

You owe yourself This Rare Treat after the heavy meats and the canned vegetables of the Winter—with a jaded stomach and rebellious liver—**Shredded Wheat With Strawberries**—a dish that is deliciously nourishing and satisfying — a perfect meal for the Spring days, and so easily and quickly prepared. For breakfast, for luncheon, or any meal.



Made at Niagara Falls, N. Y.

SAYS HOT WATER EACH DAY KEEPS THE DOCTOR AWAY

Drink glass of hot water before breakfast to wash out the poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath. Folks who are accustomed to feeling dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous, stagnant matter. Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have scaly skins, blood disorders and sickly complexions, are urged to get a quarter pound of limestone phosphate from the drug store, which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.

AN OLD RECIPE TO DARKEN HAIR

Sage Tea and Sulphur Turns Gray, Faded Hair Dark and Glossy.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome.

Nowadays we simply ask at any drug store for "Weyth's Sage and Sulphur Compound." You will get a large bottle of this old time recipe improved by addition of other ingredients for about 50 cents. Everybody uses this preparation now, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger. Weyth's Sage and Sulphur Compound is a delightful toilet requisite. It is not intended for the cure, mitigation or prevention of disease.

Lumber Yard conveniently located.

Our lumber yard is located at Forster and Cowden streets—in the heart of the city.

The expenses for hauling are therefore considerable lower than if we were located on the outskirts. This is easy to understand.

Get our prices for your next lumber job—we can save you money.

United Ice & Coal Co. Forster & Cowden Sts.

GEORGE H. SOUBIER FUNERAL DIRECTOR 1310 North Third Street Bell Phone. Auto Service.

MARKETING GETS MUCH STUDY NOW

State Officials Plan to Improve the General Situation by District System

The question of finding suitable and ample markets for their crops, which has worked a hardship to the farmers of Pennsylvania for many years and in some communities still works against the efforts of the farmers to raise maximum crops, is on a fair way to be solved. The State Department of Agriculture is now engaged in working out some method of assisting the farmers in isolated districts to market their farm products. The problem of the best means and method to develop markets for the products of the farms that are somewhat removed from the cities and the market centers is a big one, but plans that are now under way are expected to aid materially during the coming season.

With the source of sale for their products established, many farmers will work for better quality and larger production in their farm crops and the aid that the Department of Agriculture can give in finding a market for these products will mean much more profit to the farmer for his labors.

The marketing problem is one which has the attention of the United States government at the present time through the bill introduced in Congress by Senator Sheppard, of Texas. This bill provides for the establishment of a National Chamber of Agriculture with units made up by township, county and State bodies. In this way the marketing work will be organized in communities and will have the assistance of the county, State and national associations to carry it forward.

The bill provides that an organization of twenty farmers in a township can form a unit and when four township units have been organized a county chamber can be organized. When one-third of the counties of any State are organized a State Chamber of Agriculture can be formed and granted a charter by the national body. From its inception the President of the United States has the authority to appoint the necessary officers and nine members, six of whom shall be practical farmers.

The work of the organization will consist of helping to market the products of the farm and provides that when any member or township unit desires to offer for sale or to purchase any agricultural product or commodity related to the farm they communicate with the secretary of the local chamber, who shall meet their demand or communicate it to the secretary of the county chamber, who in turn communicates with the State chamber, and if the order cannot be filled there the matter goes to the national chamber to provide a market for the products offered for sale or desired to be purchased.

This system will provide a nationwide market, if necessary, to dispose of the products offered by any one township or county unit and is thought to be a big step in solving the marketing problem. The bill is sponsored and backed by the Secretaries and Commissioners of Agriculture in a number of the most prominent agricultural States.

S. P. C. A. Notes

Next week will be "Be Kind to Animals Week," followed by Humane Sunday, May 21. This will be an occasion of great importance to animals all over the United States. In many places elaborate programs have been prepared, covering every day of the week.

Boston and Philadelphia are two cities especially famous for their interest in animal protection. In each of these places the following outline will be carried out:

Monday—Editorials in all the local newspapers; Tuesday, Addresses in the public schools; Wednesday, noon meetings for factory employees; Thursday, Special addresses to Boy Scouts, and Teamsters' Unions; Friday, Children's Pets Exhibitions; Saturday, which is Natural Horse Day, work-horse parades; Sunday, sermons on "Kindness" in the churches, and special exercises in Sunday Schools.

Is Harrisburg to fall behind in this humane work? The local S. P. C. A. is active and interested, but it can do little without the co-operation of the clergy, teachers in day schools and Sunday Schools, and parents. Why not help make a red-letter week in the anti-cruelty calendar?

If ignorant how to go about it, information or suggestions will be gladly given by inquiry at Society Headquarters, No. 7 North Third Street, Bell Telephone 2687. Many a good work fails because the workers have an exaggerated notion of what must be done to make an impression. In Harrisburg S. P. C. A. does not ask impossibilities; it does ask that every one who comes in touch with children, who employs drivers, who has opportunity to interest large numbers of people—in the schools, factories or churches, will, in some simple way, try to develop a feeling that animals have rights which it is wrong not to consider.

Quick Way to Whiten Discolored Teeth

While the cleansing of the teeth seems fairly well assured by regular use of the tooth brush, this can by no means be depended upon to maintain the whiteness and luster of the enamel. This fact is only too well appreciated by thousands of particular men and women who, in spite of the liberal use of various tooth powders, pastes and brushes, seem unable to remove the tinge of yellow or gray from the front of their teeth, or black or brownish fringes about the edges. It will be welcome news to all such that every stain and discoloration can be completely and quickly removed by the use of ordinary refined avatol. By used daily instead of the usual dentifrice, the disagreeable tinge will not reappear and the teeth will always have that spotless milky whiteness and sparkling beauty so much admired but so seldom seen. The effectiveness of avatol is all the more remarkable because it is so perfectly harmless. Instead of scratching or eating into the enamel or injuring the gums, it helps keep them and gums in the best of healthy state. Druggists usually have the refined avatol in 25-cent tubes and the same way a tooth paste is used, putting just a little on the brush.—Advertisement.

Foul Breath? Coated Tongue? Miserable, Blue? **Blackburn's CascaRoyal-Pills** Take a Hint. Take a Pill.

feeling that animals have rights which it is wrong not to consider.

Here is a way to observe "Be Kind to Animals Week," that will be a good business proposition as well as show humane feeling: Let every merchant who deals in humane articles, such as harness, collars, nets, blankets for horses and dogs; also pure foods for birds and animals, advertise his wares in the daily papers from May 15-20, calling attention to the nation-wide anti-cruelty celebration.

A prize for which every boy or girl in Harrisburg may compete next week is offered by the American Humane Education Society. Three prizes have been offered, the first prize of \$5 for the Band of Mercy having the largest number of members; the second prize of \$3 for the band with next largest number of members; and the third prize of \$2, to the band that is third in size.

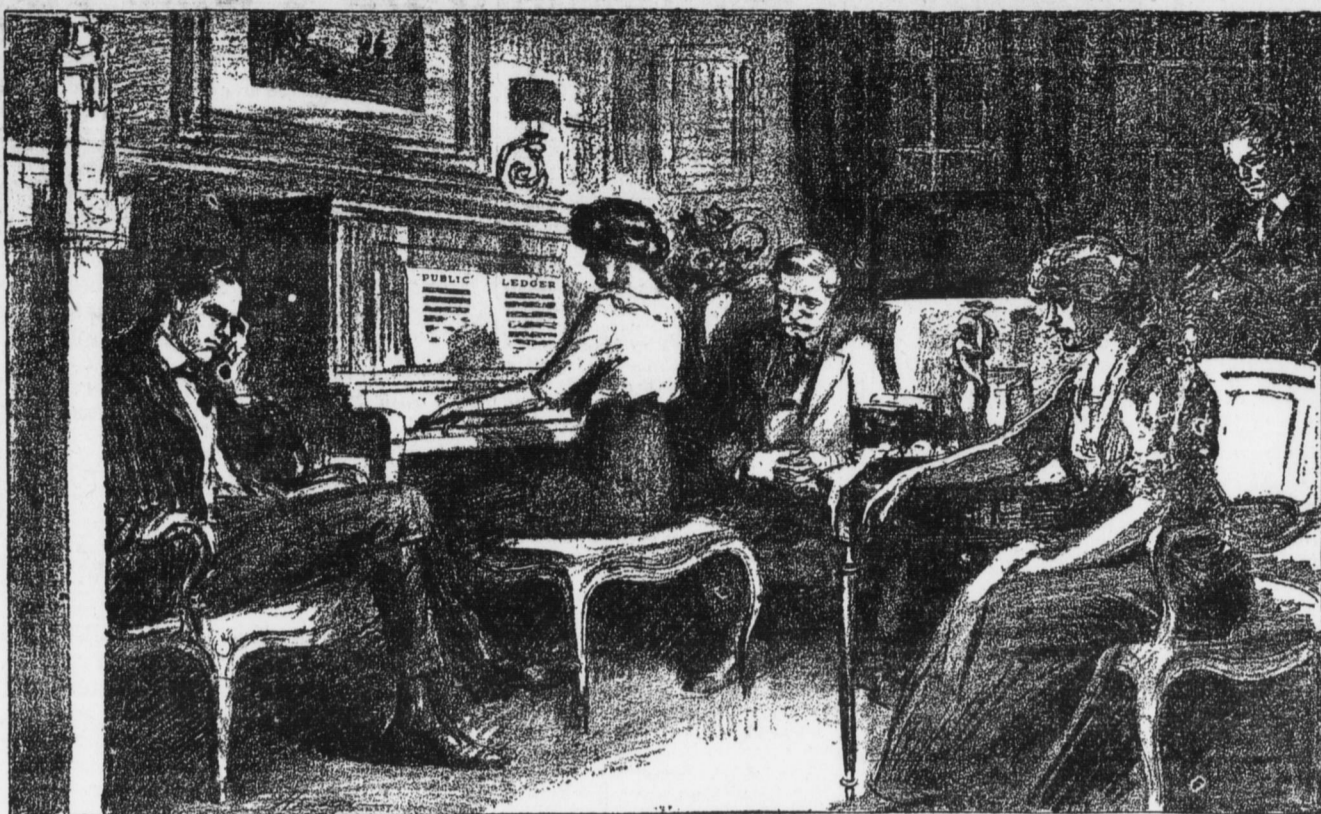
There are no stipulations save that the bands to be formed between May 15-20, that it be a "Be Kind to Animals" Band of Mercy; that it be a newly organized band with new members; and that all reports be made before May 25 to the Harrisburg S. P. C. A. in order that the names may be forwarded to Boston before the contest closes on June 1, 1916.

The boy or girl who loves animals and likes to see them kindly treated, should start at once to form his friends into a Band of Mercy. Who knows? The first prize may come to Harrisburg.

The Harrisburg S. P. C. A. has sent letters to every clergyman and every school teacher in the city asking them to co-operate in the observance of "Be Kind to Animals Week," and Humane Sunday. Special literature to suit their needs may be obtained by writing to the American Humane Association, Albany, New York, or to Mrs. Mary F. Lovell, National Chairman, Jenkintown, Pa.

Spring piano tuning is most important. Now is the time Lott the piano tuner makes pianos moth proof.—Adv.

TYPHOID THREATENS Traces of colon bacilli were found in the samples of at least eight of the city's milk dealers in the tests made by the city milk inspection bureau of the board of health during the past month. Generally speaking, however, the tests showed the milk to be above the average. The lowest number of bacteria per cubic centimeter was thirty-seven; the highest was 900,000.



Free Piano Lessons for Public Ledger Readers

ON Sunday next, May 14, the Public Ledger will issue the first of twelve Free Piano Lessons. They consist of a series of charts, with plain directions which simplify the art of piano or organ playing to such an extent that any one can learn. It is not suggested that these lessons will make you an expert pianist—but they will give you sufficient knowledge to enable you to play ordinary music, such as the accompaniment for popular songs. And what is more to the purpose, they establish a good foundation for future study.

IGNACE JAN PADEREWSKI
Among the names the world will never forget is that of Paderewski. This great genius has endorsed the Public Ledger's Free Piano Lessons.

Read what the world's greatest pianist, Paderewski, says about these lessons—

"You have my deep admiration when in this America of Commercialization you try to teach and develop the musical side of young Americans. Your lessons are ideal for both young and old. Allow me to compliment you on them."
"IGNACE JAN PADEREWSKI"

Read what Josef Hofmann, Philadelphia's popular pianist and a world-authority on the teaching of music, says of the Public Ledger's Free Piano Lessons—

"Dear Sir:—I consider your Music Simplifier a very useful improvement in piano teaching."
"JOSEF HOFMANN."

JOSEF HOFMANN
whom millions know as a famous pianist, in the forefront of his profession, indorses the Public Ledger's Free Piano Lessons.

Paderewski says the lessons are ideal. Hofmann says they are a useful improvement in piano teaching. YOU try them. Get the first lesson, given free, with

NEXT SUNDAY'S

PUBLIC LEDGER

CORN SHOW PLAN BEING WORKED OUT

Secretary Patton Will Have Classes That Will Permit Entries From All

According to reports reaching the State Department of Agriculture the proposed midwinter corn and apple show has stimulated interest in corn planting. The plans for the show which will be held under the auspices of the Pennsylvania Board of Agriculture next January are rapidly being worked by Secretary of Agriculture Charles E. Patton.

Secretary Patton has decided on some of the classes for which prizes will be offered. They are: Class for individuals. Class for winners of county fair exhibits. Class for winners of corn clubs organized by Pennsylvania banks. Class for corn clubs organized by county superintendents of schools. Class for winners of corn clubs organized by community associations.

For the various classes the competition will consist of the showing of the best ten ears of corn and for the largest yield raised to an acre. There will be a grand sweepstakes prize which will determine the champion corn grower of the State relative to the yield of bushels to an acre and also the person turning out the best ten ears of corn in the State. Every indication points that the Harrisburg show will be the most complete corn show ever held in Pennsylvania and it is expected to attract persons interested in corn and apple growing from all parts of the United States. From many sections of Pennsylvania word has been received of the organization of corn clubs and the managements of county fairs have, in many instances, added special prizes to their fair list to increase the interest in agricultural products.

BOMBARD STANDARD OIL OFFICE Cleveland, Ohio, May 10.—Police arrested eighteen men after strikers had bombarded the building of the Standard Oil Company on Broadway with bricks and stones.

JITNEY RULES IN EFFECT AT ONCE

Public Service Commission Issues a General Regulation For the Whole State

A general regulation to affect all jitneys or auto-busses operated in the State of Pennsylvania has been framed by the Public Service Commission which it is believed will cover all phases of the situation caused by the operation of such vehicles as common carriers. It was promulgated last night and is the result of careful consideration of the entire subject by the commissioners.

Some time ago the commission ruled that jitneys having regular runs must take out certificates. The new rules will make the conditions under which they operate.

The order is substantially as follows: Certificates of public convenience evidencing the approval of the commission will be "limited to the route and number of cars and particularly to each automobile or auto-bus designation in the certificate." Application may be made for the approval of additional cars, including substitutions and replacements, certified by affidavit, but certificates will be non-transferable.

Automobiles or auto-busses authorized to be common carriers shall have painted on each side of the vehicle three lines containing the name of the person to whom certificate is issued, the words "auto-bus" and the number of the Public Service certificate. Persons holding certificates will not be allowed to carry more persons than the seating capacity of the designated car, and the filed rates and charges must be posted in each car. The commission reserves the right to revoke any certificate.

"DOPE" AGENT CONVICTED William Phipps, this city charged with violation of the Federal drug laws, was convicted yesterday in the United States District court, chiefly on the evidence given against him by Mrs. Reba Jones and Miss Carrie Watson, this city. William Byrd and Albert Wise, also charged with "dope" law violations were placed on trial. Byrd pleaded, but Wise decided to stand trial.

Gums shrinking? Danger ahead!



Go now to a mirror and examine your mouth? Do your gums look "rinsed out," shrunken? Do you see a jagged appearance in the gum-line?

If so, see your dentist. He will tell you that you have pyorrhea, and that to save your teeth you will have to fight this dread disease at once.

From pyorrhea come by far the greater part of all tooth troubles. Unless treated and checked, it will result not only in the shrinking and malformation of your gums and of the bony structure into which your teeth are set, but in the loss of the teeth themselves.

A specific for pyorrhea has been discovered recently by dental science, and is now offered for daily treatment in Senreco Tooth Paste. Senreco combats the germ of the disease. Its regular use insures your teeth against the attack or further progress of pyorrhea.

But Senreco does more. It cleanses the teeth delightfully. It gives them a whiteness distinctive of Senreco alone. Its flavor is entirely pleasing, and it leaves in the mouth a wonderful sense of coolness and wholesomeness.

Start the Senreco treatment before pyorrhea grips you for good. Details in folder with every tube. A two-ounce tube for 25c is sufficient for 6 weeks' daily treatment. Get Senreco of your druggist today; or send 4c in stamps or coin for sample tube and folder. Address The Senreco Remedies Company 503 Union Central Building, Cincinnati, Ohio.

Gasoline 17 Cents WHEN USED WITH **MOTOR-VIM** SAVES YOUR CAR, MAKES DRIVING A PLEASURE. PREVENTS CARBON. Guaranteed Noninjurious to Motor or Connections. TRIAL PINT CAN. Treats 80 to 160 Gals. Gasoline **\$1.00** Sent prepaid upon receipt of price. MOTOR-VIM CO., Inc. 1270 Broadway, New York