

A Crisp, Delicious "Snack" for luncheon or after-the-theater, or any old time when the appetite craves "something different," is TRISCUIT, the Shredded Whole Wheat toast. Heat it in the oven to restore its crispness, then serve with butter, soft cheese or marmalades. As a toast for chafing dish cookery it is a rare delight. It is full of real nutriment.



Made at Niagara Falls, N. Y.

Two Boys Built a Boat; It was Weak; They're Dead

Special to the Telegraph
Sioux City, Ia.—John Avery, aged 12, and Gustave Johnson, aged 14, were drowned in the Floyd river here, and Ernest Rawley, who attempted to save them, was rescued with difficulty. The two boys were in a homemade boat and as they went under the Great Northern bridge asked Rawley to throw them a brick to be used as an anchor. The brick went through the bottom of the boat. Rawley jumped to their aid.

ENGINEER IS HELD
West Kingston, R. I., April 28.—Charles H. Mansfield, engineer of the Gilt Edge Express on the New York, New Haven and Hartford Railroad, which crashed into a local train at Bradford April 17, causing deaths of five passengers, to-day was indicted for manslaughter.

OF INTEREST TO THE WOMEN

THE STRUGGLES OF A WIFE

By Virginia Terhune Van de Water

CHAPTER XXI
(Copyright, 1916, Star Co.)
During dinner Myra Webb chatted brightly and cheerfully, but with little encouragement from either husband or daughter. After failing to rouse Horace from his depression she turned her attention to Grace, inquiring as to what kind of a day she had had, how lessons had gone, and whether her classes had been well attended.
"For a few minutes the girl answered politely. But at last she leaned back in her chair and sighed.
"Mother, dear," she suggested wearily, "don't let's talk about school. I know you are making an effort to be agreeable and entertaining and really it's not worth while. To tell you the truth, I am tired of thinking of school."
The mother flushed and lapsed into silence. She told herself that she had done her best, and that her efforts were not appreciated by the man or the girl for whom she was straining every nerve. For some minutes not a word was spoken. Neither Horace, who was eating absent-mindedly, nor Grace, who stared moodily at her plate, appeared to notice the absolute stillness.
"We are not exactly a gay party, are we?" Myra observed at last. "Anyone would think we were mourners at a funeral feast."
Her lips trembled as she spoke, but she tried to hide her hurt under a light tone.
"I have to do enough talking during the day," Grace remarked, "to like to be quiet when I get home. There is nothing especially interesting to talk about anyway. As if, as I have a stack of exercises to correct this evening, I like to relax while I can."
Horace a Martyr
Another silence. This was broken by Myra's final effort to elicit some speech from her husband.
"Aren't you feeling well, Horace?" she ventured.
"I told you a little while ago that

I was well, Myra," he replied. "I also intimated that I was simply tired and worried, that's all."
The tone of her remark settled the wife. The events of the day had worn upon her nerves. The triumph of selling her story had been in itself somewhat of a strain and the lack of enthusiasm with which Horace had received the news of her good fortune had dashed her spirits cruelly.
Now with her endeavors to make home pleasant set at naught, she felt her self-control replaced by a subtle sense of resentment at the injustice of her companions.
"I am tired myself," she remarked, her voice vibrating with hardly-suppressed impatience. "And I also have a few worries. But I do think that if I try to talk and be agreeable while we are at table, the least rest of the family can do is to help me out."
Her husband looked at her in surprise. "My dear wife," he said in the judicial tone that adds fuel to fires of vexation, "there is no need of your assuming that injured manner if you had been down town all day, as I have, I doubt if you would feel any more like talking of trivialities than I do."
Tears sprang to Myra's eyes, but she winked them back resolutely. Grace, glancing at her saw her discomfiture and feared that there might ensue an altercation such as she especially disliked. Therefore, she pushed her chair back from the table and rose to her feet.
"If you will excuse me, I think I will go to my room now," she explained. "I have a great deal to do, and I am so tired that I do not think I will wait for any dessert—but good night."
When she was gone, the meal ended in complete stillness—so far as the pair in the diningroom was concerned. Horace ate one tart, and helped himself to another. To the wife, the dessert tasted of sawdust. She felt as if she should choke if she did not get away by herself soon.
Even Singing is Barred
From the kitchen came the rattle of dish washing, mingled with the unmelodious crooning of the maid. Lizzy was evidently feeling well once more and was so deeply occupied in her task or in the music of her own Irish song, that she forgot all else. Over and over again she sang the same refrain, until the master of the house, down his coffee cup with a mutter of exasperation.
"I declare," he exclaimed, "that girl's singing is so set on her crazy! You must tell her to stop it, Myra!"
The wife herself had been annoyed by the sound but at her husband's speech she forgot all except his outburst.
"Oh, Horace," she protested quickly, "if anyone can be happy enough to sing, let her do it! Few of us can."
Her husband's look conveyed reproach even more strongly than his words.
"That is not a very kind thing to say, Myra," he remarked. "Things are hard enough for all of us without your complaining and making them harder."
"I have not been complaining!" the wife retorted. "I am merely stating a fact. And perhaps if all of us tried harder to be pleasant we would find things easier all around."
"Are you trying now?" the man demanded, sarcastically, his New England temper—the one emotion which the descendants of the Puritans are not ashamed to display—getting the best of him.
"And that is hardly a kind thing for you to say," Myra reminded him. "I am sorry if I have seemed cross or depressed, but I have received no encouragement to be otherwise since we sat down to dinner."
The husband's eyes snapped angrily.
"I suppose you mean that all the effort in everything is on your part?" he accused. "I've been a failure in business and in my home as well. You probably feel because you have sold a story that you are becoming a success where I failed. Well, it is not the pleasant thing in the world for a man to feel that his wife is helping support his household. Please bear that in mind, Myra."
She did not flash back at him. She told herself that he was angry but did not mean what he said. Still, the hurt went deep and rankled.
(To Be Continued.)

SCALLOP FINISH FOR THIS DRESS

Belted Frocks Are Fashioned This Season For Old and Young

By MAY MANTON



8924 (With Basting Line and Added Seam Allowance) Child's Dress, 4, 6 and 8 years.

All the belted frocks are essentially fashionable this season. This one is novel for the belt is passed through openings that are made for the purpose, to give an unusual effect. The pockets with their shaped upper edges are pretty. In the picture, blue linen is scalloped with white. The material and the treatment both are in the height of style but this is a frock that can be made from linen or pique or from thinner material, such as lawn, with equal propriety. For the dressy frock, taffeta would be pretty, with the pockets omitted. White scalloped with color will be much worn throughout the coming summer. White linen, cotton gabardine and pique are charming made in this way for sturdy frocks. Handkerchiefs and pocket squares for the more dressy ones.

For the 6 year size will be needed, 3 1/2 yards of material 27 1/2 yards 36 or 2 yards 44 inches wide.
The pattern 8924 is cut in sizes for girls from 4 to 8 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

Homely Virtues by Beatrice Fairfax

Are the old-fashioned virtues of dignity and self-respect going out of style? Occasionally one is tempted to think so.
But as long as the world lasts the woman who values herself lightly will be lightly valued in turn. Never forget this when some man urges you to have a drink to prove yourself a good sport, as some "popular" girl explains to you that the persons wouldn't like her so well if she didn't let them make love to her occasionally.
A certain amount of excess may be obtained by an undignified catering to the baser side of worldly natures. But it is cheap success—remember that. It leads nowhere, and it does not abide long.
While you are young and pretty and able to carry off boldness and flashiness and lax moral standards with a little air of youthful bravado and "cuteness" you may be the center of a gay circle. But their admiration is not worth having, and it can't be kept.
A worth-while man wants his wife to be a woman of questionable reputation, or even one of whom gay comrades speak lightly, nor yet one whose intimates are people of too giddy a sort.
Popularity which can be bought by relaxing the standards of self-respecting womanhood is not worth having.
Too many girls are writing me agitated letters about the boys who suddenly stopped being nice to them when refused a good night kiss. The boy who sets a price on his attention and demands that a girl repay him for his society and dance is either weakly selfish or scoundrelly. In any case his terms are usurious and no dignified girl should pay them.
Familiarity does breed contempt. That is an axiom of fact based on human nature. A boy who is permitted to take liberties with a girl is justified in supposing that other boys are allowed the same freedom. He does suppose it. He thinks the girl is a cheap little coquette or worse.
What girl would sanely sacrifice her chances of future happiness to pay some young Lothario for a chocolate ice cream soda or a trip to Coney Island when put that way, doesn't it, girls? But that is just about how it stands.
Let people can you prim, prudish, late! It sounds absurd or sensational old-fashioned, slow, not a good sport, a quitter, anything they like, and reflect that people who reproach your dignity in these terms are morally lax young wasters who are ready to mortgage their heads, their education and their chances of future happiness in successful marriage for the sake of a little cheap emotion of the sort that is granted to leave a bitter after effect.

To Conduct Study of Sunday School Lesson

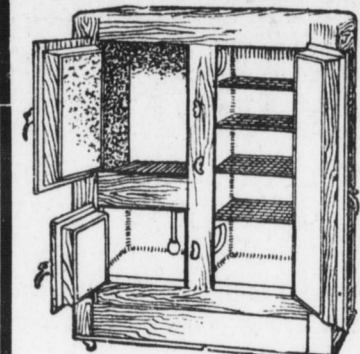


REV. W. O. SANDERSON

The Rev. W. O. Sanderson will conduct the study of the International Sunday school lesson this evening in the Young Men's Christian Association. The subject is "Peter's Deliverance." The class is free and will be open to all Sunday school superintendents, teachers and workers. Following the lesson, an opportunity will be given to ask questions on the subject.

REBATING CHARGED
By Associated Press.
Cleveland, Ohio, April 27.—In a statement issued here to-day by the railroad transportation brotherhoods participating jointly to secure an eight-hour day from the railroads of the country attention is directed to the practice of railroads in granting rebates to shippers and hauling private cars. Trainmen and other officials claim that special car and rebate privileges are granted at a heavy loss to railroads.

Protect Your Food From the Ravages of Summer's Heat



Insure Freshness, Cleanliness, Purity, Fourfold Economy (Health, Food, Ice and Time) Are Realized When You Own a

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A lining of pure smooth, white porcelain—one piece fused (not baked) on steel; unscratchable—no lodging place for grease or germs. Perfect cold, dry air circulation—insures food freshness and purity. Scientific insulation saves one-third your ice bill.

Refrigerators and Ice Chests From \$6.75 up to \$60
Easy Monthly or Weekly Payments Arranged For You

Bicycles
A handsome wheel, 22-inch frame, Troxel saddle, mud guard and stand; coaster brake; guaranteed tires. Bell and toolbag.
\$35.00

Garden Hose
1/4-inch black hose with couplings; different lengths.
12c Per Foot



Simplify the cooking question; easy to use, so clean, so safe, so economical and reliable that all old-time stove worries are banished. The Florence is ready for instant use.
Priced From \$8.50 up

WYETH'S COMPANY
THE HOUSE OF QUALITY
312 Market Street

ORANGE IS REAL SYMBOL OF LIFE AND HEALTH SAYS FOOD EXPERT

Experience of Chief Engineer Ashmead of Madeira-Mamore Railway Company Means Much to Indifferent World

CHAPTER 50
Chief Engineer Ashmead of the Madeira-Mamore Railway Company ate largely of white bread, mashed potatoes and fresh meat obtained by slaughtering cattle imported on the hoof. As a rule twice a day and at least three times a day this diet of bread, biscuits, cakes, crackers, roasts, steaks, and potatoes constituted the bulk of his meals.
Reporting his experience to me, he said: "I realized that I was not up to snuff, but could locate no particular cause for anxiety. I simply felt languid and uneasy. Then I began to observe among the men a tendency along smooth roads. I noticed also that some of them complained of slight swelling in the ankles, which gradually extended upward to the knees. When this swelling was at its height a dent in the flesh, made by pressure from the finger, would remain a long time.
The doctors did not know of the victims every conceivable kind of medicine. Nothing did them any good, and, prior to their death, they were completely prostrated and helpless."
"Some of our doctors said the disease was not beri-beri, because the patients had not lost weight, although the symptoms seemed to be peculiarly the same. Other doctors contended that it was beri-beri."
The doctors did not know that rice has nothing to do with beri-beri, and that beri-beri is only an accidental, oriental phrase by which white bread starvation, in its last extremity is described.
The fact that all mal-nutrition, anaemia, or mineral starvation is accompanied by serious heart disturbances had not suggested to the Madeira-Mamore poison squad that the dying men could have been saved had the missing elements in their diet been supplied.
Having observed with morbid interest these symptoms among the sick and dying laborers, Chief Engineer Ashmead noticed with alarm, under circumstances that impressed all his details upon his mind, that he himself was becoming a victim.
The camp had lost a man in the jungle, which was so dense that his body had been discovered only by direction was completely confused. Once lost it was a serious problem to find the way back to camp.
Ashmead participated in an extended search which failed. As night came he gave orders to have the camp whistle blow at short intervals until morning in order that the sound might give the lost man some guide by which to direct his course through the brush.
During the search and while still fresh he climbed a little hill. When he reached the top he was out of breath. His heart was pounding. He was obliged to stop and rest.
That night when he removed his leggings he noticed that his ankles were slightly swollen. For three days he found it difficult to buckle the straps on his leggings. Then came the consciousness that he was losing his appetite for bread and desired to eat nothing.
He remembered also that for the first time in his life he had a craving for orange juice. He had never been fond of oranges before that time. He knew nothing of the fact that oranges are base-formers and that his body, starved of bases, was clamoring for the elements so necessary to life.
On the fourth and fifth day following the first appearance of the striking symptoms he observed that when his flesh was dented at the ankles the finger marks remained.
Laborers were dying around him everywhere. "Beri-beri is killing them," said the doctors.
"I have noticed too. I am not going to stay and die," he said.
He quit camp at once.
By first boat he returned to Eng-

land and on the ship took no food but orange juice, which he consumed in large quantities. On a diet of little else his heart dilation disappeared within sixty days. Except for experiencing a depressing sense of lassitude for the following six months he was apparently none the worse for his close call.
Ashmead had no knowledge of the fact that oranges are base-formers. He did not know that the feeble organic acids of the orange juice are quickly oxidized in the body and burnt in the production of heat and the alkaline earthy salts or bases of the oranges are thus made available for the work which they are intended to perform in the economy of nutrition.
He did not know that the abstraction of calcium salts from the tissues, through the consumption of refined, demineralized, acid-forming foods, prepares them as fertile fields for the development of tuberculosis.
He did not know that nature's method of curing tuberculosis, as we have already seen, is by calcifying the tuberculous area, thus shutting it off from the rest of the body.
He did not know that nature can do this work only when food calcium is available in its proper forms.
He did not know that there was no calcium in the Madeira-Mamore Railway Company poison squad diet. One of the suppressed facts in connection with the record of mal-nutrition among the laborers was the scourge of tuberculosis, which swept over the men who escaped "beri-beri." Both Ashmead and Dose observed that as many men were lost through tuberculosis as through the disease which they called "beri-beri."
So rapid was the progress of the disease that many of the men died of hemorrhage within three or four months following the appearance of the first symptoms of the disease.

Window Boxes Filled
New Cumberland Floral Co.
New Cumberland, Pa.

TURN HAIR DARK WITH SAGE TEA
If Mixed With Sulphur It Darkens So Naturally Nobody Can Tell

The old-time mixture of Sage Tea, streaked and faded hair is gradually restored to its natural color, using it to keep their hair a good, even color, which is quite sensible, as we are living in an age when a youthful appearance is of the greatest advantage.
Nowadays, though, we don't have the troublesome task of gathering the sage and the mussy mixing at home. All drug stores sell the ready-to-use product, improved by the addition of other ingredients, called "Wyeth's Sage and Sulphur Compound" for about 50 cents a bottle. It is very popular because nobody can discover it has been applied. Simply moisten your comb or a soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, but what delights the ladies with Wyeth's Sage and Sulphur Compound, is that, besides beautifully darkening the hair after a few applications, it also produces that soft luster and appearance of abundance which is so attractive. This ready-to-use preparation is a delightful toilet requisite for those who desire a more youthful appearance. It is not intended for the cure, mitigation or prevention of disease.—Advertisement.

When Undecided
What to Order For Lunch or Supper, Ask Your Dealer For
KINGAN'S Minced Luncheon
Delicious Either Cold or Hot, Always Appetizing and Economical
Kingan Provision Co.
Harrisburg, Pa.

Protect Yourself!
Against Substitutes Ask For
Get the Well-Known Round Package
HORLICK'S Malted Milk
THE ORIGINAL
MADE IN THE LARGEST, BEST EQUIPPED AND SANITARY MALTED MILK PLANT IN THE WORLD
We do not make "milk products"—Skim Milk, Condensed Milk, etc.
Ask For HORLICK'S THE ORIGINAL MALTED MILK
MADE FROM CLEAN, FULL-CREAM MILK AND THE EXTRACT OF SELECT MALTED GRAIN, REDUCED TO POWDER FORM, SOLUBLE IN WATER. BEST FOOD-DRINK FOR ALL AGES.
Used for over a Quarter Century Unless you say "HORLICK'S" you may get a Substitute.
Take a Package Home



Resinol Soap
a friend to poor complexions
Resinol Soap is not only unusually cleansing and softening, but its regular use helps nature give to the skin and hair that beauty of perfect health which it is impossible to imitate. Tendency to pimples is lessened, redness and roughness disappear, and in a very short time the complexion usually becomes clear, fresh and velvety.
The soothing, restoring influence that makes this possible is the Resinol which this soap contains and which physicians have prescribed for over twenty years, in Resinol Ointment, in the care of skin and scalp troubles. If the skin is in bad condition through neglect or an unwise use of cosmetics, Resinol Soap should first be used. A little Resinol Ointment. Resinol Soap is sold by all druggists and dealers in toilet goods.