

POSTURE

Little Talks on Health and Hygiene by Samuel C. Dixon, M. D. LL. D., Commissioner of Health

"As the twig is bent, the tree is inclined." Few people appreciate the value of correct posture. Not alone does it have a decided effect upon our bodily health but an equal if not a greater bearing upon our mental attitude.

If you slouch at your work you really incapacitate yourself. A proper position sitting as well as standing or walking is required to insure the maximum use of body and brain.

Considerable attention has been given to the seating of pupils but until every backless bench has been removed from our school rooms and every child is given a properly designed seat which will permit the feet to rest on the floor...

The requirement of a graceful upright carriage by both boys and girls is an acquisition whose value both in the social and business world can scarcely be over-estimated.

No violent gymnastics are necessary. A few simple exercises and a little determination can accomplish much toward making proper posture, a permanent good habit which will benefit us physically and mentally.

THREE DEAD IN AUTO WRECKS

Five Young Men Injured, Two Fatally, at Scranton

Scranton, Pa., Oct. 19.—Returning from a ride to Elnahurst Saturday night, five young men were injured, two fatally, when their car collided with a horse and carriage and swerved into a rocky embankment.

The outfit with which the car collided was driven by Mrs. A. Dunkley, of Moscow. She was thrown out, but not injured.

Thomas Flannery, aged 25, school controller of Dunmore, was killed at 1 o'clock yesterday morning when in that town. A friend's car skidded and threw him to the pavement, fracturing his skull.

MRS. GERRY IN POLITICS

Philadelphia Girl Helps Congressman Spouse to Re-election

Newport, Oct. 19.—Mrs. Peter Goelet Gerry, who was formerly Miss Marthilda Townsend, of Philadelphia, is acting as campaign manager for her husband in his fight for re-election to Congress.

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

PENNSY EXPRESS WRECKED

All Steel Cars Prevent Death When the Buffalo Flyer Is Derailed at Glen Union

Williamsport, Oct. 19.—All steel cars again proved their value as life savers when train No. 52, Buffalo-Philadelphia flyer, eastbound on the Pennsylvania railroad, was wrecked at Glen Union, 38 miles west of here at 2 o'clock yesterday afternoon, while running 45 miles an hour.

The injured are Mrs. G. E. Van Ripper, Sunbury; Dr. W. B. McCorkle, Pittsburgh; Mrs. Edward Hawkey, Port Alleghe; Dr. W. J. Pyles, Swissvale; Robert Wagner, Swissvale; and S. C. Scott, Pittsburgh. All were able to continue their journey.

Some of the cars were badly battered, and it is admitted that had it not been for the steel construction there might have been heavy loss of life.

Considerable attention has been given to the seating of pupils but until every backless bench has been removed from our school rooms and every child is given a properly designed seat which will permit the feet to rest on the floor...

The requirement of a graceful upright carriage by both boys and girls is an acquisition whose value both in the social and business world can scarcely be over-estimated.

No violent gymnastics are necessary. A few simple exercises and a little determination can accomplish much toward making proper posture, a permanent good habit which will benefit us physically and mentally.

THAW IS ENJOYING LIFE

Shows Skill As Walton Follower, Awaiting Action of Court

Boston, Oct. 19.—While waiting for a decision by the United States Supreme Court on the compromise arrangement to permit him to go to Pittsburgh, Harry K. Thaw is enjoying life in New Hampshire by trout fishing.

Boston sportsmen returning yesterday met Thaw in the woods. They say he showed great skill at landing trout and that he takes great delight in life in the open. On his fishing trips he is accompanied by Deputy Sheriff Clark D. Stevens and Sheriff Drew, of Boos county.

Thomas Flannery, aged 25, school controller of Dunmore, was killed at 1 o'clock yesterday morning when in that town. A friend's car skidded and threw him to the pavement, fracturing his skull.

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

Mrs. Gerry says: "If rich men's sons would go into politics instead of devoting their lives entirely to sports and tea parties, both they and the country would be better off."

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

Mrs. Gerry says: "If rich men's sons would go into politics instead of devoting their lives entirely to sports and tea parties, both they and the country would be better off."

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

FOOD SOURING IN STOMACH CAUSES INDIGESTION, GAS

"Pape's Diapepsin" Ends All Stomach Distress in Five Minutes

Wonder what upset your stomach—which portion of the food did the damage—do you? Well, don't bother. If your stomach is in a revolt; if sour, gassy and upset, and what you just ate has fermented into stubborn lumps; head dizzy and aches; belch gases and acids and eructate undigested food; breath foul, tongue coated—just take a little Pape's Diapepsin and in five minutes you wonder what became of the indigestion and distress.

Millions of men and women to-day know that it is needless to have a bad stomach. A little Diapepsin occasionally keeps this delicate organ regulated and they eat their favorite foods without fear.

If your stomach doesn't take care of your food limit without rebellion; if your food is a damage instead of a help, remember the quickest, surest, most harmless relief is Pape's Diapepsin, which costs only fifty cents for a large case at drug stores.

Efforts were made by the Geological Survey to obtain detailed information for all cities of 35,000 or more inhabitants—157 in number.

DOCTOR DIES IN AUTO WRECK

Four Others, Among Them Former Senator H. J. McAttee, Injured When Car Upsets Near Hollidaysburg

Huntingdon, Pa., Oct. 19.—A fatal automobile accident, resulting in the death of Dr. James P. Bralier, aged 35, of Alexandria, and the injury of four others, occurred at 1.15 o'clock yesterday morning, on the Turkey Valley pike, ten miles from Hollidaysburg.

The injured are William H. Woolverton, Jr., 21, New York, bruised and cut about body; ex-Senator H. J. McAttee, 76, of Alexandria, three ribs fractured, condition serious; Charles Rosborough, 30, postmaster of Alexandria, badly contused back, suffers from shock; R. B. Roper, 32, Alexandria, cut about face, body bruised.

The party had been in attendance at the Democratic mass meeting in Altoona Saturday night, were on their way home to Alexandria, William H. Woolverton, Jr., millionaire son of the late W. H. Woolverton, who had been staying at his summer home in Alexandria for the last six weeks, was driving the party in his 60-horsepower car.

Thomas Flannery, aged 25, school controller of Dunmore, was killed at 1 o'clock yesterday morning when in that town. A friend's car skidded and threw him to the pavement, fracturing his skull.

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

Mrs. Gerry says: "If rich men's sons would go into politics instead of devoting their lives entirely to sports and tea parties, both they and the country would be better off."

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

Mrs. Gerry says: "If rich men's sons would go into politics instead of devoting their lives entirely to sports and tea parties, both they and the country would be better off."

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

U. S. BUILDING OPERATIONS

General Decrease in Expenditures in 1913, but No Index to Country's Prosperity

Washington, D. C., Oct. 19.—If the degree of activity of the building industry is taken as an index to prosperity, figures gathered by the United States Geological Survey of building operations in 1913 show that prosperity is sporadic. For instance, New York City, the largest building center of the country, showed in 1913 a considerable decrease from 1912, whereas Newark, only a few miles away, showed a large increase.

The injured are Mrs. G. E. Van Ripper, Sunbury; Dr. W. B. McCorkle, Pittsburgh; Mrs. Edward Hawkey, Port Alleghe; Dr. W. J. Pyles, Swissvale; Robert Wagner, Swissvale; and S. C. Scott, Pittsburgh. All were able to continue their journey.

Some of the cars were badly battered, and it is admitted that had it not been for the steel construction there might have been heavy loss of life.

Considerable attention has been given to the seating of pupils but until every backless bench has been removed from our school rooms and every child is given a properly designed seat which will permit the feet to rest on the floor...

The requirement of a graceful upright carriage by both boys and girls is an acquisition whose value both in the social and business world can scarcely be over-estimated.

No violent gymnastics are necessary. A few simple exercises and a little determination can accomplish much toward making proper posture, a permanent good habit which will benefit us physically and mentally.

DROWNS ON RIVER OUTING

Clandestine Boat Trip of Two Sisters - Ends in Death of One

Chester, Pa., Oct. 19.—Drowning was the outcome of a clandestine river outing which Agnes Diamond took with her sister, Sara, yesterday, after telling their mother they were going to church.

The trip was to be a genuine "joy party" on the river, Ossenfeld told the police when the tragedy was reported last night. The boat's commissary had been generously stored.

Thomas Flannery, aged 25, school controller of Dunmore, was killed at 1 o'clock yesterday morning when in that town. A friend's car skidded and threw him to the pavement, fracturing his skull.

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

Mrs. Gerry says: "If rich men's sons would go into politics instead of devoting their lives entirely to sports and tea parties, both they and the country would be better off."

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

Mrs. Gerry says: "If rich men's sons would go into politics instead of devoting their lives entirely to sports and tea parties, both they and the country would be better off."

Mrs. Gerry is inviting a great many people to her home, entertaining them in her own brilliant manner and enlisting their support for his candidacy.

THE STAR-INDEPENDENT Presents You Something Worth While In OUR \$4.00 NEW Modern English DICTIONARY

This Dictionary is the LATEST—up to the very day—filled to the full 1300 pages with needful information—ILLUSTRATIONS IN COLORS AND MONO-TONE—and is complete, accurate and authentic from cover to cover.

THIS DICTIONARY NEVER OFFERED IN THIS CITY BEFORE BY A DAILY PAPER

You are only required to show your indorsement of this great educational opportunity by cutting out the certificate of appreciation printed on another page and present it at this office, with the expense bonus amount of

98 CENTS

for the \$4 Volume (see illustration).

READERS OF THE STAR-INDEPENDENT, HARRISBURG, PA., CAN RECEIVE THIS WONDERFUL VOLUME BY PRESENTING ONE CERTIFICATE

Printed on page 10, and the expense bonus herein set opposite the style selected (which covers the items of the cost of packing, express from factory, checking, clerk hire, and other necessary EXPENSE items).

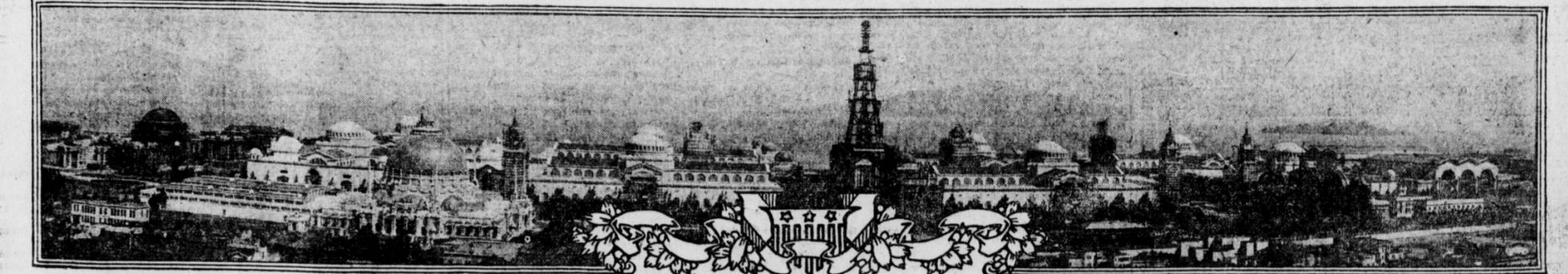
ADDRESS ALL MAIL ORDERS TO THE STAR-INDEPENDENT, HARRISBURG, PA.

MAIL ORDERS—Any book by parcel post, include EXTRA 7 cents within 150 miles; 10 cents, 150 to 300 miles; for greater distance ask your postmaster amount to include for 3 pounds.

York Man Ends Life friend, Charles Rentzel, 39 years old, was the cause, Saturday Rentzel committed suicide by shooting himself in the head. Ill health, it is believed, had too many troubles.

World's Interest Grows In the Panama-Pacific Exposition

Netherlands and the Argentine Increase Appropriations to Participate—Japan Asks More Exhibit Space—"See America First" America's Slogan In 1915—Thousands Plan to Learn Their Own Country Better



Superb panorama showing the main exhibit section of the Panama-Pacific International Exposition, with the colossal Tower of Jewels, 435 feet high, in the center. This photograph was taken in the latter part of August, 1914.

By HAMILTON WRIGHT. THE war will not cause the postponement of the Panama-Pacific International Exposition. As all the world knows, the Exposition has not been postponed. From the far corners of the globe there have come to San Francisco assurances of interest in America's great Panama canal celebration.

ed from England); the Argentine Republic, in view of the new trade alignments between the American continents, increased its appropriation from \$1,300,000 to \$1,700,000. Japan sent word through the acting consul general in San Francisco, Mr. Yasutara Numano, that Japan's display will be the finest that Japan has ever made and that it will be completed in every detail upon the opening of the Exposition.

THE photograph shows the vast main exhibit section, with the framework of the huge Tower of Jewels, the dominating architectural feature of the Exposition, rising in the center of the exhibit group. The size of the palaces may be inferred from the fact that the tower is 435 feet in height. The tower rises in seven terraces, the last terrace giving away to a group of figures supporting an immense globe typifying the world.

On the extreme left of the picture is seen the framework of the great Palace of Fine Arts, which faces upon a large forested lagoon, in which its classic outlines will be reflected. This building, which describes an arc, is 1,100 feet in its outside perimeter.

the world are a clear and indisputable demonstration of the resources which each country has and are also the means of a commercial interchange throughout the entire world. To accept the invitation is to show in a simple way the extent of advancement of each country, its to show its culture, its science, its riches, its resources, and to open its doors to all those who desire to unfold their activity and their intelligence under the shadow of its flag.

great international Exposition in 1915. Today the Exposition gives a glimpse of its future glories, its sculptured marvels, its palms and giant tree ferns and blossoming orange trees. Ten out of thirteen of the great main structures to be built by the Exposition are completed. One of the unfinished buildings is an auditorium at the civic center of San Francisco, to cost more than \$1,000,000. Here thousands of delegates to conventions will meet.

And the Exposition will go ahead with the indorsement of its well wishers in all parts of the globe. Thirty-nine nations have accepted America's invitation to participate. Upon the Pacific coast and in the west and south thousands of prosperous communities have prepared to welcome the traveler on his way to the perfect in every detail.