

When Skin Eruptions Make Sudden Appearance

Impurities May Lurk in the Small Spaces For Months, or Years Waiting Their Chance.



The sudden appearance of some form of skin eruption calls for the immediate use of S. S. S., the famous blood purifier. People will wonder why, when apparently in the best of health generally, the skin breaks out with unsightly eruptions. It is accounted for by the fact that deep in the laterifices, the small lymphatic spaces, there are hidden away germs that have lain dormant for weeks, perhaps years. Through some cause such as a cold, the system is in a low state of resistance and the germs then jump at the opportunity and some form of blood trouble makes its appearance.

If the mucous membranes are involved we have colds, catarrh, bronchitis, pneumonia and so on. If the general process of nutrition is disturbed we have rheumatism, indigestion, headache and anemia.

And when the skin breaks out it shows how impurities have affected the blood generally. Then is the time to attack disease vigorously with S. S. S.

The action of this splendid purifier is a sweeping aid to the natural tendency of the body to rid itself of all harmful germs. For if this were not true none of us would survive the second week of infancy.

The source of S. S. S. leads through the vast network of lymphatic veins wherein germs are attacked and held down in the tiny glands of the lymphatic system. Then there is the complex and extensive plan

Dean of Boxers Tells Men How to Be Well

How can the average American business man keep in good physical condition? How can he sidestep the weakness of old age? Why is the average man on the rooftop desk not in high-class physical form, and what cardinal rules of health does he neglect?

These questions were put the other day in the boxing room of the New York Athletic Club to Mike Donovan, for thirty years boxing instructor of the club, the staff mentor of Theodore Roosevelt at the White House and former middleweight champion.

"You want some advice for business men who lead a sedentary life on the art of keeping themselves in condition," said Donovan in reply to the interviewer's questions. "Let me tell you this, my boy—good physical condition is one of the simplest things in the world to have; it's just a question of common sense and will power. As long as you will observe that the average man falls down rather than on the common sense. Many men know what they ought and oughtn't to do to keep in good form. But not many of them, that is talking comparatively, have the will power."

"I think I'd be inclined to put overeating as the most frequent trouble with the average man. Almost every one eats two or three times too much. Putting overeating first, the other things that cause the poor physical condition of so many men are too little sleep, too much alcohol, too much tobacco, not enough water, badly chosen foods, badly chosen drinks with meals, insufficient mastication and lack of exercise."

"Of course, men think they're having time—and so they are, lots of times—when they're eating rich foods and staying out late and consuming booze and tobacco to excess, but let me tell you that there isn't anything in life for day in and day out gratification like the feeling of perfect physical condition. The man who is constantly out of sorts, a little under the weather, as they say, whose digestion does not work just right most of the time, and who feels a little heavy during the day—that fellow doesn't know what living really is."

"Now, as to this overeating question—I can't put too much emphasis on that. Overeating is what is wrong with half the men who are chained at a desk all day. Some of them eat enough for two strong men doing hard work with their hands. How can a man in a sedentary life expect to stuff himself three times a day and not feel bad? I know men—lots of them—who eat three times too

much. Three times—thing of it! A man puts three times the load on his digestive machinery he should and then he wonders why he's carrying excess weight around the waist line and feeling dull.

"The food that seems to be eaten more to excess than any other is meat. A man whose main exercise is climbing the subway steps will polish off a pound of steak at a sitting, when no man should eat more than five ounces. Then the man who over-eats fills up also on rich pastries and cakes, whereas man should eat either simple puddings or all right, but pastries and cakes—no."

"One of the things that causes overeating is the habit of drinking at meals. It makes this strong—eat your meals dry."

"Every person should drink at least three quarts of water daily. Water purifies the system and is of great help to the people well. And when I speak of water I don't mean tap water. Ice water is very injurious."

"The business man who wants to keep in good condition should eat a largely composed of fruit, I would say that a good sample breakfast, for instance, would consist of a big portion of oatmeal, bananas or baked apples with cream and sugar, liver in the heavy breakfast."

"For lunch the business man might have a very little roast beef, two or three ounces, with a baked potato. There should be his big meal, but even at a restaurant he should observe the great rule of eating—always get up from the table feeling that you could eat more. Don't stuff. And the business man should remember those three things that go with a good breakfast. A man who drinks anything alcoholic at all is not as good a man physically as he would be if he didn't take a drop. The man who doesn't drink anything but the physical edge on the man who does."

"But if a man wants to drink and wants to keep in the best possible physical trim under those conditions, let him drink beer."

"As to smoking the same thing applies as to drinking. A man is physically better off if he does not smoke at all. If he is going to smoke, he should be careful not to smoke too much. Many business men are constantly short of good energy because they smoke to excess."

"The pipe is the least harmful form of smoking. The cigar comes next. The cigar has no ranking at all, because it is very injurious owing to the fact that the smoke is inhaled. Smoking does not affect the heart, nerves and stomach."

"On the subject of drinking and smoking question, I can't give better advice to any man than I do to my boy. I say to him: 'Don't smoke and don't drink and your battle is half won.' As to meats, put beef and mutton away in the lead. I am not a fan for fruits and vegetables; lots of them will help any man to keep in good physical condition. But some vegetables I don't advise. I divide vegetables into two classes—good and bad. In the good class go spinach, string beans, cauliflower and cabbage, if the latter is properly cooked. Into the bad class so all uncooked onions, tomatoes, cucumbers, tomatoes, lettuce and radishes."

"One thing is important for the business man to remember—don't eat too fast."

"Still another tip to the business man—get plenty of sleep. Lack of sufficient sleep causes a lot of physical trouble. Everybody should take a minimum of eight hours of sleep; I myself, take ten."

"As far as exercise is concerned, I know it is hard for many business men to get much of that. Yet almost every man can contrive to get a walk each day, and when walking he should get into the habit of deep breathing. Many men do not know how to breathe. They should practice taking in and expanding their breath consciously, breathing being a subconscious function with many."

Passing Impressions of Finance

By H. L. Bennet

Even though the superstructure of our financial system may appear at times somewhat wobbly, unmistakably the foundation is entrenched within imperishable cement for one scandal following swiftly on the feet of another has had no effect on the underlying confidence which American investors repose in good securities. Only a few days ago and on the very heels of some daily timony given by Chas. S. Mellen, on how he bartered with politicians for franchise favors for the Westchester branch of the New Haven, the Baltimore and Ohio Railroad offered a case of \$3,000,000 short term notes and had it taken within a few hours of the opening of the books for subscription.

This incident is viewed by conservative bankers as extremely significant in so far as it precludes the existence of a latent investment demand which waits to unfold itself extensively only when the market is flooded with some of our temporary complexities. These for the time being hold confidence in check and keep the market from progressing. It is not improbable that the settlement of the much discussed rate question will unleash this investment demand. Again, the elimination of the Mexican trouble may help bring about this most desired result, which no devout wisher for by bankers, manufacturers and all tradesmen.

Of the existence of an ample supply of capital that is ready to seek employment on the least encouragement, there can be no doubt. The swelling reserves in the banks are confirmatory of this fact. Much of the capital is even now forced to emerge from its retreat, because it cannot remain idle in banks not paying generous interest to keep it in their vaults. With time interest rates as low as 2 1/2 per cent, and then lendable only in small amounts at that figure, it is not remarkable that the Baltimore and Ohio found it so easy to borrow \$3,000,000 in so far as the public mind is concerned. The better income from investment in such notes is too inviting to bankers and the financial community as a whole, since there is no immediate prospect that interest rates will advance materially.

While this condition prevails we can confidently anticipate the continuation of a good market for short term loans by corporations whose credit standing in the financial community is of the highest. But to the investment banker's uplift in the demand for longer term bonds would be more welcome. The margin of profit in short-term obligations is so slight it scarcely pays for the trouble to engage in their sale on a large scale. The popular theory of these temporary loans later shadows a booming bond market forecast and when the market forgets to agree, its and chills from which it is now suffering.

An interested audience has taken seats in the public amphitheater and has waited patiently to wait with bated breath the further revelations regarding the operations of Iligh Finance. The Commission report, however, even stockholders of the New Haven, coming week by Mr. Mellen. The forecast of the road certainly has made a deep impression on the crowd when he retired from office, but the fact that he is not the kind we are accustomed to see on tin cans around the stacks of squatters, that he looks now like a man of the world, when it is ended, put leopard spots aplenty on the garments of some of our so-called eminent financiers.

While the story relates to past doings, there is some fear in railroad circles that it may have some effect upon the Interstate Commerce Commission.

Neither Mr. Nor Mrs. Harrisburger Nor the Little Harrisburgers Seemed to Care

If the size and enthusiasm of the crowds who sat up to await the returns was a criterion, then Harrisburg generally speaking, showed very little interest in the results of Pennsylvania's first State-wide primary.

Not in many years were there so comparatively few people in the streets and in the houses.

And those who did wait at all, didn't linger long, but had a casual look at the returns and then hastened to catch the later trolleys or boarded waiting automobiles for home.

The weather man did very, very well yesterday and in the evening he did a little better so that the weather conditions were all that should have brought out a huge crowd to the streets. There were scores of automobiles flashing about the streets and these stopped for a while wherever a bulletin board announced results while their occupants had a look.

During the earlier hours those who had planned to await returns evidently learned that figures would likely be late—and the movies accordingly did a whooping business. When the theaters emptied themselves of hundreds, the crowds in the streets were augmented for a while. Then Mr. and Mrs. Harrisburger and the little Harrisburgers who for some time hadn't enrolled, yawned and went home to bed.

In Market Square a band played during the evening—a custom of the last year or two. And that as usual helped to hold the crowd for a time.

A STORY OF EMPEROR ALEXANDER The late Emperor Alexander of Russia tried hard to put a stop to alcoholism in his empire, especially among his officers. Whenever a case of inebriety came to his notice he ordered summary punishment for the offender.

One evening an officer of the guards, decidedly the worse for liquor, was driving home in an open "drogue" on one of the chief boulevards of St. Petersburg. Suddenly, to his utter terror, he saw the figure of a man coming from the opposite direction. Motioning the officer's driver to stop, and stepping out of the "drogue," the man exclaimed, in an angry tone: "Major X—, what are you doing here?"

Pulling himself together, partly sobered by the czar's presence, the officer stood up, saluted, and replied, with stately voice: "I am here, as usual, Your Majesty, I am just taking a drunken officer to the guard-house."

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FESTIVAL FOR BUILDING FUND. Class No. 10, of the United Brethren Church of Penbrook, taught by William Book, will hold a festival on Friday evening in Canby street, between Twenty-eighth and Twenty-ninth streets. The money raised is to be used for the church building fund.

BIG EATERS GET KIDNEY TROUBLE

Take Salts at first sign of Bladder Irritation or Backache

The American men and women must guard constantly against kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about 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 flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus ending bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and belongs in every home, because nobody can make a mistake by having a good kidney flushing any time.—Advertisement.



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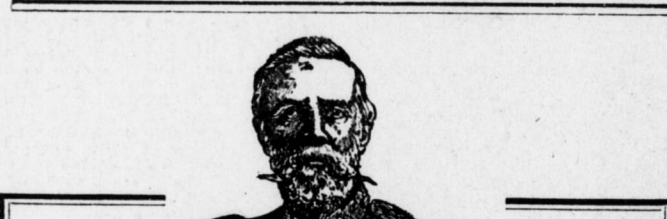
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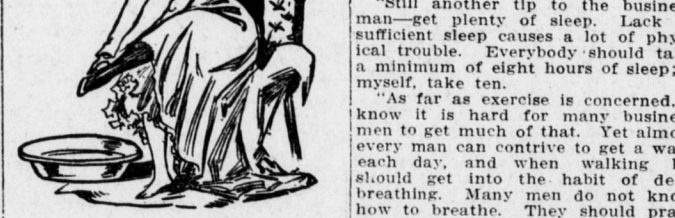
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That is the joyful cry of thousands since Dr. Edwards produced Olive Tablets, the substitute for calomel. Dr. Edwards, a practicing physician for 17 years, discovered the formula for Olive Tablets while treating patients for chronic constipation and torpid livers.

Dr. Edwards, a practicing physician, contains calomel, but a healing, soothing vegetable laxative. No gripping is the "keynote" of these little sugar-coated, olive-colored tablets. They cause the bowels to act normally. They never force them to unnatural action.

If you have a "dark brown mouth" now and then—a bad breath—a dull, tired feeling—a sick headache—a torpid liver and are constipated, you'll find quick, sure and only pleasant results from one or two little Dr. Edwards' Olive Tablets at bedtime.

Thousands take one or two every night just to keep right. Try them, 10c and 25c per box. The Olive Tablet Co., Columbus, O. At all druggists. Advertisement.

Superfluous Hair Killed Without Electricity

BY A SPECIALIST

"I have the greatest trouble with correspondents who insist on using needless, useless appliances and the torturing barbarous electrical needle applied for killing their superfluous hair. I have tried every remedy. I have used the electrolytic method of Milady's Boudoir. "More mental and physical suffering is caused by these abominable methods than you can imagine. I have carefully investigated and tried a new and simple method that never fails to remove all signs of cases it has destroyed all trace of hair so that it has never returned. In fact, I must caution my readers that it must not be applied to hair that they do not wish totally destroyed. It is a hair that has succeeded in being named for a well known woman who arranged for it to be put on the market under the name of Mrs. Chas. Osgood's Wonder. A signed guarantee with every package.—Advertisement.

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