

Social and Personal
News Items of Towns
Along West Shore

Harry Eberly, City Controller of Williamsport, is spending some time with his sisters, the Misses Sara and Katie Eberly, at Shiremanstown. Miss Flora Sutton, of Lemoyne, spent Sunday with her sister, Mrs. Samuel Fisher, at Shiremanstown. Mrs. John U. Reed, of Philadelphia, visited her mother, Mrs. Elizabeth Yohe, at Shiremanstown. Mrs. D. W. Miller, of Shiremanstown, is spending several days with her sister, Mrs. Floyd Scheibly, at Johnston. Mrs. Mervin S. Etter, son, Lester Etter, of Shiremanstown, are home from a visit with relatives at Mt. Holly Springs. Mr. and Mrs. Abram L. Eshleman, son, John; daughter, Miss Mae Eshleman, of Shiremanstown, spent Sunday with Mr. and Mrs. Jacob Grissinger, at Mohler's Church. Charles Yohe, of Harrisburg, visited his mother at Shiremanstown on Tuesday.

CURIOSITIES OF HAIR GROWTH
Straight hair is the longest known; woolly hair the shortest. The length is almost the same in both sexes in certain races having straight hair (Chinese, redskins), and also in the majority of races with curling hair; it is scarcely so among races with waving hair. The number of hairs in certain races having straight hair (Chinese, redskins), and also in the majority of races with curling hair; it is scarcely so among races with waving hair. The number of hairs in certain races having straight hair (Chinese, redskins), and also in the majority of races with curling hair; it is scarcely so among races with waving hair.

Are You Worn Out?
Does night find you exhausted—nerves unsettled—too tired to rest?

SCOTT'S EMULSION
is the food- tonic that corrects these troubles. Its pure cod liver oil is a cell-building food to purify and enrich the blood and nourish the nerve-centers. Your strength will respond to Scott's Emulsion—but see that you get SCOTT'S.

Job Had Nothing on Him, He Says



"When it comes to a question of suffering from boils and carbuncles, Job had nothing on me," says W. F. Stumeling, who is employed in the Bridge and Construction Department of the Steel Works and who lives at 1824 Fulton street, Harrisburg, Pa. "I was all run down and for months I had been suffering the torments of the nether regions from a large and vicious crop of boils and carbuncles. They would swell up all over my body and I would no sooner get rid of one batch than another lot would make their presence felt. Life was really a burden to me for I was about as miserable as a man could be. But thanks to the good advice of my wife I am now well rid of them all. She heard a lot about Tanlac as a system purifier and she started me on it. And it sure did do the work for my boils began to fade away in a day or two and now I haven't even got one left as a souvenir. I feel about 100 per cent better in every way and I give all the credit to Tanlac." Tanlac, the famous reconstructive tonic, is now being introduced here at Gorgas' Drug Store, where the Tanlac man is meeting the people and explaining the merits of this master medicine. Tanlac is sold also at the Gorgas Drug Store in the P. R. R. Station.—Adv.

Vigorous Men and Women are in Demand

If your ambition has left you, your happiness has gone forever unless you take advantage of H. C. Kennedy's magnificent offer to refund your money on the first box purchased if Wendell's Ambition Pills do not put your entire system in fine condition and give you the energy and vigor you have lost. Be ambitious, be strong, be vigorous. Bring the ruddy glow of health to your cheeks and the right sparkle that denotes perfect manhood and womanhood to your eyes. Wendell's Ambition Pills, the great nerve tonic, can't be beat for that tired feeling, nervous troubles, poor blood, headaches, neuralgia, restlessness, trembling, nervous prostration, mental depression, loss of appetite and kidney or liver complaints. In two days you will feel better. In a week you will feel fine, and after taking one box you will have your old-time confidence and ambition. Be sure and get a 50-cent box today and get out of the rut. Remember H. C. Kennedy and dealers everywhere are authorized to guarantee them. Mail orders filled, charges prepaid by The Wendell Pharmaceutical Company, Inc., Syracuse N. Y.—Adv.

HOW TO STOP MUCH OF THE \$700,000,000 FOOD WASTE IN HOME

Garbage Pails, Careless Handling and Improper Cooking Waste Most of It; Rats, Mice and Insects Ruin Large Quantities

GOOD FOOD IS WASTED—
If it gets into the garbage pail, it is considered to be a conservative figure, in household waste of course, are not included the vast losses of food allowed under improper handling or inefficient marketing methods to spoil in transit or in the hands of producers or dealers.

Washington, D. C., April 6.—Good food needlessly thrown into garbage pails, food allowed to spoil in the household, food ruined by improper cooking, and food destroyed by rats, mice and insects constitute the heavy items in the \$700,000,000 annual waste of food in homes in this country cited recently by the Secretary of Agriculture. Seven hundred million dollars are lost in a conservative figure, in household waste of course, are not included the vast losses of food allowed under improper handling or inefficient marketing methods to spoil in transit or in the hands of producers or dealers.

Edible Food Thrown Away
That vast amounts of nourishing material are thrown out from American kitchens and so made useless for human consumption, is well established by the returns from garbage and fertilizer plants showing the amount of fats and nitrogenous material recovered from city garbage.

Waste in Preparation
Much useful food goes into the garbage pail because the housewife in preparing potatoes or other vegetables and fruit, such as apples, cuts off with the skin a considerable percentage of edible material. Careless handling of potatoes may consist as much as 20 per cent of the edible portion, including outer layers containing mineral substances, and being of no nutritive value. Many persons are unaware that the green and tender tops of many vegetables which contain valuable mineral and other food elements are often thrown away as green waste, or even as additions to salads.

Overgenerous Serving of Food
Many families take pride in serving lavish and overabundant meals. Such meals lead inevitably to waste of food on the table and to overeating, which often impairs health and efficiency. The same standard, "Eat enough food and no more," rigidly followed, would reduce greatly food bills in many homes and, at the same time, tend to improve the physical condition of all members of the household.

Eat For Efficiency
Housewives, interested in economy, who wish to be certain that their families are getting proper food and not too much, should ask the United States Department of Agriculture to send Farmers' Bulletin 808, "How to Select Foods—What the Body Needs." This bulletin classifies foods into simple household groups and shows the housewife how to plan meals that will provide for the growth and repair of the body and supply the energy the various members of the household need for their special tasks.

Suggestions For the Control of Sweet Potato Disease at Bedding Time

Washington, D. C., April 6.—Some of the worst sweet potato diseases live from one season to the next in the soil and on the old decayed potatoes bedded for a previous crop, according to the specialists of the U. S. Department of Agriculture. For that reason it is essential that fresh soil or sand be used every year. Under no circumstances use soil for the hotbed, nor fields where sweet potatoes previously have been grown. Instead go into the woods, if possible, and throw off six inches of the surface and take subsoil. Sand will do just as well. If soil cannot be obtained from the woods, it may be taken from a new field where sweet potatoes have not been grown before. It is essential also that the framework of the hotbed be disinfected by spraying with a solution made by adding one pint of formalin to 30 gallons of water. Similar results may be obtained by whitewashing the framework. Better still, spray with winter strength lime-sulphur solution. In the spring before being bedded the potatoes should be disinfected by immersing for from 5 to 10 minutes in a solution of corrosive sublimate, made by dissolving one ounce of the crystals to 8 gallons of water. This is a deadly poison. Use with great care. Treated seed should not be left where animals can reach it. Only wooden containers should be used for disinfection. After disinfection the potatoes should be immediately rinsed in pure water and dried or bedded at once. Just enough of the solution should be put in the barrel or receptacle used for disinfecting to cover the quantity of potatoes to be immersed each time. The solution should not be used more than three times, since it loses its strength and effectiveness upon repeated use. After the potatoes are disinfected, any showing evidence of disease, either on the surface or at the end, should be thrown out. Frequently it is in these bruised, calloused, and decayed spots that the disease germs are concealed. It should be remembered that the disinfection is to kill the germs loose on the surface of the potato and that the treatment does not kill the germs concealed in the decayed, bruised and calloused spots on the surface and at the end.

LOOK AT CHILD'S TONGUE IF SICK, CROSS, FEVERISH
Hurry, Mother! Remove poisons from little stomach, liver, bowels. Give "California Syrup of Figs" at once if bilious or constipated.

NUXATED IRON
Increases strength of delicate, nervous, run-down people 100 per cent in ten days in many instances. \$1.00 forfeit if it fails as per full explanation appear in this paper. Ask your doctor or druggist about it. Croil Keller, G. A. Gorgas, J. Nelson Clark always carry it in stock.

BIBLE CLASS ENTERTAINMENT

Church of God will give an Easter entertainment in the church this evening. Wormleysburg, Pa., April 6.—The Young Ladies' Bible Class of the Church of God will give an Easter entertainment in the church this evening.

SPURRIER-ENSLEY WEDDING

Wormleysburg, Pa., April 6.—Samuel C. Spurrier and Miss Frances Ensley, both of West Fairview, were married at the parsonage of the Church of God here on Tuesday evening by the Rev. S. E. Vance, pastor. The couple are well known in West Fairview and will

LIVINGSTON'S EASTER SPECIALS LIVINGSTON'S
9 S. Market Sq. 10 S. Court St.

Special Sample - SUITS - For Easter
Women's and Misses' Suits, in Poplin, Serge, Velour, Gabardine, in all colors.
Special Prices
\$16.85 Suits \$10.98
\$20.00 Suits \$14.98
\$22.85 Suits \$15.98
\$25.00 Suits \$16.98
\$30.00 Suits \$19.98
Sizes 14 to 48 stout

Women's and Misses' - COATS -
500 Easter Coats, placed on special sale for Saturday
Apple Green, Tan, Mustard, Gold, Navy, Black, Rose, Plaid and Combinations, in all materials.
Special Prices
\$6.35 Coat s. \$3.98
\$8.75 Coats \$5.98
\$10.75 Coats \$6.98
\$15.00 Coats \$8.98
\$20.00 Coats \$14.98
\$25.00 Coats ... \$16.98

Women's and Misses' Easter Dresses
Silks, Taffetas, Serges, Crepe de Chine, etc., in all shades—sizes 14 to 48.
\$10.00 Dresses ... \$6.98
\$12.50 Dresses ... \$7.98
\$15.00 Dresses ... \$8.98
\$20.00 Dresses ... \$13.98
\$25.00 Dresses ... \$15.98

Girls' Easter Dresses
1 to 16 years
50c Dresses 39c
75c Dresses 49c
\$1.00 Dresses 79c
\$1.50 Dresses 98c
\$2.00 Dresses ... \$1.49
\$3.00 Dresses ... \$1.98

SKIRTS - HATS -
Women's, Misses' & Girls' - HATS -
1,000 Hats to clean up
\$1.50 Hats 98c
\$2.00 Hats \$1.49
\$3.00 Hats \$1.98
\$4.00 Hats \$2.49
\$5.00 Hats \$2.98
\$6.85 Hats \$3.49
\$7.50 Hats \$3.98

Women's and Misses' & Girls' - WAISTS -
300 Sample Waists—one of a kind; special prices—
\$1.50 Waists 98c
\$3.00 Waists \$1.98
\$4.00 Waists \$2.49
\$5.00 Waists \$2.98
\$6.00 Waists \$3.49
\$7.00 Waists \$3.98

Women's and Misses' & Girls' - BOYS' HATS
39c Hats 25c
50c Hats 39c
75c Hats 49c
Plain colors, plaids, etc.

Men's and Young Men's - BOYS' SUITS AND TOP COATS FOR EASTER
Ages 1 to 18 years
\$3.00 Top Coats \$1.49
\$5.85 Top Coats \$2.98
\$3.50 Suits \$2.49
\$4.85 Suits \$2.98
\$5.75 Suits \$3.49
\$6.50 Suits \$3.98
\$7.85 Suits \$4.98
\$8.85 Suits \$5.98
\$10.50 Suits \$6.98

LUCKY STRIKE
It's toasted
LUCKY STRIKE CIGARETTES
LUCKY STRIKE

LUCKY STRIKE Cigarette
It's toasted
LUCKY STRIKE CIGARETTES
LUCKY STRIKE
Did you have toast for breakfast — delicious, buttered hot, all flavor?
Then you're ready for Lucky Strike — the real Burley cigarette — delicious; and the new flavor, because the tobacco — it's toasted.
Think of hot buttered toast
And think of that much-loved Burley in cigarette form. At last you can buy Burley cigarettes ready made. We invented the toasting to hold the flavor.
You're ready and waiting for Lucky Strike — the real Burley cigarette, with the toasted tobacco.
20 for 10¢
If your dealer does not carry them, send \$1 for a carton of 10 packages to The American Tobacco Co. N.Y. City
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