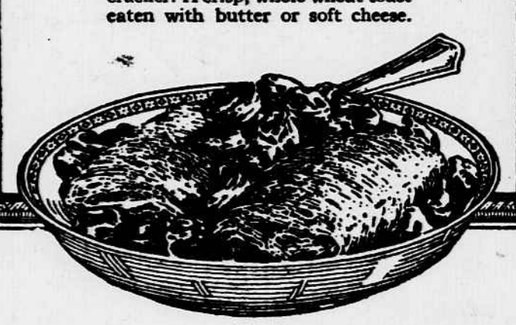
Eat Your Way to Health

"Iron deficiency" shows in pale cheeks and flabby muscles. The amount of iron needed for normal health must be supplied in the food you eat. You must eat your way to health and strength—there is no other way.

Shredded Wheat

with raisins or other fruits make a meal that contains just enough iron, just enough mineral salts and just enough bran to promote natural bowel exercise. A perfect food, ready-cooked and ready-to-eat.

TRISCUIT is the Shredded Wheat cracker. A crisp, whole wheat toast eaten with butter or soft cheese.



Amusements

STRAND—Chalfont Sisters.

The Chalfont Sisters, in a song and dance diversion, head the vaudeville program at the Strand Theater this week. Rowles and Von Kaufman in a minstrel comedy, "A Willing Worker," vie for first place honors, and are well received. Melodious song sketches by Willie Smith is a well portrayed act of vocal talent. Charles Lane and Jack Freeman, in a humorous singing and talking skit, entitled "The Split," and Kennedy and Nelson in an acrobatic comedy act complete the program and are good laugh getters.

"The Saphead," featuring W. H. Crane and Bruce Keaton, is a Metro photoplay filmed on the Pacific coast as a successor to "Shore Acres" and "Alias Jimmy Valentine." The picture depicts the life of a rugged westerner in New York and his son's adventures in his fight for fame, or notoriety, as it is better termed. A comedy and news weekly are added attractions.

CAPITOL.

A facetious frolic, full of fun, furnished by a capable company, is Joe Wilton's "Hurly Burly," which opened a week's engagement yesterday at the Capitol Theater.

It is headed by Wilton and consists of a two-act burletta, "A Timely Prescription," with Wilton as Mr. Gabby, the advertising man, whose original gags "catch on" immediately. Charley Goldie and Charles Marshall are a close second for the comedy honors. Arlone Johnson has an excellent voice and her song numbers score a hit. Others who help materially are Jimmy Raymond, Irving Karo, Doris Sennett, Helen Gould and Phil Fletcher's "Hurly Burly" jazz band.

The chorus is good to look at and dances and sings well in elaborate costumes.

Photoplay Features.

COLUMBIA—"Affairs of Anatol."

At Loew's Columbia this week Wallace Reid, Gloria Swanson and half a score of screen notables prove conclusively that it is best to attend to one's own affairs and let the rest of the world do the same. The lesson is offered in "The Affairs of Anatol," Cecil B. DeMille's much heralded photoplay production, whose screen version by Jeanie MacPherson is adapted from the Schnitzler stage story. It is a picture well worth seeing, humorous and beautifully, almost wonderfully, staged.

The hero is a tender-hearted young man of wealth, overanxious to assist beauty in distress. Anatol, known to his intimates as Tony, is especially good as a helping hand, but where woman is concerned he displays more taste than discretion. For Tony is married and the better half is not so keen regarding her husband's charitable inclinations.

Tony's first venture in the soul-saving business comes shortly after his marriage. In the companion of a rich roue he recognizes a schoolday sweetheart and takes her to his wife for protection. But Mrs. Tony does not care to assist and the husband assumes the burden by himself. Everything progresses splendidly until the lady in distress refuses to give up at Tony's command the "jewels" presented by the rich roue, so the charitably inclined young man vents his spite on the furniture in the poor girl's apartment and the affair ends with a big "smash," literal as well as figurative. This furniture-breaking scene, by Wallace Reid, is indeed "some smashup."

The wife soon forgives Tony and all might have been well had not Mrs. Tony become too interested in a Hindu hypnotist. Under the latter's influence, at an afternoon tea, she pleases her guests by exhibiting much of her charming figure, but it does not please friend husband, and he takes her to the country, where he believes "all is sweet and pure." There a farmer's pretty wife gets from Tony a kiss and his pocketbook, while the young philanthropist gets a nice, long walk home and a frosty reception on arrival.

Agreeing to disagree, Tony sets out to daub red paint over the gay white way and the wife seeks the companionship of a family friend, old in acquaintance but not in years. When Satan Synne, a Broadway favorite, "gets him" for a $3,000 check to aid her husband, Tony decides it is about time to quit meddling in other peoples' affairs and goes home. The wife does not return from her outing until the next day and Tony orders her from the house. But the Hindu hypnotist and the family friend effect a reconciliation, even though the husband has to accept the wife on faith.

It is one of those pictures which, to use a colloquialism, is "as sure-fire as the monkey cage at the zoo." Wallace Reid makes a good Anatol and his "reform" is thoroughly convincing. Gloria Swanson as the wife makes the men wonder how Tony could ever glance at another woman until they glimpse Wanda Hawley as the ex-schoolday sweetheart. Agnes Ayres in the role of the farmer's wife and Bebe Daniels portraying the voluptuous Satan Synn. It is a quartet of unusual beauty. The remainder of the caste leaves nothing to be desired, except more of them.

METROPOLITAN—"The Old Nest."

"The Old Nest," transferred from book to screen by Rupert Hughes, author of the story, was shown to as many men and women as could crowd into Crandall's Metropolitan yesterday afternoon and evening. There was a reason—Mr. Hughes has put flesh and blood and human nature into an everyday home of an everyday family, father, mother and six boisterously happy youngsters who play and scrap and eat bread and jam. It is a story of childhood and adolescence and of eternal motherhood—and the tense silences, furtive wiping of eyes and reminiscent chuckles gave testimony that the story visioned for all might have been pictured for each.

The prosaic realism of today was bridged by selection of "Songs from the Old Folks," a tender medley of by-gone melodies played with artistic wistfulness by the orchestra, led by Director Mirskey, and by Mrs. Flora McGill, whose solo, "Little Gray Home in the West," shared in the insistent applause.

Mary Alden, as the mother of her half-dozen babies—of which she occasionally permitted the good doctor who was her husband to own a share—was, to begin with, a young and vigorously defensive protector of her romping flock, and her transitions to middle life, and at last to old age longing for the brood that had winged its way to the outside world and forgotten the old nest, was more than acting. It was tense realism. The preparation for the coming of her lawyer son that buoyed her up to old-time briskness, the baking of pies and roasting of turkey, and putting back one of the folds of the table, and the telegram of disappointment, was a tragedy that, happily, was compensated for by the return of the one black sheep, a lovable scamp well acted by Cullin Landis, climaxed later by the inrush of every one of the "children," led by the boy who had just been appointed attorney general, and finished off by the baby, who had cut his name on the mahogany table and was now an artist of fame.

Dwight Crittendon as the father, who would have been stern except that he was kind and somewhat under the thumb of "mother," was natural to the life, and made one individually glad that, at least, the two were growing old together, while the spinstery maid and ancient colored man showed up jewel-like in contrast to these days of impersonal "help."

As the foreword warned, there is but little plot and no mystery. It is just a story of home. And home is the seed of humanity, and humanity has its fulfillment in God.

The orchestral music was excellent.

PALACE—"Pasisng Through."

At Loew's Palace Theater yesterday Douglas MacLean, the screen star, was given a hearty reception upon his personal appearance. He will appear in person at 4, 7:30 and 9:30 p.m. daily throughout the week. Mr. MacLean gave a short talk and "got off" several jokes.

His appearance is made in connection with the presentation at the theater this week of the photoplay "Passing Through," a pleasing story, in which he is pictured as the cashier of a bank. In love with the daughter of the president, who assumes the blame for a robbery committed by her brother in order that the father and daughter may not be disgraced. The cashier is sentenced to prison, and while being taken there the train is wrecked and he escapes. He reappears in a small village, obtains employment on a nearby farm, and there meets "the girl," a case of love at first sight. Again the town bank, of which the father of "the girl" is president, is robbed. The young man endeavors to capture the robbers and is imprisoned in the vault. A trick mule kicks out the side of the vault, the young hero is freed in time to save him from suffocation, the thieves are arrested and "a good time is had by all."

Musical numbers, news events and a comedy complete the program.

RIALTO—"Mother o' Mine."

That thrilling story, "The Octopus," by Charles Belmont Davis, is shown in film form this week at the Rialto under the film title of "Mother o' Mine," the deft hand of Thomas H. Ince being shown in its transition from book to screen.

It occasionally occurs that a picture is improved over the story book and it is so in this case. The thrills—the auto race to the prison, the victim saved from the electric chair and the struggle to get the main witness to confess she had committed perjury out of revenge, are all pictured in a tense and thrilling manner.

The story tells of a mother's love for her boy and of his love for her, his desire to go out into the world to advance in a business life, his meeting with his father who deserted his wife when the hero was a baby, the hero's refusal to go wrong after the girl he has fallen in love with points out his situation, the father's ugly charge against the boy's mother which leads to a struggle and an accidental death, the hero going to the electric chair rather than to tell the cause of the fight, and the final rescue brought about by the mother, the sweetheart and the district attorney.

An excellent cast includes Lloyd Hughes as the boy and Claire McDowell as the mother, both very good in their characterizations; Joseph Kilgour, Eettie Blythe and Betty Ross Clarke.

Added features include a Ham Hamilton comedy, Current News Topics and Review and a good musical program.

CRANDALL'S—"The Inner Chamber."

Pictured as a working girl who knows the difference between right and wrong, and who lives up to her knowledge and beliefs, Alice Joyce is the screen star the first three days of this week at Crandall's Theater in "The Inner Chamber," a Vitagraph melodrama adapted from "The Blood-Red Dawn," by Charles Caldwell Dobie.

Miss Joyce is cast as Claire Robson, who incurs the enmity of her employer by refusing to dine with him while his wife is out of the city. She drifts from one position to another, constantly hampered by friends of her former employer. She finally ends up as a singer in a cheap cabaret and finds romance there in spite of the sordid surroundings. It is an interesting picture, likely to please the film enthusiasts.

Pedro de Cordoba, who has the role opposite the star, gives his usual finished and polished interpretation to his character. Mrs. De Wolf Hopper, Ida Waterman and Homes E. Herbert also contribute good work.

Max Sennett's new two-reel farce, "Hard Knocks and Love Taps," furnishes the amusement. The action is fast and furious and the picture presents practically all of Sennett's famous beauties and comedians.

KNICKERBOCKER—"The Old Nest."

The chief feature at Crandall's Knickerbocker yesterday and today is Goldwyn's picturization of Rupert Hughes' story "The Old Nest," a review of which will be found in connection with the Metropolitan Theater.

"A Hero Pro Tem," presented for the first time, was a laughmaker, and the "Poet and Peasant" overture was played by the Knickerbocker orchestra.

FOUR AUTOISTS DROWN.

Trapped in Closed Automobile, Which Goes Into Canal.

BUFFALO, N. Y., September 12.—Four persons were drowned last night when a closed automobile in which they were riding went into a canal on the river road about a mile beyond the city limits.

The dead are Mrs. Ferdinand Humm, Frank Humm, her brother-in-law; Mary Humm, his daughter, and Frank Hohn, all of Buffalo.

YOUNG WOMAN FALLS TEN STORIES TO DEATH

Miss Lillian Mitchell Had Talked Over Love Affairs With Friend in Winston-Salem, N. C.

WINSTON-SALEM, N. C., September 12.—While walking on the roof of the new twelve-story hotel yesterday afternoon, Miss Lillian Mitchell, twenty-four years old, daughter of Edgar Mitchell, of Walnut Cove, fell from a high parapet on the roof over the ballroom ten floors below and was instantly killed. At the coroner's inquest last evening one of the witnesses said that Miss Mitchell had asked her, "If you loved a man and he loved you and you knew that the marriage could never take place, what would you do?"

The witness stated that she advised Miss Mitchell to continue on and to trust to hope.

"But," replied Miss Mitchell, according to the witness, "suppose every future moment made things worse?" At another time Miss Mitchell remarked to the witness, "I could scream until every one in the building heard me."

OBSERVE DEFENDERS' DAY

Maryland People Have Legal Holiday on Anniversary.

Special Dispatch to The Star.

BALTIMORE, September 12.—Defenders' day today is a legal holiday throughout the state and is being observed as such here. While it is a legal holiday only in Maryland, the New York stock market and Chicago grain markets being open, the local stock exchange, chamber of commerce, grain market, banks and other financial institutions are all closed, and all notes or other financial obligations falling due today are extended until tomorrow.

The school children also get another holiday, as the opening of the public schools, which was scheduled for today, has been postponed until tomorrow.

OIL MAGNATE KILLS SELF.

MEMPHIS, Tenn., September 12.—Frederick B. Jones, president of the Perkins Oil Company, shot and killed himself at his home here, according to members of his family. Friends attribute his act to melancholia resulting from a nervous affliction from which he had suffered several years.

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Wedding Invitations and Announcements, Anniversary Reception, Dinner, Dance and Debut Invitations. Tea and Visiting Cards - Samples upon request

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illustrates and prices Jewelry, Watches, Clocks, Silver, China, Glass *and* Novelties - *Mailed upon request.*

Sept. Sale Special!

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Upright Piano
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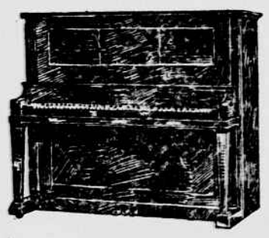
Sept. Sale Special
$235
Terms to Suit



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Jersey Sport Suits and Coats
Suits made of the best wool-jersey material, with full gathered skirts and patch pockets; narrow belts of self material.
Tailored Jackets with notch or tuxedo collars, patch pockets and narrow belts. Box pleated effect in back. Sizes 16 to 40. Colors are reindeer, black, brown and navy.
$10

Three-Quarter-Length Misses' Coats
Well tailored models that are suitable for all occasions. Just the garment for the school miss. All have large tucked patch pockets and tuxedo collars. Colors are reindeer, navy, copen and black.
$10

Opossum (Stone Marten dyed) Chokers
With well finished natural heads. All colorings from light to dark brown. A most exceptional value.
$7.50

Smart Tailored and Trimmed Hats
Lyons Velvet, Panne Velvet and Duvetyn Hats, in soft crushable shapes, sailors, mushrooms and rolled brims. All the new shades, as well as black, brown and navy.
$2.75

New Voile and Batiste Blouses
Youthful, Well Cut Blouses, with Peter Pan, tuxedo or roll collars, long or elbow sleeves. Frills, lace and hemstitching are used as trimming. Blouses that can be easily and successfully laundered.
$1.55

Women's Fine Silk Hose
Mock Seam Silk Hose with lisle tops and reinforced heels and toes; evenly woven. Colors are new brown, Russia calf, gray, cordovan, white and black.
$1.00

Pink Washable Satin Camisoles
Camisoles finished with val lace and ribbon shoulder straps; some plain with double row elastic at top.
95c

Girls' Gingham School Dresses
Several styles of dresses with good quality gingham tie-back sashes. Pockets, collars and cuffs of solid-color material; some vestee effects. Sizes 6 to 14 years.
95c

Women's Chamoisette Gloves
Twelve and sixteen button length gloves with three rows double stitching on back. Colors are beaver, brown, champagne, white and mastic.
85c

Blue and Pink Bath Mats
With white raised designs. Ends neatly turned and hemmed. These mats are reversible—either side can be used. An exceptional offering.
95c

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WIZARD MOPS
Can be had in two styles. The dust mop is chemically treated and absorbs dust without scattering it. The polish mop is treated with Wizard Polish. It cleans and polishes the floor at the same time. Wizard Mops are the convenient triangle shape which gives them access to every nook and corner. They have the adjustable elbow handle for ease in use. Wizard Mops are priced from $1.25 to $2.50.

WIZARD POLISH
Quart Can, Special, 75c
Is an essential of good housekeeping. It keeps furniture and woodwork bright and clean. Preserves the wood finish; gives it a hard, dry, rich luster. Excellent for floors. Keeps automobiles shining like new.

WIZARD WAX
Polishes and preserves the finish on floors, furniture, woodwork, leather, linoleum. Easily applied with a cloth and polished with another cloth. It forms a thin coat that protects the surface and leaves a clean, hard, rich, subdued luster that is a joy to behold.
Wizard Wax Paste is especially adapted for use on floors.
Prices, Paste Wax, 75c and $1.50.

WIZARD DUSTER
Special, 65c
The most sanitary type of duster made; it does not stir up and scatter dust. Its chemically treated yarn gathers and holds the dust. When it becomes soiled you can wash it without injuring its chemical properties. Needs no renewing. Convenient in shape.

WIZARD CARPET CLEAN
Keeps the dust down when you sweep. Helps clean rugs and carpets. Makes the colors brighter. Guaranteed not to injure fabrics. Contains no salt or sand. Special, 25c.

WIZARD WALL DUSTER
Special, $1.25
Cobwebs and dust, no matter how high, are never out of reach of this convenient wall duster. Its 60-inch handle enables you to reach every nook on moldings, picture frames and walls. The chemically treated yarn duster gathers up the dust without scattering it. Washable; needs no renewing.

This Special Offer
WIZARD COMBINATION
$1.85

$1.75 Wizard Polish Mop
$1.25 Can Wizard Polish
$3.00 Regularly
Now $1.85

WIZARD FLOOR POLISHER
The new device for polishing floors, that takes all the hard work out of keeping them in perfect condition all the time.
$4.00 Floor Polisher.
.75 Can Wizard Wax
$4.75 regularly
Now, $2.75

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