Tells Rheumatism Sufferers to Take Salts and Get Rid of Uric Acid.

Rheumatism is no respecter of age, sex, color or rank. It is the most dangerous of human afflictions it is one of the most painful. Those subject to rheumatism should, at least, wear neat, dress as warmly as possible, avoid any undue exposure and, above all, drink lots of pure water.

Rheumatism is caused by uric acid which is generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of its impurity. In damp and chilly, cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate this uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacist about a dozen ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which overcomes uric acid and is beneficial to your kidneys as well.—Advertisement.

Cumberland Valley Railroad TIME TABLE

In Effect June 27, 1915.

TRAINS LEAVE HARRISBURG—
 For Winchester and Martinsburg at 5:05 a. m., 7:30 a. m., 9:30 a. m., 11:30 a. m., 1:30 p. m., 3:45 p. m., 5:45 p. m., 7:45 p. m., 9:45 p. m.

For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and Intermediate stations at 7:45, 9:45, 11:50 a. m., 1:50 p. m., 3:55 p. m., 5:55 p. m., 7:55 p. m., 9:55 p. m.

For Dillsburg at 5:03, 7:52 and 11:53 a. m., 2:16, 4:40, 6:45 and 8:30 p. m.

Daily. All other trains daily except Sunday.
 H. A. RIDGLE, G. P. A.
 J. H. TONGE, G. P. A.

CHAS. H. MAUK THE UNDERTAKER

Sixth and Keller Streets
 Largest establishment in East Harrisburg. Near to you as your phone. Will go anywhere at your call. Motor service. No funeral too small. Some too expensive. Chapels, rooms, vault, etc., used without charge.

OF INTEREST TO THE WOMEN

"THEIR MARKED LIFE"

Copyright by International News Service

"Am I the only one invited?" said Frances. "I thought maybe you wanted Anne, too."

Helen laughed. "You aren't jealous, are you dear?"

"Yes, am. It seems that we never have any time to talk lately. Anne has cut me out."

"Nonsense, child," said Helen, pleased nevertheless that Frances should care.

"You want me to come up alone?"

"Yes; lunch at 1, and we'll have a good talk."

Helen rang off, and went about arranging for a cozy lunch for herself and Frances. Anne had allowed Mary to go off for the day into the country. It was like Spring out, and she sang as she spread the table with her very best Madeira luncheon set and made Russian salad dressing, a favorite of Frances.

Frances arrived early for once, and made herself at home immediately.

"Do you know, Helen Curtis," she said from the bedroom, where she stayed to print a little, "I believe you asked me up here for a purpose?"

"I did; I asked you to see you alone for a few minutes, and for another reason, too. I'll admit."

"Well, what is it? Behold, I am ready to listen and answer."

"A New Evening Gown

"You may be so willing after you hear what it is. Everything is ready now, dear. Sit down and begin on your grape fruit."

"I bought a new evening gown this morning on the way up. I need one and Anne insists that I go to that artist's affair of hers." Frances said as she sipped her bouillon. "Say, Helen, this is certainly a stunning lunch. Did you really get everything ready all alone?"

"Things aren't half as stunning as that supper you had at your place the other night."

"Oh, supper served in that two-by-four apartment couldn't be a very grand affair."

"But everything tasted so good."

"Oh, Helen, I mean to ask you about that evening. Did I do wrong in asking Ned Burns?"

"Yes, you certainly did. How did it happen?"

"Anne and I met him and he just begged me to come. He said that you had treated him shamefully for an old friend. He certainly is crazy about you, Helen."

"Why should he be?"

"Some people actually think you are attractive, hard as it may seem to believe," teased Frances.

"But you know how Warren dislikes him."

"No, I didn't know. Has he said so?"

"Why, yes. Ned behaved dreadfully one evening when Warren was down South. I thought perhaps Anne had told you about what happened at the New Year's party down on Long Island."

"My dear, I am so sorry. This is certainly news to me. Ned really wormed an invitation out of me, and I laughed and invited him, thinking it was a joke. I had no idea that you would seriously object for any reason."

AFTERNOON FROCK JUST THE THING

For Gowns of This Style

By MAY MANTON



8849 (With Basting Line and Added Seam Allowance) Yoke Blouse, 34 to 42 bust.

8804 (With Basting Line and Added Seam Allowance) Panel Skirt with Yoke, 24 to 30 waist.

Silks are used at every hour of the day this season and here is an exceedingly useful and at the same time essentially smart frock. It is made of plain and figured taffeta and can be made available for many needs and for many different occasions. The blouse is a very simple one with the round yoke that is becoming so many fashions. The skirt is novel. At back and front, there is a panel; at the sides, however, the full portions are joined to the yoke. For most figures, the full length panels that extend over the yoke will be found the more desirable, but if the entire yoke is more becoming, the panels can be cut off at its lower edge and joined to it. The blouse can be made in three distinctly different ways—as illustrated, with a full pleated or extension below the waist line or the yoke can be cut to a mere band, giving low neck lines in the bodice and in the sleeves, or, if an evening bodice is in demand.

For the medium size the bodice will need, 2 yds. of material 36 in. wide, 1 1/2 yds. 44 with 1/2 yd. 36 in. wide, for yoke and cuffs. For the skirt will be needed, 4 yds. 36 in. wide, 3 1/2 yds. 44 in. wide, with 1/2 yd. for the yoke.

The blouse pattern No. 8849 is cut in sizes from 34 to 42 in. bust; the skirt pattern No. 8804 is cut in sizes from 24 to 30 in. waist measure. They will be found in the Fashion Department of the paper, on receipt of ten cents for each.

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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

CHAPTER 26

It is the "ash" of food that contains the mineral salts of that food. Without a proper consideration of the meaning of this term or of the "ash content" of any food that food should be considered worthless.

We know that human gastric juice is acid in action and that it contains sodium, calcium, potassium, magnesium, phosphorus, iron and chlorine and that it depends upon these elements for its physiological activities.

We know that if we remove any of these elements or change any of them or prevent the body from finding any of them, by removing them from our food, we thereby establish conditions in the gastric juice and inevitably bring about disorder.

We know that the pancreatic juice, unlike the gastric juice, is alkaline in action and that it contains sodium, phosphorus, magnesium and lime.

From this fact we learn that one part of the digestion is carried on in an acid medium while another part is carried on in an alkaline medium, and our conception of the intricacies of the human laboratory increases in admiration and amazement.

In our continued contemplation of these mysteries it becomes more and more evident that man has no right to ignore the wonderfully complicated structure of the human body when he decides to go into the food business and manufacture for profit the hundred foodless foods which have become so popular on the breakfast, dinner and supper tables of unsuspecting Americans.

The enzymes, ferments and vitamins exert such a profound influence upon digestion and assimilation that we receive shocks when we learn that in the preparation of many of our most commonplace foods we destroy them or so completely change their nature that the functions which they are expected to perform are so modified as to make them useless.

The mineral salts that we have described; the ferments, enzymes and vitamins—let us put it bluntly and nakedly—are removed from our daily food by commercial practices that pander to false taste standards. The industries that remove them have succeeded in receiving, at least, an establishing high-sounding justification for their work and up to this stage of the world's enlightenment

have been equal to the task of fogging the atmosphere sufficiently to cloud any attempted work of reform under the darkness of controversy.

Chemists and pathologists are to be found who are willing to go on record with statements as these: "Of the metabolism of foods, of chemical change, of the exact action of enzymes and bacteria, we are profoundly ignorant, therefore, we should not give much consideration to the mineral contents of our diet."

"We derive so many minerals from so many articles of food that we can afford to neglect most of them from our diet; and, furthermore, so little is known about the conduct of these minerals when ingested with food that the subject is at least not important enough to warrant serious study."

"There are so many offsetting foods which completely replace the mineral salts and vitamins that are lost through commercial methods of food refinement and manufacture that we need not at all worry about the presence of these substances in our food supply."

Signed statements and magazine articles appearing regularly in the magazines of uplift, the purpose of which is everlastingly to quiet natural anxieties concerning commercial food-refinement in spite of the fact that nearly 400,000 children under ten years of age in the United States every year, constitute the defense of those whose food industries would suffer if the people entered into the food business and that would forbid them to denature their food supply.

For reasons of their own these men tell us that we have sufficient carbohydrates, proteins and fats in our diet (and butter), so we need not bother about the minerals or ferments of our food.

Let them admit they know nothing about the food minerals. Put that in the only thing the public ever heard of in connection with a description of food was the academic division made by dietitians. This division consisted of three groups—carbohydrates, proteins and fats. There was another division to which some of them, on rare occasions, slurringly referred. They called this fourth division "ash."

The division of ash was always exasperatingly ignored and apparently had little if any meaning for dietitians and was not considered by them as significant or important.

As it began to dawn upon the minds of various investigators working at different places in Europe and America that a diet of pure carbohydrates, pure proteins and pure fats would not support life, the subject of "ash" grew more formidable and more fascinating. Physicians and chemists everywhere admitted that ash in relationship to food and did not know where to go to obtain information.

It is the ash of food that contains the mineral salts of that food.

Tons of ashless food, denatured food, demineralized food, debased, impoverished, foodless food, were consumed along with good and adequate food by nearly 400,000 children under ten years of age who died in the United States last year.

How many of them would be alive and well to-day if none of their foods had been denatured, if all of it had been good and adequate? That is the question we must answer here.

For Overworked Women

This is the season of the year when the wife and mother begins to feel the strain of household and social duties, and gets into a run-down, nervous, weakened condition. To all such our local druggists, George A. Gargas, Druggist, Kennedy's Medicine Store, 321 Market St., C. E. Kramer, Third & Broad Sts., Kitzmiller's Pharmacy, 1225 Derry St., Harrisburg, Pa., say: "We have a rare combination of the three oldest tonics known, in Vinol, which we guarantee to restore strength, make you eat better, sleep better and feel better, or we will return your money."

P. S.—In your own town, wherever you live, there is a Vinol Drug Store. Look for the sign.—Advertisement.

Miss Fairfax Answers Queries

FORGET HIM

DEAR MISS FAIRFAX:

I am almost 22 years old. I work in an office and dress very well, due to the fact that I make my own clothes. I was introduced to a wealthy young man, who became infatuated with me. He took me out to dinner several times in his machine, and would proclaim his love to me. He also sent me very costly presents. I did not like him at first, and tried to avoid him, but I suddenly found myself infatuated with him. Finally he asked me to call at my home, and since, though it is very simple, I am not ashamed of it, I consented to let him. But when he called he was very evidently disappointed in the home, and I have not seen nor heard from him since. I think of him all the time, and wrote him a letter, but received no answer to it. What shall I do?

FLORENCE.

Your first instinctive feeling of dislike for this man was probably based on a subconscious recognition of his character. He is a snob and a weakling, and you would do well to dismiss all thought of him from your mind. Seek your own companionship and busy yourself about your work. Don't waste your emotions on a man who simply is not worthy of a place in your thoughts.

Why Try to Forget Him?

DEAR MISS FAIRFAX:

I am 21 years of age and about a year ago met a young man two years my senior, to whom I took a great liking. He showed me in every way that he liked my company, but never led me to believe that he had more than a friendship for me.

To put him out of my mind I left the city for four weeks, but during that time thought of him more than ever. It is now about seven months since I last saw him, but it seems impossible to forget him. I think there is some reason why he can never be anything to you, you must simply determine to let him go. He is a man who is simply neither infatuation nor love, but the lure of the forbidden. Contrary human nature has an unfortunate way of wanting what it can't have.

ANXIOUS.

I think you are making a tragedy out of what is a comedy. It is not your own fault, but it is your own fault that you are in this position. You are too young to be so serious about a man who is simply a passing fancy. You are too young to be so serious about a man who is simply a passing fancy.

Steelton Youth Named For West Point Academy

Special to the Telegraph

Washington, D. C., March 1. — Congressman A. S. Kreider to-day sent the following nominations to the Secretary of War for the expiration of the vacancy now existing from the Eighteenth District of Pennsylvania, at the United States Military Academy at West Point:

Principal, Franklin Morrett, Steelton; alternate, Harold Chester Fry, Camp Hill; second alternate, Walter K. Pashnitz, Palmyra.

STATE FUNDS TAKE NOTABLE JUMP

Big Payments the Last Few Days Responsible for the Better Showing Today

The Statement of the operations of the State Treasury for the month of February shows more money in the Commonwealth's strong box than at any time since the close of the last State fiscal year on December 1, the general fund last night containing little less than at the end of November.

The February statement shows balances in all funds aggregating \$4,492,494.41 against combined balances of \$2,571,622.06 at the end of January; \$3,251,408.51 at the end of December and \$4,617,202.59 at the end of November.

The favorable showing for February is due largely to the heavy payments of State taxes on premiums of insurance companies chartered in other States and payments on banks and trust company stock tax. The time for payment of the latter without penalty expired last night.

The detail of the Treasury statement shows receipts of \$4,067,817.07, four-fifths of which was for the general fund, while the disbursements aggregated \$2,145,844.73. It is expected that heavy payments of school appropriations, which are behind time, will be made this month.

Balances show \$3,187,133.64 in the general fund; \$651,110.02, the amount of outstanding checks; \$210,510.50 of uninvested permanent school funds; \$327,831.23 in the game fund, the result of hunters' license payments; \$86,560.76 in the game bounty fund which is being hit at the rate of about \$12,000 a month; \$200,048.20 in the State's fire insurance fund, which is partly invested and which is now higher than expected on this date.

Are Erecting Beautiful Buildings on Canal Zone

The permanent regime in the Panama Canal Zone, as compared with the construction period, is well typified by the new administration building on Balboa Heights. In the construction days, everything was built of frame, set on stilts and caged in wire screen. These houses were practical and comfortable for both office and living purposes, but they were not beautiful. Gradually, they are being replaced by permanent structures of concrete, finished in buff, with red-tiled roofs. This is the character of the administration building. It is built in the Italian Renaissance style, four stories high, with a central portico and two long L's extending in either direction.

It is commandingly perched on a lawn-covered hill, with a splendid view of the blue-green, tropical mountains, reaching away to the misty distance before it. But the view most favored by the canal employees is from its rear entrance. There one may stand and look across the busy shipping of Balboa docks and see the stacks and funnels of the great ocean-going vessels as they steam through the canal toward Pedro Miguel. To the men who have labored through the years to see this thing accomplished the sight is a never-fading thrill.

The theme of the convention will be "Power Through Prayer." The convention will have many special features, conferences, rallies, temperance and other popular addresses. If the weather is favorable a parade will be held from the convention hall to Reservoir Park where band concerts, baseball and games will be special features of the program. A duet was sung by Mrs. Turner and J. C. Smith.

The big C. E. rally closing the anniversary and series of rallies held during the month of February will be held to-morrow evening in the First Baptist church, Second and Pine streets. Among the special features of the program will be music by the C. E. choral union, and addresses by the Rev. R. L. Meisenhelder, chairman of the Junior and Intermediate work and C. S. Meek, chairman usher's committee.

Germans Responsible For Steamship Explosion Flee From South America

Rio Janeiro, March 1. — A dispatch from Bahia says that the police authorities there, as the result of an investigation which they have made, place the responsibility for the bomb explosion on the Lampport and Holt Line steamship Tennyson on two Germans named Newarth and Phoenix. The police say the men cannot be found as, with their families, they have abandoned their abode. They add that the Bahia office of the Siemens Company, of which Newarth was the agent, has also been closed.

On February 21 the British steamship Tennyson, the Lampport and Holt Line, put into port at Maranhao, badly damaged as the result of a bomb explosion, which caused the death of three of the crew, an American, an Englishman and a Dutchman.

UPTOWN DISTRICT C. E. HOLDS RALLY

Rousing Meeting in Westminster Church; Gather at First Baptist Tonight

Christian Endeavorers representing the societies of the up-town district of the Harrisburg Christian Endeavor Union held an anniversary rally in the Westminster Presbyterian church last evening. The societies in the district are as follows: Bethlehem Lutheran, Harris Street United Evangelical, St. John's Reformed, Green Street Church of God, Rely Street United Brethren, Westminster Presbyterian, Second Reformed, Covenant Presbyterian, St. Matthew's Lutheran, MacLay Street Church of God.

John D. Crider, vice-president, presided. He gave a few echoes of the world's C. E. convention held in Chicago, July, 1915. After singing medley of C. E. songs, the Rev. W. J. Scheffley, pastor of Bethany United Evangelical church, Easton, conducted the devotional exercises. The world's convention hymn, "Blessed Redeemer" was rendered by the St. Matthew's Girls Choir. Excellent addresses were delivered by the Rev. George F. Schaum, pastor of Harris Street United Evangelical church, on the subject, "A C. E. Evangelist," and Rev. E. L. Curtis, general chairman convention committee, subject, "Boosting the State Convention." Mr. Curtis said:

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PRINCE OF WALES A MASON

British Heir Apparent Becomes Member of the Order

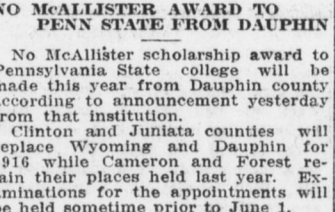
London, March 1.—Carrying on the intimate connection between the royal family of England and Masonry which has existed for nearly a century and a half, the Prince of Wales has been initiated into the craft. This announcement was made at the annual meeting of the Royal Masonic Benevolent Institution by the Duke of Richmond and Gordon.

NO McALLISTER AWARD TO PENN STATE FROM DAUPHIN

No McAllister scholarship award to Pennsylvania State college will be made this year from Dauphin county according to announcement yesterday from that institution.

Clinton and Juniata counties will replace Wyoming and Dauphin for 1916 while Cameron and Forest retain their places held last year. Examinations for the appointments will be held sometime prior to June 1.

NEW DELICIOUS FRUIT FOOD THAT EVERYBODY LIKES.



ASK YOUR GROCER FOR Grapefruitola 10¢ MARMALADE 25¢

It is unnecessary for you to suffer with eczema, ringworm, rashes and similar skin troubles. A little Zemo gotten at any drug store for 25c, or \$1.00 for a bottle, will give you prompt relief from itching, burning, stinging and all other skin troubles. It cleanses and soothes the skin and heals quickly and effectively most skin diseases.

Zemo is a wonderful disappearing liquid and does not smart the most delicate skin. It is not greasy, it is easily applied and costs but a few cents, to-day and save all further distress.

Zemo, Cleveland.

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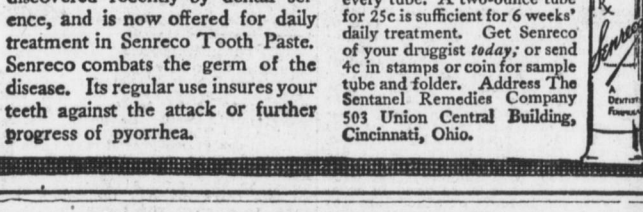
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