

Face Eruptions Have Deep Significance

Often They Indicate Impurities Deep in the Tissues.



The results shown by S. S. S. in clearing the skin reveal how searching and how deep this famous blood purifier attacks blood troubles. Facial eruptions are more often significant than many realize.

There Is Nothing Like a Trip to Yellowstone National Park

I know of no other spot in all the world that is more similar to Yellowstone. It offers to the vacation seeker, weary of the sameness in ocean or land travel or the monotony of the seashore or mountains, a distinctive outing.

To Become Plump, Popular and Attractive

Thin people who have had to stand ridicule from their friends because they were a bit below normal weight know only too well how humiliating it is to be out of order to make a good appearance.

PUBLIC RESOURCES BEING DEVELOPED

Permission Is Granted For Erection of Thousands of Cottages on National Forest Reserves

Washington, May 10.—Secretary of Agriculture Houston has begun an extensive tour of the national forests to find out for himself to what extent their timber, forage, water power, recreational and agricultural resources are being developed for the public under present methods and to make a study of the administrative problems of the forest service.

Any Development Beneficial

Under the livestock grazing business of the national forests, agricultural development is benefited not only through the prevention of injury to watersheds, but also through the opportunities opened for ranch development.

Forest Lands Thrown Open

More than 37,000 special use permits of all kinds have been issued to the public since 1905, granting free or for a reasonable charge permission to conduct all sorts of enterprises on national forest land.

Many Cottages Built

The forests contain most of the picturesque wilderness in the country, and their recreational resources are practically unlimited.

- 50c value Gingham and Percale Bungalow Aprons 25c With This Clipping.

- 19c value Percale Aprons 10c With This Clipping.

- 50c value Children's Dutch Dresses, size 2 15c With This Clipping.

- 25c value Middy Blouses 10c With This Clipping.

- 25c value Boys' Khaki Pants, sizes 5 and 6 10c With This Clipping.

- 25c value Soiled Tea Aprons 10c With This Clipping.

- 10c value Cushion Cords 5c With This Clipping.

- 25c value Stamped Corset Covers 10c With This Clipping.

- 18-inch Stamped White Linen Centerpieces 9c With This Clipping.

- 50c value Stamped Waists With Floss 19c With This Clipping.

- 25c value Stamped Handbags 5c With This Clipping.

CLIPPING DAY TOMORROW

Prices For To-morrow Only--Tuesday, May 11th You must bring the clipping to enjoy the prices advertised. Perhaps the best way would be to bring this entire advertisement and examine the articles on sale.

- 39c value Stamped Ready-made Pillow Cases 25c With This Clipping.

- 12 1/2c and 15c values Pin Cushions, Slightly Soiled 5c With This Clipping.

- 25c value Stamped Cushion Tops 5c With This Clipping.

- 25c value Stamped Table Runners 10c With This Clipping.

- 27-inch Stamped Tan Doilies 10c With This Clipping.

- 25c value Stamped Ladies' Neckwear 9c With This Clipping.

- 25c value Stamped Ladies' Dresser Scarfs 5c With This Clipping.

- 10c value Dress Shields 7c With This Clipping.

- 50c value Ladies' Colored Princess Slips 19c With This Clipping.

- 25c value Ladies' Waist Ruffles 5c With This Clipping.

- 25c value Ladies' Drawers, Lace and Embroidery Trimmed 17c With This Clipping.

- 50c value Combination Suits 25c With This Clipping.

- 25c value Corset Cover, Lace and Embroidery Trimmed 17c With This Clipping.

- 10c value Children's Drawers, sizes 2-12 5c With This Clipping.

- 25c value Ladies' Neckwear 9c With This Clipping.

- 15c value Whisk Brooks 9c With This Clipping.

- 10c value Dress Shields 7c With This Clipping.

- 25c value Braid Pins and Barretts 5c With This Clipping.

- 50c value Ladies' Dressing Combs 25c With This Clipping.

- Clark's Anchor 200-yards Spool Cotton 3c With This Clipping.

- 50c value Fancy Ribbons 19c With This Clipping.

- 50c value Venice Banding, white and ecru 15c With This Clipping.

- 25c value Correspondence Cards, Odd Initials 9c With This Clipping.

- 5c value Embroidery and Initial Handkerchiefs 3c With This Clipping.

- 12 1/2c value Black and White Striped Suiting 6c With This Clipping.

- 19c value Turkish Towels 12 1/2c With This Clipping.

- 12 1/2c value Huck Towels 8c With This Clipping.

- 6 1/4c value Cambric Embroidery 4c With This Clipping.

- 25c value Black Sateen Aprons 12 1/2c With This Clipping.

- 25c value Camisole Lace 7c With This Clipping.

- 12 1/2c and 10c values Oriental Laces 7c With This Clipping.

- 25c value Lace Banding 5c With This Clipping.

- 25c value Galloon Banding 9c With This Clipping.

- 5c value Lot Silk Hats 9c With This Clipping.

- 25c value Flower and Fancy Trimmings 9c With This Clipping.

- 10c value Men's Canvas Gloves 7c With This Clipping.

- 50c value Boys' Chambray and Percale Shirts 25c With This Clipping.

- 25c value Black Bead Necklaces 7c With This Clipping.

- 25c value Ladies' Black Handbags 15c With This Clipping.

- 25c value Bar and Beauty Pins 9c With This Clipping.

- 10c value Sets of Pins 3c With This Clipping.

- 25c value Children's Patent Leather Belts, black, white and red, 5c With This Clipping.

- 10c value Leather Covered Pocket Mirrors 3c With This Clipping.

- 12 1/2c value Children's Ribbed Vests 9c With This Clipping.

- 15c value Ladies' Ribbed Vests, plain and fancy tops 11c With This Clipping.

- 12 1/2c value Children's Black Hose 9c With This Clipping.

- 50c value Men's Elastic Leather Belts 25c With This Clipping.

- 25c value Plain Ratine and Roman Stripes 9c With This Clipping.

- 19c value Men's Silk Boot Hose, all colors, 12 1/2c With This Clipping.

- 25c value Men's Suspenders 17c With This Clipping.

- 50c value Men's Percale Shirts 25c With This Clipping.

- 50c value Ladies' Colored Mercerized Skirts 23c With This Clipping.

- 6 1/4c value 36-inch Unbleached Muslin 4 1/2c With This Clipping.

- Remnant Wash and Dress Goods One-half Price With This Clipping.

- 25c value 40-inch Curtain Nets in ecru and cream 15c With This Clipping.

- 15c value Fancy White Goods 8c With This Clipping.

- 25c value Plain Ratine and Roman Stripes 9c With This Clipping.

- 35c value Handled Aluminum Saucepan 15c With This Clipping.

- 39c value 36-inch All-Linen Ramie Suiting in colors 12 1/2c With This Clipping.

- 12 1/2c value 32-inch Striped and Checked Gingham 7c With This Clipping.

- 39c value Galvanized Refrigerator Fans 25c With This Clipping.

- 50c value Hand Mop or Polisher and bottle, 12c O' Cedar Oil 19c With This Clipping.

- 5c value Toilet Paper 3c With This Clipping.

- 15c value Fancy China Plates 7c With This Clipping.

- 75c value 3-piece All-White Enamel Kitchen Sets 39c With This Clipping.

- 12 1/2c value Large Size Glass Nappies, 4 styles 8c With This Clipping.

- 10c value Egg Glasses 7c With This Clipping.

- 10c value China Footed Bon Bon Dishes 5c With This Clipping.

- 35c value Handled Aluminum Saucepan 15c With This Clipping.



Soutter's 1c to 25c Department Store Where Every Day Is Bargain Day 215 Market Street Opp. Courthouse

SICK ROOM SUPPLIES Fountain Syringes Hot Water Bags Invaloid Rings Rubber Tubing and Fittings for Syringes Hard Rubber Pipes Connections and Stopcocks Feeding Cups, Medicine Glasses Eye Cups Ice Caps, Throat Bags Catheters Tablets Ulcer and Infant Syringes Fever Thermometers Hypodermic Syringes Face Bags Abdominal Supporters Rubber Gloves Rubber Sheetting and Napkins FORNEY'S DRUG STORE 426 Market St.

CANVAS TREAD TIRES Guaranteed 5,000 miles; Ford, 6,000 miles. No punctures--no blowouts. HARRY P. MOTTER Also Harrisburg distributor for celebrated Northland Tires. 1925 Derry Street Bell Phone 3955.

DENTISTS, ATTENTION Buying an interest in a second dental office I have the following for sale: Favorite Columbia chair, disc base, black leather upholstered, white enamel, slightly scarred. Fine mechanical condition. \$60.00. 1 Wilkerson chair, leg base, red plush upholstered. Fine mechanical condition. \$75.00. 1 Columbia Electric Engine (suspension with cable), white enamel. Good condition. \$20.00. Laboratory Lathes. \$20.00. 1 Gold chair. \$25.00. H. P. CHAMBERLAIN, 24-27 Goldschmidt Building 11th Avenue and 12th Street ALTOONA Bell Phone

FEEL YOUNG! It's Dr. Edwards Olive Tablets For You! Beware of the habit of constipation. It develops from just a few constipated days, unless you take yourself in hand. Coax the jaded bowel muscles back to normal action with Dr. Edwards Olive Tablets, the substitute for calomel. Don't force them to unnatural action with severe medicines or by merely flushing out the intestines with nasty, sickening cathartics. Dr. Edwards believes in gentleness, persistency and Nature's assistance. Dr. Edwards Olive Tablets open the bowels; their action is gentle, yet positive. There is never any pain or griping when Dr. Edwards Olive Tablets are used. Just the kind of treatment old persons should have. Dr. Edwards Olive Tablets are a vegetable compound mixed with olive oil, you will know them by their olive color. Take one or two occasionally and have no trouble with your liver, bowels or stomach. 10c and 25c per box. All druggists. The Olive Tablet Company, Columbus, O.—Advertisement.

Sutch Bros. CONTRACT PAINTERS 446 Delaware Ave., City. All work guaranteed. Lowest prices in city. TRY US.

New Photo of Premier of Austria-Hungary



PREMIER BURIAN This is the newest photograph of Premier Burian of Austria-Hungary, who recently came into control of the government. He has perhaps the hardest political task of any premier in Europe. His efforts are now bent on keeping Italy out of the war. The only way to reach a man is to get near to him with your love.—Cortland Myers.

HOW TO KEEP WELL By Chas. G. Percival, M. D.

Dyspepsia is the most common disease of this age. Simplicity of diet will cure and avoid it. If you have it try the simple breakfast of fresh fruits, the super-cooked cereals, whole wheat or brown bread (not too fresh). These will be found quite sufficient as accompaniments to the morning cup of tea, cocoa or coffee. Boiled rice or any of the predigested cereals eaten with boiled milk and a boiled egg occasionally can be added to make a more solid meal.

As varied as possible. Avoid a sameness. Do not mix too many things together at one meal. Bear in mind that the body demands a certain amount of the following things. First—Fats which can be found in nuts, butter, olive oil, cream and certain cereals like oatmeal. Fats sustain the nervous system and maintain heat. Second—Protein which is found in meats, macaroni, brown bread, whole wheat, eggs, oatmeal, cheese, lentils, peas and beans. Protein forms flesh, builds muscle and produces strength. Third—Phosphates, which are found in most all vegetables, and the husk of the wheat which is included in all the bread mentioned (not in white flour), cheese, bananas, apples, and many of the fruits. Phosphates build up the bone, feed the brain and nerves and purify the system. Fourth—Sugar which is obtained by masticating starches but most easily and best in fresh fruits and pure honey. Sugar supplies heat and energy. Fifth—Water which is necessary to purify the body and supply the fluid for the necessary excretions which are necessary to keep the system in a state of even health. It is impossible to set down hard and fast rules that will fit every case concerning the proper proportions in which the elements must be combined or the proper amount of each needed by each individual. This is because the amount varies in every case according to the age and occupation. Conclusive experiments have proven that about two ounces of protein is sufficient even for the heavy worker, six ounces of starch, two ounces of fat, one-half ounce of phosphates, and four to six pounds of water per day are needed. An excess of protein causes a general con-

dition of plethora, nervous prostration after meals, congestion, piles, headaches, excitability, sensuality, irritability and bad temper. An excess of starch diet, especially if not well cooked or masticated is responsible for dyspepsia, flatulence, stomach pains, acidity, pimples, boils and a general inflammatory condition. Excess of fats causes biliousness. A lack of water means that the body shall draw upon the tissues themselves for the necessary moisture for its excretions so that the body is soon emaciated. The more physical effort we put forth the more proteins and fats we require and vice versa. Brain workers of sedentary habits require little and soon suffer from indigestion. The cure is the simple diet, copious draughts of water (between meals) internal bathing and constant but light exercise in the open air. Cold weather demands more fatty food and in summer less. By producing an abundance of fruits and vegetables in summer, nature has sought a way to take care of the cooling of the body. Most of us live on about half of what we eat and the remainder must be gotten rid of. Hence the prevalence of so much sickness. Meat is not an absolute necessity at every meal. It should be partaken of moderately in the warm weather as it is productive of an excess of uric acid. Composed of nearly 75 per cent. water it does not loom up very important. When one remembers that nearly five-sixths of the world live on plantains or rice (and are healthy and do without doctors and drugs) it does not speak strongly in favor of an exclusive meat diet. Too sudden an abstinence from a meat diet and too much of a vegetable diet, is apt to bring on severe attacks of indigestion. Eat

only when you are hungry—don't force yourself and don't eat to repletion. Drowsiness and stupor are sure signs of excess. Cooking is 50 per cent. of the success of a meal. How few know the art! Frying is to be abhorred. Boiling, baking and broiling are best. Food should be properly flavored and made attractive to the palate. Every woman should make it her duty to see that her family secures harmless, pure and wholesome food. The new profession for women which is so sadly neglected in this hurly burly day, is hygienic cooking. Plain meals and plain dishes involve less trouble and do away with unhappiness, indigestion and create a general all round atmosphere of happiness in the household.

GERMANS AND AUSTRIANS Barred From Exchange By Associated Press Liverpool, May 10.—The board of directors of the Cotton Association passed a resolution to-day setting forth that no naturalized German or Austrian shall hereafter be permitted to enter the Cotton Exchange.

RESORTS WILDWOOD, N. J.

SAILING On the Atlantic Ocean and the Inland Waterway is one of the great attractions at WILDWOOD AND WILDWOOD CREST. Fine accommodations. Plenty of other amusements. FISHING BATHING DRIVING AUTOMOBILING DANCING AMUSEMENTS Excellent hotels, patronized by people you will be glad to meet. Reasonable rates. Cottages and apartments at moderate rates. Quick trains on both P. R. R. and Reading Railway. Full information from J. W. WHITESELL, City Clerk, Wildwood, N. J.

CASTORIA For Infants and Children In Use For Over 30 Years Always bears the Signature of Chas. H. Watson