

**Five Cent Breakfast in 10 minutes!** What a boon to the busy housekeeper! Two Shredded Wheat Biscuits, heated in the oven to restore crispness and served with hot milk, make a complete, perfect meal, supplying all the strength needed for a half day's work at a cost of four or five cents. The richest man in America can buy nothing better. Contains more real nutriment than meat or eggs and is more easily digested. Made at Niagara Falls, N. Y.



**14-YEAR OLD CASE LISTED**  
Among the cases listed for the February Common Pleas Court which will go over until Monday a week for trial will be the assumpit action of Henry J. vs. Annie Harman, executrix for John C. Harman. That case which has dragged through the courts for fourteen years was prominent before Justice Kunkel ascended the bench. He was once retained as counsel in the case.

**EXTREME WEAKNESS AND SUFFERING**  
Read How Mrs. Goodling got Relief and Strength.

York, Pa.—"I have used Lydia E. Pinkham's Vegetable Compound and found it to be all you say it is. I was so sick that I could not stand at my sink to wash dishes and I could not sit without a pillow under me. I had the doctor every few days but since I have taken the Compound I don't have to send for him. I have had three children and could not raise any of them, but since I have taken the Compound I have a bright baby boy. I advise every suffering woman to try it and get relief. It has done wonders for me."—Mrs. CATHERINE GOODLING, 138 E. King Street, York, Pa.

When a medicine has been successful in bringing health to so many, no woman has a right to say without trying it. "I do not believe it will help me." There must be more than a hundred thousand women in this country who, like Mrs. Goodling, have proven what wonders Lydia E. Pinkham's Vegetable Compound can do for weak and ailing women. Try it and see for yourself.

If there are any complications you don't understand, write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

**NUXATED IRON**  
Increases strength of delicate, nervous, rundown people 200 per cent. in ten days in many instances. \$100 forfeit if it fails as per full explanation in article soon to appear in this paper. Ask your doctor or druggist about it. Croll Keller, G. A. Gorgas always carry it in stock.

**Coal Situation**  
There is plenty of good coal to be had now, but the supply of the future is uncertain owing to controversy between miners and operators. Even if there shouldn't be a strike, the granting of concessions demanded by the miners will mean still higher coal.

Let Kelley fill your bins now and be sure of your supply of good coal for at least another winter.  
**H. M. KELLEY & CO.**  
1 North Third Street  
Tenth and State Streets

**Efficiency**  
INCREASE the profits of your business by aiding your skilled helpers to make the best use of their time. Use the proper blanks, blank books, stationery and advertising matter. Get the right kind of designing, engraving, printing and binding at the right prices from  
**The Telegraph Printing Co.**  
Federal Square

**WOMEN'S INTERESTS**

**WHAT HAPPENED TO JANE**

By Virginia Terhune Van de Water

By VIRGINIA TERHUNE VAN DE WATER

CHAPTER LIX  
(Copyright, 1916, Star Co.)

The village of Milton had a sensation compared with which all other sensations it had ever experienced faded into insignificance. Augustus Reeves, wealthy farmer and resident, had been found dead in his bed, with his throat cut from ear to ear.

Reporters from city papers appeared in hordes. Here was something that promises to make a thrilling mystery story. The facts were sinister and in some respects baffling. Augustus Reeves' housekeeper had been awakened about 3 o'clock in the morning by hearing a door open and the wind was blowing fiercely at the time, she thought little of it.

Then, as some other noise (she did not know what it was, but thought it sounded like a groan) came to her ears, she was startled and, springing up, dressed hastily and went to the room in which Mr. and Mrs. Reeves usually slept. She found their door wide open, although she had heard Mr. Reeves shut it at bedtime.

She called, received no reply and went into the room. The light she carried showed her the body of her employer, the throat horribly gashed. She screamed and ran into the adjoining room where Mrs. Reeves had gone to sleep that night, but the bed was empty. Downstairs she found the front door open. She was sure that the intruder was, and that the sight that met her eyes there must have crazed her, for she evidently rushed from the house with no covering except a wrapper thrown over her shoulders.

Mrs. Baird had run out to the barn where the man-of-all-work slept, roused him and told him the shocking news. Unwilling to return to the house alone, she waited in the barn while Jake hurried off to the neighbors to ask for assistance and to send someone to seek for his distraught mistress.

Jane is delirious. The wife was found at her father's house, where she had arrived in a state of exhaustion, fainting as she reached her old home. She had not recovered consciousness but had been in a delirious condition ever since then. The village physician said that she had brain fever, brought on by nervous strain and shock.

The weapon with which the crime had been committed was found at the side of the murdered man's bed. It was long, slender, and had probably been taken from the kitchen by the murderer on his way upstairs. If his object had been robbery, he was frightened away; for the few banknotes that the wealthy farmer had in the pockets of his clothes, amounting to less than twenty dollars, remained untouched, and his watch and chain were found under his pillow, where he had placed them on retiring.

Thus the city newspapers alleged. In Milton itself excitement ran high. The inquest and the examination of Mrs. Baird and Jake Titus (the housekeeper and the man of all work) brought to light no new facts, except that Jake was sure the knife belonged in the kitchen of Mr. Reeves' house, and Mary Baird

agreed with him that perhaps it did. At first she had hesitated to admit this. Was she trying, gossips wondered, to fix the crime upon someone outside the house, thus attempting to shield some member of the Reeves household? It was said that no further investigation would be made until the dead man's wife was able to give testimony. But it was suspected that detectives were stationed in Milton and that the police had some persons and places under strict surveillance.

Dr. Monroe, the village physician summoned in frantic haste by Ezra Hardy, knew that Jane Reeves' hands had been stained with blood when he first saw her in the gray dawn of that Spring morning. The sleeves, too, of her wrapper had splashes of blood on the edges. How did these get there? He had known Jane from babyhood and was fond of her.

He would not let himself think that she had been driven to a horrible crime. She was not capable of such a thing. There was some hidden mystery here. He would hold his tongue until more was revealed. His conscience did not hurt him for doing this. A country physician learns to maintain silence about many things.

**The Funeral Goes On**  
Meanwhile the young wife tossed and fro on her bed—the little white bed that had been hers in girlhood—in the room in which she had lain so often and dreamed her dreams of love and happiness. She did not know where she was, but babbed foolishly of silly things, or how her fever ran highest, called aloud that something was following her, close upon her.

**FOODS**

THEY BUILD OR DESTROY  
Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER 25

Wonders of plant and animal life, which commercialism ignores in preparing the denatured food stuffs that it now sends to market. In the bodies of animals and plants the twelve food minerals are built up into many highly complex combinations and as they are being built up they are also being broken down. In disease they break down faster than in health.

As the tissue is destroyed by daily wear and tear it is transformed into simpler chemical compounds and passed out of the body. In order that the living body may replace its broken down cells it must find a constant new supply of the elements from which these cells are evolved. These elements, as we find them in the soil, can be called non-living matter. The chemical processes which transform this non-living matter into living tissues are the same in plant and animal as we have seen with this one difference.

Plants are capable of taking the non-living matter from the earth and compounding it or organizing it into the wonderfully complex substances which form their structure. We have already seen many instances of this. Animals do not possess this power. Animals depend for their existence upon foodstuffs prepared from the non-living matter of earth by the plants that have the power to prepare them. Otherwise man could eat earth, stone, or clay and thus obtain all the elements necessary to his existence. We have seen why he cannot do this.

Plants obtain the energy which enables them to perform their mysterious work of organizing the non-living matter of earth from the sunlight, and only in the presence of sunlight can they carry on the upbuilding process which gives them their tissues. Green grass will not grow in the dark.

We know that under the influence of sunlight plants are capable of combining the carbonic dioxide and nitrogen of the air with water and the mineral salts of the soil into such substances as starch, fat, and albumen. They upon foodstuffs prepared from the non-living matter of earth by the plants that have the power to prepare them. Otherwise man could eat earth, stone, or clay and thus obtain all the elements necessary to his existence. We have seen why he cannot do this.

We know that various parts of the plant and various organs of the body contain substances that can be extracted. These substances are called enzymes or ferments or vitamins. Some of them are pepsin, trypsin, ptialin. There are many others which need not be mentioned here. These ferments and vitamins are found in the grains, in the marrow of bones, in egg yolk, and other foods and are just as indispensable to the health of the body as the food minerals.

We now know positively that in the human body they serve the purpose of assisting to form the various foodstuffs which are taken into the animal by the plant into substances that can be absorbed and built up into animal tissues.

Ordinary bakers' yeast is a ferment having the power to transform starch and sugar into alcohol and carbonic gas. It possesses the power to rear-

Likewise there are certain things which the majority of us can do without putting any unusual strain on our physique, but here begins the question of the adjustment of the individual piece of machinery. We must study our physical limitations and find out just what scope we have. Because one man can live or almost exist on an exclusive meat diet, it is no reason why the next fellow can. Men and women often ruin their health by trying to do things simply because others do them. Each should get his own measure.

"The question of age must enter into consideration. It is well to bear in mind the exertion which does not seem a strain at one period in life may be dangerous in later years. "These same principles apply in matters of diet. There are foodstuffs wholesome enough for both morning and evening, which seem to have a deleterious effect on the few. "We must measure our individual characteristics and avoid those things that do not agree with us. "All of these things should be observed and taken into consideration. They are the results of weaknesses or peculiarities in our living machinery and to reach and maintain efficiency, they must be recognized and respected. "Engineers will tell you that no two locomotives are ever exactly alike. They may be turned out to an exactness that defies the most modern instrument for measurement or weight to show any differences. Put into service, each machine will develop individual characteristics, one often being superior for its purpose. This same unknown quantity is experienced in sea-going vessels. The trial trip is the only test of their efficiency. "The medical man never finds two human beings with the same dispositions, mental or physical strength, yet we are created after the same model, but owing to dissimilar nerve forces or the life of our tissues, each individual has certain differences and some have real idiosyncrasies. "There are broad rivers of nature to our physical welfare, which we cannot transgress without evil results.

**After Baby's Bath Always Use Sykes Comfort POWDER**  
It Keeps the Skin free from Chafing, Scalding, Soreness.

**FLORIDA**  
\$31.80 ROUND TRIP \$31.80  
Jacksonville  
From Philadelphia every Wednesday and Saturday.  
Including meals and choice of state-room accommodations. All outside fares, 20c. Tickets limited to May 31.  
Merchants & Miners Trans. Co., 100 Market Office, 105 E. 9th St., Phila., Pa.  
Consult any ticket or tourist agent.

**Thin Men and Women Can Put on Flesh by Getting 100% Efficiency from Their Food**

Failure to Absorb Flesh Making Materials in Daily Meals Keep Weight Down. How to Make the Food Work and Stick.  
Most thin people eat from four to six pounds of good solid fat-making food every day and still do not increase in weight one ounce, while on the other hand many of the plump, chunky folks eat very lightly and keep gaining all the time. It seems all bosh to say that this is the nature of the individual. It isn't Nature's way at all. Most thin people stay thin because their powers of assimilation are defective. They absorb just enough of the food they eat to maintain life and a semblance of health and strength. Stuffed won't help them. A dozen meals a day won't make them gain a single "staythere" pound. A great part of the fat-producing elements of their food just stay there in the intestines until they pass from the body as waste. What such people seemingly need is something that will so act upon these fatty food elements that the blood can absorb them and deposit them all about the body—something, too, that will multiply their red blood corpuscles and increase their blood's carrying power. There is a preparation known to reliable druggists almost everywhere which was designed to aid in supply-

ing the missing elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This Modern treatment is called Sargol and it aims through regenerative, reconstructive powers to coax the stomach and intestines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to the starved, broken-down cells and tissues of your body. You can readily picture what result this amazing transformation should produce as with increased weight, the cheeks fill out, hollows about neck, shoulders and bust disappear and from 10 to 20 pounds of solid, healthy flesh is added to the body. Sargol is absolutely harmless, inexpensive, efficient. G. A. Gorgas and other leading druggists of this vicinity have it and will refund your money if you are not satisfied with the guarantee found in every large package. Why not make this test. First weigh yourself. Then take Sargol—just one tablet a day for three days and go to bed—for two weeks—then weigh again and note the difference. Let the scales tell the story. The tablets are small, easily swallowed, produce no disagreeable effects, and are as safe as the most expensive as compared with results obtained.

**CONSERVATION OF CHILD LIFE URGED**  
HOT TEA BREAKS A COLD—TRY THIS  
Get a small package of Hamburg Breast Tea, or, as the German folks call it, "Hamburger Brust Tee," at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time. It is the most effective way to break a cold and cure grip, as it opens the pores, relieving congestion. Also loosens the bowels, thus breaking a cold at once. It is inexpensive and entirely vegetable, therefore harmless.—Adv.

**BIG FLEET TO MANEUVER AT PHILA. DURING MELT**  
Special to the Telegraph  
Philadelphia, Pa., Feb. 28.—The dreadnaught Pennsylvania, christened last year by Miss Elizabeth Kolb, whom Governor Brumbaugh called "the sweetest girl in Pennsylvania," will head a fleet of battleships, cruisers and torpedo-boat destroyers and submarines which will maneuver in the Delaware River off the Navy Yard in the week in which the Associated Advertising Clubs of the World will meet in this city—June 25 to 30.

**NEW PASTOR CHOSEN**  
Special to the Telegraph  
Mt. Joy, Pa., Feb. 28.—The Rev. G. A. Kercher, of Norristown, was unanimously elected pastor of the Lutheran church of Mount Joy, at a congregational meeting held yesterday morning at a salary of \$1,000, to succeed the Rev. J. Howard Kern, who was elected pastor of the Lutheran church at Mahanoy City.

**WESTERN UNION Sets the Miles at Naught**  
A business campaign of Day Letters and Night Letters will quickly prove distance an imaginary barrier and clock time only a comparison.  
THE WESTERN UNION TELEGRAPH CO.

**BUST DEVELOPED 14 DAY TREATMENT FREE**  
My big three part treatment is the only one known that will give you FULL DEVELOPMENT without bathing, massage, or any of the usual "cure" methods. I send a REAL 14 day treatment FREE by registered post, in plain wrapper, if you send me a stamped envelope to help pay expenses.  
EXTRA!!! Send now and I will include a large Aluminum Box of my Famous Beautifying Cream. I not only tell you how—I give you the treatment to do it.  
READ MY GUARANTEE.  
If what you receive is not worth \$2.00, or you are not MORE than satisfied, return it promptly, without question. DO IT NOW. Address Madame Williams, care of D. A. Sanative Co., Buffalo, N. Y.

**70c to 60c Per Ton Increase in Coal Cost**  
will result if the coal miners' demand for 20% increase in wages and an eight-hour day is granted.  
April 1, 1916, the agreement between the operators and the miners will expire.  
The miners' purpose making 20 new demands upon the coal producing companies as a condition for their continuing to mine coal after April 1st.  
Every increase in coal mining costs will be added to the final costs to you.  
The coal operators deserve your support and sympathy if present prices are to remain.  
We are advising our customers to prepare for a suspension of mining operations on April 1 by having an ample supply of coal on hand.  
United Ice & Coal Co.  
Forster & Cowden  
15th Street  
Hummel & Mulberry  
Also Steelton, Pa.

**WHY DO YOU SUFFER PAINFUL TWINGES?**  
Backache, Headache, Lumbago, Lame Back, Rheumatic Pains, Stiff or Swollen Joints and Urinary Disorders Quickly Yield to  
**SOLVAX**  
THE GUARANTEED TREATMENT FOR KIDNEY COMPLAINTS  
Solvax goes right to the seat of the trouble, aiding the kidneys to pass off the Uric Acid and poisonous waste that causes Rheumatic twinges and other painful symptoms. Soothes and heals the bladder and quickly ends all kidney disorders.  
MONEY REFUND IF IT FAILS  
Leading Druggists Everywhere, including  
H. C. Kennedy

**Everyone Should Drink Hot Water in the Morning**  
Wash away all the stomach, liver, and bowel poisons before breakfast.  
To feel your best day in and day out, to feel clean inside; no sour bile to coat your tongue and sticken your breath or dull your head; no constipation, bilious attacks, sick headache, colds, rheumatism or gassy, acid stomach, you must bathe on the inside like you bathe outside. This is vastly more important, because the skin pores do not absorb impurities into the blood, while the bowel pores do, says a well-known physician.  
To keep these poisons and toxins well flushed from the stomach, liver, kidneys and bowels, drink before breakfast each day, a glass of hot water with a teaspoonful of limestone phosphate in it. This will cleanse, purify and freshen the entire alimentary tract, before putting more food into the stomach.  
Get a quarter pound of limestone phosphate from your pharmacist. It is inexpensive and almost tasteless, except a sourish twinge which is not unpleasant. Drink phosphated hot water every morning to rid your system of these vile poisons and toxins; also to prevent their formation.  
To feel like young folks feel; like you felt before your blood, nerves and muscles became saturated with an accumulation of body poisons, begin this treatment and above all, keep it up! As soap and hot water act on the skin, cleansing, softening and purifying, so limestone phosphate and hot water before breakfast, act on the stomach, liver, kidneys and bowels.—Advertisement.

Checked Materials With Plain Bandings Make Pretty Spring Suits  
By MAY MANTON

People are just as different as locomotives or machines and what is good for one person may not be good for another. Each one should have what suits him and we can not transgress what nature has laid out for us without feeling and consequences. We must measure individual characteristics and do what is best and avoid things that do not agree with us. These are views of Dr. Samuel G. Dixon, State Commissioner of Health, in discussing the difference in people and the importance of looking after one's health. He says: "Engineers will tell you that no two locomotives are ever exactly alike. They may be turned out to an exactness that defies the most modern instrument for measurement or weight to show any differences. Put into service, each machine will develop individual characteristics, one often being superior for its purpose. This same unknown quantity is experienced in sea-going vessels. The trial trip is the only test of their efficiency. "The medical man never finds two human beings with the same dispositions, mental or physical strength, yet we are created after the same model, but owing to dissimilar nerve forces or the life of our tissues, each individual has certain differences and some have real idiosyncrasies. "There are broad rivers of nature to our physical welfare, which we cannot transgress without evil results.

**BOLERO EFFECTS ARE WELL LIKED**  
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One-Piece frocks are greatly in demand for the younger contingent and this one with its bolero suggestion is peculiarly attractive. In the picture, it is made from a light weight wool material, woven with a check and trimmed with plain banding, but you could think of it copied in silk or in gabardine or in poplin or indeed in any similar material. It would be a very handsome frock or a very simple one as one or the other is chosen. Broadcloth in light weight, with trimming of velvet would make a very handsome dress, while serge would make a very durable one. Below the bolero-like portion or deep yoke, the body portion and the skirt are cut together, paired and held by means of the belt at the waist line.  
For the 16 year size will be needed, 6 1/2 yds. of material 36 in. wide, 6 3/4 yds. 44 or 54 in. wide, with 3/4 yd. 44 in. wide for collar, cuffs and belt and 3/4 yds. of banding.  
The pattern No. 8857 is cut in sizes for 16 and 18 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

**POISON FOR ONE IS FOOD FOR ANOTHER**  
So Says Dr. Dixon in Discussing Differences of Individuals  
People are just as different as locomotives or machines and what is good for one person may not be good for another. Each one should have what suits him and we can not transgress what nature has laid out for us without feeling and consequences. We must measure individual characteristics and do what is best and avoid things that do not agree with us. These are views of Dr. Samuel G. Dixon, State Commissioner of Health, in discussing the difference in people and the importance of looking after one's health. He says: "Engineers will tell you that no two locomotives are ever exactly alike. They may be turned out to an exactness that defies the most modern instrument for measurement or weight to show any differences. Put into service, each machine will develop individual characteristics, one often being superior for its purpose. This same unknown quantity is experienced in sea-going vessels. The trial trip is the only test of their efficiency. "The medical man never finds two human beings with the same dispositions, mental or physical strength, yet we are created after the same model, but owing to dissimilar nerve forces or the life of our tissues, each individual has certain differences and some have real idiosyncrasies. "There are broad rivers of nature to our physical welfare, which we cannot transgress without evil results.

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EXTRA!!! Send now and I will include a large Aluminum Box of my Famous Beautifying Cream. I not only tell you how—I give you the treatment to do it.  
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Also Steelton, Pa.