

Easily Prepared in a Few Min-utes. Cheap but Unequaled 

Some people are constantly annoyed from one year's end to the other with a persistent bronchial cough, which is whol-y unnecessary. Here is a home-made well make you wonder what became of it. Get 2½ ounces Pines (50 cents worth) from any druggist, pour into a pint bottle nugar syrup. Start taking it at once. Gradually but surely you will notice the phygether, thus ending a cough that you never thought would end. It also loosens the dry, hoarse or tight cough and heals the markable rapidity. Ordinary coughs the dry, hoarse or tight cough and heals the markable rapidity. Ordinary coughs and bronchial astma. — This Pinex and Suyar Syrup mixtures makes a full pint—enough to last a tent. Easily prepared. Full directions with Pine. — There is a special and highly concen-trated compound of genuine Norway pine the dry dover for its case, certainty and promptness in overcoming bad coughs, markable dry, and the sorway pine the dry dover for its ease, certainty and promptness in overcoming bad coughs, my the genuine. How and highly concen-tive stand there down. Markable special and highly concen-tive dower for its case, certainty and promptness in overcoming bad coughs, met and throat colds. — The genuine. A guarantee of absolute avitable set of the set of absolute avitable set of the set of absolute avitable set of special and highly concen-tive with this prey ration. The Pinex and the roat colds. — The year of the set of absolute avitable set of absolute avitable set of absolute set of absolute avitable set of absolute avitable set of absolute set of absolute avitable set o

It Pays

To Advertise

in the

Telegraph

ey, Mumma, Hertzler, Wissler, Gar-nan. Firemen up: Kuntz, Fritz, Gross, Ar-iold, Sneesley, Cox, Seagrist, Fletcher, Ross, Karstetter, Conductors up: Byrnes, Patrick, Fra-ick, Baskins. Flagmen up: Smith, Mumma. Brakemen up: Kipp, Frank, Baker, Myers, Rissinger, Strouser, Bell, Wen-rick, Spaint, Troy. Yard Crews-To go after 4 p. m.: Engineers for 206, 1454. Firemen for 1454, 1255, 1831, 1820, 265.

ngineers up: Snyder, Pelton, Sha-Landis, Oyler, Beck, Harter, er. Blosser, Meals, Swab, Crist, vey, Kulh, Weigle, Lackey, Cook-y, Maeyer, Sholter, Snell, Bartolet, v. Barkey, Sheets, Bair, Eyde, ie, Shipley, Crow, Revie, Ulsh, Bost-, Schiefer, Rauch,

ENOLA SIDE

Philadelphia Division-219 crew first o go after 3:45 p.m.: 222, 204, 205, 203, 41, 233, 210, 237, 231, 212. Engineer for 215. Firemen for 204, 231, 242. Conductors for 5, 10, 37, 42. Erakemen for 3, 19, 33. Conductors up: Penwell, Gundle, Hickinger, Keller, Dewees. Brakemen up: Long, Summy, Boyd, Jeets, Wolfe. Middle Division-119 crew first to



Friendship Lads Have **Returned** to the Fold

LENTEN SPEAKERS

Return of the Friendship Fire Com-pany to the Firemen's Union, was an interesting feature at Tuesday night's meeting of the union. Three delegates from No. 1 company applied for enroli-ment. They were: John M. Rahm. Theodore Fehlelsen and Charles E. Wennel. Brief congratulatory ad-dresses followed the announcement of the new delegates. The Friendship delegates withdrew hast year when plans were started for the State firemen's convention and pa-rade. At the meeting Tuesday night fund accounts were presented by the various committees and all were or-dered to be paid.

While all trains move on regular schedule to-morrow, engineers of the Pennsylvania Steel Company will move the western section of the Cumberland Valley Railroad bridge. The time for starting this difficult engineering feat is not known definitely. The work of moving the steel struc-ture eight feet six inches westward will require seven hours. The placing of the large jacks used in moving the steael frames was completed to-day. It is probable the work will start some time after 10 o'clock to-morrow morn-ing.

## Mrs. Mayo to Prove She Is Manufacturer's Wife

By Associated Press Scranton, Pa., March 11.—Mrs. Flor-ence Weeks Mayo, of this city, who claims to be the wife of Virginius,J. Mayo, the New Haven, Conn., manu-facturer whose marital affairs were revealed through the suicide of his stenographer, said to-day that her at-torney would take every legal step necessary to prove that she was mar-ried to Mayo on May 14, 1890, at Bing-hmamton, N. Y. The revelations in the case have prostrated Mrs. Mayo and she is under the care of a physician.

SERVICES FOR MRS. GROFF

The Harrisburg Security Trust Com-one closed on the Northumberland Gas feat and Fuel Company, yesterday. The company had defaulted in the pay hent of a \$30,000 mortgage, given by A committee of bonholders, represent d by Attorney Edward T. Deehne, of her company for \$12,000.

Either Way-**Drugs Are Harmful!** 

If a coffee drinker, have you stopped to think that, with every cup of coffee, you are taking from two to three grains of caffeine, a slow, but powerful, drug?

According to medical authorities, caffeine is a cause of nervousness, heart trouble, indigestion, constipation and other ailments. It's a cumulative drug, and what's more, a habit-forming drug.

Sometime, when the coffee-drug gets in its licks, you'll realize the harm it does; but wouldn't it be better to avoid trouble-stop coffee now and use Postum.

It is a pure food-drink, made from selected wheat and a little wholesome molasses, carefully roasted, ground and skilfully blended. This gives it a snappy taste much like that rich, old Java, but Postum is absolutely free from caffeine, or any other harmful ingredient.

Postum comes in two forms:-Postum Cereal-requires boiling-15c and 25c pkgs.

Instant Postum-a soluble form-no boiling required-made instantly in the cup with hot water-30c and 50c tins,

The difference is only in the form. Both kinds are equally wholesome and delicious and the cost per cup is about the same. Be sure to ask for the kind you want.

## "There's a Reason" for POSTUM

-sold by Grocers everywhere