

To-morrow Tuesday
the Sale You've Been
Waiting For
FAMOUS BURSON
STOCKINGS
For Women 19c Pair
Always 25c
Fast Black Not a Seam All Sizes First Quality
ASTRICH'S
Ground Floor Fourth and Market Sts.

SOCIAL

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Tea With Mrs. Ramsay in Miss Alger's Honor

Mrs. George Douglass Ramsay entertained this afternoon at her Locust street residence at a small, informal tea, in compliment to Miss Josephine Alger, of Detroit. Spring flowers prevailed in the house decorations. Mrs. Robert A. Lambert and Mrs. Marlin E. Olmsted presided at the tea table, assisted by Mrs. Sanford D. Coe, Mrs. Lewis Lindemuth, Miss Anna Henderson and Miss Louise Curney.

The guests were Miss Alger, Miss Myrvinne Leason, Miss Dorothy Beach, of Elkins Park; Miss Eleanor Darling, Miss Katherine Culver, of New York; Miss Mrs. Elizabeth Bailey, Miss Emily Bailey, Miss Margaret Tenney, of Haverford; Miss Eleanor Clark, Miss Mary E. Meyers, Miss Margaret Fleming, Miss Katherine Etter, Miss Augusta Grover, of Princeton; Miss Sara Hastings, Miss Margaret Williamson, Miss Mary Williamson, Miss Dora W. Coe, Miss Wickens, of Lancaster; Miss Constance Ferriday, Miss Martha Fleming, Miss Margaret McLain and Miss Josephine Gloninger, of Lancaster.

Attend Training Class For Volunteer Workers

To-morrow afternoon at 3 o'clock in the Y. W. C. A. the class for volunteer workers will hold its fifth session. This class has been meeting on Tuesday afternoons for several weeks and the attendance and interest have been most gratifying. The subject under consideration has been "The Girl in Our City" and during the last five weeks speakers from Philadelphia and Harrisburg have lectured on the home life, the social, educational and business advantages of the young women in this city.

To-morrow a different phase of the subject and the most vital, "The Girl and Her Religion" will be presented by Mrs. William J. Fenwick.

Mothers, Sunday school teachers, leaders of girls' clubs and all who are interested in this all-important subject are invited to be present. The last part of the meeting will be given over to an open discussion, led by the Rev. Henry W. A. Hanson, speaking of the girl and the religious influence of the Y. W. C. A. club life. Miss Florence Carrell, "Impressions of the Religious Influence of the State Y. W. C. A. Summer Camp," and Dr. Lewis Seymour Madsen, who will speak on "The Girl and Her Church."

The meeting is open to both men and women—to all interested in the religious life of young people.

Last of the Pre-Lenten Festivities For Charity

The last pre- Lenten festivity of the year will be the card and dance party to be given at the Chestnut Street Auditorium to-morrow, Tuesday, evening, for the benefit of the Nurses' Home, in South Cameron street, where at present fifty little children and ten motherless babies are being cared for. This is one of the best institutions in the state for the care of children and the managers have made it a blessing for the mothers and motherless, but they are in need of funds, and the card and dance party is being held for the purpose of raising funds.

The list of patronesses for to-morrow evening's entertainment comprises many women prominent in the good works of the city and they will give cordial greeting to all who attend. There will be both dancing and cards, and both will begin at 9 o'clock, cards lasting until 11.30 and dancing until 1 o'clock. During the evening refreshments will be served. Sara Lerner's orchestra will furnish the music for the evening. There will be tables for all who participate in the card games and a hint of prizes will serve to bring out the best players.

Taffy Pulling Party For Miss Edna Bistline

Mr. and Mrs. Bistline, of 2211 Jefferson street, entertained at a taffy pulling party in honor of their daughter, Miss Edna Bistline, and Miss Ruth Boyer, at their home. After making candy the guests spent a delightful evening with music and games.

A supper, with St. Patrick's appointments, was served to the Misses Margaret Fisher, Alma Shutt, Sarah Row, Katherine Reeser, Clair Bax, David Metzler, Mr. and Mrs. Bistline, Fayette Deer, Clarence Bell, Robert Miller, Lorain Derrick, Ruth Boyer and Edna Bistline, Mr. and Mrs. Bistline.

NOTED LECTURER SPEAKS TO GRAMMAR GRADES

W. B. Moore, a noted lecturer and traveler, who has been giving a number of lectures in different parts of the city, spoke to the pupils of Lincoln grammar school, Friday afternoon from 3 to 4 o'clock.

The sixth, seventh, eighth and ninth grades gathered in the combined room of Miss Sherwood and Miss Orth, where Mr. Moore lectured on the word "America," Labrador, Iceland and Greenland, giving special attention to Greenland. He spoke of the original Eskimos, their habits, their modes and dress. The lecture was most entertaining and instructive and was enjoyed by all the children, many declaring that they could listen to a lecture of that sort all day and night long.

Mr. Moore gave an illustrated lecture in Stevens Memorial Church Saturday night on Siberia.

Mr. Barr, of 326 Chestnut street, is home from the hospital, where she was confined for nine weeks with a broken thigh.

Dr. William Leiser, 3d, of Reading was the guest of John T. Shirley, 2120 Chestnut street, over Sunday.

Mrs. N. Cross, of 650 North Second street, Steelton, celebrated her eighty-first birthday with a dinner at the home of her grandson, Robert Miller, Jr.

Mr. and Mrs. Bertram G. Galbraith, of 2127 North Second street, have been called to Clifton Heights, Pa., by the serious illness of their daughter, Mrs. Charles Jack Hunt.

Mr. and Mrs. C. L. Sample, of 2038 Swatara street, gave a turkey dinner yesterday in celebration of the birthdays of Mrs. Sample and Alderman J. A. Shaner.

Miss Minerva Eckenbarger, of Lewistown, is spending the week-end with her aunt, Mrs. George Parker, of 1403 Burnbaugh street.

Robert Wolf, who underwent an operation at the German Hospital, in Philadelphia, has been removed to his home, Regina and Chayne streets, and is convalescing rapidly.


MISS YINGST, HONOR GUEST

Miss Edith Yingst was guest of honor at a little dinner given by Mrs. H. W. Sherk, of 510 Curtin street, on Saturday evening. In attendance were Miss Josie Lewis, Miss Frankford Lewis, Miss Mary Garman, Mr. and Mrs. H. W. Sherk, Miss Alma Sherk, Merrill Sherk and D. P. Coulter.

GETTSBURG STUDENTS HERE

Paul Clouser, Warren Wheeler and Wilbur Drawbaugh, students at Gettysburg College, spent the week-end at their homes. Mr. Clouser, Mr. Wheeler and Mr. Drawbaugh are members of the Gettysburg College Glee Club and were here for the glee club concert.

Bowman's Call 1991—Any Phone Founded 1871 **Bowman's**



FASHION'S SPRING RECEPTION

Tuesday, Wednesday and Thursday
 March Seventh to Ninth

BOWMAN & COMPANY

Invites attendance from ten to eleven-thirty and from two-thirty to four each day at which time **LIVE MODELS** will present the latest adaptations in **Women's and Children's Spring Wearing Apparel**

Involving Suits, Coats, Millinery, Shoes and accessories and exquisite gowns for street and evening wear.

Fourth Floor Orchestra Music

Local Representation at K. S. Fraternity Dance

Harrisburg young folks were well represented at the Kappa Sigma fraternity dance of Dickins College given in the Menter Hall, which was elaborately and artistically decorated Friday evening, March 3. The merry crowd from Harrisburg included Miss Margaret Wilson, Miss Suzanne Westbrook, Miss Mildred Day, Miss Caroline Hutton, Professor Smith, Daniel Graham and Mr. Dumm.

P. O. OF A. HOLDS MEETING WITH CAMP 76 AT ENHAUT

The regular monthly meeting of the P. O. of A. was held in the assembly room of Camp 76 at Enhaut. Members of the committees of Camps 23 and 48, of Harrisburg, Camp 96, of Marysville, and Camp 10, of Steelton, attended. At this meeting further plans for the convention were arranged and discussed. Mrs. Amber Strausser, of Altoona, the State vice-president, and George Shaffer, of Reading, the State secretary, who came for this meeting in order to approve or make any suggestions concerning the plans for the convention, gave instructive and interesting talks on the P. O. of A. order.

DANCE TO MISS COE

Mrs. William Henderson is entertaining about forty of the young set this evening at her home, 25 North Front street, at an informal dance in honor of her niece, Miss Dora Wicksham Coe. Spring flowers will prevail in the decorations.

Miss Ralph Baker has returned to her home, 2011 North Second street, after spending some time in Phoenixville, Pa.

Mr. and Mrs. Michael Houser and daughter, Miss Helen Houser, and Mr. and Mrs. Clitus Evans and daughter, Miss Elizabeth Evans, of Locknow, have returned home after a visit in New York.

Miss Georgianna Weigle, of 906 North Second street, and Mrs. A. T. Hubley, of 202 Herr street, have returned home after spending some time in Philadelphia.

Miss Anna L. Bird, of 355 South Thirteenth street, has returned home after visiting friends in Washington, D. C. While there Miss Bird attended the junior "prom" of the Maryland Agricultural College at the Hotel Raleigh.



More Than Pleasant Taste

should be demanded in a table beverage.

Coffee—for example—may possess a pleasing flavour for some, but it contains a most harmful element—caffeine, a subtle, cumulative drug, the continued use of which frequently leads to various diseases of the kidneys, liver and other vital organs, and sometimes to premature old age. Among the symptoms of caffeine poisoning are headache, nervousness, biliousness, sleeplessness, heart-flutter, "brain-fag," and so on.

Any coffee drinker who is ailing had better quit the coffee—tea also—and use

INSTANT POSTUM

the delicious cereal beverage.

Postum is made of entire wheat roasted with a small portion of wholesome molasses. Tastes much like mild Java coffee, but contains not a particle of coffee, or caffeine or any other harmful substance. Just the goodness of the grain.

Postum comes in two forms: The original Postum Cereal—must be boiled; Instant Postum—soluble—is made in the cup with hot water, instantly. Equal in delicious flavour, and the cost is about the same per cup.

Thousands are benefitting by a change to Postum and

"There's a Reason"

Sold by Grocers everywhere.

Send a 2c stamp for 5-cup sample of Instant Postum to Postum Cereal Co., Ltd., Battle Creek, Mich.

FOODS THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER 28

Children will suffer and prospective mothers decline as long as food industries continue to impoverish the chief sources of their food supply by removing from such food the mineral elements natural to it.

In every kitchen, restaurant, hotel, boardinghouse, hospital, orphan asylum and commissary food, through ignorant methods of cookery, is not only robbed of its calcium but it is also robbed of many of its other mineral salts and colloids. Before food reaches the kitchen the manufacturer robs it of a large percentage of these priceless mineral elements.

When we study the records of the defective teeth of school children, a tabulation the gravity of which is alarming, we face only the surface symptoms of ravages which, unseen and unsuspected, are going on within the body.

Dr. James R. Mitchell, while lecturer in chemistry at Fort Worth University Medical College, supplemented the work of other investigators by a study which showed 85 per cent. of the school children of Louisville were suffering from defective teeth, in spite of the fact that they live in the "limestone" State.

It has been said that Kentucky is a veritable quarry of calcium. Yet, in the presence of millions of tons of bone and tooth-building material the children of this calcium kingdom had so much difficulty in finding sufficient calcium for their needs that 86 per cent. of them, in the calcium capital itself, manifested the most conspicuous symptoms of calcium starvation.

With a zeal born of indignation, and therefore, because of its order, considered in high places as unethical, Dr. Mitchell pointed out how dentists prescribe tooth washes and tooth pastes; how they advocate oral hygiene; how they fill cavities and fit bridges, while all the time the primary cause of tooth destruction remains ignored.

We know now positively that the vital processes of the body cannot be carried on without calcium and we also know with equal positiveness that if there is a deficiency of calcium salts in the food the body will actually tear down its own structure in order to obtain the calcium necessary to maintain the integrity of its internal secretions.

This truth refers not alone to calcium but to all the other food minerals upon which the health of the body depends.

In the case of a calcium deficiency

in the food the body goes to the only available source of calcium supply, the lime of the teeth and bones. That lime is gradually consumed until, weakening the structure of the teeth, it finally leaves but a shell of fluoride enamel over a honey-combed structure.

In Ireland, where calcium deficiency is conspicuous, there is an old saying among the peasantry. "With every child goes a tooth," runs this adage. The fact that maternity is so frequently followed by tooth troubles, a result of the demand of the unborn upon the mother's tissue for bone-building calcium, has been noted by many observers and probably accounts for the quotation credited to the Irish women.

Where calcium is abstracted from the tooth under-structure, the enamel sooner or later cracks or breaks under pressure, thereby opening an avenue for the entrance of putrefactive bacteria, which begin the work of true decay. The ruin is really accomplished long before any evidence of decay is disclosed.

Sugar and fruit acids have no effect on the enamel of normal teeth. Sound teeth can be immersed in a solution of sugar or fruit acids for months and suffer no erosion. The experiments of E. Howard Hunison and others have proved this.

Sugar does not act directly on the teeth at all and the dentist treats the symptom, not the cause, of bone destruction when he plugs up cavities and fits bridges.

This observation is not intended to minimize in any manner the importance of skilful dental treatment, keen appreciation of which is not wanting by the writer.

RUB BACKACHE AWAY WITH "ST. JACOBS OIL"

Rub Lumbago, Pain and Soreness from Your Lame Back—Instant Relief! Doesn't Blister—Get a Small Trial Bottle—Wonderful Liniment

When your back is sore and lame or lumbago, sciatica or rheumatism has you stiffened up, don't suffer! Get a small trial bottle of old, honest "St. Jacobs Oil" at any drug store, pour a little in your hand and rub it right on your aching back, and by the time you count fifty, the soreness and lameness is gone.

Don't stay crippled! This soothing penetrating liniment needs to be used only once. It takes the pain right out and ends the misery. It is magical, yet absolutely harmless and doesn't burn the skin.

Nothing else stops lumbago, sciatica, backache or rheumatism so promptly. It never disappoints! In use for over sixty years.

will take up approximately thirty-five times as much calcium.

Children will continue to suffer and prospective mothers will continue to consume an excess of refined or denatured, mineral-free sugar, glucose and starch in their diet, or as long as food industries continue to remove the chief sources of their food supply.

As we advance step by step in our study of the indispensable food minerals we shall approach one of the prolific causes of infant mortality: one of the prolific causes of pallor and anaemia among women and, as shall be conclusively proved in its proper place, one of the greatest single causes behind the difficulties of maternity as well as one of the greatest single causes of many preventable ills which attack child and adult alike.

Butcher shops grind the bones of the ox, sheep, and hog into what they call "chicken bone." It has been noted by poultry and egg producers that if hens are not fed a plentiful supply of calcium in the form of such "chicken bones" or in the form of cracked oyster shells or other similar calcium food, they will lay soft-shelled eggs for a while, then cease to lay eggs of any kind.

The dog which on a meat diet is not also fed bone, will like the human, suffer tooth decay. His skin will be itched; his hair will fall out; his disposition will be mean.

The lioness of the circus cage fed with meat alone brings forth cubs with cleft palates. Meat does not provide the calcium necessary to the formation of the bones of her cubs.

Caged mice fed with distilled water and processed cornmeal, such as is purchasable in every grocery store in the United States develop "nerves" just as men and women robbed of their calcium also develop "nerves." As the calcium-free diet is continued the mice are stricken with convulsions, passing in the meantime through all the symptoms of pellagra, beri-beri, acidosis, and general prostration.

We are not yet ready to abandon our study of calcium, but we are ready to ask these questions:

What were the effects of the removal of the calcium from the food consumed by the 1,500,000 children under ten years of age who died in the United States during the last four years?

What were the effects of the removal of the calcium from the food consumed by the large army of adults afflicted at the age of forty and beyond with hardening of the arteries, heart disease, Bright's disease, diabetes, cancer, etc.?

CASTORIA For Infants and Children. Bears the Signature of *Chas. H. Little*
The Kind You Have Always Bought