IS YOUR BLOOD

A RED STREAM

No Where in This Paper Is There a Better Lesson to

OF INTEREST TO THE WOMEN FOODS WHICH CAUSED COLLAPSE

THE STRUGGLES OF A WIFE

By Virginia Terhune Van de Water

CHAPTER XXIX.

Copyright, 1916, Star Company.
Myra Webb attacked her new story not been that, have I?" with the conviction that on this de-

"Seif-absorbed! Depressed!" Myra

"You certainly have," mother, the

Copyright, 1916, Star Company.
Myra Webb attacked her new story with the conviction that on this depended much of her future success or failure.

If she could write something fine in spite of the intangible discount agements in her home: if she could prove that the she could rise above fears and doubts to such an extent as to forget her surroundings and powers.

She determined that she would make good. She did not know that she was exercising auto suggestion, list of the subsconscious self that what Myra at last wrote her new story. She felt as if she was impelled by some inner force of which she knew litt. Things became with defore her mind's eye and she depicted them in forceful language. When she murk stop her work she felt weary and she work. She put it aside and would not look at it again until to-morrow. For work whee she road id earlied abortously to copy her story. She patt as as ease of blankness and stainerse are not person work when she must stop what had truth in it.

When at last the manuscript was typed and ready for delivery, she took it downtown and left it with Mr. mas with a she would not look at it again until to-morrow the person work when she made sundy corrections, then began carefully and laboriously to copy her story. She called it 'Truth.' That was what would not look at it again until to-morrow the person work when she made sundy corrections, then began carefully and laboriously to copy her story. She called it 'Truth.' That was what would not look at it again until to-morrow the person work when she can die with the story that had truth in it.

When at last the manuscript was typed and ready for delivery, she took it downtown and left it with Mr. mas with a serious provided the sevential was typed and ready for delivery, she took it downtown and left it with Mr. mas whe would not disturb him.

The Aftermath the serious provided the person work when she must him the serious provided the person work when she must him the same typed and ready for delivery she took it downtown and left it

Reading, Pa., May 17.—Falling headlong into a besin containing little more than a gallon of water, Victor, the death of Dollar's wife caused insanity.

Reading, Pa., May 17.—Falling headlong into a besin containing little more than a gallon of water, Victor, the one-year-old twin son of Anthony Cacease, was drowned yesterday.



The Inner Secret of New Post Toasties

A glance at one of these new corn flakes reveals novel, little bubbles which are raised by the quick, intense heat of a new process of manufacture.

These bubbles are an identifying feature of these -the only corn flakes with a self-developed, delicious corn flavour-the only flakes that do not have to depend largely on cream and sugar for palatabil-

Try some of the New Toasties dry-they're good that way—the children munch them like candy. But of course the delicious new flavour is more pronounced when the flakes are served with sugar and

The New Post Toasties do not waste into "chaff" in the package, and they don't mush down in cream like other flakes. They're a vast improvement over old-fashioned corn flakes and have met with enthusiastic approval everywhere.

New Post Toasties

Sold by Grocers everywhere.

GATHERED BLOUSE AND PANEL SKIRT

Velvet Bandings High in Favor as Trimmings This Season



Knox Tells Church to Carefully Study Politics

Pittsburgh, Pa., May 17 .- Speaking Sleep Away

Jeremiah Knox's old strawberry patch
Philander C. Knox, former Secretary
of State, last night told the Men's
Club of the church should come
out of the shell where it is decaying
and help raise the standard of policlus by the establishment of clubs
within the church, which would not
align themselves with any party bur
rather would measure political issues
and parties from the standpoint of
good government and right."

Odd Fellows in Penna.

Now Number 170,802

Exposition Park, Pa. May 17.—Keports made at the session of the Grand
Lodge, Independent of
Lodge, Independent of
State numbers 170,802, an increase of
5,000 during the past six months.
The reports also showed that
State numbers 170,802, an increase of
5,000 during the past six months.
The reports also showed that
State numbers 170,802, an increase of
5,000 during the past six months.
The meeting was opened formally
by the Rev, W. O. Colbone, of Linesville, Pa., and James Reany making
addresses of welcome. Grand Master
J. P. Hale Jenkins, of Norristown,
responded.

SCHWAB ORDERS ADDITION

Sleep Away

Special to the Telegraph

Washington, May 17.—President Wilson last night made public a frank and
intimate review of his three years in
this time the eyears in
the White House and his impressions
of foreign and domestic problems, de
the White House and his impressions
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the White House and his impressions
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the White House and his impressions
of foreign and domestic prob n the Knoxville Presbyterian church which now stands on the site of

SCHWAB ORDERS ADDITION

\$500,000 Building to Be Erected at the Bethlehem Plant Special to the Telegraph

Special to the Telegraph

South Bethlehem, Pa., May 17. —
Charles M. Schwab yesterday sanctioned the erection of another large department to his Bethlehem steel plant, which means an outlay of more than half a million dollars and will give employment to several scores of skilled mechanics.

On account of the demand for larger callber guns, both by this country and foreign governments, a new general annealing, test and storage plant for large guns will be built and will be located on the hill between the Lehigh and Saucon plant. It will be equipped with annealing furnace slotting machines, drills and other accessories.

LONG WALK TO AID PARENT Children Tramp Six Miles to Ask That Eviction Be Stopped

Eviction Be Stopped

Special to the Telegraph

Wilkes-Barre, Pa., May 17.—Joseph
and Mary Rankin, respectively 13 and
10 years, walked from Plymouth to
this city, a distance of six miles yesterday, to the office of the District Attorney, and asked that official to save
their father from being put out of his
house. They said their parent was
being evicted when they left.

Where the children got their directions to the District Attorney is a
mystery to the officials. They were
turned over to the charity officials.

GYPSIES TRAVEL BY AUTO

A band of gypsies in three automobiles and a truck passed through Harrisburg yesterday. They pitched their tents east of the city line near Steelton. Notice was served on the gypsies by Chief of Police Thomas J. Zell that they would not be permitted to sell their goods or tell fortunes in Harrisburg.

OF GERMAN SAILORS DESCRIBED

BREAKFAST WEDNESDAY

BREAKFAST, THURSDAY

Smoked ham, cheese, white bread atter, coffee, condensed milk, sugar BREAKFAST, FRIDAY

Boiled rice, cheese, white bread, but-er, fried meat if desired, coffee, con-

Corned beef, cheese, fried potatoes, white bread, butter, coffee, condensed

milk, sugar. BREAKFAST, SUNDAY.

CHAPTER 59.

The Striking Contrast Between the Foods Which Caused the Collapse of fried potatoes, coffee, condensed mill the German Sailors and the Foods on Which They Quickly Recovered Strength and Health Has Become a densed milk, sugar.

BREAKFAST, SATURDAY

Corned beef, cheese, fried pote

Strength and Health Has Become a Stumbling Block in the Path of Food Authorities Who Persist in Attributing to High Calorie Foods the Virtues Which Do Not Belong to Them.

The lesson of the Kronprinz Wilhelm is this. She has proved conclusively the inadequacy of those very foods on which America relies so heavily. Heretofore no prolonged experiments have been conducted to determine the evil results of living exclusively on such foods. The Kronprinz has furnished that experiment. There can be no greater or more sufficient proof of the folly of unbalancing food by refining processes; of the BREAKPAST, SUNDAY.
Beefstew, cheese, fried potatoes, white bread, butter, coffee, condensed milk, sugar.
DINNER, MONDAY.
Pea soup, canned vegetables, served in juice that stood in cans, roast beef, boiled potatoes, white bread, coffee, condensed milk, sugar.
DINNER, TUESDAY
Potato soup, canned vegetables. ing food by refining processes; of the folly of ignoring the meaning of the saits, colloids and vitamines natural to all unprocessed foods; of the folly of claiming for high calorie foods the absurd virtues which they do not possess.

War or Peace Drives

Sleep Away

spirits has been that it has been up to me to choose when that time came. He added that he did not conceive that Responsibility of Deciding on he had been elected President to do as he pleased. "If I were, it would he said.

Fragrant-Delicious

Satisfactory

BOSTON BEST

In 1, 2, and 3-lb. sealed tin cans only.

Never sold in bulk

SUITS WHEN OTHERS DISAPPOINT

It Suits When Others Disappoint

with our factory—through our various distributors in the principal parts of the United States—make it possible for

any dealer, no matter when or where, to obtain a supply of

Packed Only in 1, 2 and 3-lb. Sealed Tin Cans

Witman-Schwarz Company, Harrisburg, Pa.

Wholesale Distributing Agents DESCRIPTION OF THE PROPERTY AND PARTY.

this superb coffee without delay.

No grocer should deny you, for the wire connections

DINNER, TUESDAY Potato soup, canned vegetables, served in juice that stood in cans; pot roast of beef, boiled potatoes, white bread, coffee, condensed milk, sugar, DINNER WEDNESDAY

Be Learned Than That Taught By S. S. S. How many men go about us up the tissues, restore blood force, with bad blood? Science speaks enrich the corpuscles so that they in figures that would appall those can throw out of the blood the who do not know. Poisoned decay that causes trouble, the blood is the keystone of the build- germs that make men suffer, the ing called Disease. Almost every acid that gathers in tissue and disease is due to bad blood. Germ muscles and around joints. If life which fosters itself on our you could be in our laboratory blood destroys all manner of men and see the work that is going on There is a many of the first of the same and in a slow and insidious fashion. there, open our mail and read the Rheumatism, that craftiest of all letters we receive, then go into diseases, attacks its victims our file room and see the thous-



MONEY

in any form is only labor crystallized and condensed, and the money that you save is all that you have in material form to show for your life's work. Therefore save all you can, that when the times comes when you cannot work the balance of your life will be independent and not dependent. The facilities offered by the FIRST NATIONAL BANK are exceptionally good.

224 MARKET ST.

Workmen's Compensation Act Blanks

We are prepared to ship promptly any or all of the blanks made necessary by the Workmen's Compensation Act which took effect January 1. Let us hear from you promptly as the law re-

The Telegraph Printing Co.

Printing-Binding-Designing-Photo Engraving

HARRISBURG, PA.