



Says Father's Daughter

"Father says that the Walladood Bird does nothing but eat and drink—and that I'm a Walladood Bird. But I'm not—I just drink milk. And I never eat between breakfast and noon, because for breakfast I eat



Cream of Barley

(A' You' Grocer's

OF INTEREST TO THE WOMEN

"THEIR MARRIED LIFE"

Copyright by International News Service

The telephone awakened Helen out of a sound sleep, and she started up hurriedly only to settle back on her pillow with the knowledge that Mary would answer it. She and Warren had been up very late the night before, and, as she had been very tired, she had gone to bed directly after lunch to get some sleep before Laura should arrive.

The telephone rang again, and she wondered irritably why Mary did not answer. Really, she would have to be reproved if she did not do better; and then Helen remembered that this was Mary's day out. Again that Helen sprang up and went out into the hall. Her "hello" was not too cordial until she recognized Laura's voice.

"Helen, I don't think I can manage to come over this afternoon, after all. Will you excuse me?"

The quality of Laura's voice banished the last vestige of sleep from Helen's eyes. She looked at the clock. She was in trouble and needed help. Her voice sounded strained and unnatural, and the situation required an unusual amount of tact.

"You simply must come, dear," Helen said sweetly, as though she suspected nothing.

"But I won't be any kind of a companion; I am awfully nervous today."

"I am all alone, I have let my maid go out and there is no one here. I shall be awfully disappointed if you don't come."

Laura hesitated, and Helen jumped into the breach.

"You simply must come. I won't forgive you if you disappoint me. I'm sure it will do you good to get out into the air. Why don't you walk over?"

"No, I'll come in the car. All right Helen, you can expect me, but I told you the truth when I said that I am terribly nervous."

She prepares for Laura. Helen just laughed and rang off. She rubbed her eyes and then went into the bathroom and plunked her hair into a cold water. She felt refreshed, and she proceeded leisurely enough with the rest of her dressing. It was only 3 o'clock. Laura would probably wait until 4 to come. Helen could not help thinking a little regretfully of that extra hour that she might have slept. Really she and Warren must out on night hours.

Now that she thought of it, she actually hadn't been in bed before twelve or one in ages. They had spent so many evenings with the careless Bohemian people who never went to bed until the hours were small. Helen had noticed that Anne's small white face was beginning to look even smaller—that child wasn't used to such hours either.

Well, that was neither here nor there. There was another problem still more important. What was there about Laura Richards' life that was making her unhappy, that was changing her from a contented woman to a bitter type of wife entirely unlike her ordinary disposition?

Helen wheeled the little tea wagon that was a recent acquisition into the dining room and arranged the cups and saucers on plates on the table. She set the tea table with her best orange pekoe, and placed the muffins ready for toasting. There was fresh butter, too. Helen remembered how Laura adored unsalted butter, and had bought some on purpose. The bell rang, just as she finished. Laura already? Why it was only three thirty, that was strange.

"I came right up," Laura said as Helen swung the door open and pulled her into the hall. "I'm glad you made me come, Helen," and she turned her head away as her eyes suddenly filled up with tears.

Helen was more mystified than ever. She could not understand Laura's attitude. First she was bitter and then she was miserable. There was only one answer to the riddle and Helen dreaded to think of such a thing.

In the living room with the shades drawn and the lamp lighted over the tea cups and toasted English muffins, Laura raised tragic eyes to Helen suddenly and said:

"Laura Tells the Secret. 'Well, I have tried to tell you dear, you are so sure that you can help me. It's another woman.'"

"Oh, Laura are you sure?" Helen was truly amazed; she had thought of such a consequence, but only remotely. Somehow Laura's husband seemed such a different type of man.

"Of course I am sure, it is hardly conceivable any longer, everybody knows it. I am surprised that you haven't heard."

"That is hardly strange," Helen explained, "considering that I don't know your husband's friends."

"Really, Helen, you are more fortunate than you know. I am telling you frankly, a woman never knows when she is well off. I used to think that I was miserably miserable when I was alone and friendless without money here in New York. I know there must be hundreds of other women just as I was, but if they only knew they would be more contented with their lot. I never dreamed then that I could know the depths of misery I have endured for the past few months."

Laura spoke wearily, with a toneless quality that brought tears to Helen's eyes. Why was there so much misery in the world? Above all, why couldn't men be more faithful to the women they married? Laura was right, she might better have remained single and endured the pangs of loneliness than to have had her married life turned out like this.

Like a flash her mind leaped back to her own skirting of the precipice. She and Warren had come very near the parting of the ways, nearer than she had thought possible. Perhaps things might not be so bad for Laura.

"Can you tell me about it, Laura," Helen said, gently. "You see I can tell better after I know."

"Why are you very little to tell. She is a woman of means, a mighty little soul, one of the appealing doll-like variety that men often admire so much. Her husband can't seem to do anything in places where I could not help but hear it, I lost my head, and I haven't known what to do. There have been times when I have been frantic. I know that I can't bear it much longer. Helen, something will have to be done."

And Helen, looking matters frankly in the face, agreed with Laura that things could hardly be worse.

(Another incident in this absorbing series will appear here soon.)

LITTLE COAT HAS SHOULDER CAPE

Even the Small Tots Must Be in the Latest Fashion These Days

By MAY MANTON



8997 (With Basting Line and Added Seam Allowance) Child's Coat, 2, 4 and 6 years.

Here is one of the newest and prettiest coats for little children. It includes the fashionable shoulder cape and it flares generously, at the same time it can be made a simpler garment by the omission of the cape and by the use of a belt.

Again, there is a choice of a round neck or a neck with high collar, consequently the model is a good one both for the cool days of the spring and for the warmer days of the coming summer.

For the spring, it would be pretty made of corduroy or broadcloth, or of gabardine or of taffeta. For the summer it could be made of pique or of linen, of silk, of bengaline or of bedford cord. On the figure, rose colored broadcloth is shown with the edges bound with bias of satin.

For a still handsomer coat, taffeta could be treated in the same way. In the small view, there is a suggestion for white broadcloth with stitched edges. The coat without the cape is made of cashmere with narrow silk braid as trimming.

For the 2 year size will be needed, 3 1/2 yards of material 36 inches wide, 2 1/2 yards 44 or 1 1/2 yards 44 inches wide.

The pattern 8997 is cut in sizes for children from 2 to 6 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents.

Striking Girls Firm in Demand For More Money

Organized and determined, the 180 girls employed as bunchmakers and rollers at the Dauphin Cigar Company factory who went on a strike Tuesday afternoon, will refuse to work, they said today, unless they are given 35 cents for rolling and 20 cents for bunching cigars.

The management offered them 34 and 19 cents respectively, but this the girls refused to consider.

A meeting was held this morning and the strikers agreed not to consider anything but the demands stated earlier in the week. At another meeting to be held probably to-night, a committee of three or four girls will be appointed to see the officials and arrange terms, if possible.

He says—"Moxley's Special is as good as Butter!"

She says—"What you really mean, John, is—'As good as the best butter.' Butter varies; Moxley's Special is Standard—in Quality, Purity, and Delicious Taste—always the same. The finest materials, of which rich, Pasteurized cream is an important factor, and the cleanest most sanitary methods make

Moxley's SPECIAL OLEOMARGARINE

Where Quality and Economy Meet

a food I can serve my little ones with confidence.

"Moxley's Special saves us many dollars a year; but its purity and absolute purity, always, is the chief reason I buy it. Then—you all like it best."

Serve Moxley's Special—for surety of purity and for a daily saving

Churned by

WM. J. MOXLEY, Inc., Chicago

Factory Branches: 120-122 First Ave., Pittsburgh, Pa. 117 Callowhill St., Philadelphia, Pa.

Write for 64-Page Book of Famous Recipes—Free



A Crisp, Delicious "Snack" for luncheon or after-the-theater, or any old time when the appetite craves "something different," is TRISCUIT, the Shredded Whole Wheat toast. Heat it in the oven to restore its crispness, then serve with butter, soft cheese or marmalades. As a toast for chafing dish cookery it is a rare delight. It is full of real nutriment.



Made at Niagara Falls, N. Y.

him why he couldn't come around? It is very foolish to lose a friend through lack of a little simple frankness. Go to this young man in a quiet, dignified way and ask him if he has any explanation to offer you for the disappointments which you feel fairly sure he did not purposely cause you.

HEAVY EARTH SHOCKS

Washington, D. C., March 31.—Pronounced earth shocks were recorded at George town University this morning. They began at 6:24 a. m., continued until 7:20 o'clock and reached their greatest intensity at 6:35 o'clock. The disturbance is estimated to have been centered about 3,300 miles from Washington.

Baked to the Queen's Taste!

There is a way to know the goodness of Sunshine Grahams—have some for your dinner tonight. Sunshine Grahams, like all the 350 varieties of

Sunshine

Biscuits

are made of the finest ingredients, in kitchens of immaculate cleanliness. Whatever the purpose, let one of the many Sunshine Biscuits be your choice. Your dealer has them in wide variety of flavors and prices.

LOOSE-WILES BISCUIT COMPANY

Bakers of Sunshine Biscuits

In each package of Takloma Biscuit is a paper doll in colors. Other packages of Sunshine Biscuits contain pretty dresses for the doll. See the list in Takloma package.



10c

HOTEL ASTOR Uncoated RICE

SERVED at breakfast, as the dessert course at luncheon or with afternoon tea, nothing is quite so welcome as a crisp, delicate, brown waffle made with Hotel Astor Uncoated Rice.

Hotel Astor Rice Waffles
1 cupful Hotel Astor Rice (free from lumps)
2 eggs
2 teaspoonfuls baking powder
2 teaspoonfuls salt
1/2 teaspoonful salt
Sift flour, sugar, baking powder and salt together, rub in butter (cold). Add milk and well beaten eggs. Mix into smooth batter that will pour readily from a pitcher. Have waffle iron hot, and grease carefully each time. Fill about 2/3, close, and when waffle browns on one side turn iron.

Serve with powdered sugar, honey or syrup.

Hotel Astor Rice is sold in sealed cartons only. 10c for a full pound in the yellow cartons.

At most good grocers. If yours cannot supply you send 10c for full pound cartons to B. FISCHER & CO., Importers, 190 Franklin St., New York City

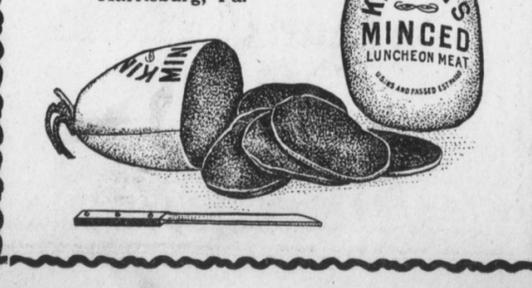
Always Ready

To serve, hot or cold; delicious for the lunch box; moderate in price.

Kingan's Minced Luncheon

Be sure you get KINGAN'S

KINGAN PROVISION CO. Harrisburg, Pa.



FOODS THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat. (Copyright, 1916, by Alfred W. McCann.)

CHAPTER 39. The Use of White Bread Enormously Increases the Consumption of Meat, Which, When Pushed Beyond the Limit of Normal Tolerance, Is Followed by Physiological Arrangements as Grave as Those Which Result From Mineral Starvation.

Not content with the result of their experiments, which demonstrated the inadequacy of pearled barley as a life sustaining food, Weil and Mouriquand subjected pigeons to a mixed diet of pearled barley, polished rice, and bolted wheat flour from which the germ, the bran and underlying layers, containing the salts of calcium, phosphorus, potassium, iron, silicon, sodium, sulphur, manganese, magnesium, fluorine, and iodine had been removed.

These are the same refined grains, now purchasable in every grocery store in the United States, on which the American people are now striving to develop a normal race of men, not realizing that in every pound of such refined food the growing child, the prospective mother, the nursing mother, and the feeble adult are deprived the elements indispensable to the proper functioning of their vital organs.

Weil and Mouriquand expressed the results of their experiments in these words: "All the pigeons fed on this mixed diet of polished rice, pearled barley and bolted wheat flour showed paralytic disturbances ending in death. We have thus proved that symptoms of the beri-beri type can result from a diet of refined cereals."

"Nutritive disturbances in infants are doubtlessly, at times, caused by a too exclusive feeding with exhausted flour derived from decorticated cereals."

"The physician should take care to vary the diet of the weaned child and include in it cereals from which the pericarp, bran and germ have not been removed."

Six months later another Frenchman, A. Balland, national associate of the Academy of Medicine, issued a warning to the French government in which he said:

"Several times I have pointed out the exaggerated development of the bolting of flour, which augments the price of bread and diminishes its nutritive value."

"Notwithstanding the known facts it is in vain that some of our most distinguished physicians, eye-witnesses of the miseries suffered in hospitals, who are anxious for the future of the race, have arisen against the invasion of white bread."

"The bolting of flour, favored by the world-wide cultivation of wheat, which is extending every year, reaches at the present time as much as 50 per cent. of the weight of the grain, while less than fifty years ago only 13 per cent. of the grain was utilized in flour milling."

"Household bread has disappeared

from the ration of the French army and this fact is specially dwelt upon by those who dread the effects of the use of white bread because never in the history of France is there greater need than just now of beautiful, well nourished, active, and long-enduring soldiers.

"Recently the bolting of flour used for the French army bread has discarded from twenty to thirty per cent. of the wheat of the grain. The result has not let itself be long waited for. Everywhere the ration of bread appears insufficient; the hunger of the soldier is less satisfied."

"At the beginning of the French revolution, when the army bread was made entirely of unbolted flour, the subject was placed before the Academy of Sciences for a decision concerning the advisability of removing a portion of the grain, and Parmentier, the agriculturist, who introduced the cultivation of the potato into France, prepared the official report."

"Even then it was recognized that bolting the white flour was injurious and did not constitute a substantial ailment for the soldier."

Balland, quoting from this ancient report, says:

"What is good for the soldier is good for every man who is engaged in active physical work and who needs thoroughly nourishing food. The bread so universally employed to-day is made of the central parts of the grain, which are the least rich in the elements most essential to life."

Supplementing Balland's warning Michel, Levy, and Beglin, army medical inspectors, declared:

"Bolting eliminates the useful elements of flour in more than one respect and has no other compensation than an improvement in the color of the bread."

"What the white bread lacks in nutrition has to be made up by an increased consumption of other foods containing the missing elements. This fact is brought out very clearly in the reports of the food supply furnished in the French army."

"The use of white bread enormously increases the consumption of meat, which, when pushed beyond its limits or normal tolerance, is followed by many physical derangements as grave as those which result from the mineral deficiency refined cereals."

"Never before has any case been made in behalf of public health in which the evidence has been so overwhelming or so conclusive. Yet, if we may be permitted the phrase, 'The worst is still to come.'"