

Walk onRubbet Gughions

- There is as much difference in rubber heels as there is in rubber tires. Be up-to-date. Wear the new and better Spring-Step Heels as over 4 million people are already doing.

Learn the real joy of walking on Spring-Step Rubber Heels.

These new Spring-Step Red Plug Heels cost no more than ordinary rubber heels. Don't accept inferior heels-get "Spring-Steps."

Any reliable dealer or repair shop will put a pair of Spring-Step Rubber Heels on your shoes for 50 cents.


## The Direct Relation

Between What We Eat
and What We Are
Is Well Established
This is both reasonable and scientific, for
activity uses up tissue cells of body and brain activity uses up tissue cells of body and brain
which must be replaced daily from proper food. A careful eater-one who selects food for its nutritional value-is usually strong in body and
keen in mind. keen in mind.
Thousands of people, with an eye to nutritional values in food, are using

## Grape-Nuts

This delicious food, made of whole wheat and
barley, contains all the nutrition of the grain barley, contains all the nutrition of the grain,
including those priceless mineral elements including those priceless mineral elements
which are vitally necessary for rebuilding the tissue cells of body, brain and nerves.
"There's a Reason" For Grape-Nuts


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renmo Bocomaris antim
$U_{p}, U_{p}, U_{p}--$
and the Temperature Keeps Rising
tention of every home-keeper during the next couple weeks.
This is a refrigerator story simple; but it tells of one tri
This is a refrigerator story simple; bat it tells of one tried-and-true to the dot-
"Notaseme."
the "Notaseme.
Strict sanitation can only be had when the old leaky, ramshackled type of re-
frigerator passes from out the modern kitchen-when refrigerators with all sorts of cracks and crevices in which germs may lodge and breed, ceases to be made; o

This is truly an age of the "Notaseme" Refrigerator
danger seam in the heavy stone lining corners are rounded Easy to clean; always fresh and sanitary. The "Notaseme" has another excellent feature: the six walls and lock-tight Hard ash cases; polished golden oak finish.

Ask about our Club Plan while receiving a demonstration


Four-Piece Baronial Suite, Special \$15.95


High Back Porch Rocker,
Special tomorrow 81.98 Specia Comorrow, , 1.98
Reed seat and back; revular
Recd seat and back; regular
Porch Rocker; $\$ 1.39$
Double reed seat; banis

1,500 Yards in a New Shipment of
Hill Muslin, 73/4c yd.

A Number of Homes Are Better Off Musically


CONTINUED TOMORROW.
Many Harrisburgers at "Red Rose" Festival

