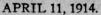
SATURDAY EVENING.

T

HARRISBURG





laid seven eggs each during the week No. 2 hen in pen 30, a Rhode Island

and turkeys were used in making the tests. The tests showed the entire egg to be made up as follows: Hen's eggs, 50 per cent. water, 16 per cent. protein, 34 per cent. fat. Duck eggs, 44 per cent. water, 19 per cent. protein, 36 per cent. fat. Turkey eggs, 48 per cent. water, 17 per cent. protein, 36 per cent. fat. Turkey eggs, 48 per cent. water, 18 per cent. protein, 39 per cent. fat. The protein goes to make blood and muscle and the fat furnished fuel for heat, so it is easily seen that eggs. Although largely composed of water, contain the elements needed to build up the body and repair the tissues. Tests have exploded the old yarn that an egg contains as much nourish-ment as a pound of beefsteak; it is difficult to understand how anyone ever did believe this. Government analyses show that three-fourths of a pound of eggs, about six eggs, have the same nutriment value as a pound of lean steak.

Urges Co-operation of Poultry Association





ME. ISE'BELL'S Exqui-M site Face Powder softens the skin while beautifying it. It blends perfectly with the natural tone of the complexion skin. Comes in three shades,

MRS. ADAMS. EXPLORER, RETURNS TO UNITED STATES

RETURNS TO UNITED STATES By Associated Press Washington, D. C., April 11.—After a thorough study of the peoples along the fringe of Asia from Siberia to Sumatra in her in her effort to trace the original American, Mrs. Harriet Chalmers Adams, one of America's foremost women explorers, in a com-munication to the National Geographic Society to-day expresses the opinion that the ancient "Americ" peoples came by sea, possibly in broken stages, from Asia. Mrs. Adams has just re-turned to this country.

Why Spring Colds Are Dangerous

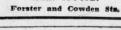
less than three weeks' sime his face was entirely cured." (Signed) Mrs. H. D. Mayi Sept. 5, 1913. Do you wish to improve your complexical hands and hair? If you wish a site cleas of pimples, blackheads and other annoying eruptions, hands soft and white, hair livit and glossy, and scalp free from dandruff and itching, begits to day the requirer use of cuitours. Bosp for the tollet, bath and shampoo, assisted by an occasional light application of Cuticura Ointment. They work wonders in promoting side and hais beauty. Cuticura Soap (26c.) and Outicura Ointment (50c.) are sold by dealers every-where. Liberal sample of each malled free, with 32-p. Sidn Book. Address post-card "Cuticura. Dept. T. Boston." IST Men who shave and shampoo with On-vicura Soap will find it best for skin and scalp.

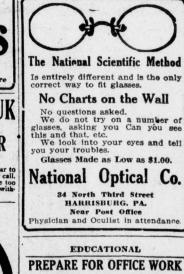
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United Ice & Coal Co.







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WARM WEATHER FROCK

No. 2 hen in pen 30, a Rhode Island Red, owned by Dr. John A. Fritchey, Harrisburg, Pa., particularly distin-guished herself by producing two eggs on Thursday. The English pen of White Wyan-dottes, owned by Tom Barron, got first place for the week with a yield of 59 eggs. A pen of Barred Rocks from Massachusetts were a close second with 58 eggs to their credit. White Rocks from the same State were an equally close third with a yield of 57 eggs for the week. Thus it will be noted that Massachusetts got away with more than her share of honors for the week. So far White Wyandottes have per-formed more consistently and have a bigher everage mer hird than any

formed more consistently and have a higher average per bird than any other variety represented in the con-

Board Floors Not Good