

**Beware the Cold Storage Egg!** In his work on food and dietetics Doctor Robert Hutchison says, "the absence of carbohydrates prevents eggs from being in any sense a complete food." This refers to the fresh egg—the egg with a clean bill of health. What would the Doctor say of the modern cold storage egg? At present prices two eggs cost ten cents—and the egg is not a complete food! Something must be eaten with it to supply the needed carbohydrates. **Two Shredded Wheat Biscuits**, with cream or milk, make a complete, perfect meal at a cost of four or five cents. Made at Niagara Falls, N. Y.

**RAILROAD NEWS**

**READING LEADS IN COAL TRAFFIC**

December Shipments Show Decrease Over Previous Month; Total For Year

The shipments of anthracite in December, 1916, as reported to the Anthracite Bureau of Information at Wilkes-Barre, amounted to 5,582,747 tons, as compared with 5,992,997 tons in the preceding month and with 5,149,337 tons in December, 1915. The decrease last month as compared with November, 1916, was 410,250 tons and as compared with December, 1915, it was 566,840 tons.

Only one of the railroads, the Philadelphia and Reading, showed total shipments in December, 1916, exceeding 1,000,000 tons. The Lehigh Valley Railroad, which had an excess of a million tons in both November, 1916, and December, 1915, decreased to 863,007 tons in December, 1916. The Delaware, Lackawanna and Western showed a decrease of about 26,000 tons as compared with November, 1916, but an increase of almost exactly the same amount over December, 1915. The Delaware, Lackawanna and Western and the Lehigh and New England Railroad were the only ones which showed increased shipments in December, 1916, over the corresponding month of the preceding year.

**BROTHERHOODS TO FIGHT**

Chicago, Ill., Jan. 15.—Delegates from the four big railway brotherhoods in their concluding sessions of their conference here discussed methods to combat the passage of a compulsory investigation of rail disputes as outlined by the Adamson act. The railway employes never will countenance any compulsory investigation which compels the men to remain at work while the other fellow prepares for a strike, said W. L. Leach, head of the Brotherhood of Railroad Trainmen.

**Standing of the Crews**

**HARRISBURG SIDE**  
Philadelphia Division—121 crew first to go after 4 p. m.: 124, 108, 125, 111, 102, 116, 101, 120.  
Firemen for 108, 111, 103.  
Conductors for 108, 111, 103.  
Brakemen for 125, 101, 120.  
Engineers up: Sellers, Baldwin, Brodener, Gray, Hogenotger, Gable, McGemmill.  
Firemen up: H. Peters, Walkag, Walker, Beckman, Bixler, Eckrich, Finckebinder, Cover, Zoll, Dietrich, Hoffman, Lutz.  
Conductor up: Fesler, Wanbaugh.  
Brakemen up: Wilt, Kirk, Hivner, Essig, Smith, Crosby, Mumma, Knapp, Houdeshell, Penn, Dougherty.  
Middle Division—27 crew first to go after 2:15 p. m.: 22.  
Firemen for 1, 5, 4, 7, 8, 11, 2, 6, 3, 9.  
Engineers for 27, 1, 10, 7, 11, 2.  
Firemen for 1, 5, 4, 7, 8, 11, 2, 6, 3, 9.  
Conductor for 27.  
Brakemen for 3, 4.  
Engineers up: Numer, Howard, Rensel, Cordeur, Grove, Asper, Dorman, A. C. Burris, A. T. Coe.  
Firemen up: Killbrier, Bretz, Adams, Crone, L. A. Gross, Bittner, Reeder, Gensyl, Steiner, Gray, Eckert, Markle, Coyle, C. A. Gross.  
Brakemen up: Kraft, George Campbell, G. W. Campbell, Heck, Blessing, Yost, Corl, Reed, Farleman, Knight, Murray, L. R. Sweger.

**ENOLA SIDE**  
Philadelphia Division—223 crew first to go after 4:15 p. m.: 207, 218, 228, 230, 204, 229, 214, 214.  
Engineers for 228, 204.  
Firemen for 218, 204, 229.  
Conductor for 30.  
Brakemen for 19, 26, 23, 24.  
Conductors up: Lyman, Dewees.  
Firemen up: Brown.  
Brakemen up: Fair, Goudy, Malseed, Mumma, Hivel, Miller, Coulter.  
Middle Division—27 crew first to go after 2:30 p. m.: 105, 108, 115.  
Four crews laid off at Altoona.  
Seven Altoona crews to come in.  
Engineer for 105.  
Fireman for 105, 108, 115.  
Yard Crews—  
Engineers for first 108, first 106.  
Firemen for 122.  
Engineers up: Boyer, Anspach, Kling, Smith, Branyon, Bretz, Kaufman.  
Firemen up: Gulin, Cain, Weyers, Steele, Hardy, Wilhelm, Smith, Walters, Bruaw, Vachity, Rodenhafner, Smith, Shoemaker, Rotz, Hassel, Spahr, Charles, McCormick, Ostot, Bruaw.

**WAR ECONOMY BOARD IN EACH PRUSSIAN PROVINCE**  
Amsterdam, via London, Jan. 15.—The Berlin Vossische Zeitung says that in order to safeguard the food supply the Prussian ministry has created a war economy board in each province. The boards consist of governmental officials and farmers whose duty it is to encourage agricultural production and supply labor, horses and machinery. The boards have no power, however to requisition goods for distribution of as aides to production.

**Revival Services at Grace**

Revival services in the lecture room of Grace Methodist Church during the past two weeks have been well attended. The pastor, Dr. Fox, will speak this evening on "The Most Beautiful Thing in the World"; Tuesday evening the subject will be "The Best Institution in the World"; Wednesday evening, "The Last Opportunity." The services begin at 7:45 and members of the chorus choir assist in the song service.

**Historians to Hold 12th Annual Convention Here**

Representatives of the Pennsylvania Federation of Historical Societies will convene Thursday in twelfth annual meeting in the rooms of the Historical Society of Dauphin county, in South Front street. The president this year is State Senator William C. Sprout and the secretary, Dr. S. P. Heilmann, of the Lehigh Valley Historical Society. Included in the federation are 42 historical and kindred societies, including the following in Philadelphia: Historical Society of Pennsylvania, Genealogical Society of Pennsylvania, City Historical Society of Philadelphia, Site and Relic Society of Germantown, Frankford Historical Society, Pennsylvania Society of Colonial Dames, Friends Historical Society, Presbyterian Historical Society, American Catholic Historical Society, Church (P. E.) Historical Society, German-American Historical Society and the Library of the Grand Lodge, F. and A. M., of Philadelphia.

**IRON MAN**  
Receiving Orders  
Market street, where you can meet the Iron Man, who will explain and give you all information you may desire. Interstate Drug Company, Inc., New York—Adv.

- 19c value. 1 Lot Children's Light Colored Toques. Clipping Price, **3c**
- 25c and 38c values. 1 Lot Infants' Flannelette Kimonos. Clipping Price, **12 1/2c**
- 25c value. Boys' Wool Toques. Clipping Price, **15c**
- 25c value. Girls' Skating Caps. Clipping Price, **15c**
- One Lot of Buttons. Clipping Price, **5c**
- 5c value. Hair Nets. Clipping Price, **2 for 5c**
- 10c value. Children's Hose Supporters. Clipping Price, **5c**
- 25c value. Large Size Barrettes. Clipping Price, **2 for 5c**
- 10c value. Skirt Markers. Clipping Price, **5c**
- 10c value. Dress Shields, pair. Clipping Price, **5c**
- 15c value. Dressing Combs. Clipping Price, **9c**
- 10c value. Lot of Pearl Buttons. Clipping Price, **5c**
- 10c value. 10 Yards Narrow Ribbon. Clipping Price, **4c**
- 29c value. Lot of Plain and Fancy Ribbon. Clipping Price, **19c**
- 5c value. Lot of Cambic Embroideries. Clipping Price, **3c**
- 10c value. 1 Lot Baby Stockings, Sizes 4, 4 1/2 and 5. Clipping Price, **5c**
- 50c value. Skating Set — Cap and Scarf. Special Clipping Prices. **8c**
- 19c value. Children's Gingham Dresses. Clipping Price, **10c**
- 15c value. Infants' Flannelette Sacques. Clipping Price, **5c**
- 25c value. Boys' Dutch Suits. Clipping Price, **15c**
- 50c value. Dish Pans, Preserve Kettles, Pudding Saucepans all white enamel ware. Clipping Price, **23c**
- 7c value. 1 Lot Shell Water Glasses. Clipping Price, **3c**
- 25c value. Salt, Pepper and Tooth Pick Holder. Clipping Price, **12c**
- 25c value. Rubber Stair Treads, Size 9x18. Clipping Price, **15c**
- 10c value. Dinner Plates, Foral Design. Clipping Price, **6c**
- 5c value. Lot of Cotton Wash Laces. Clipping Price, **2c**
- 12 1/2c value. Lot of Nainsook and Cambric Embroideries. Clipping Price, **8c**
- 17c value. Lot of Swiss Nainsook and Convent Edges. Clipping Price, **12 1/2c**
- 25c value. One Lot of Swiss Embroidery Flouncings. Clipping Price, **19c**
- 25c value. 1 Lot Ladies' Muslin Drawers, Size 23. Clipping Price, **12 1/2c**
- 25c value. 1 Lot Ladies' Cambric Knickerbockers. Clipping Price, **12 1/2c**
- 10c value. 1 Lot Ladies' Brassieres. Clipping Price, **7c**
- 19c value. Wool Mufflers. Clipping Price, **7c**
- 12 1/2c value. 1 Lot Tight-Fitting Corset Covers. Clipping Price, **7c**
- 25c value. 1 Lot Ladies' Neckwear. Clipping Price, **17c**
- 10c value. Sugar Coated Pop Corn, quart. Clipping Price, **25c**
- 20c value. All Sugar Ribbon and Broken Candy. Clipping Price, **9c**
- 15c value. Men's Silk Neckwear. Clipping Price, **7c**
- 25c value. Boys' Wool Gloves. Clipping Price, **15c**
- 10c value. Men's Mittens. Clipping Price, **5c**
- 50c value. 1 Lot Ladies' Neckwear. Clipping Price, **29c**
- 10c value. 1 Lot Box Stationery. Clipping Price, **7c**
- 15c value. 1 Lot Box Stationery. Clipping Price, **11c**
- 19c value. 1 Lot Box Stationery. Clipping Price, **14c**
- 25c value. 1 Lot Box Stationery. Clipping Price, **19c**
- 50c value. Gray Enamel Double Steamers, complete. Clipping Price, **25c**
- 25c value. Foulard Silk. Clipping Price, **25c**
- 15c value. Plaid Dress Gingham. Clipping Price, **9c**
- 19c value. 1 Lot White Figured Madras. Clipping Price, **11c**
- 30c value. 1 Lot White Fancy Skirting. Clipping Price, **19c**
- 50c value. 18-inch Satin Stripe Messalines. Clipping Price, **25c**
- 50c value. 36-inch Flowered Silk Mouselines. Clipping Price, **19c**
- 25c value. Brocaded Silk Mouselines. Clipping Price, **12 1/2c**
- 88c value. 36-inch Black Silk Poplin. Clipping Price, **15c**
- 10c value. 1 Lot Remnant India Linon. Clipping Price, **4c**
- 15c value. 1 Lot White Crepe Suitings. Clipping Price, **7c**
- 25c value. Folding Wall Clothes Dryer. Clipping Price, **15c**
- 50c value. Foulard Silk. Clipping Price, **25c**
- 15c value. Plaid Dress Gingham. Clipping Price, **9c**
- 19c value. 1 Lot White Figured Madras. Clipping Price, **11c**
- 30c value. 1 Lot White Fancy Skirting. Clipping Price, **19c**
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- 88c value. 36-inch Black Silk Poplin. Clipping Price, **15c**
- 10c value. 1 Lot Remnant India Linon. Clipping Price, **4c**
- 15c value. 1 Lot White Crepe Suitings. Clipping Price, **7c**
- 25c value. Drawn Work Stand Covers. Clipping Price, **12 1/2c**
- 25c value. Made-up Cretonne Work Bags. Clipping Price, **19c**
- 25c value. Stamped Collars. Clipping Price, **10c**
- 10c value. Cushion Cords. Clipping Price, **5c**
- \$1.00 value. Ladies' Silk Velvet Hats. Clipping Price, **25c**
- 50c value. 1 Lot Wool Dress Goods. Clipping Price, **21c**
- 50c value. Children's Trimmed Hats. Clipping Price, **19c**
- \$1.00 Misses' Trimmed Hats. Clipping Price, **39c**
- 50c value. 1 Lot Fancy Trimmings. Clipping Price, **15c**
- 10c value. 1 Lot Sheet Music. Clipping Price, **3c**
- 25c value. 1 Lot Books of Popular Fiction and Boys' Books. Clipping Price, **17c**
- \$2.00 value. Ladies' Silk Velvet Hats. Clipping Price, **48c**
- 37 1/2c value. Colored Seeded Voiles. Clipping Price, **15c**
- 17c value. Bleached Turkish Towels. Clipping Price, **12 1/2c**
- 25c value. Scrim Dresser Scarfs. Clipping Price, **19c**
- 12 1/2c and 15c values. Stamped Corset Covers. Clipping Price, **10c**
- 15c and 19c values. Stamped Towels. Clipping Price, **9c**
- 50c value. Stamped Ready-Made Combination Suits, (one to a customer). Clipping Price, **25c**
- 25c value. Stamped Scarfs, Slightly Soiled. Clipping Price, **15c**
- 25c value. Stamped Pin Cushions. Clipping Price, **15c**
- 25c value. Stamped Boudoir Caps. Clipping Price, **15c**



The First of the New Year---Tomorrow, Tuesday, Jan. 16  
An event of exceptional importance in these days of high prices on all sides, bringing you as it does, the best qualities in seasonable merchandise at trifling cost.

- 10c value. Baby Pins, 2 on Card. Clipping Price, **1c**
- 25c value. Shirtwaist Sets. Clipping Price, **9c**
- 25c value. Lavallieres. Clipping Price, **11c**
- 25c value. Brooches. Clipping Price, **11c**
- 10c value. 1 Lot Gauze Vests. Clipping Price, **5c**
- \$2.00 value. Ladies' Silk Velvet Hats. Clipping Price, **48c**
- 37 1/2c value. Colored Seeded Voiles. Clipping Price, **15c**
- 17c value. Bleached Turkish Towels. Clipping Price, **12 1/2c**
- 25c value. Scrim Dresser Scarfs. Clipping Price, **19c**
- 12 1/2c and 15c values. Stamped Corset Covers. Clipping Price, **10c**
- 15c and 19c values. Stamped Towels. Clipping Price, **9c**
- 50c value. Stamped Ready-Made Combination Suits, (one to a customer). Clipping Price, **25c**
- 25c value. Stamped Scarfs, Slightly Soiled. Clipping Price, **15c**
- 25c value. Stamped Pin Cushions. Clipping Price, **15c**
- 25c value. Stamped Boudoir Caps. Clipping Price, **15c**

**CALLS THIS MOST FRIVOLOUS AGE**

Dr. Spangler Declares People No Longer Are Serious Minded

"The most frivolous age of modern times" is what the Rev. Dr. James T. Spangler, head of the chair of philosophy of Lebanon Valley College and former pastor of the First United Brethren Church, this city termed the present period of world history in an address on religious education last night at the Derry Street United Brethren Church. Dr. Spangler declared that seriousness is practically obsolete and that it is seldom if ever found among the younger people of the present day. "Frivolity on every hand is what we meet," declared Dr. Spangler. "The theater, the moving pictures, even the church in many instances is given over to frivolity. AKA in the schools and universities a serious-minded attitude in the student body is indeed hard to find. The young people are swept away in the spirit of the age. While I was a pastor in this city I looked in vain of an evening for drama or motion picture entertainments of an elevating character. I watched the billboards continually for some evidence of productions which were other than frivolous. And I found not more than a dozen such in a whole year's time."

**TWO BADLY BURNED**  
Scranton, Pa., Jan. 15.—Water from a hose line reaching the burning culm on the Coalbrook mine dump at Carbondale to-day caused an explosion which hurled burning cinders over a steam shovel. William Brislin, of Hazleton, the engineer, and James McCormick, of Plains, the cranesman, were so badly burned that their recovery is doubtful.

**DISCUSS HIGH SCHOOL PLANS**  
City school directors and members of the Citizens' advisory committee met this afternoon to discuss methods to be adopted in selecting an architect to draw plans for the new High schools and proposed alterations and additions to the Technical School, Central High School and Camp Curtin Grammar School buildings.

**RUB NEURALGIA AWAY! END PAIN**

Instant relief from nerve torture and misery with "St. Jacobs Oil."  
Get a small trial bottle!  
Rub this soothing, penetrating oil right into the sore, inflamed nerves, and like magic — neuralgia disappears. "St. Jacobs Oil" conquers pain. It is a harmless neuralgia relief which doesn't burn or discolor the skin.  
Don't suffer! It's so needless. Get a small trial bottle from any drug store and gently rub the "aching nerves," and in just a moment you will be absolutely free from pain, ache and suffering, but what will please you more is, that the misery will not come back.  
No difference whether your pain or neuralgia misery is in the face, head or any part of the body, you get instant relief and without injury.

**IRONIZED PAW-PAW**

**3 POWERFUL FORCES IN 1**  
A Combination of Nux, Iron and Paw-Paw  
Gives Joy — Prolongs Life  
If you desire to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your food by using some form of prepared iron, just as you use salt when your food has not enough iron.  
Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food does you no good. You cannot get the strength out of it, and as a consequence, you become anemic, weak, pale and sickly looking. If you will use Ironized Paw-Paw, 1 tablespoonful 3 times a day before meals, you will very quickly find returning strength, digestion normal and the nervous system re-energized.  
On sale and recommended by H. C. Kennedy, 221 Market street, where you can meet the Iron Man, who will explain and give you all information you may desire. Interstate Drug Company, Inc., New York—Adv.

**Soutter's 1c to 25c Department Store**  
Where Every Day Is Bargain Day  
215 Market Street  
Opposite Courthouse

**GIVES TIPS TO CIVIC CLUB ON PRICES**

[Continued From First Page]  
by Chief Sweeney, of the State Bureau of Standards, and it is probable that the action of the local Civic Club will be followed by other similar organizations throughout the city.  
Throughout his talk Mr. Reel impressed upon the members of the Civic Club the importance of obtaining proper weight for the loaf of bread, bushel of potatoes, quart of beans, etc., which are usually sold otherwise than by weight.  
In discussing the bread situation Mr. Reel said:  
"Some time ago when flour was selling for a lower figure than it is being sold to-day the 5-cent loaf of bread weighed 15 to 17 ounces, while to-day the average weight of the 5-cent loaf is 11 ounces or less. In fact, I have recently found them to weigh as low as 9 1/2 ounces. In recent weighings I found bread to vary two ounces to the loaf for bread delivered on the same day in the same store, and when I told two owners of the largest bakeries in this city about it they told me it was due to the carelessness of their help in sealing the weight of dough. This struck me as a remarkable statement."  
"After this convention had been held and Mr. Sweeney had told the public through the newspapers that there was no occasion for any increase in the price of bread, representatives of the largest bakeries called at my office to defend the position they had taken about the increase and said that flour had advanced in price to such an extent, also other ingredients used in the making of bread, that they would likely be compelled to advance their prices."  
"I asked them why they were so anxious to let the public know of the increase in the price of flour, and so forth, but knew that they had reduced

the weight of a 5-cent loaf of bread from as high as 17 ounces to, as I said before, as low as 9 1/2 ounces. I also asked them why they did not let the public know about the reduction of the weight and was informed by one of the owners that the consumer was getting as much, if not more, than he was entitled to at the present time," declared the sealer.  
"My advice to you is to weigh your bread, find out who is baking the heaviest loaf, and then buy that make of bread. This will, in my mind, do more toward establishing a standard weight for a loaf of bread than any other method I can think of because of the fact that each baker's concern will do its utmost to hold its trade and will be more careful to see that its bread is holding out in the weight and not have so much variation."  
"Another thing that should be considered by the housekeepers is the buying of dry commodities by the pound instead of by measure, the laws of Pennsylvania having fixed a standard of weights per bushel on most all dry commodities, and it is your duty to see that the proper weight is delivered and not accept the dealer's statement that he gave you full measure. This also applies to commodities when purchased in the subdivisions of the bushel, such as a quarter-peck, half-peck, and so on."  
**To Launch a Campaign**  
"My remarks this afternoon will, I hope, be the means of the members of your organization starting a campaign in this city that will result in the merchants adopting the system of selling all dry commodities by the pound, thereby doing something that cannot help but prove beneficial to that class who can least afford to be imposed upon by the dealer who can see nothing good in keeping up to the times in anything except to take advantage of the helplessness of those who are unable to protect themselves. Progressive merchants all agree that this is the proper method and your organization can if you will do a lot to help the unanimous adoption of selling by weight instead of by measure."

**TROOP C WILL BE HOME TOMORROW**

[Continued From First Page]  
er, William Strouse and Benjamin Strouse.  
"Right of Line, First Division — West State street, south side, right resting in Third, platoon of police, chief marshal and staff, Municipal band, G. A. R. posts, United Spanish War Veterans, Foreign Service Men, Veteran Association Governor's Troop, Veteran Association City Grays, drum corps, Sons of Veterans.  
"Second Division — West State street, north side resting in Front. Band, Veteran Firemen's Association, Chamber of Commerce, Rotary Club, band, Dives, Pomeroy and Stewart, organizations not assigned, band, Hope Fire Company."  
Chairman Henderson Gilbert of the Harrisburg Chamber of Commerce said arrangements had been made for a supply of red fire in the event of the troops reaching Harrisburg after dark. The following additional representatives were announced for the citizens reception committee: Members of the publicity and convention department of the Harrisburg Chamber of Commerce, Henderson Gilbert, A. E. Buchanan, C. Floyd Hopkins, E. J. Stackpole, Jr., Dean M. Hoffman, John L. Kuhn, E. Fred Rowe, A. A. Wert.  
Post No. 58, G. A. R.: — Francis H. Hoy, Sr., Noah A. Walmer, and A. Wilson Black.

to Northern conditions before taking any chances out of doors.  
"It is just as necessary for men to become acclimated when coming from a Southern to a Northern climate as for Negroes.  
"However, most people forget this and fail to take even the ordinary precaution. Only yesterday I saw men exercising horses brought through the city by the Fourth Infantry, who did not even wear overcoats. The horses were heavily blanketed and scarcely a bit of their anatomy was exposed to the air except the eyes and legs. The men exercising the animals took far better care of them than they did of themselves.  
"Instead of running around in the weather the troopers who are members of Company C or any other cavalry company in the Pennsylvania Cavalry Division had better stay indoors for three or four days or even better yet, stay in bed. This is mighty good pneumonia weather, anyway, and exposure is very likely to put many of the guardsmen down with the disease.  
"The troopers should not stand on street corners telling their experiences to their friends. Let the friends visit the returned soldiers in their homes.  
"I wish also to warn the troopers against excesses of any kind. They should let alcoholics absolutely alone until the period of acclimation is over. They should be temperate in all their habits if they wish to keep themselves well.  
"The matter of clothing is highly important. They must remember they are coming into an entirely different climate from that to which they have been used and should dress accordingly."

**"I'm a Wise Old Bird"**  
A Healthy Liver helps A Happy Life  
CARTER'S LITTLE LIVER PILLS  
Genuine bears Signature  
Dr. J. M. J. Raunick, city health officer, to-day issued a warning to the cavalrymen returning from this border that they "acclimate" themselves