## Account. Open up a health account that will yield greater enjoyment of life and higher efficiency in work. Cut out heavy Winter foods and eat Shredded Wheat Biscuit with fresh fruits and green vegetables. Shredded Wheat is readycooked. Delicious for breakfast with milk or creamfor luncheon with berries or other fruits.



fade at Niagara Falls, N. Y.

Delaware, returned to Norfolk, Va., parents in this town. Mr. Herr holds unique position in being one of the o Navy Y. M. C. A. secretaries in

## Open Up a Health Elizabethville Odd Fellows Plan 7th Anniversary

ranged for the seventh anniversary of Syrian Lodge, Na. 16, Independent Order of Odd Fellows, of Elizabeth-ville to be held in the Lykens Valley Bank Building, Monday evening, May 8

SHIPBOARD SECRETARY ON VISIT Shanahan Chapter, Knights



"White House" Coffee

is scrupulously prepared for the market in the cleanliest, best-lighted, best-ventilated coffee-roasting establishment in the world. Automatic machinery handles it from the bag of import to the sealed can in which it reaches you. SUCH CONDITIONS OUGHT TO APPEAL.

Witman-Schwarz Company, Harrisburg, Pa. Wholesale Distributing Agents



# Always Ready

To serve, hot or cold; delicious for the lunch box; moderate in price.

KINGAN'S Minced Luncheon

Be sure you get KINGAN'S



### WOMEN'S INTERESTS

# "THEIR MARRIED LIFE"

Associated Press Speaker Says We Are Not Sure of Unity

Associated Press Speaker Says

We Are Not Sure of Unity
Of Thought

New York, April 18. — Addressing
The annual involvem of the Associated the present of relition. A form of the burden and the present of relition, a form of the burden and the present of relition. A form of the burden and the present of relition, a form of the world which this his the in the same of the present of relition, a form of the world which this his the in the same of the present of relition. A form of the burden and the present of relition, a form of the world which this his the in the same of the present of relition. A form of the world which this his the in the same of the present of relition, and the present of the present of relition, and the present of relition, and the present of the present of relition, and the present of relition, and the present of the present of

itself of a geographic unity as its home. There has been by no means equal care taken by the nations to establish and to protect an ethnic unity. A strong people has usually felt confident that it could hold an alien element in subjection and yet preserve national integrity and unity of spirit. So one after another of the greater nations of the world has, in seeking for geographic unity, insisted on incorporating in its own body politic alien and often discordant elements and holding them in stern subjection. The examples are too familiar to be recited here.

stress upon the new national unity there were still more who thought it important to emphasize the separate elements out or which that unity had en composed. The judicial logic Marshall and the convincing eloof Marshall and the convincing elo-quence of Webster were the chief unifying and nation-building forces in the generation that followed. Meanwhile sharp differences of econ-omic interest were manifesting them-selves, and the fatal question of slavery pressed forward both as an economic and as a political issue. The new nation which had already made such progress, upon the foundations

The product of this product of the p

The year 1916 is but one member of an infinite series. Countless acons have gone before it and countless acons will come after it. The physical forces of nature will go their way through indefinite time, performing their allotted functions, obeying their peculiar laws and undergoing those manifold changes and transmutations which make up the heavens and the earth. No so with the reputation and the influence of a nation. Opportunity will not knock forever at any door. It is knocking now at the dcor of the American people. To come to a consciousness of national purpose, to come to a conviction as to wise method and policy at home, to come to a understanding of the character and aim of an attitude toward other nations that is to be maintained and defended before the face of all mankind—that is the imperative and compelling duty of this moment."

INDUSTRIAL LESSONS

# LOW PRICE LEADERS 20 NORTH FOURTH ST.

For To-morrow We Have Divided Our Entire Stock of Women's and Misses' Cloth and Silk Suits Into Three Lots \$9.75, \$12.75, \$16.75, Nothing Higher

Lot 1—SUITS, at Des

Former selling prices up to \$17.88 Every wanted material, style and color. You'll surely be surprised at these unusual values. Be on hand early and you'll get a splendid suit at a low price.

Lot 2—SUITS, at Former selling prices up to \$22.88.

Yes, you'll surely be amazed at this price when you see these beautiful suits. All-wool poplins, serges and checks. All sizes including extra sizes up to 51 bust.

Lot 3—SUITS, at

Former selling prices up to \$32.50. Stunning silk suits and high-grade clotl suits, handsomely trimmed. Remember thes are not suits bought for sale purposes, bu clearance of our own stocks.

Even in Clearance Time ALTERATIONS

# HONOR ROLL AT ACADEMY

Exceptionally Good Month From Scholistic Standpoint Report

nonth at the Harrisburg Academy is announced by Headmaster Arthur E. This month was an especially fine one from a scholastic standpoint

Beckly, Carroll P. Craig, Wayland Dickerman, Chester A. Good, John Hendry, Herbert Kauffman, Fred Moody, W. Max McLaughlin, Donald Royal, Lawrence Rebuckk, Sumner Rutherford, Hamilton Schwarz, Nelson Shreiner, Thomas Wickersham, Paul Zimmerman, George Dochne, Josiah Dunkle, Henry Ferber, Roy Helsley, George Jeffers, Richard Johnston, Howard B. Kreider, Frank R. Le'b, William McCaleb, James Milhouse, Wilbur Morse, Jr., Donald Censlager, Norman Reinburg, Robert Shirey, David Spruks, Robert Shreiner and Robert Shaub.

# Very Effective Method For Banishing Hairs

At very little cost any woman can rid her face of hairy growths, if she will use the delatone treatment. This is made by mixing some water with a

# What to Do For Eczema

• Greasy salves and ointments should not be applied if good, clear skin is wanted. From any druggist for 25c or \$1.00 for extra large size, get a bottle of zemo. When applied as directed, it effectively removes eczema, quickly stops itching, and heals skin troubles, also sores, burns, wounds and chafing. It penetrates, cleanses and soothes, Zemo is dependable and inexpensive. Try it, as we believe nothing you have ever used is as effective and satisfying. Zemo, Cleveland.

Here is It is hoped, will be avoided by the miners and operators reaching an agreement. But if a strike should come there will be a rush for coal. Why delay and run the chance of paying a higher price?

> You will need just as much coal next winter as you burned last

Remember the experiences of the last great strike. Phone Kelley

H. M. KELLEY & CO.

1 North Third Street Tenth and State Streets



pyorrhea has caused the gums to pull away

from your teeth, leaving the unenamelled sur-

Tender Teeth—the first sign of Pyorrhea When you brush your teeth, does it feel as though you were brushing against the quick?

Do the gums sometimes bleed? This is because

Your dentist will tell you, if you teeth against the attack or further progress of pyorrhea.

But Senreco does more. It cleanses the teeth delightfully. It gives them a whiteness distinctive of Senreco alone. Its flavor is entirely pleasing, and it leaves in the mouth a wonderful sense of coolness and whole-

Someness.

Start the Senreco treatment before pyorrhea grips you for good. Details in folder with every tube. A two-ounce tube for 25c is sufficient for 6 weeks' daily treatment. Get Senreco of your druggist today; or send 4c in stamps or coin for sample tube and folder. Address The Sentanel Remedies Company 503 Union Central Building, Cincinnati, Ohio.

