TUESDAY EVENING,

HARRISBURG

JULY 14, 1914.

## AN EASY WAY TO GET FAT AND BE STRONG

The trouble with most thin folks who ish to gain weight is that they insist a drugging their stomach or stuffing with greasy foods; rubbing on useon drugging their stomach or stuffing it with greasy foods; rubbing on use-less "flesh creams," or following some foolish physical culture stunt, while the real cause of thinness goes untouched. You cannot get fat until your digestive tract assimilates the food you eat. Thanks to a remarkable new scienty tifte discovery, it is now possible to combine into simple form the very ele-ments needed by the digestive organs to help them convert food into rich, fat-laden blood. This mast scarcol and has been termed the greatest of flesh-builders. Sargol aims through its re-generative, re-constructive powers to fyour food and pass them into the blood, where they are carried to every starved, broken-down cell and tissue of your body. You can readily picture the result when this amazing transfor-mation has taken place and you notice hew your checks fill out, it bus of your check fill out, a bus of sout checks fill out, a bus of sout checks fill out, a bus of sout checks fill out, a bus of sout check fill out, a bus of sout check fill out, a bus of sout check fill out, a bus of sout checks fill out, a bus of sout check fill out, a bus of sout check fill out, a bus of sout check fill out, a bus of sout hearthy fresh. Sargol is absolutely harmiess, inexpensive, ef-deient. G. A. Gorgas and other leading druggists have it and will refund your money if you are not satisfied, as per the guarantee found in every package. **Cantion-**-While Sargol has given ex-cellent results in overcoming nervous it should not be taken by those who do not wish to gain ten poinds or more.

### HOW THIN PEOPLE CAN PUT ON FLESH

CAN PUT ON FILESH <u>A New Discovery</u> Thin men and women—that big, hearty, filling dinner you ate last night. What became of all the fat-producing nourishment it contained? You naven't gained in weight one ounce. That food passed from your body like unburned coal through an open grate. The ma-terial was there, but your food doesn't work and stick, and the plain truth is you hardly get enough nourishment trom your meals to pay for the cost of cooking. This is true of thin folks the world over. Your nuritive organs, your functions of assimilation, are sadly out of gear and need recon-struction. Cut out the foolish foods and funny

rgans, your interious of assimilation, re sadly out of gear and need recon-truction. Cut out the foolish foods and funny awdust dlets. Omit the flesh cream ub-ons. Cut out everything but the neals you are eating now and eat /ith very one of those a single satisfier tak-et. In two weeks note the difference, live to eight good, sold pould be the eating, "stay there' fat should be the et result. Sargol, too, mixes with our food and prepares it for hood in easily assimilated form. 'him people gain also the ew fifth child taking Sargol, and the ew fifth child taking Sargol, and the ew fifth child taking control ablets are a scien-tify end of six of the best sch-product Tgy come 40 tablets to a cakage, are pleusant, harmless and in-ax chage and forge A. Gregas and leinity suit bubet to an abso-noney back.

### THIN PEOPLE CAN INCREASE WEIGHT

Thin men and women who Thin men and women who would like to increase their weight with 10 or 15 pounds of healthy "stay there" fat should try eating a little Sargol with their meals for a while and note re-sults. Here is a good test worth trysults. Here is a good test worth try-ng. First weigh yourself and measure rourself. Then take Sargol-one tab-let with every meal-for two weeks. Then weigh and measure again. It is a question of how you look or feel u what your friends say and think. The scales and the tape measure will tell their own story, and most any thin man or woman can easily add from five to eight pounds in the first fourteen lays by following this simple direction. And best of all, the new flesh stays put.

ind best of all, the new flesh stays out. Sargol does not of itself make fat, ut mixing with your food, it turns the ats, sugars and starches of what you have eaten, into rich, ripe, fat-produc-ng nourishment for the tissues and lood—prepares it in an easily assimi-ated form which the blood can readily ccept. All this nourishment now wasses from your body as waste. But sargol stops the waste and does it ulckly and makes the fat-producing contents of the very same meals you ure eating now develop pounds and younds of healthy flesh between your kin and bones. Sargol is safe, please nt. efficient and inceasidity develop the shoring and vicinity sell if in argo back.

### **A Summer Trip Through** the Northwest and to the Pacific Coast

**Camping at Mount Gretna** 

A card party was held on the porch of Mrs. Smith, the proceeds being for the benefit of the Columbia Hospital. Miss Emma Compton is the guest of Mrs. C. Day Rudy. Ed. McClintock spent the day with friends in the Camp grounds. George Furster spent the week-end at the Rajah Cottage. Mrs. Susan Adams and family are summering in the Camp grounds. Earl Mackenson spent Sunday with friends.

the cottage. Frank Strock spent the day in the





**STEVENS CHURCH TO** 

The modern Sunday school has a pathway of roses. Some of them are going to be strewn and girls from now on to July 22 will do at over the long list of events. No mention is made of edibles, but thers will be plenty. The day's events will open with baseball games. Reed's class will play Hoppes class and mar-ried men will line up against single monton the plenty. The day's events will open with baseball games. Reed's class will play Hoppes class and mar-ried men will line up against single monton the plenty. The day's events will open with baseball games. Reed's class will play Hoppes class and mar-ried men will line up against single monton the race, swimming baseball and a bran race for ladies, standing broad jump, fat men's race, ind dash, tub race, swimming ace and free-for-all around the reser-of sports, with a good sized staff, the place of sports, with a good sized staff, the place and free-for-all around the reser-of sports, with a good sized staff, the place and free-for-all around the reser-of sports, with a good sized staff, the place and free-for-all around the reser-of sports, with a good sized staff, the place and free-for-all around the reser-of sports, with a good sized staff, the place and free-for-all around the reser-of sports, with a good sized staff, the place and free-for-all around the reser-of sports, with a good sized staff, the place and free-for-all around the reser-of sports, with a for the cated staff, the place and free-for-all around the reser-of sport

A. Snucker and Mrs. Jacob Bitterman.
More Priests in Retreat.—The annual retreat of the Catholic clergymen is in full swing at Emmitsburg. One-half of the local clergy attended the retreat last week and returned, while the other half left yesterday. Those from this city and Steelton that attended last week were the Rt. Rev. M. M. Hassett, the Rev. Peter S. Huegel, the Rev. John O'Donnell, of this city; the Rev. Anthony Zuvich and the Rev. John C. Thompson, of Steelton. Those that left yesterday for the meeting included Father W. W. Whalen, the Rev. W. V. Dailey, of this city; and Father F. A. Azbe and Father Seniamin Sama, of Steelton.
Discontinue Revival.—Revival services at Edgemont Union Mission have been discontinued on account of Mrs. Cora Snyder, the leader, and her helpers being obliged to rest.
Wen's Bishop's Cap. — Wearing a cap worn by Bishop Crandal at his baptism, an infant son of the Rev. and Mrs. Floyd Appleton was baptized by his father, rector of St. Paul's Episcopal Church, in that church Sunday. Both Daternal and maternal grandparents were present. Abbeyville, July 14.—Mr. and Mrs. Henry Schreiner, residing near this place, yesterday celebrated their six-tieth wedding anniversary at their home in a very happy manner. Both

# Y. M. C. A. Boys Are

Stecial to The Telegraph Mt. Gretna, Pa., July 14.—A party of boys and young men from the Lan-caster Y. M. C. A. are camping in the Soldiers' Field. The camp is under military restrictions. Another crowd of boys from St. John's choir of Lan-caster, are in a cottage on the Camp-grounds.

Alpheus Hubley spent Sunday with his mother in the Camp grounds. H. F. Gramm and family motored to Gretna and spent the week-end at

grove. Mrs. Elizabeth Quigley arrived on Saturday to spend the remainder of the summer. Mr. and Mrs. Harry Kreidler and Mr. and Mrs. Frank Morrett motored from Harrisburg and spent the day at the Droflow.



# in 23 Days"

"Gains 22 Pounds

"I was all run down to the very bottom," writes F. Gagnon. "I had to quit work I was so weak. Now, thanks to Sargol, I look like a new man. I gained 22 pounds in 23 days."

"Sargol has put just 10 pounds on me in 14 days," states W. D. Roberts. "It has made me sleep well, enjoy what I ate and enabled me to work with interest and pleasure."

I weighed 132 pounds when I commenced taking Sargol. After taking 20 days I weighed 144 pounds. Sargol is the most wonderful preparation for flesh build-ing I have ever seen," declares D. Martin, and J. Meier, adds: "For the past twenty years I have taken medicine every day for indigestion and got thinner every year. I took Sargol for forty days and feel better than I have felt in twenty years. My weight has increased from 150 to 170 pounds.

When hundreds of men and women-and there are hundreds with more coming every day-living in every nook and corner of this broad land voluntarily testify to weight increases ranging all the way from 10 to 35 pounds given them by Sargol you must admit, Mr. and Mrs. and Miss Thin Reader, that there must be some thing in this Sargol method of flesh building after all.

Hadn't you better look into it, just as thousands of others have done? Many thin folks say: "I'd give most anything to put on a little extra weight," but when someone suggests a way they exclaim. "Not a chance. Nothing will make me plump. I'm built to stay thin." Until you have tried Sargol, you do not and cannot know that this is true.

Sargol has put pounds of healthy "stay there" flesh on hun-dreds who doubted, and in spite of their doubts. You don't have to believe in Sargol to grow plump from its use. You just take it and watch weight pile up, hollows vanish and your figure round out to pleasing normal proportions. You weigh yourself when you begin and again when you finish and you let the scales tell the story.

Sargol is absolutely harmless. It is a tiny concentrated tablet. You take one with every meal. It mixes with the food you eat for the purpose of separating all of its flesh producing ingredients. It prepares these fat-making elements in an easily assimilated form, which the blood can readily absorb and carry all over your body. Plump, well-developed persons don't need Sargol to produce this result. Their assimilative machinery per-forms its functions without aid. But thin folks' assimilative or gans do not. This fatty portions of their food now goes to waste through their bodies like unburned coal through an open grate. A few days' test of Sargol in your case will surely prove whether or not this is true of you. Isn't it worth trying?

If you want a beautiful and well-rounded figure of symme-trical proportions if you want to gain some solid pounds of healthy stay-there flesh, if you want to increase your weight to normal, weigh what you should weigh, go straight to your drug-gist to-day and get a trial package of Sargol and use it as di-rected. Sargol will either increase your weight or it won't and the only way to know is to try it. A single trial package of Sargol easily enables you to make this test. Sixty days' use of Sargol, according to directions, is absolutely guaranteed to increase your weight to a satisfactory degree or your druggist will refund all the money you have paid him for it. Sargol is sold by leading druggists everywhere and in Harrisburg and vicinity by



G. A. GORGAS DRUG STORE, 16 North Third Street

Ninth street. -Ella Luce, 539 Custin street; Mrs. E. WILL BE ORGANIZED

Curtin Heights Methodist Episcopal Lucy Temple, 1617 Elm street.

treet; Mrs. Myrtle Graham, 917 South Jones, 232 Liberty street; Miss Anna M. Carter, 632 Briggs street; Mrs Pine Street Presbyterian and Beth

Book, 621 Emerald street; Mrs. Cal. Miller, 2342 North Sixth street. Harris Street United Evangelical—Stuart, 906 Green street; Mrs. A. J.



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CASTORI

**Children Cry for Fletcher's** 

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-sonal supervision since its infancy. All counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

# What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Pare-goric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diartheea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of

In Use For Over 30 Years

The Kind You Have Always Bought

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adache, backache, dragging-down feeling, or any other weakness due to disorders irregularities of the delicate female organs-is not only a burden to herself, to her loved ones. There is a remedy. Forty years experience has proven unmistakably that **DR. PIERCE'S** 

Favorite Prescription

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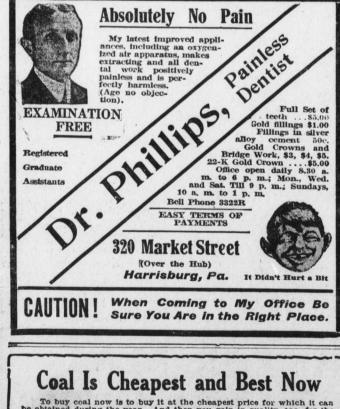
**INSTANTLY REMO** 

Women with growths of hair or "fuzz" on lip, "Many physicians use the ingredients in El Rade the they imagine others are billed to it also. They become so indifferent to these unbeautiful is to their friends. While medical aciance knows of no chemical agent which will eradicate here permanently with-fuct that El Rado will remove hair for a very long time, and is an absolutely safe, simple, and they from heig noticeable. El Rado as the site of the safe that is a state of the site of the safe to the safe to the the safe discrete the safe to the safe to the safe to the safe to the fract that El Rado will remove hair for a very long time, and is an absolutely safe, simple, and they from heig noticeable. El Rado as the safe to the safe to the safe to the safe to the A few drops, a simple application, and no matter few moments is gone. 10 and the safe to the

In this city El Rado is sold and recommended by Golden Seal Drug Store, E. Z. Gross, Kennedy's Drug Store, Keller's Drug Store, Geo. A. Gorgas

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