

PERSONAL SOCIAL

THE MISSES HORNING ENTERTAIN AT COVE

Guests at the Rosemont Cottage Enjoy Many Outdoor Sports

The Misses Miriam and Florence Horning of 608 Dauphin street, entertained a party of young people at the cottage at Cove, with outdoor pleasures and sports thoroughly enjoyed.

Mrs. Belle Walter, of 719 North Second street, left today for Philadelphia where she will visit Mrs. Walter L. Powell, formerly of this city.

Mrs. Mary J. Quicke, of North Second street, who has been ill at the home of her son, Harry F. Quicke, 123 Pine street, is making a good recovery.

Professor Arthur Thomas, of Columbia University, is visiting his sister, Miss Bessie E. Poorman, at 211 Boas street.

Mrs. Gideon Kreider, Jr., of Annville, spent yesterday with Dr. Irvine Gunsaul at the Colonial Apartments, Market street.

Mr. and Mrs. Anson Herman and small son, George Herman, of Market street, left today for a trip to Asbury Park and New York city.

Dr. and Mrs. James W. Kellogg, of Old Orchard, who are spending several days in Pittsburgh, are registered at the Fort Pitt Hospital.

Miss Deeter Elected to New Haven Schools

Miss Lile G. Deeter is going to New Haven, Conn., as the head of the department of cooking in the New Haven public schools and will be in direct charge of demonstration work in the Boardman Trade School for Girls.

Graveyard Tournament at Country Club Saturday

The second graveyard tournament will be held at the Country Club of Harrisburg on Saturday. The handicaps will be announced on Friday.

DR. AND MRS. J. A. WATLING STOP HERE ON WAY HOME

Dr. and Mrs. John A. Watling, of Washington, D. C., spent yesterday with their relatives, the State Executive Controller and Mrs. Samuel Clay-Harbol, Ruth Fisher, Edith Singer, Hester Shott, Verne Bombardier and Mary Mader.

MEETING OF THE J. S. G. CLUB LAST EVENING AT RESERVOIR

Members of the J. S. G. Club met last evening at Reservoir Park, with a moonlight supper served after a short business session.

TO SPEND WINTER HERE

Mrs. Orlando Bonnell, of Verbeke street, and son, Clarence D. Bonnell, of North Third street, have returned from Pittsburgh and Allegheny.

LEAVE EAGLESMERE

Dr. and Mrs. W. S. Hurlock, William S. Hurlock, and the Misses Elizabeth and Dorothy Hurlock are leaving for a fortnight's stay at Crestmont Inn, Eaglesmere.

ATTORNEY HEISEY ON TRIP

Attorney E. R. Heisey, of this city, is taking a vacation trip over the Great Lakes to Duluth and to Winnipeg, Canada.

FOUR GENERATIONS OF THE TOMLINSONS

Interesting Picture Just Taken of Well-known West End Folks



MRS. TOMLINSON AND FAMILY

In the picture above are Mrs. Francis C. Tomlinson, of Fulton street, with her daughter, Mrs. A. F. Snyder, her granddaughter, Mrs. E. L. Mack, and her great-granddaughter, Miss Margaret Cooper.

Frequent Visitors Here Safe After Trip Abroad

Word was received yesterday in Harrisburg of the safe arrival of Mrs. Kate O. Moore, of Los Angeles, Cal., and Mrs. Elizabeth Harrison, of Minneapolis, in New York after having undergone great difficulties in Europe in securing a passage home.

MRS. GUNSAUL IMPROVING

Dr. Irvine Gunsaul, of the Colonial Apartments, has received word that her mother, Mrs. M. J. Gunsaul, of Long Beach, Cal., is slowly improving in health after a serious accident several months ago.

The Misses Mildred and Frances Burkholder, of 1946 Green street, are visiting their cousin, Mrs. Raymond Zeiter, at Hummelstown.

Mrs. Buehn, of Millintown, spent yesterday with Mrs. Christian F. Gohl, at 1002 Third Second street.

Mrs. Harry W. Saul, of 337 Peffer street, has returned after a month's stay at the Mountain Springs summer resort at Ephrata, Lancaster county.

Mr. and Mrs. Charles E. Schlayer, of 638 Kelker street, have returned home from Millersburg, where they were guests of the N. W. G. Club at the Maple Grove cottage.

Miss Henrietta Davis has returned home to Nanticoke after spending several weeks at the home of Mrs. Wilson Zerbe, at 1430 Market street.

Miss Anna D. Gemmill, superintendent of nurses at the Harrisburg Hospital, left yesterday morning for Omaha, Neb., to spend a month's vacation.

Miss Dorothy Scholl, who has been visiting Miss Sarah Elizabeth Morgan, 1728 State street, has returned to her home in Reading, Pa.

Miss Edna M. Sprengel, 404 North Second street, has returned from a vacation spent at Lake Chautauqua, New York.

Mr. and Mrs. Edward Sponsler and Miss Louise Sponsler, of Chestnut street, have returned from a stay at Eaglesmere.

The Rev. J. Bradley Markward, pastor of Bethlehem Lutheran Church, with Mrs. Markward and Miss Florence Markward, are home after a visit at Shippensburg.

Mr. and Mrs. Paul Hooker, of 1915 North Front street, are home from Rochester, N. Y., where they were called by the death of Mrs. Hooker's father.

Miss Grace Vandling has gone home to Liverpool after spending a month with her uncle and aunt, Mr. and Mrs. Ira D. Fry, at 650 Camp street.

Miss Clara LaFevre, of 121 Her street, has returned from a trip to Niagara Falls and Buffalo after a short stay with relatives in this city.

Mr. and Mrs. Harry F. Hope, 1614 Briggs street, are home after an outing at Philadelphia and Wildwood.

Mrs. B. Handler and son, Bernhard Handler, of 1219 North Second street, have returned home after a six weeks' trip to New York and Atlantic City.

Miss Sue Sparrow, of 1607 Derry street, has returned home from Berteton and Baltimore, Md.

Miss Isabel Shriner, of Seventeenth and Forster streets, is spending some time visiting at Scranton.

Mr. and Mrs. Kenneth Sides and small daughter, Anna Elizabeth Sides, have gone home to Brooklyn after a short stay with relatives in this city.

Mr. and Mrs. W. W. Stewart, 1604 State street, left today for a two weeks' visit to Ocean Grove, Jamesburg and New York.

Mr. and Mrs. Charles M. Kennedy, of 1514 Walnut street, announce the birth of a son, Tuesday, September 1, 1914.

Mr. and Mrs. Edward Kirby, of Sunbury, announce the birth of a son, John Kirby, Monday, August 24, 1914.

3300 WOLF BUILDING THE FIREBUD'S WORK

[Continued From First Page]

The front part of the building. Despite their efforts the fire kept spreading and the time of the arrival of the Shamrock, Friendship and Hope companies, sent by the Harrisburg department in response to a call for aid, the whole building was in flames.

Apartment House Gutted The apartment building was occupied by George Powley with a pool-room and bar; about 100 feet from the front floor; by Miles Fox's restaurant, his apartments, and by M. H. Hartman's store rooms on the first floor; by W. H. Wolf's apartment and offices; Jacob Thielin, George Bruchart and Harry Hicks, apartments, and the Rev. Mr. Neible's offices on the second floor, and by a great hall, used jointly by the Order of Woodmen of America, the Patriotic Order of America, the Junior and Senior Mechanics and the Macabees, on the third floor.

The bakery had been recently fitted up with modern machinery and engines. Everything in this building was a total loss, the insurance being only a small percentage. In the apartment and store buildings the whole interior was gutted out and thousands of dollars' worth of merchandise, furniture and supplies were destroyed.

The fire spread to the home of Abraham Britz, about 100 feet from the Wolf Building, the sparks igniting the roof. A bucket brigade was hurriedly organized here and the flames were extinguished.

Other residents within two blocks of the scene of the fire spent the night on their house tops pouring water on the roofs, most of which were of sheet iron, to prevent the flames from spreading. Streets in the central portion of the town were littered with the furniture taken from the apartments and from houses when the fire was at its height.

The water pressure prevented the local company from making much headway with the flames, but the arrival of the Erie fire engine helped to eliminate this trouble. Bucket brigades in the Wolf and Hartman buildings kept down the flames until the occupants had removed a great part of their belongings.

Bank and Church in Danger

Just opposite the fire is the Penbrook National Bank Building and the Episcopal Church, both of which were threatened by the flames. The homes in Main street within a radius of one block were all burning at times and only hard work on the part of the firemen kept the fire to one portion of the town.

W. H. Wolf, in estimating his losses, said that the total would exceed \$30,000. He recently remodeled the apartment building at a cost of more than \$10,000. The Wolf building was the largest in this section of the county.

In the Hartman there was a large stock of groceries and merchandise, all of which is a total loss. The property of the tenants, including the first floor, is lost, as are the effects of the different tenants throughout the building.

May Have Been Work of Firebugs The past two weeks several men have been seen loafing about the stables in the rear of the building, and it is thought that the fire was started by these men. The electric lights throughout the tower were turned off and the confusion made by the lack of light made conditions worse for the residents.

Shortly before 4 o'clock this morning the firemen succeeded in getting the fire under control after the Wolf building had been destroyed. One small building near these buildings was destroyed, and the fire spread to other losses. Several times spectators were removed from the scene of the building when it was discovered that the walls were in danger of falling.

Members of the members of the Peffer brook fire department were overcome by the dense smoke and were revived after and no serious accident has been feared.

Firemen Make Gallant Fight

The fire was the most disastrous in the history of the town. Four years ago in the twenty-eight fire, caused several thousand dollars damage, but was not nearly so much as this. The local firemen made a gallant fight to save the building, but handicapped by insufficient water pressure.

Mr. Hartman's loss will amount to several thousand dollars, while Fox's and Powley's will amount to several hundred dollars. The bakery, where more than \$10,000 damage was done, Mr. Wolf had recently fitted up the building. Two engines, heating apparatus and the baking machinery were destroyed.

More than thirty men employed throughout the building will be forced into idleness by the fire. Burgess M. Koohes occupies one of the first floor apartments until just a few weeks ago.

MISS NEDIG'S NEW POSITION

Miss Edna Nedig, of the Presbyterian Hospital, Philadelphia, has been appointed night supervisor at the Harrisburg Hospital to succeed Miss Edna Averill, who resigned to take up private nursing. Miss Nedig was graduated from the Philadelphia Hospital with the class of 1914 and began her new duties last night.

RETURN FROM EASTERN SHORE

Mrs. Oliver B. Simmons and her sister, Miss Clara V. Mahaney, of 281 Peffer street, have returned home after spending several weeks at the country place of Mr. and Mrs. Millard F. Bingham, of Chicago, on the Eastern Shore of Maryland.

ACACIA CLUB DANCE TO-NIGHT

There will be a shirtwaist dance held this evening at Summerdale by members of the Acacia Club. Quite a number of ladies is expected despite the warm weather.

UNREFRESHING SLEEP

The woman who is tired out, who aches all over when she rises in the morning, who feels depressed most of the time, needs the help that Dr. Williams' Pink Pills can give her—new blood and stronger nerves.

The number of disorders that are caused by thin blood is amazing and most women are careless about the condition of their blood. Quickly the nerves are affected and the patient becomes irritable, worries over trifles, is hungry by meal time and is not refreshed by rest. There may or may not be stomach trouble and headache. This is a condition that calls for Dr. Williams' Pink Pills, the non-alcoholic tonic.

Give Dr. Williams' Pink Pills a trial and the first sign of new life will be noticed in your appetite. You will be hungry by meal time and you will become enriched it feeds and soothes the irritated nerves, sleep becomes sounder and more refreshing, your worries become less, your work lighter. These are some of the things that these tonic pills do. Try them for any trouble caused by thin blood.

The Dr. Williams' Medicine Co., Scranton, N. Y., will mail free to any woman the booklet, "Plain Talks to Women." Your own druggist sells Dr. Williams' Pink Pills.—Advertisement.

"Are You Wearing Proper Shoes?" Asks Madame Isebell. "Many Cases Termed Rheumatism are Due to Falling Arches."

FLAT FEET; THE CAUSES FOR THIS TROUBLE AND HOW TO OVERCOME THEM.

"Flat foot," properly speaking, means that the arch of the foot is sunken, but we have come to include under this term any strain or deformity that affects the



position all the time must be responsible of many cases of sunken arches.

A flat-footed woman can generally be detected by her walk which has lost all spring and elasticity. Examine her shoes and they will show a depression where the displaced arch should be, and will be worn away on the inner side of the sole. To make diagnosis certain examine the feet bare. In the normal foot while standing a straight line can be drawn from the middle of the knee to the second toe; if the arch is sunken or deflected, this line will hit the big toe or fall way outside of it, for an exaggerated turning of the foot is one of the characteristics of this trouble.

It generally begins with discomfort in walking, and pronounced pain, usually in the instep or heel, will follow. From this starts a dull pain in the calf of the leg, the knee or sometimes in the hip or back. These pains are often diagnosed as rheumatism; they are simply due to fallen or displaced arches.

The feet themselves become tender and sometimes swollen, another condition that suggests rheumatism. In some cases they are so tender that every movement hurts; again they are stiff, indicating cramped muscles or they are cold and covered with perspiration, showing that the circulation is affected.

No Heels as Bad as High Heels.

While standing over much is the most frequent cause of this trouble we often find its origin in improper shoes. Specialists in foot troubles have called for years at the fashion of the high heel, only to discover that the fad for the heelless shoe has brought them more cases of displaced arches than was ever caused by any other style of footwear.

The human race has been trained by generations of shoe-wearing ancestors to need the spring and poise that a certain amount of heel gives the foot. A light springing gait is a sign of comfort and

foot health. With a heel the foot falls more lightly on the ground. This advantage is increased if the heel be covered with rubber, as this is specially to be recommended if one is forced to walk much on a tiled or stone floor.

Shoes for Flat-Footed People.

Much of the discomfort and suffering that comes from displaced arches can be overcome with proper footwear. If the arch has simply fallen, relief can be had by wearing what are termed arch supporters, or shoes made with a reinforced sole to hold up the arch. In most cases of this trouble, however, there is a displacement of the muscles and the foot is so far thrown out of the normal that special treatment and a shoe made on most careful measurements is necessary.

New Way to Play Marbles.

Place a variety of marbles of different sizes on the floor beside a deep bowl. Pick up each marble with the toes and deposit it in the basin, using first the toes of the right and then the toes of the left foot. Children generally do this easily, but the stiff toes of an adult, especially if the muscles are weakened find more difficulty with it. But like all these exercises, the more difficult they are to do, the more the patient needs them.

Wear Proper Shoes.

Perhaps you haven't fallen arches, but you are forced to stand a good deal and your feet ache and get tired easily. Are you sure you are wearing proper footwear? I am afraid that the habit of wearing proper foot apparel will only become general when women have changed their idea of what a shoe should be. The shoe from the point of view of good health should not be an ornamental affair to the toilet, but a covering and protection to those hard-worked members of our body, the feet. It should therefore correspond exactly to the shape of the foot which means that it should be straight along the inner side, to conform to the line of the big toe, and on the other side should have a wide outward sweep, so as not to compress the toes. This of course eliminates the pointed toe and is quite unlike any modern shoe. If we except the sandals that some women are adopting for home wear.

A laced shoe gives a better support to the ankles than a buttoned shoe; what is called an Oxford, fastening across the instep holds the foot in better position than do the pumps so long popular, but the average shoe is sadly lacking as a protection to the foot. Heels, unnecessary in childhood, become of more importance later, the object of them being to assist walking by inclining the body somewhat forward. The high heel is inclined to throw the body too much forward and out of the proper equilibrium and it is apt to be too narrow to give proper rest. The helpful heel is broad and low.

Directions for Foot Gymnastics.

Begin by walking about the room with the feet bare and turning the toes in the position generally described as "pigeon feet." This exercises the inner muscles of the arch, the first to fall away. Follow this by—

Ex. A—Place the feet parallel with the toes slightly inward, resting the weight of the body on the heels. Now bend the toes back and forth, lifting them from the floor and back.

Ex. B—Place the feet parallel, heels slightly off the floor, resting the weight on the ball of the foot. Keep the feet straight and the room for several minutes.

Ex. C—Turn the toes slightly in, lift the heels, rising on the toes as high as you can while keeping your balance. Now

drop to the floor slowly, rise and drop, ten to twenty times. Ex. D—Stand erect, toes turned slightly inward with weight poised on ball of foot. Lift the heels one inch from the ground, then raise them rapidly to two inches above the floor, then lower them to one inch above the ground, then up to two inches, as rapidly as you can keep the poise. Do this from twenty to twenty-five times. It is an excellent exercise for the leg muscles as well as the feet.

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