

OF INTEREST TO THE WOMEN

THE STRUGGLES OF A WIFE

By Virginia Terhune Van de Water

CHAPTER XV

(Copyright, 1916, Star Company.) The two teachers whom Grace Webb invited came to supper on Sunday...

"I know you and father will like them both," the girl said. "I have heard Mr. Perkins is a teacher when he has come to the school to speak to his sister about some matter of business..."

Myra was somewhat appalled at the idea of entertaining guests to meals twice within a fortnight, but she offered no protest. This was the kind of things she had wanted Grace to do, therefore she must put the thought of rigid economy aside on such occasions.

"Will next Thursday night do?" Grace was asking. "Make it Wednesday, dear," Myra suggested. "Thursday is Lizzie's evening out next week..."

Miss Perkins and her brother proved indeed to be delightful companions. Mr. Perkins was a teacher in one of the city colleges, and was, as Grace had already said, a man of culture and breeding.

A New Experience This thought was in her mind as she sank peacefully to sleep that night after their new acquaintances had departed. But two hours later she awoke with the now familiar qualm of fear at the thought that she was spending more than was right for living expenses.

Lizzie was still in bed, and eyed her mistress with stolid indifference. "Sure, it's sick I am this mornin'," she announced lugubriously. "I tried to get up and dress, but me head hurt so that had I had to lie down again. You'll have to get the breakfast. Later, maybe, I'll be better."

145 DEATHS IN MARCH One hundred and fifteen deaths were reported in the city during March this year—eleven more than for the same month in 1915. Of this total pneumonia and nephritis were responsible for 13 and 11 respectively, while 9 persons died from tuberculosis.

HURLED FROM TRUCK James Henderson, aged 19, of 1317 Liberty street, haggageman at the Pennsylvania Railroad station, was hurled from a truck yesterday when it started suddenly, sustaining a deep laceration of the right eye. Physicians at the Harrisburg Hospital are not positive whether the sight will be impaired.

GIRL HAS APPENDICITIS Dora Kassen, aged 14, daughter of George Kassen, 1909 North Seventh street, underwent an operation for appendicitis at the Harrisburg hospital.

Relieves itching almost instantly Resinol Ointment, with Resinol Soap, usually stops itching at once. It quickly and easily heals most cases of eczema, rash or similar distressing skin or scalp eruption, not due to serious internal conditions.

"Don't Peel Your Face," Says Beauty Doctor, "If You Want a Good Complexion." For centuries past it has been realized that the homely woman with deep lines and furrows, has to fight an unequal battle with her younger and better looking sister.

English Beauty Specialist Gives Some Timely Advice to American Women For centuries past it has been realized that the homely woman with deep lines and furrows, has to fight an unequal battle with her younger and better looking sister.

REAL MIDDY SUIT FOR YOUNGER SET

Striped Skirt With Plain Blouse Makes Stunning Little Suit

By MAY MANTON

"There was no time to stand parleying, so telling the girl to 'try to sleep,'" the mistress dressed quickly, and, after calling her husband and daughter, repaired to the kitchen, heated a dry cereal, made the coffee, and, with some bread and fried some bacon and eggs.

"What, dear?" "I've just got a second reminder that it's overdue. I hoped to pay it before now, but I had to meet my insurance agent."

"The Bills Increase I had the money for that, and paid it, of course. I never let my insurance wait," he continued. "But—well, to tell the truth, Myra, the housekeeping bills—I mean, the bills for provisions, are larger than they have been heretofore, but I don't see why. Dear knows we live plainly enough! I did not mean to mention this increased expense—but it's there."

9005 (With Basting Line and Added Seam Allowance) One-Piece Dress, for Misses and Small Women, 16 and 18 years.

Everything that suggests the middy finds a welcome with the younger contingent. This blouse, while not strictly in that style, suggests the idea. It is finished with a sailor collar and can be made with elbow or with long sleeves.

MUTILATED CORPSES OF WOMEN TESTIMONY OF CRUEL BARBARITY The American Committee for Armenian Relief, in co-operation with the Committee of Mercy, has issued an appeal for relief of Armenian refugees.

Stough Lawyer Insists Courts Are Prejudiced Special to the Telegraph Wilkes-Barre, Pa., April 7.—Paul J. Sherwood, counsel for Dr. Henry W. Stough in slander suits brought against the evangelist by Hazleton businessmen, yesterday filed answer to the charges of the Luzerne County Bar Association in their action to disbar him for an alleged disrespectful attack on the integrity of the county judges.

Asks Coroner to Measure Him For Coffin; Dies Later Special to the Telegraph Omaha, Neb., April 7.—"Take my measure for a coffin, will you?" Elmer H. Wood, of Ebensburg, Cambria county, Pa., asked the county coroner here last night.

FAKE SOLICITORS WORKING City police have issued a warning to residents of this city, not to give any contributions to two colored women who have been soliciting funds without authority for the Colored Day Nursery, in North Seventh street.

1916 LICENSE TAGS OUT License tags for 1916 have been received at the city treasury for distribution. A five-point star is the design adopted for the junk dealers, an oval for the hucksters, a small indented parallelogram for auto dealers and a large parallelogram for teams.

TWO OVERCOME BY GAS Reading, Pa., April 7.—A man and a woman were found in a rooming-house here yesterday. The man was dead and the woman is now unconscious at a hospital. The gas jet had been turned on in a door-yard a few blocks from the rooming-house.

TO TALK OF DANCE HALLS Interesting lantern slides will be shown by Miss M. S. Hawley, Baltimore, to explain how Baltimore inaugurated the municipal dance hall idea, when she lectured, April 17, in the Harrisburg Public Library, as the guest of the Social Workers' Club, of Dauphin county.

FOODS THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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

CHAPTER 42

Short-Time Experiments With Any One of the Extracts of Natural Rice Prove Conclusively That It Is Not Some One Mysterious Element Found in the Whole Grain Which Is So Necessary to Life, but the Combination of All the Elements Which Rice Yields to the Daily Food of Man That Is So Essential.

In 1905 Dr. Donald McCaskey, to whom reference was made in a previous chapter, was a medical inspector in charge of a company of Igorotte soldiers in Buena Vista, Cavite Province, Philippine Islands. The soldiers all went down with acute beriberi; all complained of palpitation of the heart, pains in the nerves, flabbiness of tissue, emaciation and puffing of the limbs. The disease ended ultimately in paralysis and death.

When Dr. McCaskey was put in charge of these troops he noted that they had been eating the usual Philippine ration of rice, which, however, had been polished in imitation of the American custom.

Surgeon-General Takaki of the Japanese navy was made a baron, in recognition of his discovery that beriberi prevalent among Japanese soldiers and sailors, was not of bacterial but of dietetic origin, "due to the loss of certain food constituents, chiefly phosphorus, contained in the inner coating of pericarp of the rice grain, which is always removed and discarded in the preparation of polished rice."

Later the convictions borne of this Manila experience of Dr. McCaskey were still further confirmed by his study of beriberi in the Japanese hospital at Hiroshima, Tokio, Kobe, and Sasebo.

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Kingan's 'Reliable' Block Shoulders Skin and Fat Removed Cured like our Hams and the flavor will surprise you. Ask your Grocer for KINGAN'S Shoulder

Kingan's Provision Co. HARRISBURG, PA.

Advanced Cavalry Is Beyond Communication

San Antonio, April 7.—The most advanced cavalry detachments engaged in running down Villa were beyond communication yesterday and at Major General Funston's headquarters it was believed they already were as far south as Satevo, from whence trails extend toward Parral.

WILLIAMSTOWN JUNIORS WIN

Williamsport, Pa., April 7.—Members of the junior class of the Williamsport high school defeated the senior class in a debating contest recently. The representatives of the junior class were Charles Klinger, Allen Ray and George Hoffmann; of the senior class, Clarence Fickinger, Howard Shuttlesworth and Harold Budd.

ROYALS NET \$400

By netting more than \$400 at the big fair last week in its firehouse, the Royal Fire Company has practically solved its problem of financing its end of the big State Firemen's convention in this city during the week of October 5.

SAM'S "AD." PAYS

While selling papers at his old stand, corner Walnut and Second streets, some time ago, Sam Klompus, a newsboy, found quite a nice set of false teeth.

"The Bread Problem"

is not a problem in the home where Shredded Wheat is known. The whole wheat grain is the real staff of life, and you have it in Shredded Wheat Biscuit, prepared in a digestible form.

It contains more real, body-building material than meat or eggs, is more easily digested and costs much less. The food for the up-and-coming man who does things with hand or brain—for the kiddies that need a well-balanced food for study or play—for the housewife who must save herself from kitchen drudgery. Delicious for breakfast, or any meal, with milk or cream. Made at Niagara Falls, N. Y.

Did Sam advertise his find in the papers? He did, incidentally he got results. A man yesterday called around to the corner, claimed the molars and paid Sam a nice little reward.

Boys, Here's the Way to Make Muscle.

More muscle—more muscle than Skinny, Fat, or anyone in the gang—do you want more muscle?

If you do—then you should do what the football men and the men in the big leagues do—eat the right thing for breakfast—eat Cream of Barley.

It's good for muscle, and its good to eat.

For tomorrow's breakfast have Ma get



Cream of Barley

Sunshine Biscuits

Get that—Sunshine—they're made in the Sunshine. That's why they have that name. 350 varieties from which to choose—each the best of its kind.

Try Sunshine Grahams—crisp, flaky crackers baked to a golden brown. They're good—and good for you. In each package of Takoma Biscuit is a paper doll in colors. Other packages of Sunshine Biscuits contain pretty dresses for her. See list in Takoma package.

LOOSE-WILES BISCUIT COMPANY



HOTEL ASTOR Uncoated RICE

Dainty enough to set before the king, yet so simple and economical it is a standby as a family dessert—

Hotel Astor Rice and Peach "Dainty" Put 1 cupful Hotel Astor Rice (washed and drained) into a saucepan with 2 cupfuls of milk, 2 tablespoons of sugar, 2 tablespoons of butter and the grated rind of 1/2 lemon. Simmer gently 1/2 hour until milk is absorbed. Pound rice, and while hot press into a well buttered mold. When cold, turn out with a sharp knife and mark around top to form a wall. Brush over with beaten egg, put into a few minutes. Scoop out centre, leaving wall and a bottom crust of rice the same thickness. Fill centre with fresh or canned peaches. Heap whipped cream on top and chopped nuts if desired.

Hotel Astor Rice is sold in sealed cartons only. 10c for a full pound in the yellow carton. At most good grocers. If you cannot supply you send 10c for full pound cartons to B. FLETCHER & CO., Importers, 190 Franklin St., New York City.