Banish Kitchen

Work and Worry

and save your strength for the strenuous days of Spring and Summer when the body

is making an effort to throw

off the toxins of a heavy

Winter diet. Shredded Wheat Biscuit is the best

food tonic because it supplies

everything the body needs with the least tax on the digestion. It is a vim-making, energy-creating food, containing all the nutritive

elements in the whole wheat grain with just enough bran

to keep the bowels healthy

and active. Two of these

Biscuits with milk make a nourishing meal at a cost of a few cents. Made at Niagara Falls, N. Y.

ne Presbyterian Church a large silk flag was presented to the church, and George H. Johnston. Sergeant Ira S. Partin, of the United States Army, spoke on the history of the flag and

what it meant to the men who had spent their lives in its service. Mrs. B. F. Beale sang the "Flag of '76." The baccalaureate sermon was preached to the graduating class last evening by Dr. Johnston.

CATTLE CAN BE BUILT UP CHEAP

State Report Shows That Excellent Results Have Been Attained by the State

of cattle on the farm of the Pennshows that cattle can be fed at a pro-

Agricultural leaders of the State have been urging more attention to have war strength on their lists.

ture, Charles E. Patton shows the profit that can be made in this line of agriculture.

The twenty head of cattle were purchased last October for \$1.116.80 and placed on farm where the State Livestock Sanitary Board makes its cattle disease serums and conducts experiments that will help to keep the livestock of the farmers of the State free from disease epidemics.

Under the direction of Secretary Patton the twenty head of cattle gree sold last week through competitive bidding and \$2,320 was realized in increase of \$1,203.20 over the purhase price. The cost of feeding and ibor for the six months was \$829.50 follows: 250 bushels of shelled orn at \$1.15 a bushel, \$287.50.75 ins of poor ensilage at \$3, \$225.50 tons of alfalfa hay at \$12 a ton, 41; 3 tons cottonseed meal, \$143 del labor, part time of one man at 5 a month, \$90. During the feed period 116 wagon loads of manawas realized and a conservative lue of one dollar a load placed on This made a total cost of \$1,946. for the purchase, feed and care of cattle during the six vice berlisted weel berlisted to be strength to the same and the same and the six cattle disease from the purchase from the same and the

- Ask For First Pensions in "the War of 1917"

NO HEADACHE OR **NEURALGIA PAIN**

Get a 10 cent package of Dr. James' Headache Powders and don't suffer.

your head aches you simply

Looking Forward to Motherhood

Well Known Preparation Relieves Much Suffering

The greatest crisis in the life of a same time er. All her physical strength is taxed Britain Has Enough Grain to the limit at such a time. It is necessary that she prepare her system for the great event in order to preserve her future health.

preserve her future health.

Thousands of mothers have placed safe reliance upon "Mother's Friend." This preparation is applied externally and is composed of special penetrating, softening oils which prepare the muscles and tendons for the unusual strain. Naturally the tendency is to relieve the pain and danger at the crisis, leaving the mother in a healthy condition.

tion.

The expecant mother should procure a bottle of "Mother's Friend" from her druggist, apply it night and morning, and after beginning its use, write for free book for users. Much practical information is contained in it. Just address Bradfield Regulator Company, Dept., H, Atlanta, Ga., and the book will be mailed to you at once.—Adv.

Compensation Act Blanks

For the convenience of law-yers and small corporations we have arranged in book form a quantity of Accident Blanks sufficient for a year's supply. Sent to any address receipt of price, \$1.00.

The Telegraph Printing Co.

Printing, Binding, Designing, Photo Engraving, Die Stamp-ing, Plate Printing HARRISBURG, PA.

RECRUITING IS **NOW UNDER WAY**

National Guard Officers Have Been Taking Precautions on Advice of Stewart



Recruitment of units of the National Guard of Pennsylvania to war strength will be pushed rapidly and it is expected that the reports to be filed this week at the office of the Adjutant General will show the Guard to be well the way toward the figures called r by the national government. In

for by the national government. In some cases commanders of units

would mean war strength, Adjutant General Stewart advised colonels of regiments and commanders of other organizations to enroll men for service and in accordance officers have been busy for weeks getting available men for their commands. In certain places it was reported a week ago that more than the number of men required have been listed. As a result about all that has to be done to get the Guard to full strength in some communities is to administer the oath, the medical examinations and other preliminaries having been cared for.

As far as possible the new men will be equipped at home stations before July 15, but it is recognized here that it is a difficult task as the requisitions of the federal government have been immense. Some contracts have been placed by the State, however, for equipment.

Jimey Cases—Thursday will be devoted by members of the Public Service Commission not required for hearings in this city to hearing jitney cases in Wilkes-Barre. A special calendar has been made up of cases from Luzerne and Lackawanna counties, including charges that some jitneymen are violating orders of the commission to secure certificates.

To Attend Meetings—Officials of

be State Department of Health. In load the route of the parade. The state of their country and united with the policed the town during the demonstration of the control of their country and united with the policed the form of the stars and t Soft Marker of the Harderdeep lane, lost of the Harderdeep lane, lan

Horlick's Malted Milk

Substitutes Cost YOU Same Price.

SCENES FROM STEELTON'S MAMMOTH PATRIOTIC DEMONSTRATION



The above pictures were snapped by a Harrisburg TELEGRAPH staff photographer during the great patriotic demonstration, Saturday. In the top picture to the left is seen the group of school girls that made a splendid appearance; the lower picture is the Red Cross division; the upper picture to the right a group of children of the third grade in the St. James' school; he lower corner is a group of children of the St. Peter's school attired in red skirts and blue jackets over white waists.

MORE THAN 10,000 WIDELY SCATTER

counties, including charges that some itineymen are violating orders of the commission to secure certificates.

It commission to secure certificates to the commission to secure certificates to the commission to secure certificates.

It commission to secure certificates to the commission to secure certificates to the commission to secure certificates.

It commission to secure certificates to the commission to secure certificates the state Board of Agriculture and farmers in studied the spring meeting of the State Board of Agriculture and farmers in studied the spring meeting of the State Board of Agriculture and farmers in studied the spring meeting of the State Board of Agriculture and farmers in the spring meeting of the State Board of Agriculture and farmers in the spring meeting of the State Board of Agriculture and farmers in the complaint of the text of the State Board meeting to the state of the State Board meeting to the state to that city after the Panama-Pacific exposition.

No Reduction of Term—State School and the the spring meeting to the state big flagraising in York yesterday.

No Reduction of Term—State School and the the protes of a general order to close at the protes of a general order to close and the school and the tunforms, carried a flag and marched the entire route of the parade. The school children, These small tots dressed in white uniforms, carried a flag and and the concert on Cottage Hill for the State Board were flied to their capacity and the very flow of Pennsylvania to appear here in support of the health listurates bills.

Thousands of men, women and heard the Bethlehem Steel Company architectors in Line

Thousands of men, women and heard the Bethlehem Steel Company architectors in Line

Thousands of men, women and heard the Bethlehem Steel Company architector in Steelton's School their capacity and the concert on Cottage Hill downs and all the concert on Cottage Hill downs and and that was loyalty to the flag.

Thousands of men, women and heard the Bethlehem Steel Company and a

WAR MISSION LEAVES

By Associated Press
Washington, May 21.—Announcement was made to-day that the British official mission will finally leave Washington next week for a brief visit to Chicago and then visit Toronto, Montreal and Ottawa. In Chicago the arrangement for the mission's entertainment will be in the hands of Mayor Thompson and will include a formal luncheon.

ASK FOR and GET

ASK FOR and GET

Beevral hundred members of the various fire companies of the borough department were in charge of Fire Chief O. E. B. Malehorn. Each company was fully uniformed in narrange uniforms and nearly every fire fighter carried an American flag. Many foreign-born residents, members of the foreign societies, churches and organizations were included in the next section. They were bubbling over with patriotism. In several instances in this division large American flags were carried by small children. Croations, Italians, Servians, Austrians, Bulgarians and other foreign-born paraded in this section. The Croation Sokol with thirty members in line made a splendid appearation in the properties of the foreign societies, churches and organizations were included in the next section. They were bubbling over with patriotism. In several in-stances in this division large American flags were carried by small children. Croations, Italians, Servians, Austrians, Bulgarians and other foreign-born paraded in this section. The Croation Sokol with thirty members in line made a splendid appearation of the various flag to the various flag the recompany division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company division was a served by such as the company divis

EXCEPTIONAL RUN OF SHAD BELOW McCALL'S FERRY DAM

York, Pa., May 21.— The biggest run of shad in many years is in pro-gress at the McCall fisheries in the Susquehanna river, one mile south of McCall's Ferry dam.

The shad are larger and healthier looking than those taken from the river in several years.

BUILD MINE-SWEEPERS

By Associated Press

By Associated Press
The steel company division was the last section in the parade. With eighteen bands including the Bethlehem Steel Company band, this section was a parade in itself.

Between 2,080 and 3,000 people

MARCH IN PARADE

Entertain Friends — Mr. and Mrs. Roy A. Snuyder entertained at their home, in South Fourth street, Friday evaning in honor of Miss Hilda Snyder. Twenty guests were present.

Hose Company Festival — A festival will be held by the Hygienic Hose Company in the firehouse, Harrisburg and Bessimer streets, Saturday evening. A band concert will be given in connection with the festival.

NATIONAL COLORS

"SENSIBLE ECONOMY—NO WASTE"

The slogan of the hour coming from experts who have given the food question earnest thought. Housewives may help by saving at home. In the matter of tea there is a sure saving of 50% by using

TEA Ceylon

Because of its double strength this economical tea

requires only half the quantity for each brewing. Its

use means both saving and satisfaction. Try it!

HARRISBURG BOYS

zines are on file there, as are most or the daily newspapers. A tent forty by sixty. feet will be erected in the early part of the week for the "Y" and services and reading and writing materials will be available there.

Soon to Get Pic

The men say that the food continues good and the prospects are that it will be better as soon as the camp kitchens are ready. Up to date the men have had no pastry. Pic and puddings will be added to the menu as soon as the kitchens are ready, the company officers said to-day. Roast beef, with brown gravy, mashed new patatoes, stewed to com, bread and butter, coffee, with milk and sugar, comprised the menu and sugar comprised the men cap. Hoast beef, with brown gravy, mashed new patatoes, stewed second division, led by a band chariot, consisted of an equestrian milk and sugar, comprised the menu for dinner Sunday.

Harrisburgers in Camp
Those from Harrisburg and vicinity as listed in the roster of the camp follow:

First Company, intentry, Charles
First Company, intentry, Charles

Hounted Band

For real downright satisfaction

King Oscar 5c CIGARS

fills the bill because quality is the first consideration of its makers

JOHN C. HERMAN & CO. Makers

THE dumbest oyster can make a better pearl than the brightest man. The oyster

uses Nature's methods. Total for ATURE SAYS smoking tobacco is at its best after two years' ageing. That is why Velvet is

"aged in the wood" two years—the natural way, the slow way and the sure way.



Keeping the gums healthy and the mouth sweet is very important to health; more teeth are lost through the loosening of the tissue that holds the teeth in place than from decay.

healthy as well as clean the teeth.

Senreco was formulated to meet this requirement. Hundreds of dentists are prescribing and using Senreco because they have found that it does

SENRECO IS A WONDERFUL CLEANSER.

In addition to its remedial properties Senreco is a wonderful cleanser; acts directly on the mucin film, the basis of tartar; leaves the mouth cool and clean-feeling. As some one has expressed it-Senreco gives one a new idea on mouth cleanliness.

Get a tube to-day at your druggists or toilet counter-enjoy the healthy, cleanly feeling its use gives your mouth and gums.' Notice how brilliantly white Senreco makes your teeth. It performs this two-fold service for you and yet costs no more than the ordinary, old-fashioned tooth paste that simply cleans the teeth and leaves a pleasant taste-25 cents for a large