

"Faulty Nutrition and Elimination"—these are the cause of the most of the ailments that afflict human beings. Too much indigestible food and lack of power to throw off the poisons that come from indigestion—these lead to a long line of distressing disorders. Avoid them by eating **Shredded Wheat Biscuit**—a simple, elemental food that contains all the body-building material in the whole wheat grain, including the bran coat which keeps the intestinal tract healthy and clean. Delicious for any meal with sliced peaches or other fruits. Made at Niagara Falls, N. Y.

Sleepy Bridegroom Has Now Changed His Mind

St. Louis, Mo., Oct. 20. — "I ain't never gonna marry her now," says Earl Harder, 21 years old, of No. 3731 North Twentieth street. Harder was to have married Miss Mary Niehaus, 20, of No. 4213 Glasgow avenue, the other day, at 10 a. m. at Friends' Congregational Church, Nineteenth and Newhouse streets. After he obtained the marriage license, he fell asleep at the home of the bride-to-be's cousin, George Shell, of No. 4035 North Twenty-second street. The bride screamed: "He's swallowed carbolic acid!" They hustled Harder to the City Hospital and pumped him out. "I ain't gonna take no more chances," Harder declared afterward. "Gosh, every time I took a drink she'd send me to the hospital to get pumped out. The cost of drinking is too high nowadays for that." Miss Niehaus says she doesn't know just when she will be married.

OF INTEREST TO THE WOMEN

A GIRL AND A MAN

A New and Vital Romance of City Life by Virginia Terhune Van de Water

CHAPTER XII
(Copyright, 1916, Star Company)
Agnes Morley stood facing Dr. Martin, her cheeks pale, her eyes anxious. The pair had just come out of Miss Lucy's bedroom, where they had left the invalid in a light slumber following the alarming attack which had caused the physician to summon the niece from downtown. The man closed the living room door before speaking. Jennie had been ordered to listen for Miss Lucy's lightest call. "As I told you a few minutes ago," Dr. Martin said, "this seizure is the worst, by far, that your aunt has had. I am afraid there may be more trouble than I thought, that there may be some cause which I had not suspected for these attacks. However, that is a matter that can only be ascertained by observation and, perhaps a little later, by a consultation. Meanwhile, the patient must have skilled care. I did not think she needed it at first. Now I know she does."
"Jennie O'Neill," began Agnes. "But the doctor interrupted her. 'Jennie is absolutely inadequate at this juncture,' he asserted brusquely. 'She can give certain medicines if told to; she can wait on the patient when nothing unforeseen occurs; she can do housework satisfactorily, I suppose. But a trained nurse is needed here.'"
"A trained nurse!" Agnes repeated again. "Oh, Dr. Martin—you know I am willing to do all that is possible—but would it not be cheaper for me to stay at home and take care of my aunt?"
"You couldn't do it!" was the stern reply. "She should have a trained nurse—as I just said. It may be she will only need one for a couple of weeks—long enough for us to find out just what's wrong. But there must be someone who can take the pulse and temperature and watch certain symptoms, as only a professional can. You could not do this. Besides—where would

another job come from were you to give yours up? And who the dickens would support you?"
She was silenced for a minute, while she appreciated the force of every word he uttered. Yes, Aunt Lucy should have a trained nurse. She must have the best that could be procured. But what about the expense? Where was the money to come from for all this? It was hard enough to pay Jennie's wages and help with the rent, and buy the supplies for the small household.
"I suppose you are worrying about the cost of the thing, aren't you?" Dr. Martin broke in upon her musings. "Well—it can't be helped, and it won't be long. Surely your aunt has a little something laid aside against her old age—hasn't she?"
"Pride for her aunt, pride on her own account, kept Agnes from telling him of the pitiful state of the family exchequer.
"Never mind about the cost!" she parried. "I want to know about the nurse. Do you engage her for us?"
"Surely. She will come this afternoon."
"And Jennie? Shall I let her go?"
"Certainly not! Have her come every day as she has been doing. A nurse is not a machine—and she must take her rest and her hours off. Jennie will have to take Miss Morley at such times—except when you are at home. Moreover, a nurse is not supposed to do any housework beyond caring for the patient's room."
"I see," murmured Agnes. She saw only too plainly that she was facing a problem that well-nigh baffled her. But she would not confess it to the physician who stood eyeing her so keenly.
"Here is a prescription I want to have filled," Dr. Martin went on. "You can take it out yourself. Stay with the patient while Jennie takes it out for you. But get it at once. I may not be able to secure the nurse I want before late in the afternoon. You can spend the rest of the day at home—can't you? I mean, don't you suppose you can be spared from the office just for this afternoon? What do you think about it?"
"She Telephones"
"Perhaps I can," she said. "But I would rather make sure by telephoning and asking permission. I will do this at once, if you think best."
"All right—that's a good idea," the physician agreed. "Your aunt will sleep for the next hour or two, and she is safe for that little while with Jennie."
Agnes feared to make a nuisance of herself by going upstairs to use her neighbor's telephone too often, so now she went to the drug store, taking the prescription with her, and called up the office, asking for Mr. Baldwin.
"As soon as he heard her voice he inquired how her aunt was."
"More comfortable just now," Agnes told him. "But she has been and still is very ill. I was going to ask you if—"
She hesitated, dithering to make a request that seemed suddenly very bold to her.
"If you can be spared for the rest of the day?" Hasbrook Baldwin finished the sentence for her. "Surely you are valuable as you are here, we will get along without you somehow. Remember, if you come down to-day you will be disobeying my orders. I wish I could help you."
"Thank you!" she murmured. His kind tone shook her self-control. "But there's nothing you can do."
"I can, at all events, think of you and hope for the best," he assured her.
Again she thanked him, then hung up the receiver and went back home.
She was glad that Miss Lucy called upon her for numerous attentions for the next few hours, for these left her little time to think, and she knew there was a question she must soon answer for herself. It was the question as to where the money was coming from to meet all these new expenses.
(To Be Continued).

KIMONO SLEEVES IN STYLE AGAIN

Combination of Materials Can Be Easily Made With This Pattern

By MAY MANTON



9058 (With Basting Line and Added Seam Allowance) Blouse with Kimono Sleeves, 34 to 42 bust.
8804 (With Basting Line and Added Seam Allowance) Yoke Skirt with Gathered Sides, 24 to 30 waist.

Any striped material can be combined with plain to make the costume shown here. The blouse is a perfectly simple one, cut in one-piece with the applied portion arranged over it. The skirt is full at the sides where it is joined to the yoke, but the long lines at the front and the back give an effect of slenderness. Besides serving for the gown, the blouse is an excellent one for wear with the tailored suit; it would be pretty made of Georgette crepe with flowered silk.
For the medium size the blouse will require, 2 1/2 yards of striped material 36 or 44 inches wide with 1 1/2 yards of plain and 3 1/2 yards of ribbon; the skirt, 3 3/4 yards of striped material 36 and 2 yards of plain material 36 or 44, or 4 1/2 yards 36, 4 yards 44, to make of one material. It is 3 1/2 yards in width at the lower edge.
The pattern of the blouse No. 9058 is cut in sizes from 34 to 42 inches bust measure and the skirt No. 8804 in sizes from 24 to 30 inches waist measure. They will be mailed to any address by the Fashion Department of this paper, on receipt of ten cents for each.

Graceful as a Steam Roller

But when she decided to reduce she went at it in earnest. She had a diet, took exercise, and lost forty-eight pounds. The November Woman's Home Companion prints her own story. She says:
"I possessed one hundred and ninety-three and one-half pounds of solid fat, and looked old, though, counting years, I was but fifteen. Compared unfavorably with most women I knew to be of greater age, but less fat. I stood up, discarded my blanket and critically surveyed myself. Oh, the rolls and rolls of nothing but fat! My frame was blanketed in it! Upholstered in it!"
"I said to myself, 'You monster! You storehouse of fat! You very worst-looking object in your own home. If you owned any article of furniture built on your clumsy outlines you'd pay someone to cart it away where you couldn't look at it! You've committed suicide! You're about as graceful as a steam roller, you are! So I mentally arraigned my reflection, and rebuked myself."
"Meanwhile, enter nurse. 'Why this sudden shower?' she asked playfully. I sobbed out my disgust, my loathing, my realization of my grossness, knowing all the while a fat woman, in grief, is half comedy; yet, too, she is a monumental tragedy."
"My nurse, to whom I owe so much, came and sat beside me. 'Oh, my dear, I am so glad. . . . You have touched my pet subject—fat women! In my profession I see so much more to pity than just sickness. That is usually but temporary. It is the sight of a great fat woman, absolutely satisfied with herself, indulgent, slavish to food—she is an object of pity, my dear friend. She is building a wall about herself of solid fat, that will last out life! Yet she is serenely unconscious of it! It was Balzac, whose intimate knowledge of women is almost surpassing belief, who said, 'Women after the age of thirty-six begin to show signs of physical deterioration due to careless living; their step loses its limberness, almost imperceptibly the heavier outlines envelop them, aging, destroying; yet they smile, while just ahead Monsieur Adipose lies in wait to suffocate Symmetry!' My dear this may not be verbatim, but it is the gist of his great warning to women!"

Advice to the Lovelorn

YOU OWE HER THE TRUTH
A little over a year ago I made the acquaintance of a young lady working in the same law office with me. At our first meeting I took a fancy to her, and after several weeks begged to call at her home. She was at first reluctant in granting the permission. Ever since I have seen her at least once a week. I thought I loved her at first, and persisted in my call. In the meantime the girl had learned to love me so intensely that she finds herself constantly lost in love. I, on the other hand, though I have found her to be exceedingly fine of character, have constantly lost that first feeling of passionate love for her, and would gladly cease calling, but can't do so. I can't find any excuse to give the young lady for terminating our meetings.
JAMES N.
Unless you talk to this girl with frankness equal to that which you have shown in writing to me, you are doing her the greatest injustice in the world. Of course, you have not treated her fairly, and you seem rather feeble and not stable and worthy in your emotional qualities. Now, don't act cowardly and a shrinking of your misdeeds to what looks like a case of trifling with the girl's feelings.

Motorless Monoplane Invented by Maine Man

Boston, Oct. 20. — A motorless monoplane capable of reaching a height of twelve miles, out of range of gunfire, is the proposition that A. V. Wilson, of Bar Harbor, Me., will soon place before the National Advisory Board of Aviation.
Mr. Wilson's aeroplans have been patented and he has been working for the last five years to solve the problem of keeping the aviator alive, by height and at a temperature of from 120 to 210 degrees below zero. The desired warmth, he says, can be secured by a solution of one pound of lime and eight ounces of water. The warmth will prevent a hydrogen tank from freezing, he says, and will, therefore, provide the necessary air for the aviator.
The principle of Mr. Wilson's plane is to counteract gravity by turning the planes. On calm days, he says, the plane would have to be shot into air with a catapult. Once in flight, however, he claims that he can stay in the air indefinitely.

\$50,000 Heart Salve Asked From Steel Maker

Pittsburgh, Pa., Oct. 20. — "I am bitterly disappointed and humiliated. Led to believe that my days of work were over, that I had secured a home, comforts and career for the rest of my life, it has been a shock to discover that I was mistaken, and I could only take the course which I have taken," to-day said Miss Susan Chesmer, 24, regarding the breach of promise suit the field agent Victor Geibel, a steel manufacturer, 50, asking \$50,000 damages for her wounded feelings.
Miss Chesmer is a pretty blonde, quiet in manner, but very determined in her resolve to obtain some redress for her wounded feelings.
"All Miss Chesmer says is false," Geibel said to-day regarding the case filed against him. "I did not promise to marry her. I will be very glad to have the real truth of the matter known."

Gets License to Wed 12 Days After Wife Dies

Wilkes-Barre, Pa., Oct. 20. — Joseph Rowan, of Plymouth, who became a widower on October 2, to-day obtained a marriage license to wed Miss Sophia Yakos, also of Plymouth. Rowan has been married twice. His first wife died in 1910. He is 52 years old and his bride-to-be gave her age as 42.



Are your children up to this standard?

There is nothing that tells so accurately—so inevitably—how well a child is thriving—what its physical condition is—as its weight. Compare the weights of your children with this table. It is from the work of the greatest American authority on the care and feeding of children.

—Dr. L. Emmett Holt's—
Standard Weights of Children

| Boys | | Girls | |
|---------------|-----------|---------------|-----------|
| 1 year of age | 20 pounds | 1 year of age | 20 pounds |
| 2 | 26 | 2 | 25 |
| 3 | 30 | 3 | 29 |
| 4 | 35 | 4 | 34 |
| 5 | 41 | 5 | 39 |
| 6 | 45 | 6 | 41 |
| 7 | 49 | 7 | 47 |
| 8 | 54 | 8 | 52 |
| 9 | 60 | 9 | 57 |
| 10 | 66 | 10 | 63 |
| 11 | 72 | 11 | 70 |
| 12 | 80 | 12 | 81 |
| 13 | 89 | 13 | 91 |
| 14 | 98 | 14 | 100 |

If your children do not come up to this standard—and you ask your doctor about it—the first thing he will ask you is "What do you give them to eat?"

Every child should have delicious, sustaining, tissue-building, energy-giving, digestible food. The food which combines these in the highest degree—the food you should get for tomorrow's breakfast is Cream of Barley—buy it from your grocer today.

Cream of Barley
The Energy Food

"That Blush Upon the Cheek" Will Cost Milady More
Los Angeles, Cal., Oct. 20. — Girls, prepare yourselves for a shock. Cosmetics are going up again. Where yesterday the perfumed lip stick, the dainty eyebrow pencil, the delicate rouges and powders so necessary according to the latest decrees of Dame Fashion, could be bought reasonably, to-morrow they will soar in price in a most dizzy fashion. Fifteen per cent. raise is expected within the week. And this also includes perfumes, toilet waters and scented oils of all kinds. Two years ago this sudden raise in price, just after the war, did not occasion the consternation that it will cause to-day. For two years ago cosmetics were not the necessary part of every woman's life that they are now. But Fashion's edicts, which have introduced flowing veils, brilliant colors and many furs, have made makeup a part of every woman's toilet. So now this raise in price will prove a tragedy. According to the experts, it is the war in Europe that is again occasioning these added figures on the little pink boxes and decorated bottles. Dyes and ingredients necessary to make them, and the formulas used are not to be had in America, and are difficult to get from Europe. The only way to avoid this catastrophe is to lay in a stock ahead, and many have done so.

ANNOUNCE BIRTH OF DAUGHTER
Halifax, Pa., Oct. 20.—Mr. and Mrs. Harry Rummel, of Halifax township, a mile south of Halifax, announce the birth of a daughter, Wednesday, October 18, 1916.

TYPHOID PATIENTS RECOVERING
Williamstown, Pa., Oct. 20.—Some of the typhoid patients here are rapidly recovering and are on the streets again. Three new cases have been reported within the last several days.



Notice the Smile of Contentment? Why? Because the Ham Is **KINGAN'S** "Reliable" Ham
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Sunshine Butter Thins
Crisp little wafers of neutral flavor, shortened with real butter and baked to a golden brown. Serve Sunshine Butter Thins at your teas and luncheons. They go well with salad or any dish. At your dealer's Sunshine Rack you can see other varieties of Sunshine Biscuits—there are over 350 in all, baked fresh every day in the Thousand-Window Bakeries.
Loose-Wiles Biscuit Company
Bakers of
Sunshine Biscuits

Protect Yourself!
Get the Round Package Ueod for 1/2 Century.
Ask For and GET **HORLICK'S THE ORIGINAL MALTED MILK**
Made from clean, rich milk with the extract of select malted grain, malted in its own Malt Houses under sanitary conditions. Infants and children thrive on it. Agree with the weakest stomach of the invalid or the aged. Needs no cooking nor addition of milk. Nourishes and sustains more than tea, coffee, etc. Should be kept at home or when traveling. A nutritious food-drink may be prepared in a moment. A glassful hot before retiring induces refreshing sleep. Also in lunch tablet form for business men. Substitutes Cost YOU Same Price. **Take a Package Home**