HOW WOMEN

By Taking Lydia E. Pink-ham's Vegetable Compound.

Cleveland, Ohio — "My left side sined me so for several years that I expected to have to



undergo an opera-tion, but the first bottle I took of Lydia E. Pinkham's Vegetable Com pound relieved me of the pains in my side and I continued its regular and free from pains. I had asked several doc-

asked several doctors if there was anything I could take to help me and they said there was nothing that they knew of. I am thankful for such a good medicine and will always give it the highest praise."

— Mrs. C. H. GRIFFITH, 7805 Madison Ave., Cleveland, Ohio.

Ave., Cleveland, Ohio.

Hanover, Pa. — "I suffered from female trouble and the pains were so bad at times that I could not sit down. The loctor advised a severe operation but my husband got me Lydia E. Pinkham's Vegetable Compound and I experienced great relief in a short time. Now I feel ike a new person and can do a hard lay's work and not mind it. What joy und happiness it is to be well once more. and happiness it is to be well once more. am always ready and willing to speak good word for the Compound."—Mrs. ADA WILT, 196 Stock St., Hanover, Pa.

If there are any complications you to not understand write to Lydia E. Pinkham Medicine Co. (confidential) ynn, Mass. Your letter will be opened, ead and answered by a woman and teld in strict confidence.

Thin Folks Who Would Be Fat

Increase in Weight Ten Pounds or More

A Physician's Advice

A Physician's Advice

"I'd certainly give most anything to one able to fat up a few pounds and stay that way," declares every excessively thin man or woman. Such a result is not impossible, despite past failures. Thin people are victims of mal-nutrition, a condition which prevents the condition which prevents the powers of nutrition are normal. Instead of getting into the blood, all the fat and flesh producing elements stay in the intestines until they pass from the body as waste.

To correct this condition and to produce a healthy normal, amount of fat all stays the power which nature has denied them. This can best be accomplished by eating a Sargol is a scientific combination of six of the best strengths giving fat-producing elements known to the medical profession. Taken will be a matine every day and the malinees the same high standard of excellence is main-tained as at the evening performances. Few theatergoers stop to consider the to twenty-five pounds in a single month are by no means infrequent. Yet its action is perfectly natural and absolutely harmless. Sargol is sold by clists every mean of the contains a guarantee of weight increase or money back.

Caution—While Sargol has produced remarkable results in the treatment of nervous indigestion and general stom-nervous indigesti

contains a guarantee of weight increase or money back.

Caution:—While Sargol has produced remarkable results in the treatment of nervous indigestion and general stomach disorders, it should not, owing to its remarkable flesh producing effect, be used by those who are not willing to increase their weight ten pounds or more.—Advertisement.



A guick, safe, soothing, healing, antiseptic relief for Sore Throat, briefly describes TOMSLINEL. A small bottle of Tomsline last longer than most any case of the state of th

STEAMSHIPS



CANOPIC MARCH 14 WHITE STAR LINE 9 Broadway, N. Y., or Local Ages.

TIME TABLE In Effect November 30, 1912.

TRAINS leave Harrisburg—
For Whenester and Martinsburg at 5:05, 7:52 a.m., 3:40 p.m.
For Hagerstown, Chambersburg, Carliste, Mechanicsburg and Intermediate stations at 5:03, 7:53, *11:53 a.m., Additional trains for Carlisie and Mechanicsburg at 9:4s a.m., 2:18, 3:27, 5:20, 9:30 a.m. 9:4s a.m., 2:18, 3:27, 5:20, 9:30 a.m.
For Dilisburg at 5:03, *7:52 and 4:11:55 a.m., 2:18, *3:40, 5:22 and 6:30 p.m.

Kirk Brown to Present High Class Plays at the Silk Boots Majestic Next Week Black silk boots, double wide garter tops. Seconds quality, per pair 2 BOWMAN'S—Main Floor



That of 10 Years Ago

Alexander A. Stephens, superinten lent of the federal railway mail service, came here from Washington yesterday and was entertained as the guest of honor at a banquet given by Harrisburg branch, Railway Mail Clerks' Association, in the Masonic Temple.

[Continued from First Page.]

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Temple.

Among the 150 guests at the banquet were city, State and Post Office officials. J. H. Rhinehart, president of the Harrisburg branch, was toastmaster. Mayor Royal made the address of welcome. Seated at the speaker's table were Mayor Royal, Postmaster Frank C. Sites, Alexander A. Stephens, J. L. Stice, Henry Houck, State Secretary of Internal Affairs; John Price Jackson, Commissioner of Labor and Industry, and Congressman Aaron? 'Kreider.

Mr. Stephens spoke on the "Efficiency of Railroad Mail Service." He told of the service of ten years

Hooray! Baby To Rule the House

No Longer Do Women Fear The Greatest of All Human Blessings.

It is a joy and comfort to know that those much-talked of pains and other distresses that are said to precede child-bearing may easily be avoided. No woman need fear the slightest discomfort if she will fortify herself with the well-known and time-honored remedy, "Mother's Friend."

This is a most grateful, penetrating, external application that at once softens and makes pliant the abdominal muscles and ligaments. They naturally expand without the slightest strain, and thus not only hanish all tendency to nervous, twitching spells, but there is an entire freedom from nausea, discomfort, sleeplessness and dread that so often leave their impress upon the babe.

The coccasion is therefore one of unbounded to full assistance in and the sum of the possession. In the passion of the penn building school, is the sole housekeeper for her father and brother, cooks, sweeps and cleans, sees that the little sister is sent to the fresh air school and the passion of the penn building school, is the sole housekeeper for her father and brother, cooks, sweeps and cleans, sees that the little sister is sent to the fresh air school and the passion of the penn building school, is the sole housekeeper for her father and brother, cooks, sweeps and cleans, sees that the little sister is sent to the fresh air school and the propose succession of the penn building school, is the sole housekeeper for her father and brother, cooks, sweeps and cleans, sees that the little sister is sent to the fresh air school and the penn of the penn building school, is the sole housekeeper for her studies. How many of our American children could equal that record?

In another grade there is Draga Cumberland Valley Railroad

that so often leave their impress upon the leave their impress upon upon upon the leave their impress upon upon upon upon the leave their impress upon upon upon the leave their impress upon upon upon upon the leave the lides. How many of our amorties the metrical. The work of intered the material.

In another particular, the leave the impress upon upon upon the leave the impress upon upon the leave the full of the works upon the leave the leave the impress upon upon the leave the full of the stream that the leave the leave the leave th

ago and then showed how present day methods are more efficient. He complimented the Harrisburg men on their work.

The committee which arranged the The committee which arranged the banquet consisted of J. H. Rhinehart, C. S. Goodman, E. L. Saul, W. W. Ney, L. F. Mogel, C. L. Bull, W. J. Earley.

Alexander Stephens Shows Present Day Efficiency Over

[Continued from First Page.]

fell to swearing at the school and all those in charge.

"Oh, don't do that," said the boy remembering past experiences, "for if you do the principal will wash your mouth with bad soap and you will be fined five dollars, too!"

The father asked no questions but the absent child has been a regular attendant since that day.

Lopping Off Part of Name
As a rule the first Americanizing of the Russian Jews is the lopping off of part of the family name as they pass through Ellis Island. For instance, the changing of Fosterniski to Foster. But the inborn love of their favorite garlic is a far more difficult matter to change as some of the Harrisburg school teachers have found out to their sorrow.

There is more moral cleanliness and rectitude found among these children of the poor from the Old World than among our own of the same class. This is largely due to the plain common sense which has made the peasant mother teach her child to avoid mock modesty. Life is very, very real to them and facts are facts to be faced openly and honestly and innuendoes.

Generations of outdoor living have

Women's 50c



Boys' \$2.90 and \$3.98 Suits

LOWEST PRICES LOOK OF THE FOR THE WEEK GREEN SIGNS

Women's 25c Lisle Hosiery

These are black mercerized lisle hosiery with double soles and toes, with wide garter top. Seconds of the 25c qual- 12½c

Boys' 50c **Knee Pants**

Children's 59c Underwear

White and natural color, vests and pants. Friday Bar-25c BOWMAN'S—Main Floor. Women's 25c

Knee Pants

Men's 50c Night Shirts

Boys' 50c Dress Shirts

Coat style with attached cuffs, Good quality of percale, in neat patterns. Seconds of the 29c guality for BOWMAN'S—Main Floor.

Men's 17c Half Hose

Silk Lisle Hose, double sole high spliced heels, black, ta and navy, 121/2c BOWMAN'S-Main Floor

6c to 12 1-2c Wall Papers

Suitable for kitchens, halls and bedrooms. 15 patterns, all the standard goods to select from. Borders to match, BOWMAN'S—Fourth Floor.

39c to 98c **Knitted Skirts**

Well made. An exceptional value in natural color and gray. Extra special for Priday bargain 29c to 50c BOWMAN'S—Second Floor.

Women's \$1.00 Flannelette Gowns

In regular and extra sizes. Dainty light blue and pink and white stripes. Several models to select from. Friday Bargain price BOWMAN'S—Second Floor.

Infants' 25c White Skirts

Long and short models with waists. To fit children from infancy to 6 years of age. Made of cambric with hems and tucks. Friday's price ... 15c BOWMAN'S—Second Floor.

Infants' 25c

In colors of light blue or pink, or gray or white stripes; with waists. Sizes range from 2 years to 6 years. Friday 15c BoWAAN'S—Second Floor.

Children's 25c Washable Dresses

In pink and white, and blue and white checks, also some plain colors in the lot. Sizes 1 to years. Friday Bargain 15c BOWMAN'S-Second Flo

\$2.98 and \$3.50 Aluminum Tea Kettles

These are genuine imported tea kettles that we want to close out before taking stock. While the lot lasts, your choice BOWMAN'S—Basement. 25c and 29c

Coal Hods

75c Stove Boards

Good, large size, well protected with good grade of metal. Neat designs Special for BOWMAN'S-Basement. 15c Crinkled

Crepes

A good assortment of stripes and figures. Make pretty Spring dresses, yd. 9½c BOWMAN'S—Main Floor.

raw material into citizenship without damaging the material.

50c Mouse

Traps

\$19.00 100-piece Dinner Sets

25c China Utensils

10c and 25c Vases A lot that we want to close out before inventory — glass flower vases. Your choice of

Table Tumblers

In assorted patterns. Only a few of each kind will be offered in the Friday Bargain at, each BOWMAN'S—Basement.

25c Mixed Suitings These are blue mixed suitings and gray mixed suitings. Half price for Friday, yard BOWMAN'S—Main Floor.

Men's and Boys' \$1 Caps

Men's \$8.50 Mackinaw Coats

These are genuine Mackinaw coats in the popular Norfolk model, with a large shawl collar. Friday Bargain price, while the lot lasts, \$5.95

50c Rolls Japanese Matting In the popular carpet patterns, in colors of green, tan, blue and red. Friday's price 17c BOWMAN'S—Fourth Floor.

50c New Process Linoleum

Boys' \$2.00 and \$2.50 Shoes

Men's \$2.50 and \$3.00 Shoes

25c Ball Fringes

25c Silk

Fringes These are colored silk fringes and are marked for Friday Bargain sale, at, yd... 10c BOWMAN'S—Main Floor.

5c and 10c Laces A lot that we want to close out before inventory. While the lot lasts, the price will be, yard ...

yard ... 3c
BOWMAN'S-Main Floor. Yard-wide Percales

And a lot of 32-inch Tissues in dots, checks, and stripes.
Friday Bargain price, yd.....5c
BOWMAN'S—Main Floor.

Silk Covered Comforts

All reduced in the Friday Bar-gain sale. A good assortment to select from. Prices will be ONE-THIRD OFF. BOWMAN'S-Main Floor 25c Embroidery Galloons

10c Daisy

Flannel Colors are red, pink, brown and white. Every one knows this quality, yd....63/4c
BOWMAN'S—Main Floor.

12 1-2c and 15c Cretonnes A great big assortment of floral and Oriental pat-terns, Friday's price, yd., 51/2c BOWMAN'S—Main Floor.

Women's \$1.50 and \$2.00 Shoes Seventy-five pairs. Gun metal and patent colt. blucher style. Sizes 2, 2½, 3, 3½ and 4. 50c BOWMAN'S—Third Floor.

Women's \$1.50, \$2.00 and \$2.50 Shoes These are vici kid shoes, high and low heels, patent tips. 200 pairs in the lot. Sizes 3, 3½ and 4. Friday's strice.

Misses' \$2.00 and \$2.50 Shoes In black and tan, high cut shoes, button style, all \$1.49 sizes. 100 pairs, at ... \$1.69 BOWMAN'S—Third Floor.

Children's \$1.50 and \$2.00 Shoes

One hundred pairs black and tan high cut and button shoes. All sizes, per \$1.00 pair.

BOWMAN'S—Third Floor. Friday's Sale of

Toilet Goods 25c Honey and Almond Cream for 190 3 cakes of 10c Toilet Soap for 190 Mennen's Talcum Powder BOWMAN'S-Main Floor.

12 1-2c and 10c Flannelettes In good patterns in light and dark effects. 27 and 36 inches wide Friday's price, yard.

BOWMAN'S—Main Floor.

7c Simpson Prints Perfect pieces to cut from All dark patterns. Extra special for Friday, yd. ... 3/8c
BOWMAN'S—Main Floor.

25c and 30c Sheeting Remnants Good fine quality sheeting in widths of \$1 and 90 inches, Friday Bargain price 16c and 21c BOWMAN'S—Main Floor.

65c Seamless Sheets These are made with 3-in hems, are seamless, \$1x90 5 inches. Friday's price 5 BOWMAN'S—Main Floor.

15c Dreamland Pillow Cases These will match the Dreamland sheets. Made with 3-inch hems. Size 45x36 inches. Friday Bargain price. 9c
BOWMAN'S—Main Floor.

10c Embroidery Floss

Friday's Sale of Notions

5c Safety Pins, but card 10c Psyche Pins, amber on Floor.

Women's 50c

Chamois Gloves In gray and tan and white Extra special for Friday, at BOWMAN'S—Main Floor.

BIG LOAD OF CASES

To-morrow is the last Friday Bargain Sale of our business year. All stock must be listed February 1 st. Whilst prices are the lowest of the week, each item offered is seasonable, desirable and useful. In some cases quantities are small and likely to be sold out before the close of the day, therefore we urge you to shop as early in the day as convenient. Visit every department, and look for the Green Signs.

Women's \$1.50 and \$1.75 Chamois Gloves

This lot of Women's Chamois Kid Gloves in natural color and s-button length chamois gloves, per pair.

Friday

BOWMAN'S—Main Floor.

75c and \$1.00 Veils These are in good patterns in shadow mesh and are extra special for Friday,

BOWMAN'S—Main Floor. Women's 25c and 50c Neckwear

An assortment of latest conceits in women's neckwear 10c to close out at, each 10c BOWMAN'S—Main Floor. \$27.00 Reed

Baby Carriage

\$10.00 Wool

Blankets White all-wool blankets with blue border. Weights 6 pounds. Friday Bargain price \$7.50 day Bargain \$7.50

BOWMAN'S—Main Floor.

25c White Goods Remnants

Doilies, Were up to 25c

25c and 50c Cushion Tops

12 1-2c Silkolines Will be placed on sale Friday at an exceptionally low price. There are figured and plain patterns 36 inches wide Fine for bed comforts and small quilts.

9c
Friday's price, yard
BOWMAN'S—Fourth Floor.

Materials

These are in lengths of 1 to 5 yards. Materials are marquisettes and scrims. Friday's price, per yard. 9c

BOWMAN'S—Fourth Floor.

Scrims

Special to The Telegroph
Dillsburg, Pa., Jan. 29.—Lewis W.
Wiley, who has contracted to haul the raw material from the Dillsburg depot to Wellsville for the Wellsville six mules.

back, making a trip each day, yesterday hauled an entire carload of empty wooden packing boxes on one wagon load. The load was drawn by back, making a trip each day, yes-terday hauled an entire carload of

69c Crochet Quilts In excellent patterns. sizes. A very extraordinary value for Friday at 59c ... BOWMAN'S—Main Floor. Consisting of small drawn work pleces and embroidered doilles. Will be marked in the Friday Bargain 5 and 10c BOWMAN'S—Second Floor.

500 Yards

25c Curtain

25c Stenciled

Prescription for 15 years the standard skin remedy a liquid used externally instant relief from item. Soap keeps tender and delicate skine always clean and healthy GEO. A. GORGAS