## Why Fat Returns if Taken Off by Exercise

Since fat is the result of particularly easy assimilation of food, which too readily turns into fatty substances, the exercise for reduction must be very vigorous to tear down the tissues, and as rapidly as exercise builds a larger muscular foundation more fat is developed. For the early part of the time which you are exercising flesh is turned into muscle, but the action of the stomach being unchanged and the flesh being more easily developed than muscle, it is not long until the exercise has increased the weight. Of late years the slender form is possible without making oneself miserable by dieting or indulging in violent exercises to reduce fat. Make up and take this simple reducer and your weight will soon be just where you want it: Dissolve 4 ounces parnotis (which every good druggist has in his store) in 1½ pints hot water; when it cools strain and take a tablespoonful before meals. This parnotis reducer acts gently, is quite harmless and entirely satisfactory results are quickly attained. It leaves the flesh firm and well moulded.

MOUNT GRETNA, PA.

Hotel Conewago—On Lake Conewago; mod. convs. Apply to Samuel Lewis, Manager, Mount Gretna, Pa.

For hotel accom. or tour over battle-field, write or see Harry W. Long, Spec-lal Tourist Guide. Headquarters at Eagle Hotel, Gettysburg, Pa.

ATLANTIC CITY, N. J.

Best Located Popular Price Family Hotel in Atlantic City, N. J. **NETHERLANDS** 

New York Avenue, 50 yards from Boardwalk. Overlooking Lawn and Ocean, capacity 400. Elevator, private baths, running water.

New Features — LAWN TENNIS COURT, TANGO DANGE FLOOR. Bathing from hotel, free shower baths. RATES: \$9, \$10, \$12.50, \$15, \$17.50 weekly, \$2 up daily, AMERICAN PLAN, Write for free booklet and points of interest in Atlantic City.

AUGUST RUHWADEL, Proprietor.

Leading High-class Moderate Rate Hotel

ALBEMARL Breach, finest bathing yachting, all ocean plers, theaters, etc., etc. Coolest location, open surroundings; 4,400 ft. porches; 10te baths, elevator; exceptionally good table, fresh vegetables and sea-food from private supply; good cooks, attentive, courteous service. Specially catering to families and those desiring the comforts, conveniences and attractions of the larger, luxurious hotels without the excess in cost. Reduced July rates—\$9, 10, 12:56 up weekly; \$2 up daily. Booklet. Established ownership management.

J. P. COPE.

NOTED FORITS EXCELLENT TABLE.

"LANTIC CITY'S STINEST HOTEL AT MODERERATES; most desirably located. Kentucky ave.
I Beach. Choice rooms, private baths, latest
provements. Brass beds. Attractive lobby and
rlors. Capacity 569, Cool verandas. Good music.
cial features. 10th year ownership management.
esh vogetables and poultry, prime meats, nearby
ga. All food supplies of flost quality, Special rates
and the compact of the

HOTEL NORMANDIE

Kentucky Ave., near the Beach, Nea all churches, piers and depots. Excel lent table, private baths, new meta beds. Bathing from hotel, Elevator \$1.50 day up, \$9 to \$15 weekly. J. HAMILTON.

CHANNELL Excellent table, Pleasant surroundings, Illinois and Pacific Aves, Facing ocean, running water, private baths, Capacity 300, \$8 up weekly. Newly furnished throughout, 15th season, Swing and amusements for children. Window screens. Booklets, A. C. CHANNELL, Uwaer and Prop. Formerly of Arkansas and Pacific Aves.

MILLER COTTAGE AND ANNEX

Scrupulously clean, electric lighted roughout. White service. Hot and id water baths. \$1.25 and \$1.50 daily. and \$8 weekly. Estab. 35 years. ooklet. Emerson Crouthamel, Mgr.

HOTEL CLIFTON Corner Atlantic and Connecticut Aves. Pure food, cleanliness. \$1.25 up daily, \$7 up weekly. Take Inlet trolley. GEO. D. STITZEL, Proprietor.

HOTEL TENNESSEE Tennessee Ave. and Beach. Ideal location convenient to railroad station, churches, piers and amusements. Excellent table, home comforts. \$1.50 up daily, \$8 up weekly. A. HEALY.

The Lexington Ark's & Pac Aveanis courts adjoining beach. Only hotel where guests may go from house ourf in bathing attire without using streets, which is probiblied. Care of bathing suits and use of bath houses is free. Running water in rooms; private baths. Tango parlors; orchestra-\$1.50 and up daily. \$8 to \$17.60 weekly. American plan. White service. Booklet. PAUL C. ROSECRANS, Manager.

HOTEL MAJESTIC Virginia
Ave. and Beach. Center of attractions.
Ocean view. Renovated throughout
Capacity. 300. Elevator. Private
baths. White service, etc. Superior table. Special \$19 up wkly: \$2 dly
Bkit. M. A. SMITH.

M. A. SMITH.

Theater. The films show a balf dozen.

HOTEL SHOREHAM Virginia Ave. near beach; best loca-tion. Capacity 300. Thoroughly modern; clevator, private baths, etc.; excellent table. \$2.50 up daily, \$12.50 up weekly. Booklet. E. H. LUNDY.

THE WILTSHIRE Virginia and beach. Ocean view, capacity 350; private baths. Running water in room; elevator music. Special \$15.00 up weekly; \$3.00 up daily. Open all the year. Booklet. SAML ELLIS.

HOTEL FRONTENAC & entucky disconnected by the control of the contr

THE ELK

No. Massachusetts Ave. First-class parding from \$8 to \$10 weekly. All

THE COLWYN

an Ave., near Beach. All outside open surroundings. Excellent \$1.50 up daily. \$8 to \$12.50 C. S. GZRKEN.

RUDOLPH K. SPICER

Funeral Director and Embalmer

Business Locals

AWNINGS IN DEMAND
The hottest days of summer are yet to come and the advantages of awnings over shades is apparent by the increasing demand. They do not obstruct the view and permit free circulation of air and verandas are made more comfortable and attractive by their use. For best materials and estimates consult Harris, 221 North Second street.

By Associated Press
Terre Haute, Ind., July 23. — The session of General Assembly of the Mights of Pythias last night selected Nash-ville, Tenn., as the convention city in 1916 and received the report of Major General Stobbart. The report was a mates consult Harris, 221 North Second Second

## CHURCH OF GOD TO

Christian Endeavor Societies Invite Members to Co-operate on Gala Day, July 30



With fourteen co-With fourteen cooperating Christian
Endeavor societies attached to the
Churches of God in
Harrisburg and adjacent towns, plans
are being arranged
for a reunion to take
place at Reservoir
Park, Thursday, July
30.

It is expected that fully 1,500 persons will attend this reunion. The endeavor societies have extended an invitation to the church members in general, and many of these have signified their intention of joining in the reunion.

An elaporate program has been pre-

ing in the reunion.

An elaborate program has been prepared which will include music and addresses. Several prominent speakers from this section have accepted invitations to address the crowd that will assemble at Reservoir on that day. In the afternoon the Rev. C. B. Rishel, Mt. Joy, the Rev. J. C. Forncrook, this place, and the Rev. Dr. H. H. Hoover, Middletown, will speak. Addresses in the evening will be made by J. B. Martin, Middletown, and the Rey. Dr. William N. Yates, Harrisburg.

New World's Mark, "Pop" Geers Driver

Special to The Telegraph Special to The Telegraph
Cleveland, Ohio, July 23. — In a
special event yesterday afternoon at
the third day's grand circuit races at
North Randall, Etawah III, owned by
Frank G. Jones, of Memphis, Tenn.,
trotting a mile in 2.04, established a
world's record for a 4-year-old, breaking the 2.05 ½ made in 1893 by Directum.

ng the 2,00% library rectum.

"Pop" Geers drove Etawah and was paced by a runner. In the morning Geers drove Anvil, another Jones horse, a mile in 2.02%, the fastest mile trotted this season. Anvil also became the fastest record trotter in training.

became the fastest record trotter in training.

Geers also drove Napoleon Direct to victory in the best race of the meet so far, the last event of the day. Six heats were required to pick the winner in the 2.12 pacing class.

The second event of the afternoon, the North Randall stake for 2.20 class trotters, also furnished several surprises. Margaret Drulen, the favorite, captured the first two heats without much trouble. Sienna, who had run third and second, respectively, in the first two heats, came back strong and captured the next three and the race. In the second heat Geers drove The Guide in third, being the first time Geers had shown this season.

Oakdale won the first event for 2.09 class trotters in two straight heats.

amusements

AT PAXTANG PARK

No matter how hot the weather may e, the average man or woman will seek some form of entertainment during their usual hours of recreation. With the thermometer at 80 about the best amusement we know of is to go out to Paxtang Park, got a seat in the big open-air theater and take in the vaudeville show. If there is any breeze at all you get it at the park pavilion and then the show out there this week is good enough to make one forget any bodily discomfort even on the warmest evening. Nellie Brewster presents a sketch called "Betty" which is one of the mest little comedy playlets it has been our pleasure to witness in a long while. The comedy is of a high order and Miss Brewster can sing some, too.

The funniest stump speech you have heard for many moons is delivered by Harry Morse, of Morse and Hill. This act is the big comedy hit of the park bill. Claro Ballerini, aerielist; Dalley Brothers, gymnasts, and Adain and Hinney make up the balance of a very pleasing summer show.

To-morrow evening there will be another one of those popular freworks displays at Paxtans. Nothing that Manager Davis has ever done to please his park patrons seems to equal the fireworks shows. No expense is spared in putting on the pyrotechnical displays and every novelty in this line that ingenuity can produce is secured for the park. With to-morrow evening's display several entirely new features are promised. — Advertisement. seek some form of entertainment durng their usual hours of recreation.

There must be nearly 500 Harrisburgers shown at close range in the new local movie to be put on for the remaining three days at the Colonial Theater. The films show a half dozen different scenes at Bowman's Store picnic at Good Hope Mills, and has nearly 500 feet of good pictures taken in Reservoir Park while tennis games and golf were in order, and hundreds of children crowded the various amusement devices in the portion of the park allotted to the little folks. There are some excellent vaudeville acts on the bill along with this film, among them the celebrated Konerz Brothers, four expert hop rollers, who do a wonder ful at an affirtation skit as there is on the stage are also on the bill.—Advertisement.

SENATE AWAITS BILL

By Associated Press

Washington, D. C., July 23.—Submission of the bill regulating the issuance of securities by common carriers was being awaited to-day by the Senate to make complete the Administration's anti-trust program before than body. The revised Clayton anti-trust bill had been reported from the judiciary committee, but the interstate commerce committee still was not quite ready with a perfected securities bill, the last measure on the program. program

RAINEY EXONERATED

By Associated Press
Terre Haute, Ind., July 23.—William Rainey, a board member, was
exonerated by the special convention
of District No. 11, United Mine Workers, yesterday after charges had been
filed that Rainey had favored the operators in a dispute two years ago.

NASHVILLE SELECTED

29c Scarfs

Made of linene and trimmed with cotton cluny laces. Sizes 18x36 and 18x46 inches. Special, 19¢

89c Wash Bowl and Pitcher

White porcelain. Friday Bargain price ...... 69¢ BOWMAN'S-Basement

59c Jardinieres

10-inch size. Friday Bargain 39¢ BOWMAN'S-Basement.

25c Baby Plates

Decorated porcelain baby plates. Friday bargain price, BOWMAN'S-Basement.

\$1.25 Silk Gloves

BOWMAN'S Main Floor.

\$1.25 and \$2.00 Gloves

A small lot of plain black and white gloves. Pair ..... 79¢ BOWMAN'S-Main Floor.

75c Bath Tub Seat

Will fit enamel tub. Friday Bargain price ...... 43¢ BOWMAN'S-Basement.

Water Pails

8-qt. galvanized pails. Friday Bargain price ...... 9¢ BOWMAN'S-Basement.

25c Pails

Heavy galvanized pails, 10 or 12-qt. size. Special ..... 15¢ BOWMAN'S-Basement.

50c Handbags

Ladies' velvet and moire bags, a assorted colors. Special, 19¢ BOWMAN'S-Main Floor.

50c Handbags

Children's handbags in assort-d colors and styles. Friday, 39¢ BOWMAN'S-Main Floor.

Men's 25c Purses

Men's "Sensible" purses. Friay Bargain price ..... 19¢ Main Floor-BOWMAN'S

Friday Bargain Sale of Notions

piece Bias Seam Tape, 5c and 19c button and button-BOWMAN'S-Main Floor.

98c Curtains

White Swiss curtains, 21/2 yards long, full widths. Pair. BOWMAN'S-Fourth Floor

\$2.98 Curtains

Cross striped curtains, 3 yards BOWMAN'S-Fourth Floor

39c Curtain Strips

White and ecru lace curtain rips. Only one of a kind. Fri-BOWMAN'S-Fourth Floor.

\$1.25 Lace Curtains

BOWMAN'S-Fourth Floor

10c and 15c Tassels

For finishing cushions, chairs laundry bags. Friday, 2 for 1¢ BOWMAN'S-Fourth Floor.

30c Scotch Madras

Swiss and Scotch madras, 4 to 5-yard lengths. Friday, yard, 20¢ BOWMAN'S-Fourth Floor.

30c and 35c Japanese Matting

BOWMAN'S-Fourth Floor

Linoleum Remnants

Many of the pieces are large enough to cover a kitchen floor. All light bright, clean, new goods. Square yard ..... 24¢ Fourth Floor-BOWMAN'S

25c Suiting

Plain colored linen finish suiting, ratine weave. Yard ... 20¢ BOWMAN'S-Main Floor

49c Linens

Yard-wide gray mixed linens, Friday Bargain price, yard, 33¢ BOWMAN'S-Main Floor

50c Linen Table

HARRISBURG TELEGRAPH

Runners With fringe. Stamped for em-broidery and stenciled. Special Specia 37¢

> BOWMAN'S-Second Floor LOWEST PRICES OF THE

WEEK 15c to 45c **Drapery Remnants** 

BOWMAN'S-Fourth Floor



25c and 35c Milk Pitchers

Decorated porcelain mi iteners. Friday Bargain price BOWMAN'S-Basement

> LOOK FOR THE GREEN SIGNS

25c and 50c **Suede Belts** 

Ladies' suede belts, assorted colors. Friday bargain price, BOWMAN'S-Main Floor.

Store Closes Friday at Noon Some Special Bargains That Will Make it Pay You to Shop Early Friday Morning

Two Remarkable Friday Specials \$2.50 White Ratine Skirts

Made of fine ratine ,with long Russian tunic. Well tailored, all \$2.50 Tub

Silk Waists Best quality tu bsilk in neat stripes in assorted colors. All

Second Floor-BOWMAN'S

Here's a Real Hair Bargain A Fine 24-inch

Wavy Switch for

The hair is of splendid quality, permanently wavy and of desirable length. It is mounted on three short stems, making a fine, full switch. The best value we've offered at this price.

Second Floor-BOWMAN'S.

Men's 12 1-2c

Men's 37 1-2c

Underwear

Women's 79c

Women's 50c

Women's 17c

Boys' 19c Hose

Women's 12 1-2c

Children's 25c

**Union Suits** 

Vests

Hose

Hose

Plain black and colors, light weight cotton. Three pairs, 25¢, pair, 9¢ BOWMAN'S—Main Floor.

Balbriggan, long and short sleeves, double seated drawers.

BOWMAN'S-Main Floor.

Tan only, thread silk boots, double soles, high spliced heels, lisle garter tops. Pair ... 50¢

BOWMAN'S-Main Floor

Thread silk boots, double soles, lisle garter tops. Colors only. Pair, 35¢; 3 pairs for \$1.00

BOWMAN'S-Main Floor.

Plain black liste, double heels and toes. Seconds. Pair, 10¢

BOWMAN'S-Main Floo

BOWMAN'S-Main Floor

Bleached, tape neck and sleeves. Seconds, 3 for  $25\phi$ ; each,  $9\phi$  BOWMAN'S—Main Floor.

Bleached, low neck, sleeveless, lace knees. Each ...... 17¢

BOWMAN'S-Main Floor

... 15¢

Half Hose

All shades, gray excepted.

Laces and Neckwear 50c & 75c Bolts of Val. Insertion, no edges, only 10¢ per bolt. 25c to 50c Ecru Venise Insertion, per yard ...... 12½¢
75c and \$1.00 Swiss Flouncing, 27-inch, per yard .... 39¢ 

15c Crepe

30-inch pink and light blue crepe. Yard ...... 10¢ BOWMAN'S-Main Floor.

25c Crepes

28-inch plain and corded crepes, in rose, lilac, pink and cadet. Yard ...... 15¢ BOWMAN'S-Main Floor

10c Percales

BOWMAN'S-Main Floor.

18c Flaxons

30-inch flaxons, white with colored figures and stripes. Yard, 10¢ BOWMAN'S-Main Floor

25c Mercerized Satines

Yard-wide satines, all shades, Remnant lengths. Yard ... 10¢ BOWMAN'S-Main Floor

Men's \$1.50 Dress Shirts

Fine quality of madras, coat style, French cuffs. The season's newest patterns. Friday, 98¢ BOWMAN'S-Main Floor

Men's 69c **Union Suits** 

Bleached, cotton, fine ribbed; hort sleeves, knee length. Fri-BOWMAN'S-Main Floor.

Men's 25c Neckwear

4-in-hand, cut silk and knitted ties. Friday ..... 12½¢.
BOWMAN'S—Main Floor.

Men's 50c **Working Shirts** 

Plain blue chambray, military collar. Friday ..... 39¢ BOWMAN'S-Main Floor

Women's 29c

Extra Size Vests

Low neck, sleeveless. Seconds. Friday ..... 18¢ BOWMAN'S-Main Floor

Children's 17c and 25c Underwear Vests and pants, assorted kinds. Broken lines. Friday, each, 12/2¢

BOWMAN'S-Main Floor.

Huck Towels Individual size. Extra good quality. Dozen ...... 35¢ BOWMAN'S-Main Floor.

Size 52x90 inches. White only, Friday Bargain price .... 42¢ BOWMAN'S-Main Floor.

75c Dimity Quilts

Just a small lot. Yard ... 15¢ BOWMAN'S-Main Floor.

15c Crepe Ratine

25c Cotton Damask

With stripe. Makes the prettiest kind of skirts and dresses. BOWMAN'S-Main Floor.

25c Voiles BOWMAN'S-Main Floor.

50c Voiles

45 inches wide. Tape selvage. Short lengths only. Yard, 19¢ BOWMAN'S-Main Floor

Remnants of White Goods

The lot consists of Lawns, Organdles, Corduroys, Piques, Mad-rars, Crepes, Volies, Nainsook and Longcloth. Former prices werup to 25c and 35c a yard. Friday, special, yard

Women's \$2.50 \$3.00 Shoes

White canvas and Nu-buck button shoes, mostly every size, Slightly soiled. Pair . \$1.35 Main Floor-BOW MAN'S

BOWMAN'S-Main Floor.

Women's \$1.50 to \$3.00 Shoes

BOWMAN'S-Third Floor

Children's Shoes

Infants' White Shoes

White Sea Island duck button shees with hand-turned soles. Baby sizes, 60c. Large sizes with heels, pair ....................85¢ BOWMAN'S Third Floor.

Shoes White canvas shoes with leath er soles, high and low. Special

Men's White

BOWMAN'S-Third Floor. "Snow White" for cleaning canvas shoes, special ..... 60 Blanco in zinc boxes ... 10¢

BOWMAN'S-Third Floor

89c to \$1.00 White Skirts

Made of fine cambric and nain-ook, ruffles of embroidery and ne lace trimmings. Special, BOWMAN'S-Second Floor.

Nainsook Gowns

Kimono style, lace trimmed at neck and sleeves. Special, 34¢ BOWMAN'S-Second Flo

\$1.25 to \$1.50 Gowns

BOWMAN'S-Second Floor

\$1.98 to \$2.25 Princess Slips

Made of silk finish nainsook, bodice and skirt trimmed with wide lace, embroidery and medallons, wide ribbon run beading.

Special 98¢ BOWMAN'S-Second Floor.

\$1.25 to \$1.75 Combinations

BOWMAN'S-Second Floor

98c to \$1.50 **Tub Dresses** 

Sizes 2 to 14 years. Made of gingham, linen, percale and seer-sucker, long waist and belted models, pibed in plain colors and trimmed in wash braids. Special,

BOWMAN'S-Second Floor.

\$1.98 to \$3.98 Children's Hats

Bowman's-Second Floor

Trimmed with ribbon a quills, assorted colors. Specia Second Floor-BOWMAN'S

75c Girls'

Straw Hats

25c to 75c

Boys' Straw Hats White with colored edges and bands. Special ..... 121/26
Second Floor—BOWMAN'S.

\$1.25 to \$1.75 Boys' Dresses

Boys' white pleated dresses with bloomers and belt. Size, 2 years. Made of poplin and linen. Special Second Floor-BOWMAN'S.

\$2.98 to \$3.98 Girls' Dresses

25c Baby

White dresses, low neck, short sleeves, trimmed with fine lace and embroidery. Special .... \$1.49\$
Second Floor—BOWMAN'S.

Pillows Ready made with ruffle, stamped for embroidery. Special,

Second Floor-BOWMAN'S.

50c Round Linen Centers Natural color, stamped for embroidery, 24-inch size. Special,

Second Floor-BOWMAN'S.

75c Silk Gloves 2-clasp Milanese Silk Gloves black and colors; all sizes. Pair Pair. Main Floor-BOWMAN'S.

75c and \$1.00 Silk Gloves 

69c Garbage Cans

Main Floor-BOWMAN'S.

Galvanized garbage cans. Friday Bargain price ...... 49¢
BOWMAN'S—Basement.

25c Egg Poacher With cover. Poaches 5 eggs at one time. Special ...... 17¢

\$1.00 Step Ladders Strong and substantial, 4-foot size. Friday Bargain price,

BOWMAN'S-Basement.

69¢

BOWMAN'S-Basement.

\$1.00 Ironing Board Stands

BOWMAN'S-Basement.