

Strengthen Your Nerve Vitality

Kellogg's Sanitone Wafers Make You Happy, Strong and Vigorous, Fill Your Brain With Cheerfulness and Make You Tingle With Life.

50-CENT BOX FREE TO MEN AND WOMEN

Just be glad you are alive; don't let work or worry unnerve you. Tune up your low vitality with Kellogg's Sanitone Wafers and get a new grip on life.



Kellogg's Sanitone Wafers Are Simply Great for That Tired Feeling

This is the greatest known nerve invigorator; a brain-clearer and vim-giver for men and women, unequaled in all the world. Has over-work or other cause made you brain-taxed, weak-nerved and nervous? Do you play out mentally and physically, at the slightest effort? Kellogg's Sanitone Wafers are a quick-action remedy; they brace you with new life right off. They make you strong, courageous and undismayed, no matter what you have to face. Send your name and address to-day with six cents in stamps to help pay postage and packing for a free 50-cent trial box of Kellogg's Sanitone Wafers to P. J. Kellogg Co., 247 Hoffmaster Block, Battle Creek, Michigan. The regular \$1.00 size of Kellogg's Sanitone Wafers is sold in Harrisburg by C. T. George, 1206 N. 3rd St., C. W. Potts, 1101 N. 3rd St., C. M. Forney, successor to Forney & Kouns, 124 Market St., J. H. Park, Jr., 621 Race St., C. K. Keller, 405 Market St., W. F. Steever, 1414 Walnut St. No free boxes from druggists. — Advertisement.

IF BACKACHE OR KIDNEYS BOTHER

Eat less meat also take glass of Salts before eating breakfast

Uric acid in meat excites the kidneys, they become overworked; get sluggish, ache, and feel like lumps of lead. The urine becomes cloudy; the bladder is irritated, and you may be obliged to seek relief two or three times during the night. When the kidneys clog you must help them flush off the body's urinous waste or you'll be a real sick person shortly. At first you feel a dull misery in the kidney region, you suffer from backache, sick headache, dizziness, stomach gets sour, tongue coated and you feel rheumatic twinges when the weather is bad. Eat less meat, drink lots of water; also get from any pharmacist four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to clear clogged kidneys and stimulate them to normal activity, also to neutralize the acids in urine, so it no longer is a source of irritation, thus ending bladder weakness. Jad Salts is inexpensive, cannot injure; makes a delightful effervescent drinking water. You will see everyone should take now and then to keep the kidneys clean and active. Druggists here say they sell lots of Jad Salts to folks who believe in overcoming kidney troubles. This is only true. — Advertisement.

GRAY HAIR BECOMES DARK, THICK, GLOSSY

Look years younger! Try Grandma's recipe of Sage and Sulphur and nobody will know

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and luster to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays we simply ask at any drug store for "Weyth's Sage and Sulphur Hair Remedy." You will get a large bottle for about 50 cents. Everybody uses this old, famous recipe, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger. — Advertisement.

Special Coal Mixtures

A special feature of the Kelley Coal Service is the special mixing of coal. If you want a special mixture of hard or soft sizes your order will be filled to your satisfaction. And the coal will be thoroughly mixed. The one kind will not be on the top and the other on the bottom. Homekeepers who require special mixtures are urged to try Kelley's mixed fuel. The cost is no more, and the results are far better.

H. M. KELLEY & CO.
1 N. Third St.
10th and State Streets.

Vocals
Quick Relief for Coughs, Colds and Hoarseness. Clear the Voice—Fine for Speakers and Singers. 25c. GORGAS' DRUG STORES, 16 N. Third St. Penna. Station

Richard Croker, Old Tammany Boss, Against Murphy, Tiger Chief



Private papers have just discovered a letter written by Richard Croker after the late election, in which he attacked Charles F. Murphy, the present boss of Tammany Hall. The letter has been published in facsimile, and consternation has spread among the supporters of Murphy in the organization. Of course, Croker has no power in Tammany Hall now, and has not had for many years. But his attack on Murphy has an effect on the rank and file of the Democratic party who vote the Tammany ticket in New York. Whatever may be said about the dictatorial powers of Murphy, Tammany in the last analysis always listens to the voice of the public. If sufficient sentiment in the rank and file is worked up against Murphy he will be compelled to step out.

Stops Torture of Rheumatism

Tennel Stops Pains in 48 Hours, and Follows with a Cure.

Tennel for rheumatism, gout, lumbago, sciatica and neuralgia, is guaranteed to stop rheumatism pains in 48 hours.



Tennel is different from any rheumatism treatment ever prepared, and it contains no opiates, habit-forming drugs, salicylic acid or alcohol, or anything hurtful to the heart or the weakest stomach. It is a strong tonic and gives a hearty appetite. Get Tennel to-day and forget you ever had rheumatism. The Tennel treatment, consisting of a bottle of Tennel at \$1.00, and a box of Tennel capsules at 50c, is sold under guarantee by Edward Z. Gross, C. M. Forney, Geo. C. Potts, Croll Keller. — Advertisement.

A CLEAR COMPLEXION

Ruddy Cheeks—Sparkling Eyes—Most Women Can Have

Says Dr. Edwards, a Well-Known Ohio Physician
Dr. F. M. Edwards for 17 years treated scores of women for liver and bowel ailments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets, you will know them by their olive color. These tablets are wonder-workers on the liver and bowels, which cause a dull complexion, yellowish eyes, coated tongue, headache, a listless, no-good feeling, all other ailments. If you take one of Dr. Edwards' Olive Tablets nightly for a time and note the pleasing results.

To Drive Away Ugly Pimples

Take Lax Links

It is easy for a woman to have a clear, bright, rosy complexion. If you will keep your blood pure, the pimples will disappear and stay away. If you are subject to constipation, your blood absorbs the poison from the waste matter contained in the body. Therefore, you should see that your bowels are kept open naturally. Lax Links, the delicious candy laxative, exquisitely flavored with the oil of spearmint, and which do not contain any habit-forming or dangerous drugs, will keep your blood pure and keep you well. Ideal for children. Recommended by physicians. Sold by all druggists. 10c and 25c boxes. Write for free sample. Boro Salicine Co., Philadelphia.

PILES
see curable. All kinds...
HEMORRHOIDS
tablets produce amazing results by attacking the INTERNAL CAUSE. The piles are dried up and permanently cured.
DR. LEONHARDT CO., Buffalo, N. Y. (free book)
Sold by Kennedy Medicine Store, Harrisburg, J. A. McCurdy, Buxton, and dealers.

DR. DIXON TALKS ON 'COLD AND TEMPER'

Health Commissioner Gives Some Excellent Ideas About Taking Care of Body

Special to The Telegraph
Mechanicsburg, Pa., Feb. 13.—"The keynote of success in life is work," declared Dr. J. George Becht, secretary of the State Board of Education, at an interesting evening at the twenty-second annual meeting of the Cumberland County School Directors' Association in the high school auditorium. "Our whole direction in the lines of education is to lend a helping hand to the one and one-half million school children who are the national asset," he further said, and "every education that is worth while is to interpret life—to enable us to read the signboards of life. Education determines behavior. The uneducated can work only in grooves. Knowledge only becomes powerful when translated into life. A false philosophy is to educate the boy so he can avoid the hard work his father had to endure. Real education teaches to work harder. Whether people are successful it is at the price of hard work. The joys and pleasures of life that are worth while come out of sacrifice. Success must be purchased at the price of sacrifice. All our education is in this larger aspect. There are unlimited opportunities in the world to-day. In whatever work in which we engage, we must idealize it for the pure joy of the work." Dr. Becht was heartily applauded by the large audience, which occupied every inch of available space.

At the afternoon session he spoke on "Lines of Advance." Other speakers of the day were James L. Young, W. H. McCrea, W. C. Creamer, the Rev. Ira M. Hart, James A. Steese, the Rev. T. J. Ferguson, J. McCord Means, Dr. T. W. Preston, M. A. Hoff, W. C. Exum and M. E. Anderson. A very enjoyable program was given by the high school pupils at the evening session.

Hot From the Wire

Washington — Indiscriminate investigations of corporations by a federal trade commission were condemned to-day before the House Commerce Committee by Henry A. Towne, representative of the New York Merchants' Association.

TUBERCULOSIS BEING STEADILY FOUGHT

[Continued from First Page.]
The health record showed 596 cases and 79 deaths due to tuberculosis; in 1910, 576 cases and 89 deaths; in 1911, 457 cases and 100 deaths; in 1912, 387 cases and 85 deaths; in 1913, 153 cases, 70 deaths.

Preventive Not Curative
Although these figures show only a slight falling off in the number of deaths, the remarkable reduction in the number of new cases indicates the value of the methods in use in this city, which are more preventive than curative.

The Red Cross seal campaigns each Fall have been waged for educational purposes, as well as for the purpose of collecting funds. Many children in the schools have learned the meaning of the white plague through these campaigns. Last year was the best campaign in the history of the work in this city. A total of \$1,902 was raised. Of this amount 77 1/2 per cent will be used in this city. Part will pay the care fare of the patients sent to Mt. Alto and furnish clothing and food to patients in the city. Another share goes to pay the care fare of children attending the open air schools of the city.

Work at Dispensary
The greatest center of activity against the disease in the city is the States' Free Dispensary at 204 North Second street. Here more than 900 patients are being treated, 260 of them children. A corps of seven physicians and seven nurses are examining and treating patients for admission to the hospital. Here more than 900 patients are being treated, 260 of them children. A corps of seven physicians and seven nurses are examining and treating patients for admission to the hospital. Here more than 900 patients are being treated, 260 of them children. A corps of seven physicians and seven nurses are examining and treating patients for admission to the hospital.

Many Are Reassured
"Many people do not go to the dispensary who have no trace of tuberculosis," he said. "Last month, for instance, out of 102 patients examined, 78 were found to be tubercular. The others were reassured that it is the best interests of the patient to come to the dispensary early, when there is a good chance of a cure."

Milk Inspection
The milk inspection by the city has been a help in furnishing a milk supply which is more free from danger from tuberculosis than formerly, and the "certified milk" which local physicians have made possible is guaranteed free from tuberculosis organisms. The herd on the Landis farm has been selected for their health, and every part of the farm is as clean as a Dutch kitchen. The bottles are sealed at the farm and the milk is not handled until it reaches the consumer. It is used in treating tubercular patients and in feeding babies.

The open-air schools conducted by the city School Board were established two years ago. Children of school age with tuberculosis cannot keep up with healthy children, and the open-air schools were established to give these children a mental training at the same time that their diet and general health are looked after in school rooms which are open to the fresh air. Several of the little patients have been cured. The State dispensary and the open-air schools work together.

But with all these agencies working against the disease, the great good is looked for in preventing the growth of the disease by education, and by correction of bad housing conditions and the training of people to live right.

'WORK-KEYNOTE OF SUCCESS' -- BECHT

Secretary of State Board of Education Delivers Address at Cumberland Directors' Meeting

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Girard's column in the Public Ledger is a direct descendant of all the table-talks, from Martin Luther to the Autocrat. Girard talks at more breakfast tables every morning than anyone in Philadelphia and he never spoiled a single breakfast.

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LINCOLN'S BIRTH OBSERVED BY LODGE

Washington Camp, Patriotic Sons, Entertains Visitors From All Over County

Washington Camp, No. 8, P. O. S. of A., observed Lincoln's birthday last evening in their hall, Third and Cumberland streets, with an entertainment given by members of the camp. The hall was filled with members, guests and visitors from Camps 622, Enhaut, 629 and 716, of this city; 103 of Steelton, 231 of Mt. Carmel and 238 of Lykens. The following was the program: Opening remarks, Ed. H. Weigel; piano selection, Wayne Klisse; reading of Lincoln's life, the secretary; sketch, "Jake What and Billy Didnot," Albert and Robert Adams; stump speech, "The German Senator," John Adams; "Ledges Demain," Albert Adams; songs, Robert Adams, assisted by Mr. Brubaker and John Adams; piano selection, Wayne Klisse; sketch, "Get Your Money," Albert Adams, Robert Adams, John Adams and Mr. Brubaker; address, Alonzo G. Lehman. During the serving of refreshments, informal talks were made by the visitors after which Charles E. Hale entertained with Italian and Irish dialect songs and recitations.

WEST INDIES CRUISES

PANAMA CANAL SOUTH AMERICA
NEWEST CRUISING STEAMER
"LAURENTIC" 14,892 TONS
29 DAYS
EASTER CRUISE APRIL 4
16 Days \$145. and Up
WHITE STAR LINE 9 Broadway, New York
OR LOCAL AGENTS

STACKS OF MONEY SAVED IN BIG SALE

SUITS and OVERCOATS
TAILORED to MEASURE
AT LESS THAN COST
OF MATERIAL

Chloe of any \$20, \$30 and \$35 Woolen Tailored \$18.
to Measure, for...
At this figure you get a style, fit and material no other tailor could produce at any price.
SELL BROS.
428 MARKET STREET
AT SUBWAY
FREE
OPEN EVERY EVENING TILL 9 O'CLOCK. SATURDAYS TILL 10 P. M.
FANCY VEST OR EXTRA TROUSERS WITH EVERY SUIT AND OVERCOAT