

How to prevent waste and at the same time perfectly nourish the human body is a matter of intelligent food selection. There is no need of anyone going hungry. Americans should not eat less-they should eat better. They should eat foods that supply the greatest amount of digestible nutriment at the lowest cost.

The whole wheat grain is the most perfect food given to man. It contains every element needed for building healthy tissue and furnishing energy for the day's work.

But be sure you get the whole wheat grain, and be sure you get it in a digestible form.

Shredded Wheat Biscuit

is 100 per cent. whole wheat grain prepared in a digestible form. Every particle of the whole wheat berry is used-nothing wasted. nothing thrown away.



It is what you digest, not what you eat, that furnishes energy for the human body. We make the whole wheat digestible by steam cooking, shredding and baking.

Two or three of these little loaves of baked whole wheat with milk, sliced bananas, berries, peaches, or other fruits, make a nourishing, satisfying meal at a cost of a few cents.

Made only by THE SHREDDED WHEAT COMPANY,

Niagara Falls, N.Y.

Paul Schaeffer and Judge John H. Fetterhoff, of Whiting, Ind., who were visiting the latter's parents, Mr. and Mrs. Fetterhoff, of Halifax town-ship, left by auto for their west-crn home on Wednesday, J. W. Clemson, the island market gardner, has purchased a new auto-truck.

Inder

Suburban Notes

HALIFAX Mr. and Mrs. G. W. Westfall are isiting their daughter, Mrs. Fred enn, at Harrisburg. Paul Schaffer and Judge John H

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Truck, Mr. and Mrs, John Adams and Mr. and Mrs. George Hubler, of Berrys-burg, spent the forepart of the week visiting Mr. and Mrs. A. H. Prenzel. Zion United Brethren Sunday School and the Matamoras Church of God Sunday School will hold their annual picnic in Sweigard's Grove on Satur-day.

day, Mrs. T. J. Eisenbower and daughter, of Altoona, are guests of Mr. and Mrs. John H. Eisenbower in Halifax town-

John H. Eisenbower in Halifax town-ship, Charles Coulson and family, of Dillsburg, are guests of Mr. and Mrs. W. H. Keiter, on Tuesday. Miss Emma Bowman, of Altona, is a guest at the home of Cornelius Bowman. Mr. and Mrs. O. G. Wagner, of Bea-ver Springs, and Mr. and Mrs. J. B. Rine, of Beavertown, were guests of Mr. and Mrs. Ralps Kerstetter, the forepart of the week William Tyson, of Harrisburg, vis-ited town friends on Wednesday.

MILLERSTOWN Mrs. J. C. Hall has received a cable-gram of the safe arrival of her son, Captain Roscoe W, Hall, at London, England, Robert State

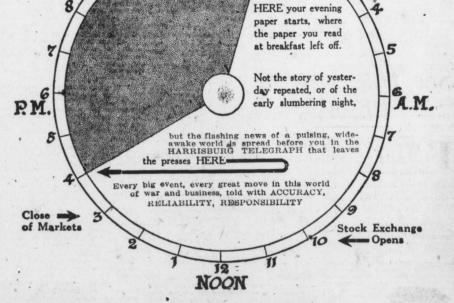
Lapland, England, Robert Shenk, of Harrisburg, spent Sunday with his parents, Mr. and Mrs. P. R. Shenk. G. D. Taylor is visiting his son, Dr. Banks Taylor, and family at Reading. Mrs. Thomas Nankivell Jr., who. underwent an operation at St. Agnes Hospital, Philadelphia, last week, is improving. Miss Edna Ulsh spent several days at Altoona.

Mrs. Laura Carter and sister, Mrs. Edward Rumple, visited at Harris-

burg this week. Mr. and Mrs. Norman Taylor have returned from a wedding trip.

A WHOLESOME SUMMER DRINK

Horsford's Acid Phosphate More beneficial, cooling and refresh-ing than lemonade. Invigorating wholesome, and thirst-quenching,-Advertisement.



"Nae man can tether time or tide"-Burns

But the evening newspaper comes in with the flood tide of the news. They are the hours of action, verification and presentation. Take time by the forelock. Phone your order today for

The Harrisburg Telegraph Central Pennsylvania's Greatest Daily