

WHY EAT POTATOES?

"At eight cents a pound the potato is a needless luxury," says the New York Board of Health. The potato is seventy-five per cent. water and the rest is mostly starch. It is a good food when eaten in combination with proteid foods—but not worth eight cents a pound. Cut out meat, eggs and high-priced vegetables and stick to cereals and fruits. Two Shredded Wheat Biscuits (cost two cents) with milk make a complete meal, supplying all the nutriment needed for a half day's work. For breakfast with hot milk; for dinner with sliced bananas or stewed prunes.



Made at Niagara Falls, N. Y.

RETAILERS WILL JOIN HANDS TO FURTHER TRADE

Merchants to Form Bureau; Welfare Conditions to Be Given Attention

Plans to cement the retail merchants of Harrisburg into a strong and efficient organization for the handling of trade matters and the furtherance of the commercial side of the city's life will be outlined at a dinner to be held in the Engineers' Club at 6.30 o'clock this evening. William H. Bennethum, Sr., head of the Dives, Pomeroy & Stewart department store, the chairman of the commercial department of the Harrisburg Chamber of Commerce, will preside at the dinner. Fifty merchants have phoned reservations to the chamber, and the most representative men in the city's retail field will be present. Following the dinner a Retail Merchants' Bureau which will be subsidiary to the chamber, and the commercial department will be organized for the handling of the interests of the retailers exclusively. This bureau will have charge of such events as fall and spring openings, bettering of working conditions for employes, summer closing hours, and so on.

COMPANY TELLS ITS STORY Offices of the Metropolitan Life Insurance Company throughout the country are distributing an elaborately bound volume entitled "An Epoch in Life Insurance," to newspapers and other. The story of twenty-five years of this huge company is covered.

TWO-FOOT SNOW ON BLUE RIDGE

Roads Impassable and Game Starving as Result of Four Days' Storm

Waynesboro, Pa., March 5. — One of the worst snow storms in this portion of the Cumberland Valley, in many years began on Thursday and has been continuous without any let-up. Sunday afternoon at 3 o'clock the snow was still falling and the prospects were that it would keep up well late in the night. The snow in Waynesboro and vicinity has reached a depth of fourteen inches, while in the Blue Ridge mountain section from sixteen to twenty-four inches of snow has fallen. Country roads are becoming impassable and running an automobile is out of the question. All kinds of game—especially rabbits and partridges—along with deer, are suffering considerably from the scarcity of food as the result of the heavy snowfall. Many rabbits have already been found dead, while birds are seen hovering around barnyards in quest of food.

SATURDAY EVENING DANCE Dauphin, Pa., March 5. — Attending the regular Saturday evening dance, of the dancing class, last week were the Misses Ora Bickel, Anna Houck, Susan Jackson, Ellen Feiser, Christine Long, Ruth Shaffer, Esther Shaffer, Katherine Kelley, Sabra Clark, Harold Martz, Harry Good, Blon Welker, Charles Gerberich and William Shannessy.

TWO NEW RECTORS ASSUME CHARGES

Rev. D. J. Carey and Rev. J. R. Murphy Preach at Cathedral and St. Francis

At St. Patrick's Cathedral yesterday the Rev. D. J. Carey, the new rector, assumed charge. He did not preach a regular sermon because of the inauguration of 40-hour devotional services.

The new rector told his parishioners that his policy would be along the conservative lines established by his predecessor, the Rt. Rev. Monsignor Maurice M. Hassett, D. D., and he hoped he would receive the same hearty co-operation. No announcement was made of any further appointments by Bishop Philip R. McDevitt of the Roman Catholic Diocese of Harrisburg. He has been out of the city and returned Saturday night.

The 40-hour devotional services will continue to-day and to-morrow. Masses will be held at 5:30, 7 and 8 a. m. Special services will be held in the evening at 7:45 at which the Rev. Brendan O'Callahan of the Paradise mission will preach. The closing services to-morrow will be a procession of children. The entire clergy of the city will participate.

To Make Improvements The Rev. J. R. Murphy, the new rector of St. Francis' Roman Catholic Church, conducted his first Sunday services yesterday and was greeted by large congregations. Father Murphy announced that he intended launching immediately into an improvement program which will develop a number of changes in the church building, rectory and parochial school. A new heating plant will be among the first changes.

The Rev. D. J. Carey, Father Murphy's predecessor, had contemplated the adding of two more rooms to the parochial school building and it is considered likely that because of the crowded condition of the school Father Murphy will carry out this plan. At St. Edwards' Catholic Church, Shamokin, the Rt. Rev. Monsignor Maurice M. Hassett preached his first sermon at 10 o'clock mass yesterday morning. He outlined his policy and will take up his program with St. Edwards' parishioners later this week. Due to the heavy season no formal reception will be held in honor of Dr. Hassett before Easter.

Italy Accords Military Honors to American Officer Killed at Front

By Associated Press Udine, Italy, March 5. — The body of Major Elvin R. Heiberg, the American military attaché who was killed by a fall from his horse on the Italian front, was transported yesterday from the hospital to the railroad station with full military honors. The coffin was placed on a gun carriage which was draped with an American flag and covered with wreaths, noticeable among which was one from King Victor inscribed "To a distinguished American officer." The train carrying the body will arrive in Rome some time to-day.

A later report on the accident says that Major Heiberg was riding a high tempered horse belonging to Count Ceriana. The horse ran away but was mastered by its rider and brought back. Major Heiberg seemed smitten by a sudden illness when he started to dismount and fell to the ground. The restive horse kicked him on the head and he died two hours later without recovering consciousness.

To Revive Local Lehigh Alumni Association

Members of the local Lehigh Alumni Association in an effort to revive the association will hold a luncheon at the University Club Saturday night.

Dr. N. M. Emery, vice-president of Lehigh University will be the principal speaker and other addresses will be made. A feature of the event will be slides showing activities at Lehigh. The committee in charge of the luncheon includes Mercer B. Tate, Percy L. Grubb, F. V. Larkin and John P. Croll.

Suburban Notes

HALIFAX Mr. and Mrs. Charles C. Baker gave a progressive "500" party at their home, in Second street, Friday evening. There were twenty-four guests. Refreshments were served. Leroy Shott, of Harrisburg, has accepted a clerkship at the Halifax railroad station. United States Gauger G. W. Westfall, who has been employed at Huntington for some time, is visiting his family. John P. Ettien, of Sunbury, spent Friday with his parents, Mr. and Mrs. A. P. Ettien. Miss Anna Belle Gemberling is spending some time with her sister, Mrs. H. A. Troutman, at Ansonville, Clearfield county.

DAUPHIN Mr. and Mrs. George W. Eisenhower entertained at their home, at Red Hill, on Tuesday evening, at a surprise party in honor of their son, Lewis. The evening was spent in games, music and donkey contests. First prizes were won by Miss Jessie Speece of Speeceville, a box of candy, and George McGonnell, two handkerchiefs, booby prizes; Miss Mary McConnell, a lemon, and Walter Conrad, a pickle. Refreshments were served to Mr. and Mrs. R. L. McGonnell and son, Robert, Mr. and Mrs. G. W. Eisenhower, Mrs. C. W. Buffington, Mrs. Lee Dewalt, Miss Jessie Speece, Miss Eya Colver, Miss Mary McConnell, Miss Lucy Buffington, Misses Anna and Florence Deitrich, Miss Ruth Ward, Miss Rice Miles, George McGonnell, Walter Conrad, Herman Eisenhower, Clarence Shaffer, Floyd Colner and Lewis Eisenhower. Charles Swartz, Raymond Reed and George Zinger, of Harrisburg, spent Thursday at the Wesley cottage at Speeceville.

Miss Goldie Maeder, of Harrisburg, was the week-end guest of her sister, Miss Ruth Maeder. Mrs. Samuel Wynn and children spent Sunday with her parents, Mr. and Mrs. James Bell, at Harrisburg. Mrs. James Reash and children, Marie and James, Jr., spent Sunday with her father, Stuart Kennedy. Mrs. Clarence Weaver, of Sunbury, was the guest of her parents, Mr. and Mrs. John Wolf, on Wednesday. Jacob Conrad spent Sunday with his daughter, Mrs. Theodore Lannert, at Williamsport. Alfred Zearing, of Duncannon, was in town on Wednesday. Mr. and Mrs. Vincent Gelbach, of Harrisburg, spent Sunday with Mrs. Caroline Wenrich. The Rev. J. M. Shoop, of Steelton, was in town on Thursday.

Bowman's

BELL 1901-2356 UNITED HARRISBURG, MONDAY, MARCH 5, 1917. FOUNDED 1871

"Ability Will Assert Itself"

So, too, reliability and trustworthiness in a store will make themselves known and felt.

The Bowman Store Is Forging Ahead, Recording Flattering Increases Daily

- The public is certain of the goodness of every line of merchandise here.
—There is always very complete selections.
—There is time-tried satisfaction resulting from individual transactions.
—We have the public's confidence that our prices are fair—as low as will be quoted anywhere, quality for quality.
—You can depend upon Bowman advertising—that the merchandise is exactly as we describe it—and that exaggerated statements relative to value and prices are unknown here.

"The Prettiest Hats in Harrisburg"

are here in Bowman's millinery section on the third floor. So stated a well-dressed woman on Saturday while visiting our store.

And—to-morrow a new wealth of smart styles will be presented for your admiration or selection.

The showing of dress and walking hats are so abundant, so bright, so varied, so interesting, so complete, in fact that there is little else to be desired.

We don't expect every woman who comes in to view the styles to buy, nor will we importune you to do so; but we are satisfied that when you see the display of beautiful hats you will concede their superiority from every angle.

BOWMAN'S—Third Floor.

A Bowman White Cotton Voile Sale

2736 Yards of Beautiful Mercerized Voile To Be Sold at a Price Less Than Regular

This is part of a lot of voile which was converted by us direct—bought from the loom and bleached and finished by us through contract with a finishing company.

The saving to us is considerable and we in turn pass our good fortune to our customers.

You can therefore buy here until the lot is disposed of—

Mercerized Voile With 3/8-inch Taped Edge ---40-inch Width---Adaptable For Waists, Dresses or For Curtain Requirements.

20-yard Pieces, Per Piece, \$3.75 By the Yard at 20c

Also—1760 yards of the same quality voile in 5 to 15-yd. lengths at, yd., 11c Mercerized ivory white voiles—40 inches wide, yard ..... 19c

BOWMAN'S—Second Floor.

That the tide of popular patronage flows our way is convincingly exemplified by the several trade movements this store has recently held

Rug Sale Furniture Sale Silk Sale

The volume of sales eclipsing by far amounts during previous like events.

Chinaware--Glassware--Householdwares In a Timely Sale In Which Reliable Merchandise Is Offered at Prices That Make Big Savings Possible

Floral Design, Cut Glassware — Wonderfully Low in Price Comports, water pitchers, sugar and cream sets, flower cases, footed sherbets, mustard jars, candle sticks, water tumblers, grape juice glasses, oil or vinegar bottles. 10c and up

Good Brooms — made of selected corn — Specially Priced

Brushes — Scrub brushes, radiator brushes, milk bottle brushes, toilet, closet brushes, counter or dust pan brushes, tumbler brushes. 10c and up

Ironware — Galvanized — Coal buckets, garbage cans, water buckets — all sizes, tubs. Specially Priced

Woodenware — Wooden sink rack, slow cutters, rolling pins, suit boxes, folding clothes dryer. 10c and up

Nickel Platedware — Crumb trays and brush, serving trays, round and oblong. Specially Priced

Blue and White Lined, and Gray Enamel Ware — Coffee pots, tea pots, tea kettles, Bertha kettles, double roasters, milk kettles, preserve kettles, saucepans, double boilers, dish pans, sink dish pans, water pails, buckets—all sizes. Specially Priced

Blue Bird Dinner Ware — Tea cups and saucers, dinner plates, oatmeal, bakers', oval vegetable dishes, blenders, meat dishes, breakfast plates, fruits or sauce dishes, tea plates, milk pitchers. Special, 10c and 12 1/2c each

Aluminum Utensils, Attractively Priced — Tea and table spoons, ladies, pie plates, bread pans, jelly moulds, saits and peppers, funnels. From 5c to 25c

Fancy German and Japanese China — Tea pots, cream pitchers, salad dishes, cake plates, brush trays, celery trays, dinner plates, bon bon dishes, nut bowls, sugar and creamers. Specially Priced

Brown and White Lined Earthenware — Guaranteed Fireproof — Bowls and napkins, 10c and up Casseroles, large size, specially priced. Custard or ramekins ..... 5c Individual tea pots and six-cup-size, bean pots, pitchers. 15c and up

Japanned Tinware — Bread box, lettered. Round flour canisters. Round sugar canisters. Crust boxes, flour sifters. Cake pans, funnels, buckets—all sizes. 10c and up

Seamless White Enamelware — Every Piece Guaranteed — Pure White and Double Coated. — Handled saucepans, pudding pans, basins, frying pans, preserve kettles. Special, 25c each

Colonial Glassware — Water pitchers, flower vases, handied nappies, fish globes, wall bracket lamps, sugars, creamers, spoon trays, sherbets, cake plates, tall celery, butter dish. Specially Priced

Table and Shelf Oilcloth — all widths—best quality. Specially Priced

Floral and Gold Band Dinnerware — Plates in assorted sizes, meat platters, bowls, vegetable dishes, fruit saucers, oatmeal dishes, soup plates, cream pitchers, salad bowls, individual butter plates. 5c and up

Advance Spring Millinery

Lisere, Milan Hemp, and Straws, in the new shapes that will be seen in Spring's Fashion Parade are already here in generous display. Prices are specially attractive, and now, while the season is yet young, is the time to buy.

Trimnings too, in all the latest novelties are here at our usual LOWER-THAN-ELSEWHERE-PRICES



SOUTTER'S 1c to 25c Department Store Where Every Day Is Bargain Day 215 Market St. Opposite Courthouse

Start Early Seeds Now

For Earliest Crops Start Indoors or in Hotbeds. EARLY TOMATOES SCHELL'S NEW "PEERLESS" It is the earliest tomato in cultivation, a beautiful globe-shaped smooth to the stem, wonderfully prolific. It is being grown by leading gardeners everywhere. Pkg., 25 cts. and 50 cts. Other varieties, 5 cts. per pkg. Early Cabbage, Schell's Early Perfection. Peppers, Schell's Quality (best red sweet). Pkg., 10 cts. Gold Mine (best yellow), pkg., 10c. Eggplant, Black Beauty, pkg., 10c. Turn your backyard or that vacant lot into a garden and cut down your "high cost of living."

PLANT Schell's Quality Seeds They Grow Better — They Yield Better. Walter S. Schell 1307-1309 Market St. Quality Seeds.

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