FOR THE HAPPY

Homenaidiliterest
Teach All Children Trade With Alphabet, Says Dorothy Dix


PLAY TIMI WHGPMYS?





Putting the "Eat" in Whole Wheat
The whole wheat grain is without doubt the most perfect food given to man. But you don't want to eat raw wheat-it would be imperfectly digested if you did eat so-called "whole wheat flour" is not so-calied whole whear flour is not
much better. It serves to stimulate peristalasis (bowel movement), but the body gets little or no nutriment from it. All the nutritive elements in the whole wheat grain are supplied in a digestible form in

## Shredded Wheat

It is the shredding process that put the more of these crisp, delicious little loaves of baked wheat for breakfast with milk Your Grocer Sells It

## SPECIAL NOTICE

July 3rd, 1915
All Banks and Trust Companies

## Saturday at Noon

By Order of
Harrisburg Clearing House Association
amusements

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| What Causes Sore Feet? |
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## What is Castoria.

CASTOXIA is a hammese substitut for Castor OIl Pavegric, Dopes and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narootic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troobles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Clas. H. Fletcher, and has been made under his personal supervision since its infancy. Allow no one to deceive you in this, All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.


Letters from Prominent Physicians addressed to Chas. H. Fletcher.









 recommended your Castoria and shall always continue to do so, as it has
invariably produce benefichal results."
Dr. N. B. Sizer, of Berooklyn, N. Y., says: "I obfect to what are called
GENUINE CASTORIA ALWATS


In Use For Over 30 Years
The Kind You Have Alwass Eought


## Buy Coal Now---Cheapest

a material saving to be effected, and the wise folk are taking advantage

## J. B. MONTGOMERY

Both Phones
Third and Chestnut Streets

