

"The Cold Storage Egg" is not always above suspicion. Popular imagination ascribes great food value to the egg—but it is not a muscle-builder. There is more real body-building nutriment in a **Shredded Wheat Biscuit** than in the same weight of eggs or beef-steak—and it costs much less. Delicious for any meal with sliced peaches or with fruits of any kind.



Made at Niagara Falls, N. Y.

OF INTEREST TO THE WOMEN

"THEIR MARRIED LIFE"

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"I have never enjoyed myself more in my life," Helen declared enthusiastically to Frances, as they stopped outside the little vine covered cottage and Warren went inside for Frances's bag. "Really, Helen?" Frances returned eagerly. "I am so glad I felt quite guilty to have you and Warren come up here just for me and stay at a country hotel."

"And I don't see why you did it, Mrs. Curtis," said Frances' Aunt Mary in her quaint old-fashioned manner. "Land sakes, the house was big enough, we could have managed somehow, and I wanted to have you here so much."

Warren, who had come out and was stowing the bags away laughed as he heard Mrs. Birdsall speak.

"You'll have to come down to New York some time and let us give you a good time down there."

"That's what Frances says," the little

lady returned, bobbing the gray curls on her forehead. "I thought I was most too old for that sort of thing, but she says not." Mrs. Birdsall looked up at her tall, splendid niece admiringly. "I'm real glad we got acquainted, and I'm proud to have a niece who writes stories. Oh, I read them in the magazines, I've got the last one right in there now."

"Well you must surely promise to come and see us," Helen said, stooping and kissing the old lady's forehead impulsively. She shook hands with Warren shyly and tears came to her eyes when she hugged Frances, and said good-by. Then with a final snort of the engine they were off for the homebound drive.

"Tell me," Frances said, looking up at Helen from her place on the running board. "Was that hotel as good as you said it was?"

"It wasn't half bad," Warren declared. "I slept fine."

"It's a noisy place," Helen said, "and the people I saw down stairs last night were awful, but of course they didn't bother us. We thought the mechanical plane would keep us awake, but it didn't, and the bed was really comfortable."

"Yes, you should have been with us when we stayed at a farmhouse in Shelter Island, Frances, no running water, and straw mattresses; that's what I call really camping out."

They all became rather quiet as they sped along. It was a gorgeous Fall day and the road stretched in a white ribbon before them. There was a sharp tang in the air, and the colorings on the country side were lovely enough to keep anyone occupied.

When they finally came to a straight-away, Warren blew his horn and began to pass a few of the crawling cars in front of him. Once or twice he had to turn in sharply to let another car pass that was coming in the opposite direction. It always seemed to Helen at these times that they passed unnecessarily close to the other car, but she kept still, as she knew Warren hated to be annoyed when he was driving.

Frances loved a contest of this kind and she leaned forward slightly, little tendrils of flaming hair escaping under her green velvet hat.

"Frances, you love this, don't you," Helen said finally.

Frances looked up suddenly. "Oh, yes, I do," she returned. "I'm never afraid in a car, and I don't mind anything like this."

"I don't mind a straight-away, and fast driving," Helen said a little nervously. "But I don't like passing cars like this. One likes to be careful."

They had passed a string of cars and were now going quite fast, when suddenly, just ahead of them, a man driving a car filled with people, at tempted to turn into a side road. Helen gasped and turned white, and Warren with a muttered exclamation, applied his brakes.

It was too late to avoid a collision, however, unless he swerved a little and turned to the side road himself, which he did, just passing the hind wheels of the other car as it wobbled helplessly and stopped. The racer skirted a stone fence, and went over the ditch into a field, and then stopped.

They had not turned turtle, in fact nothing had happened but a shaking up, but Warren was furious. Several cars had stopped and a woman in the car had fainted. Someone asked Warren if he needed help, but he had no difficulty backing the car out on the road, and turning it around.

The man who had been driving the other car came forward sheepishly. "Narrow escape, wasn't it," he said fatuously.

Helen was too angry to be sorry for him, his driving had been almost criminally negligent and if it had not been for Warren's presence of mind they might have had a fatal accident.

"Seems to me you had better have some lessons in driving," Warren retorted. "You ought to know better than to take a crowd of women out when you don't know any more about handling a car than you do."

Turning to Helen and Frances as they drove off, he said, "It's not the chances that you take yourself on the road, it's the danger from other people who are incompetent drivers that cause accidents."

Helen had been leaning back in the car weakly. "Wasn't you frightened, dear?" she ventured.

"Frightened?" Warren snorted. "I should say not, but I was mad clean through and I guessed I showed it."

"I guess you did," Frances said laughing, and then they all laughed, and the tension was broken.

A NEW VARIATION OF MIDDY STYLES

Semicircular Flared Skirt With Yoke and a Short Blouse

By MAY MANTON



8789 (With Basting Line and Added Seam Allowance) Middy Costume for Misses and Small Women, 16 and 18 years.

This is a sailor or middy dress that shows the newest features. It is made with a semi-circular skirt and it is laid in plaits at the sides to give long lines and abundant flare. The skirt yoke is a pretty feature, too. The blouse can be cut short with the skirt adjusted over it or longer to be worn over the skirt. School and college students will find the dress perfect for their use. It is thoroughly comfortable and easy to adjust. Blue serge is the material illustrated with trimming of white and with blue braid.

For the 16 year size will be needed, 7 3/4 yards of material 27 inches wide, 6 3/4 yards 36 or 4 3/4 yards 44, with 3/8 yard 44 inches wide for the collar, belt and cuffs, and 4 1/2 yards of braid.

The pattern No. 8789 is cut in sizes for 16 and 18 years. It will be mailed to any address by the Fashion Department of this paper, on receipt of fifteen cents.

MINISTER ACCEPTS CALL
Marietta, Pa., Oct. 27.—The Rev. I. P. Zimmerman, of Milton, Pa., has accepted the call to become pastor of the Bainbridge Lutheran Church, succeeding the Rev. E. E. Dietterich, who left for Montgomery county. He will assume charge about November 1.



Fuel for those Human Engines

A boy—a regular boy—tremendously active, enormously energetic—he's a human steam-engine, is a regular boy.

He doesn't stick to the track—he doesn't stick to the road—he doesn't stick to anything except action—but he's a human steam engine—he has to have fuel. His food is fuel. What do you feed him?

A boy can eat shavings or a rag rug when he's hungry—but they don't give him much nourishment.

If you want your boy to be a regular boy—and grow up to be a regular man—give him sustaining, digestible, energy-giving food.

Never forget that your boy is an engine, and never forget that he's human, too.

You can stoke an engine with shavings and

excelsior—and it will make a hot fire for a few minutes. But it won't do much good. And if you give a boy a light, unsatisfying food, it will keep him going an hour or so—but it won't do him much good.

You may stoke an engine with heavy, under-grade coal. It will keep burning a long time—but it won't do much good—because that kind of coal doesn't produce much energy. And it won't do a boy much good to give him a lot of soggy, undigestible food. It will keep his stomach full a long time, but it won't do him much good. It will hurt him.

You will have to give a boy food that will be easily digested and will furnish a lasting supply of energy—just as you have to give an engine fuel that will burn well and keep on burning.



There are some foods which are easily digestible and there are other foods which have a lot of energy—but there is no food having both, which has them in as highly satisfactory a degree as

Cream of Barley

The Energy Food

Extra! Extra! Saturday Bargains

At SMITH'S, 412 Market Street

Store Open Saturdays, 10.30 P. M. Extra Shift of Salespeople Night and Day

- Women's Long Plush Coats, reduced from \$22.50; Saturday, at **\$14.89**
- Women's and Young Women's Sport Coats, worth to \$12.50, \$10.00, at **\$3.98, \$6.95**
- Women's Newest Model \$16.50 Winter Coats, just from the largest New York tailors; Saturday **\$11.95**
- Girls' Union Suits; all sizes; reduced **39c**
- Saturday morning special, up to 1 P. M.—Ladies' Muslin Drawers; pair **12 1/2c**
- Women's New Dress Skirts, fancy and black; \$3.75 and \$4.75 values; Saturday morning sales to 1 P. M. **\$1.98**
- Women's Long Winter Coats, worth to \$21.00; Saturday, at **\$10.89**
- Saturday morning special—25c Silver Thimbles; each **4c**
- 10c Best Sewing Needles, at **2c**
- Children's Skating Sets; Cap and Scarf; Saturday special **49c**
- Girls' New Fall Coats, worth to \$5.75; reduced to **\$2.98**
- Women's New All Wool Dress Skirts, worth \$10.00; newest box pleated shirred belts; Saturday only **\$6.95**
- Women's Newest \$50.00 Fine Silk Plush Coats; Saturday, each **\$38.00**
- Men's Heavy Winter Sweater Coats **79c**

Sunshine Biscuits

Dip in! When that hungry feeling strikes you, open a box of Sunshine Graham Crackers and eat them with jam or jelly. Sunshine Graham's have the flavor of perfect baking that's found in all

There are over 350 kinds of Sunshine Biscuits, so many that there's always a Sunshine surprise in store for you. You can buy a big assortment at your dealer's. Just look for his Sunshine Rack.

LOOSE-WILES BISCUIT COMPANY
Bakers of Sunshine Biscuits

Protect Yourself!

Get the Round Package Used 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 our own Malt Houses under sanitary conditions. Infants and children thrive on it. Agrees 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

CAUTION Avoid Substitutes

HORLICK'S MALTED MILK

FOR INFANTS, INVALIDS, THE AGED AND TRAVELERS

Prepared by Horlick in Water Only. NO COOKING OR HEAT REQUIRED.

Wm. Horlick & Co. Malters

WISCONSIN, U.S.A.

Watch For the Next Instalment of This Fascinating Series

EXTEND WELCOME TO STEEL KING

Facts and Figures, Miller Brothers Organ, Devotes Article to D. E. Tracy, Too

Facts and Figures, the Journal of Miller Bros. & Company, that helps push things along in Harrisburg, is out this week with some mighty interesting things about real estate development in the Capital City and its vicinity. Attention is given to the rapid growth of real estate interest in this section and the welcome of the community is extended to Charles M. Schwab. The new era of Harrisburg and the stability of real estate here are discussed and there is a pleasant reference to the part David E. Tracy has taken in building up Harrisburg's manufacturing prominence. This article, which is illustrated by photographs of the Harrisburg Pipe and Pipe Bending Works, is an appreciation written by E. J. Stackpole. Mr. Tracy is one of the men of whom Harrisburg may be proud.

S. P. C. A. Doing Good Work in This City

Fourteen complaints investigated and 292 inspections, with three prosecutions and a fine of \$10, were reported by Peace Officer O'Donnell to the directors of the Harrisburg S. P. C. A., who held their October meeting yesterday afternoon at the office of the president, John T. Olmsted.

Six new members were added to the society during October and two resignations were received from the board of directors, that of Mrs. David Watt and Miss Eloise Bergner. Dr. James A. Haas, who has been veterinarian of the society for the past three years, also tendered his resignation to take effect November 1.



Housewives—look for Wilson's Majestic Label

EVERY woman in this land has the right to know that the meats and meat food products she buys for her family are healthful and wholesome and clean.

There is one sure way for her to know this, and that is to look for Wilson's Majestic label.

Whenever you see Wilson's Majestic label—on hams, bacon, lard or other food products—it says to you that these products have been handled and packed with the respect due that which you are asked to buy and eat. If you, yourself, were to select the materials and oversee their preparation, you could not possibly be any more particular than we are for you.

Our special curing and smoking enhances the flavor and quality and gives them the old-time taste which makes them "deliciously different."

Wilson's Majestic Bacon is actually the heart of the bacon—the choicest, finest section of the best selected sides. The cure and smoking are exactly what such particularly good bacon must have.

All Wilson & Co. food products are prepared under U. S. Government supervision. Specify Wilson's Majestic Brand—look for it on food products you buy.

Wilson's Majestic Hams are selected with rigid care. So exacting are our requirements that only about four hams out of ten are accepted for our Majestic label.

"This mark WILSON & CO. your guarantee"

- CHICAGO NEW YORK KANSAS CITY OKLAHOMA CITY LOS ANGELES

Be particular—ask for Wilson's Majestic Brand