Why Weak Nervous People Need Iron

To build them up and make new, rich, pure blood.

By Dr. E. Sauer, Physician-Writer.

The trouble with most weak "run-down" nervous people is that they continually try to brace themselves up by taking stimulating medicines, liquor or large quantities of strong tea or coffee. This is just like whipping up a poor, tired, starved horse to make him pull a big load. He may go faster for the moment only to drop dead in his tracks half an hour later. What the horse needs is food to give him strength and power. What weak, nervous "run down' people need is blood food—iron—to make new, rich, pure blood and give them strength, vigor and power.

If they would only "quit fooling" with dangerous, stimulating concoctions and take two five-grain tablets of ordinary nuxated iron three times a day after meals they could quickly get rid of all their troubles and obtain most surprising physical and mental power. Iron is Nature's greatest blood food. It puts new life, vim and vigor into the red corpuscles; and thereby tones up the entire nervous system. The only trouble is that the older forms of iron often upset the stomach and were not assimilated by the blood, but with the discovery of the newer preparations, all this has been overcome. Nuxated iron for example not only makes plenty of new, rich, pure blood, but it is also a valuable stomach remedy giving power to digest food by strengthening the pneumograstic, or the great stomach nerve.

NOTE. The publication of the above was authorized by the Public Health Laboratories. It is desired to instruct weak, nervous people how to regain renewed health and vigor without the use of stimulating medicines, narcotic drugs or liquor.

The Nuxated iron referred to by Dr. Sauer is comparatively inexpensive and can be obtained from Croll Keller and other leading druggists in our city.—Advertisement.

STOP COUGHING!!!

PEPTONOL 50-C

MADE IN A HEALTH RESORT.

AT DRUG STORES: $1.00 Per BOTTLE

THE PEPTONOL CO.

ATLANTIC CITY N.J.

AMERICAN MEDICINE CO.

10 So. Main Street, Bethlehem, Pa.

Resorts

ATLANTIC CITY, N. J.

THE NELLUNDY

VIRGINIA AVENUE AND BEACH

Private baths, running water; newly appointed diningroom; capacity 300. Rates, $2.50 up daily, $12.50 up weekly. E. H. LUNDY.

LEXINGTON

Pacific & Ark Aves. Grounds with tennis courts adjoin Beach. Only popular priced hotel where GUESTS may go from HOUSE to SURF in BATHING ATTIRE without using streets, which is prohibited. Use of BATH HOUSES and care of suits FREE. RUNNING WATER in rooms. ORCHESTRA. $1.50 and up daily, $8. to $17.50 weekly. American plan. WHITE SERVICE. GARAGE. Booklet. PAUL C. ROSECRANS.

HOTEL MAJESTIC Virginia av. and Beach. Renovated throughout; center of attractions; ocean view; capacity 300; elevator, private baths, white service, etc.; superior table. Special, $10.00 up weekly; $2.00 up daily. Booklet. M. A. SMITH.

STANLEY

South Carolina Ave., near Beach. $2 to $3.50 per day, $10 to $17.50 per week. Private baths, running water. Management of owner. M. T. CURRAN.

ASBURY PARK, N. J.

HOTEL MATTHEWS

302 First Ave. Catering especially to Harrisburg people. Block to beach. Every convenience. Special rates. A. V. MATTHEWS.

DOUBLING GAP, PA.

White Sulphur Springs Hotel

DOUBLING GAP, PA.,

Via Newville

Noted for its refined patronage, numerous medicinal springs, natural beauty, and abundance of fresh vegetables which aid in emphasizing excellent table service. Special attention along with reduced rates will be given to Harrisburg patrons during the month of August. For prompt reply inquire of Mrs. G. A. Freyer.

Cumberland Valley Railroad TIME TABLE

In Effect June 27, 1915.

TRAINS leave Harrisburg—

For Winchester and Martinsburg at 5:03, *7:52 a. m., *3:40 p. m.

For Hagerstown, Chambersburg, Carlisle, Mechanicsburg and intermediate stations at *5:03, *7.52, *11:53 a. m., *3:40, 5:37, *7:45, *11:00 p. m.

Additional trains for Carlisle and Mechanicsburg at 9:48 a. m., 2.16; 3:26, 6:30, 9:35 a. m.

For Dillsburg at 5:03, *7:52 and *11:53 a. m., 2:16, *3:40, 5:37 and 6:30 p. m.

*Daily. All other trains daily except Sunday. H. A. RIDDLE, G. P. A.

J. H. TONGE.

U. S. SENDS POINTED REPLY TO AUSTRIA

German Sales to Great Britain During Boer War Recalled by Lansing

Special to The Telegraph

Washington, D. C., Aug. 16. — The State Department yesterday made public the text of the note sent by the United States Government to the Government of Austro-Hungary in response to the latter's representations concerning the shipment of munitions of war from the United States to Great Britain and her allies. The principal points in the reply follow:

The Government of the United States * * * is surprised to find the Imperial and Royal Government implying that the observance of the strict principles of the law under the conditions which have developed in the present war is insufficient.

To this assertion of an obligation to change or modify the rules of international usage on account of special conditions the Government of the United States can not accede.

It is pertinent to direct the attention of the Imperial and Royal Government to the fact that Austro-Hungary and Germany, particularly the latter have during the years preceding the present European war produced a great surplus of arms and ammunition, which they sold throughout the world and especially to belligerents. Never during that period did either of them suggest or apply the principle now advocated by the Imperial and Royal Government.

During the Boer War * * * Germany sold to Great Britain * * * hundreds of thousands of kilos of explosives, gunpowder, cartridges, shot and weapons; and it is known that Austria-Hungary also sold similar mu- itself, it cannot deny to others.

The United States has always depended upon the right and power to purchase arms and ammunition from neutral nations in case of foreign attack. This right, which it claims for itself, it cannot deny o others.

The general adoption by the nations of the world of the theory that neutral powers ought to prohibit the sale of arms and ammunition to belligerents * * * would result in every nation becoming an armed camp, ready to resist agression and tempted to employ force in asserting its rights rather than appeal to reason and justice.

CLOUDBURST AT MARIETTA

Marietta, Pa., Aug. 16.—A cloudburst in Marietta last night accompanied by severe lightning had the town at its mercy for two hours. Evans Run is higher than ever before and the main thoroughfare here was under by lightning and badly damaged. by lightning and badly damagedd. Rain fell for 45 minutes in torrents.

Niagara Falls

Personally-conducted Excursions

August 27, September 10, 24. October 8, 1915.

ROUND $10.70 TRIP

From HARRISBURG

SPECIAL TRAIN of Pullman Parlor Cars, Dining Car, and Day Coaches through the.

Picturesque Susquehanna Valley

Tickets good going on Special Train and connecting trains, and returning on regular trains within FIFTEEN DAYS. Stop-off at Buffalo on return trip.

Illustrated Booklet and full information may be obtained from Ticket Agents.

Pennsylvania R. R.

A CONTRIBUTING POWER.

To any piece of printing, or to any advertisement; there are three powers which make or unmake its effectiveness.

Copy.

Typography.

Illustration.

Your needs in the last power named will be capably and effectively filled if the services of our photo-engraving department are employed.

We are doing the work for many large firms throughout Central Pennsylvania—a recommendation it is well to keep in mind when you need services of this kind.

Designing, too, of the same high order as our engraving.

THE TELEGRAPH PRINTING CO.

Either phone.

CREME LILAS

Non-greasy Toilet Cream — Keeps the Skin Soft and Velvety. Prevents tan, relieves sunburn. An Exquisite Toilet Preparation, 25c.

GORGAS DRUG STORES

16 N. Third St., and P. R. R. Station

AMUSEMENTS

"NIOBE," AT THE REGENT

The captivating youthful star, Hazel Dawn, in the fanciful comedy, "Niobe," will be shown at the Regent to-day and to-morrow. The comedy is devoted to the humorous difficulties which Niobe, an ancient Greek statue, suddenly finds herself in when she is in some unaccountable manner brought to life, and the equally sorrowful predicament of Peter Amos Dunn, the president of the insurance company that has been assigned to keep the statue in safety, when he discovers the presence of the scantily clad and very much alive statue. Every link in this chain of humor is a strong one.

Wednesday, Thursday, Friday and Saturday, "The Eternal City,' a superb photo-production of Hall Caine's brilliant drama of modern Rome. It is a big thing in every sense of the word—eight reels continuous, full of action and strong emotional appeal. Pauline Frederick plays the leading role.—Advertisement.

PAXTANG PARK

This week's show at the Paxtang Park Theater offers an entirely original idea for a headliner. The act is known as the Box Car Duo, and is presented by two singing comedians of exceptional ability. The two men impersonate the well-known character of the American hobo in a manner that gives them a great opportunity to introduce much that is clever in the way of comedy, dialogue and situations.

There is also another act billed for this week's park show that has proved itself to be worthy of special notice, and that is Rice, Elmer and Tom, three knockabout comedians, whose grotesque antics have won them an international reputation. This act has played the town before and made a great hit as a comedy offering.

Others that will appear on the bill are: Mae Dale, a nifty little singing comedienne, of prepossessing appearance; Sprague and McMeese, in a clever roller skating stunt, and The Bells, who do a classy musical act.—Advertisement.

Iron Crosses Given to 500,000, Says Gazette

Special to The Telegraph

Berlin, Aug. 16.—The number of iron crosses thus far granted to German soldiers is near the half million mark. Statistics up t March 31, according to the Cologne Gazette, showed a total of 338,261 crosses of the second class. Even if this rate has only been maintained since—and undoubtedly it has been exceeded, considering the increased number of men under arms—it would give a total exceeding 450,000.

In the period mentioned, 6488 iron crosses of the first class had been granted. The holders of these previously must have won the second-class decoration.

In the campaign of 1870-71, 45,791 iron crosses of the second class were granted, and 1304 of the first class. More than 12,000 of the recipients were officers.

IMPROVING SCHOOL BUILDINGS

Special to The Telegraph

Shippensburg, Pa., Aug. 16.—Many improvements are being made to Shippensburg's schools. The public school building is receiving a coat of paint and a new porch. The Normal buildings are being painted and a new addition is being made to the girls' dormitory. The new laboratory will be finished and the dining room enlarged. The enrollment at both schools will be large. Several changes have been made in the faculty of each school. Miss Margaret Hubley will succeed Mrs. Craemer and Miss Margaret Gates will succeed Miss Helen Wise at the Normal school as teacher of instrumental music.

HAIL DAMAGES CROPS

Special to The Telegraph

Lancaster, Pa., Aug. 16.—Another series of unusual storms passed over Central and Northern Lancaster county yesterday, doing much damage. The Conestoga is beyond its banks at some places five times its normal width. Corn and tobacco fields badly damaged from last week's heavy rains are washed again and acres of grain and tobacco are lost. In place where the rain did not damage crops, hail did, the fall around Lititz being terrific. There were at least five distinct storms during the day.

"MINISTRS DO NOT MIX"

Marysville, Pa., Aug. 16. — The Rev. S. S. Bidlack, pastor of the Marysville Methodist piscopal church yesterday morning spoke on "The Courage of Christ." Among other things, he intimated that ministers nowadays do not mix enough with the people, declaring that if they would have a little more of the courage of Christ, they would be able to accomplish many times the amount of good they now do.

FARMER FALLS FROM WAGON

Dillsburg, Pa., Aug. 16.—William McClure, a farmer of Carrol township, sustained serious injuries in a fall from a wagon on Thursday. Mr. McClure was assisting to unload a load of wheat when he lost his balance and fell gackwards from the wagon to the barn floor, striking on his head.

ELIZABETHTOWN MILL BURNED

Lancaster, Pa., Aug. 16. — Yesterday the Elizabethtown planing mill, owned and operated by Hoffer Brothers was completely destroyed by fire entailing a loss of $35,000. The origin is unknown.

"A Rubber Chain Tread built on a Powerful Modern Tire"

These Manufacturers Know

Wise automobile manufacturers have to know good tires—it is their business to.

Next to the motor, the tires on a car are the most vital part of the car.

Next to the quality of the tires, the company behind the tires—the number of tire service stations throughout the country, and tire service given—is the most vital part of the tire subject.

Among the many leading automobile manufacturers of the world who have already adopted "Chain Treads" as a part of their standard equipment, are the following:

Buick — Haynes — Mitchell
Dodge Brothers — King — Reo
Grant — Maxwell

Wise manufacturers know that it pays them to have their cars reach the buyers equipped with the best of tires, just as it pays them to use the best steel in their chassis, and the best motors that can be produced, etc.—that is why they are giving their customers

"Chain Tread" Tires

Safety experts acknowledge our rubber chain tread, built on this powerful modern tire to be an absolutely marvelous anti-skid device.

"Chain Treads" are not simply a fancy design stamped on a tire—they are real anti-skid tires. Send your name and address, for a set of Free Tire Record Blanks, to United States Tire Company, New York City.

"Chain Tread" Tires are sold by Leading Reliable Dealers. Do not accept substitutes

United States Tires

Made by the Largest Rubber Company in the World

(53 Tire Service Branches. Dealers Everywhere)

YOUNG MAN COMMITS SUICIDE

Tower City, Pa., Aug. 16. — Jacob Nunemacher, a young man who recently returned from the west, committed suicide here on Saturday evening by cutting his throat. No cause for the act is known. He is survived by his mother, a sister and three brothers.

DEMOCRATS WILL NAME TICKET

Marysville, Pa., Aug. 16. — Marysville Democrats will meet this evening in the borough building, when candidates for a full municipal ticket will be named to be voted for at the September primaries.

WILL PAVE ALLEY

Shippensburg, Pa., Aug. 16.—Work has begun on the paving of Bridge's alley. The contract was awarded to Charles Butler.

WORKING FULL TIME

Shippensburg, Pa., Aug. 16.—The Domestic Engine and Pump Company and the Louis Kraemer Company are working full time now and new orders are coming in.

NEGOTIATIONS SUSPENDED

Lima, Peru, Aug. 16.—The negotiations recently opened by the Peruvian government for the flotation of a loan in New York, have been suspended.

Bringing Up Father — By McManus