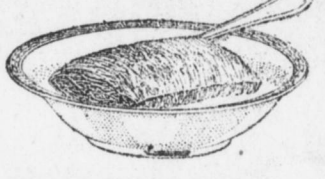


Your Ninety-First Birthday — how are you going to celebrate it? You can live to celebrate it by eating the right kind of foods. Give Nature a chance. Stop digging your grave with your teeth. Cut out heavy meats, starchy foods and soggy pastries and eat Shredded Wheat Biscuit. It supplies all the nutriment for work or play with the least tax upon the digestive organs.



Made at Niagara Falls, N. Y.

Kind Neighbors Cut Timber to Build Farmer's New Barn

Special to the Telegraph. Elizabethville, Pa., March 17. — This week a large number of farmers living near the farm of William P. Lenker, whose barn burned down recently, went into his woods and chopped enough trees to be used for the frame lumber necessary to erect a new barn. This act of charity is receiving much comment in the valley and is highly appreciated by Mr. Lenker and his family.

WHERE OUR NAMES CAME FROM

Once upon a time given names were the only names in use. One was Tom, Dick or Harry, and that was all there was about it. Our present surnames arose from nicknames. Thus Tom the Tailor became in time Tom Taylor and his descendants used Taylor as a family name. The most familiar of our surnames were taken from the occupations of our forefathers, as Smiths, Bakers, Etc. Many men, moving to new towns, had the name of the place from which they had come fastened upon them. Others took names like Pope, King and Bishop, from playing those parts in plays. Hogz and Bacon are simple. Purcell developed from pourceil, meaning little pig. Galt and Grice are old dialect words of the same meaning. Tod meant fox. Fitchle was polecat, and so the keen student of language traces the beginnings of our names in the old dialect. Some of the nicknames were originally distinctly uncomplimentary, as Seely for silly, Cameron for crooked nose, and Kennedy for ugly head. Grace developed from gras or fat.—The American Boy.

CONDEMNNS "TOO PROUD TO FIGHT"

Lodge Arraigns Administration in Speech Before Lynn Republicans

Special to the Telegraph. Lynn, Mass., March 17.—Senator Henry Cabot Lodge, of Massachusetts, evoked wild applause last night when in a speech before the Republican Club of Lynn, announcing his candidacy for re-election, he said: "Let it not be said of us by our children that our motto was: 'Down with honor, Down with right, Down with the flag, Too proud to fight.'" "See to it that our children and our children's children shall be able to say of us, even as we say of the men of the Revolution and of the Civil War: 'They fought the good fight, They kept the faith.'" Senator Lodge spoke not only of the issues of the coming presidential campaign, but of the position of the United States in relation to the warring Powers in Europe and to Mexico. He said, in part: "Since 1864 there has been no election comparable in its meaning and its results to that now before us. This is due to two facts—the unparalleled condition of the civilized world owing to the war in Europe, and the conduct of the Democratic administration, which came into power on the 4th of March, 1913. In my opinion, since the foundation of the Government, with the exception of the Administration of Buchanan, there has been no administration in power which has been so injurious to the United States, both at home and abroad, as that now in control at Washington. "They began with the destruction of the protective tariff. They left our producers open to destructive competition, and the consequences of this action were seen before the 1st of August, 1914, in languishing industries, diminished employment, lowered revenues and increased taxation. "The European war had two effects: one was that it acted like a prohibitory tariff; the other was that the demand of Europe stimulated abnormally certain great industries and brought to the country large sums of money for their products. Despite the protection which the war afforded, other industries upon which the war caused no demand still remained dull and languishing, and they have made no preparation to meet the destructive and abnormally low-priced competition which will come with the end of the war. "We must pass beyond our own borders if we would understand the evils which have been wrought by the present administration and the humiliations to which they have exposed this country. The President has said that he has a single-track mind, but it is a track interspersed with so many turntables that it is not always easy to find out the direction in which the mind is running.

OF INTEREST TO THE WOMEN

"THEIR MARRIED LIFE"

Copyright by International News Service

"Where are you going?" called Warren from the living room. "I was going around to the store, dear," said Helen, pausing. "Can't you telephone?" "It's too late for the boy to deliver, and we need this for dinner." "Well, see Mary?" "But Mary is busy getting dinner, dear; she can't take the time." Warren subsided with a grumbled remark about letting things go. "It's always the way," he said, as he heard the door slam. "Something always needed at the last moment. No system about things, that's the trouble." The trouble with Warren at the present moment was a perusal of the monthly bills. This month they were larger than usual. Several things had been needed for the house and Helen had bought two hats and a new suit which were charged on the Croft & Ordway bill. Warren continued fingering the papers for some minutes and then the key in the latch told him that Helen was coming back. "Come in here and see over these things, will you?" he called. "I'll be right in, dear, just as soon as I give these things to Mary, and Helen went into the kitchen to return a few minutes later, her hat and coat off and looking remarkably pretty. "Do you want to go over the bills?" she said sweetly. "I do hope that you won't think I have been extravagant, dear." "The remainder to be seen; they look pretty large to me." "But they were things we needed. I haven't bought a thing that wasn't absolutely necessary." "Here's one amounting to thirty-four ninety-four. What are all these china items?" "Don't you remember that you told me to complete that set of dishes?" "Oh, yes; so that's what it is I have been trying to remember." "Well, I suppose that one is all right," said Warren, folding it up and putting it in his pocket. "Croft & Ordway's bill is next. This is a whopper. I didn't know you paid so much for a suit. Which one is it?" "Why, dear, my blue suit that you selected yourself. Don't you remember I wanted a cheaper one and you wouldn't have it?" "No, I don't seem to remember." "Two hats. Why two?" "One was the little black straw hat and the other was that leather hat I bought for skating." "That's extravagant!" he snorted looking up. "Well, I needed it, Warren; it looked out of place somehow to skate in a sweater and a tailored hat." Warren grumbled something. "What's this, one cocktail mixer?" "That wedding present you bought for your salesman. You told me to buy something." "Where is it? I haven't seen it." "It just came home yesterday, and you were out last night." "Well, get it out and let me look it over. The idea of getting a present like that for a salesman. They'll never use it." "But this is an extraordinary one," explained Helen. "It's really stunning. Look, dear, it's in the form of a shrapnel; the top is the mixer, and the bottom is filled with little glasses." Warren was examining the thing carefully. "George!" he said, after he had taken it apart, "that's quite an invention." "Yes, you see, it looks like an ornament, and it really is the latest thing. Dear, aren't you having a sale when I bought it?" "Mollified. "Well, have to have one of these ourselves," said Warren eagerly. "Fred will never use this in a month of Sundays; I think I'll just keep this and you can get them something else." "Well, that's all?" "Oh, just about all, I guess. I suppose you have been as careful as you could. I'll send checks for them. Buy the little set this month." Another instalment in this series about everyday life will appear on this page shortly.

CHARMING FROCK FOR YOUNG GIRL

Quaint Little Bodice Worn Over Skirt of Embroidery or Fancy Frock

By MAY MANTON



8927 (With Basting Line and Added Seam Allowance) Girl's Dress, 10 to 14 years.

No feature of the new fashions is more interesting than the persistence of the over-bodice idea. Here is a charming dress for the school girl which shows that feature most attractively used. On the figure, the skirt is made from embroidered flouncing, the under-bodice is made from all-over material to match and the over-bodice is made of blue taffeta and the combination is a very attractive one. The frock is essentially smart and at the same time essentially simple. The straight skirt is simply gathered and joined to the under-bodice, and the over-bodice is arranged over it. The over-bodice is finished separately and closed at the back, but the shoulder edges are buttoned to give a pretty effect. In the smaller view, there is a suggestion for making the over-bodice and the skirt of taffeta with the under-bodice of crepe de chine. For the 12 year size will be needed, 2 1/2 yards of flouncing 29 inches wide with 2 1/2 yards of material 36 for the under-bodice and 1 1/2 yards for the over-bodice and belt. The pattern 8927 is cut in sizes for girls of 10 to 14 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

FOODS THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

Copyright, 1916, by Alfred W. McCann.

Chapter 33. The relationship between the known causes of constipation and the suspected causes of cancer is based upon the unnatural loss of cellulose, mineral salts, colloids, and vitamins to the body. The demand for laxative pills, cathartics and heart depressors for the relief of constipation and the headaches due to the absorption of retained toxins from congested intestines overgrown with decay, is greater than the demand of the "morning after" for bracers. It is needless to reassert this truth, for all of us know that if we ask any druggist what one so-called remedy is most covered by the human race we shall be told that "constipation pills" sit on the mountain top of popular clamor for relief from distress. The average creature, who lives largely on food deficient in cellulose, fiber and mineral salts, needs no description of the misery which constipation begets, but there is another warning for such creatures which should not be ignored. Dr. Horace Packard, of Boston University, discussing the cancer question before the Surgical and

ISLANDS FOR SALE

By Frederic J. Haskin

[Continued from Editorial Page.]

The islands enjoy a moderate climate, the temperature rarely going below seventy or above ninety degrees. During August, September and October when the prevailing winds prevail, the atmosphere is hot and sultry and many thunder storms occur. Earthquakes happen often, but are not violent enough to do any damage, occasionally there is a cyclone which does a great deal. On St. Thomas island almost the entire population lives in the town of Charlotte Amelia. Lying on the sides of three lofty hills, banked with tropical foliage, and with its front street, a shaded driveway, skirting the blue waters of the harbor, Charlotte Amelia has an extremely picturesque setting. In its prosperous days, before the headquarters of the large trading companies moved to the Barbadoes, the harbor was visited by warships of every nation, which dropped anchor there between December and April. Begun, then, a round of social gayety. Dances were given at the government house and dinner parties, picnics and moonlight deck parties succeeded each other until the ships were off again. Now all this gayety has vanished and Charlotte Amelia is just a quiet harbor settlement where living is very cheap. A large house with spacious grounds and verandas can be had for twenty-five dollars a month and servants at from five to seven dollars monthly. Food is also inexpensive. There are plenty of vegetables and fruit, livestock is imported from St. Thomas, and the surrounding waters abound in fish. The islands were first discovered by Columbus on his second voyage to America and were named by him the Virgin Isles. They were declared the property of Denmark in 1666 by one Erik Smidt, at the head of a large trading company. Denmark has held them ever since, with the exception of a short interval in 1801 and again from 1807 to 1815, when they were captured and held by the English as a war expedient. Peoples from almost every nation on the globe have settled here. The architecture of the islands is a mixture of Danish, French, Spanish, English and Dutch, and the business signs are in various languages. St. Thomas was an old rendezvous of the black-flag fraternity, and the ruins of two forts built by pirates are still to be seen on the cliffs. Here, too, were the blockade runners during the Civil War and established a southern coaling station, which first suggested their military value to the United States government. Secretary of State Seward was the first to agitate the matter of purchasing the island from Denmark during the Lincoln administration. The assassination of Mr. Lincoln and the chaotic political situation which followed delayed negotiations, but a treaty was finally ratified in Copenhagen, ceding the Danish West Indies to the United States for the sum of \$7,500,000. In the meantime President Johnson had succeeded to the White House, and a bitter feud raged between him and Congress. The fact that the administration was in favor of the purchase was enough to kill the treaty in the Senate, which declined to ratify.



"It ain't only what's in what they eats—it's what they gets out of it that counts. Give 'em a food for breakfast, I says, that has a lot in it. And let that lot be such that their insides can take it all up, easy-like. Give 'em Cream of Barley" (At Your Grocers)

BIG REVIVAL AT LEWISTOWN. Lewistown, Pa., March 17. — Another evangelistic campaign is being opened here. With the Weigle church.



Good? Better Than That—Great! What!—you don't like Graham crackers? Then it's "dollars to clam shells" that you've never eaten Sunshine Grahams. Yes—they are better. They're just as crispy and full-flavored as you'd like. Try some Sunshine Grahams. In each package of Tahoma Biscuit is a paper doll in colors. Other packages of Sunshine Biscuits contain pretty dresses for her. See list in Tahoma package. LOOSE-WILES BISCUIT COMPANY Bakers of Sunshine Biscuits



Makes Boys Grow Splendid for growing children because it is very nutritious, tasty and wholesome. Children like it. But for their sake as well as your own be sure it is—Moxley's SPECIAL OLEOMARGARINE Where Quality and Economy Meet "Try it with your next meal" There are of necessity, many grades of butter. There are several kinds of oleomargarine. Moxley's Special is always the same—the best that can be made. Churned By Wm. J. Moxley, Inc., Chicago Factory Branches: Pittsburgh, Pa. Philadelphia, Pa. Write for 64 page book of Famous Recipes—FREE.

HOTEL ASTOR Uncoated RICE FOR the most delicious wholesome dessert of all—serve for dinner tonight Hotel Astor Rice Custard. 1/2 cup Hotel Astor Rice 1 1/2 cups boiling salted water. Cook in double boiler until rice is tender. To the hot rice add 1 quart hot boiled custard; blend thoroughly—chill and serve with whipped cream, crushed fruit or chopped nuts. Boiled Custard Beat four eggs in upper part of double boiler, dissolve in them two rounding tablespoons of cornstarch. Add 1 quart of milk, 1/2 cup sugar and 1 teaspoon vanilla extract. Cook in double boiler until custard thickens. Stir frequently to prevent custard from becoming lumpy. Hotel Astor Rice is sold in sealed cartons only. 10¢ for a full pound in the yellow carton. At most good grocers. If yours cannot supply you send 10¢ for full pound carton to B. FISCHER & CO., Importers 190 Franklin St., New York City

Yes, Dear, we have company for supper. Please stop at the store and get a box of Kingan's SLICED BACON Yes, Good-by! Purity and Quality Guaranteed Be sure to ask for Kingan's Bacon by name. At All Good Dealers. In Air-Tight Boxes. KINGAN PROVISION CO., Harrisburg, Pa.

MIGHT AS WELL BE HAPPY

Might as well be happy as the world goes 'round. Ain't no use lookin' cross; jest shake your frown; Jest as 'em as not there's others— Why not be as happy as the world goes 'round. Keep off of the corners as the worl' goes 'round; You may lose your balance in your own home town; Plan things so you's always busy, Keep yer head straight, don't get dizzy— Keep a-workin' as the worl' turns 'round; Keep one eye on heaven as the worl' goes 'round; Never hit another feller when he's down; When things look about the worse, Think up some good Bible verse, God's a-listenin' as the worl' goes 'round. Might as well be happy as the worl' goes 'round; God is in his heaven, an' he's lookin' down; Seems jest that would give your back strength enough to "keep the track" Keep a-hopin' as the worl' turns 'round. —Clara W. Angell, in The Christian Herald

HOW DID THEY GET THE NEWS?

Ralph Pulitzer, who has given his experiences in the war zone in his just-published book, "Over the Front in an Aeroplane," relates an interesting anecdote illustrating the astonishing activity of the German intelligence department. "One day," says Mr. Pulitzer, "when the Belgian army was being reformed in khaki, a certain regiment or chasseurs was ordered to leave their trenches right after dark that night to march to the rear for the purpose of having their new uniforms issued to them. An hour or two after they had received this order the Germans right opposite them hoisted a great placard above their trenches. On it was a sign painted: 'Good-by, brave chasseurs! Run along to get your new uniforms at seventeen francs fifty apiece!'"

BOYER MEMORIAL EXERCISES

Special to the Telegraph. Halifax, Pa., March 17.—As the public schools were held under quarantine for three weeks, it was impossible to hold the Boyer memorial day exercises in accordance with the previous announcement. They will be held in the auditorium on Friday evening, March 24.