

Why Fat Returns if Taken Off by Exercise

Since fat is the result of particularly easy assimilation of food, which too readily turns into fatty substances, the exercise for reduction must be very vigorous to tear down the tissues, and as rapidly as exercise builds a larger muscular foundation more fat is developed.

CHURCH OF GOD TO HOLD A REUNION

Christian Endeavor Societies Invite Members to Co-operate on Gala Day, July 30



With fourteen co-operating Christian Endeavor societies attached to the Churches of God in Harrisburg and adjacent towns, plans are being arranged for a reunion to take place at Reservoir Park, Thursday, July 30.

It is expected that fully 1,600 persons will attend this reunion. The endeavor societies have extended an invitation to the church members in general, and many of these have signified their intention of joining in the reunion.

New World's Mark, "Pop" Geers Driver

Cleveland, Ohio, July 23.—In a special event yesterday afternoon at the third day's grand circuit races at North Randall, Etawah III, owned by Frank G. Jones, of Memphis, Tenn., trotting and in 2:04, established a world's record for a 4-year-old, breaking the 2:05 1/2 made in 1893 by Directum.

AMUSEMENTS

AT PAXTANG PARK

No matter how hot the weather may be, the average man or woman will seek some form of entertainment during their usual hours of recreation. With the thermometer at 80 about the best amusement we know of is to go out to Paxtang Park, get a seat in the big open-air theater and take in the vaudeville show.

HUNDREDS IN LOCAL MOVIE AT COLONIAL

There must be nearly 500 Harrisburgers shown at close range in the new local movie to be put on for the remaining three days at the Colonial Theater. The films show a half dozen different scenes at Bowman's store picnic at Good Hope Mills, and has nearly 500 feet of good pictures taken in Reservoir Park while tennis games and golf were in order, and hundreds of children crowded the various amusement devices in the portion of the park allotted to the little folks.

SENATE AWAITS BILL

Washington, D. C., July 23.—Submission of the bill regulating the issuance of securities by common carriers was being awaited to-day by the Senate to make complete the Administration's anti-trust program before that body. The revised Clayton anti-trust bill had been reported from the judiciary committee, but the interstate commerce committee still was not quite ready with a perfected securities bill, the last measure on the program.

RAINEY EXONERATED

Terre Haute, Ind., July 23.—William Rainey, a board member, was exonerated by the special convention of District No. 11, United Mine Workers, yesterday after charges had been filed that Rainey had favored the operators in a dispute two years ago.

29c Scarfs Made of linen and trimmed with cotton cluny laces. Sizes 18x36 and 18x46 inches. Special, 19c. Second Floor—BOWMAN'S.

89c Wash Bowl and Pitcher White porcelain. Friday Bargain price. 69c. BOWMAN'S—Basement.

59c Jardinieres 10-inch size. Friday Bargain price. 39c. BOWMAN'S—Basement.

25c Baby Plates Decorated porcelain baby plates. Friday bargain price. 19c. BOWMAN'S—Basement.

\$1.25 Silk Gloves 16-button Milanese Silk Gloves, double tipped. White with black embroidery; black with white embroidery. Pair. 79c. BOWMAN'S—Main Floor.

\$1.25 and \$2.00 Gloves A small lot of plain black and white gloves. Pair. 79c. BOWMAN'S—Main Floor.

75c Bath Tub Seat Will fit enamel tub. Friday Bargain price. 43c. BOWMAN'S—Basement.

Water Pails 4-qt. galvanized pails. Friday Bargain price. 9c. BOWMAN'S—Basement.

25c Pails Heavy galvanized pails, 10 or 12-qt. size. Special. 15c. BOWMAN'S—Basement.

50c Handbags Ladies' velvet and moire bags, in assorted colors. Special. 49c. BOWMAN'S—Main Floor.

50c Handbags Children's handbags in assorted colors and styles. Friday. 39c. BOWMAN'S—Main Floor.

Men's 25c Purses Men's "Sensible" purses. Friday Bargain price. 19c. Main Floor—BOWMAN'S.

Friday Bargain Sale of Notions 1c piece Bias Seam Tape, 5c 15c and 15c button and button-hole strips. 10c 10c packs Patent Hooks and Eyes. 2c. BOWMAN'S—Main Floor.

98c Curtains White Swiss curtains, 2 1/2 yards long, full widths. Pair. 49c. BOWMAN'S—Fourth Floor.

\$2.98 Curtains Cross striped curtains, 3 yards long. Friday pair. \$1.35. BOWMAN'S—Fourth Floor.

39c Curtain Strips White and ecru lace curtain strips. Only one of a kind. Friday, strip. 19c. BOWMAN'S—Fourth Floor.

\$1.25 Lace Curtains White and ecru lace curtains, 2 1/2 and 3 yards long. One pair lots only. Pair. 75c. BOWMAN'S—Fourth Floor.

10c and 15c Tassels For finishing cushions, chairs or laundry bags. Friday, 2 for 1c. BOWMAN'S—Fourth Floor.

30c Scotch Madras Swiss and Scotch madras, 4 to 5-yard lengths. Friday, yard. 20c. BOWMAN'S—Fourth Floor.

30c and 35c Japanese Matting Carpet patterns; cotton warp; colors are tan, red and blue. Yard. 17c. BOWMAN'S—Fourth Floor.

Linoleum Remnants Many of the pieces are large enough to cover a kitchen floor. All light bright, clean, new goods. Square yard. 24c. Fourth Floor—BOWMAN'S.

25c Suiting Plain colored linen finish suiting, ratine weave. Yard. 20c. BOWMAN'S—Main Floor.

49c Linens Yard-wide gray mixed linens. Friday Bargain price, yard. 33c. BOWMAN'S—Main Floor.

50c Linen Table Runners With fringe. Stamped for embroidery and stenciled. Special. 37c. BOWMAN'S—Second Floor.

LOWEST PRICES OF THE WEEK

15c to 45c Drapery Remnants Consisting of acrimis, laces, silkolines, in useful lengths from 1 1/2 to 5 yards. Friday, yard. 5c. BOWMAN'S—Fourth Floor.

25c and 35c Milk Pitchers Decorated porcelain milk pitchers. Friday Bargain price. 19c. BOWMAN'S—Basement.

25c and 50c Suede Belts Ladies' suede belts, assorted colors. Friday bargain price. 10c. BOWMAN'S—Main Floor.

Two Remarkable Friday Specials \$2.50 White Ratine Skirts \$1.49 Made of fine ratine, with long Russian tunic. Well tailored, all sizes.

\$2.50 Tub Silk Waists \$1.49 Best quality tub silk in neat stripes in assorted colors. All sizes. Second Floor—BOWMAN'S.

Here's a Real Hair Bargain A Fine 24-inch Wavy Switch for \$1.00 The hair is of splendid quality, permanently wavy and of desirable length. It is mounted on three short stems, making a fine, full switch. The best value we've offered at this price. All shades, gray excepted. Second Floor—BOWMAN'S.

Laces and Neckwear 50c & 75c Bolts of Val. Insertion, no edges, only 10c per bolt. 25c to 50c Ecru Venise Insertion, per yard. 12 1/2c. 75c and \$1.00 Swiss Flouncing, 27-inch, per yard. 39c. 25c Organdie Collars. 18c. BOWMAN'S Main Floor.

15c Crepe 30-inch pink and light blue crepe. Yard. 10c. BOWMAN'S—Main Floor.

25c Crepes 28-inch plain and corded crepes, in rose, lilac, pink and cadet. Yard. 15c. BOWMAN'S—Main Floor.

10c Percalés Yard wide, best styles; grays, lights, navy, figures, stripes, dots. Yard. 7c. BOWMAN'S—Main Floor.

18c Flaxons 30-inch flaxons white with colored figures and stripes. Yard. 10c. BOWMAN'S—Main Floor.

25c Mercerized Satines Yard-wide satines, all shades. Remnant lengths. Yard. 10c. BOWMAN'S—Main Floor.

Men's \$1.50 Dress Shirts Fine quality of madras, coat style, French cuffs. The season's newest patterns. Friday. 98c. BOWMAN'S—Main Floor.

Men's 69c Union Suits Bleached, cotton, fine ribbed; short sleeves, knee length. Friday. 49c. BOWMAN'S—Main Floor.

Men's 25c Neckwear 4-in-hand, cut silk and knitted ties. Friday. 12 1/2c. BOWMAN'S—Main Floor.

Men's 50c Working Shirts Plain blue chambray military collar. Friday. 39c. BOWMAN'S—Main Floor.

Women's 29c Extra Size Vests Low neck, sleeveless. Second. Friday. 18c. BOWMAN'S—Main Floor.

Children's 17c and 25c Underwear Vests and pants, assorted kinds. Broken lines. Friday, each. 12 1/2c. BOWMAN'S—Main Floor.

Huck Towels Individual size. Extra good quality. Dozen. 35c. BOWMAN'S—Main Floor.

75c Dimity Quilts Size 52x90 inches. White only. Friday Bargain price. 42c. BOWMAN'S—Main Floor.

25c Cotton Damask Dice pattern, 56 inches wide. Just a small lot. Yard. 15c. BOWMAN'S—Main Floor.

15c Crepe Ratine With stripe. Makes the prettiest kind of skirts and dresses. Yard. 8c. BOWMAN'S—Main Floor.

25c Voiles Double fold in white. Just the thing for cool summer waists. Yard. 13c. BOWMAN'S—Main Floor.

50c Voiles 45 inches wide. Tape selvage. Short lengths only. Yard. 19c. BOWMAN'S—Main Floor.

Remnants of White Goods The lot consists of Lawns, Organdies, Corduroys, Piques, Madras, Crepes, Voiles, Nainsook and Longtooth. Former prices were up to 25c and 35c a yard. Friday, special, yard. 7c. BOWMAN'S—Main Floor.

Women's \$2.50 \$3.00 Shoes White canvas and Nu-buck button shoes, mostly every size. Slightly soiled. Pair. \$1.35. Main Floor—BOWMAN'S.

Women's \$1.50 to \$3.00 Shoes White canvas and Nu-buck pumps and oxfords that are slightly soiled, but can be easily cleaned. Pair. \$1.00. BOWMAN'S—Third Floor.

Children's Shoes White canvas button shoes and "Mary Jane" pumps— Sizes 6 to 8, pair. 90c. Sizes 8 to 11, pair. \$1.00. Sizes 1 1/2 to 2, pair. \$1.10. Sizes 2 1/2 to 5, pair. \$1.40. BOWMAN'S—Third Floor.

Infants' White Shoes White Sea Island duck button shoes with hand-turned soles. Baby sizes. 60c. Large sizes with heels, pair. 85c. BOWMAN'S Third Floor.

Men's White Shoes White canvas shoes with leather soles, high and low. Special. \$1.35. BOWMAN'S—Third Floor.

"Snow White" for cleaning canvas shoes, special. 6c. Blanco in zinc boxes. 10c. BOWMAN'S—Third Floor.

89c to \$1.00 White Skirts Made of fine cambric and nainsook, ruffles of embroidery and fine lace trimmings. Special. 59c. BOWMAN'S—Second Floor.

Nainsook Gowns Kimono style, lace trimmed at neck and sleeves. Special. 34c. BOWMAN'S—Second Floor.

\$1.25 to \$1.50 Gowns Made of crepe and fine nainsook, lace and embroidery. Low and high necks. Special. 69c. BOWMAN'S—Second Floor.

\$1.98 to \$2.25 Princess Slips Made of silk finish nainsook, bodice and skirt trimmed with wide lace embroidery and medallions, wide ribbon run heading. Special. 98c. BOWMAN'S—Second Floor.

\$1.25 to \$1.75 Combinations All sizes. Cover and drawers of all-over embroidery or fine nainsook lace and embroidery, trimmed. Special. 75c. BOWMAN'S—Second Floor.

89c to \$1.50 Tub Dresses Sizes 2 to 14 years. Made of gingham, linen, percale and seersucker; long waist and belted models, piped in plain colors, trimmed in wash braids. Special. 49c. BOWMAN'S—Second Floor.

\$1.98 to \$3.98 Children's Hats Lingerie hats in lace and embroidery, trimmed with ribbon and flowers. 79c. BOWMAN'S—Second Floor.

75c Girls' Straw Hats Trimmed with ribbon and quilts, assorted colors. Special. 25c. Second Floor—BOWMAN'S.

25c to 75c Boys' Straw Hats White with colored edges and bands. Special. 12 1/2c. Second Floor—BOWMAN'S.

\$1.25 to \$1.75 Boys' Dresses Boys' white pleated dresses with bloomers and belt. Size, 2 years. Made of poplin and linen. Special. 75c. Second Floor—BOWMAN'S.

\$2.98 to \$3.98 Girls' Dresses White lawn and batiste dresses, low neck, short sleeves, trimmed with fine lace and embroidery. Special. \$1.49. Second Floor—BOWMAN'S.

25c Baby Pillows Ready made with ruffle, stamped for embroidery. Special. 17c. Second Floor—BOWMAN'S.

50c Round Linen Centers Natural color, stamped for embroidery, 24-inch size. Special. 37c. Second Floor—BOWMAN'S.

75c Silk Gloves 2-clasp Milanese Silk Gloves, black and colors; all sizes. Pair. 50c. Main Floor—BOWMAN'S.

75c and \$1.00 Silk Gloves 3-clasp Milanese and Tricot Silk Gloves, embroidered and plain; assorted colors. Small sizes. Pair. 19c. Main Floor—BOWMAN'S.

69c Garbage Cans Galvanized garbage cans. Friday Bargain price. 49c. BOWMAN'S—Basement.

25c Egg Poacher With cover. Poaches 5 eggs at one time. Special. 17c. BOWMAN'S—Basement.

\$1.00 Step Ladders Strong and substantial, 4-foot size. Friday Bargain price. 69c. BOWMAN'S—Basement.

\$1.00 Ironing Board Stands The Emerson ironing board stand. The kind that folds. Special. 69c. BOWMAN'S—Basement.