

WOMAN WEAK, DIZZY, NERVOUS

Health Restored by Lydia E. Pinkham's Vegetable Compound.



Jamaica, N. Y.—"I suffered greatly with my head and with backache, was weak, dizzy, nervous, with hot flashes and feverish moods, as I was irregular for two years. One day when I was feeling unusually bad my sister-in-law came in and said, 'I wish you would try Lydia E. Pinkham's Compound.' So I began taking it and I am now in good health and am cured. I took the Compound three times a day after meals, and on retiring at night. I always keep a bottle in the house."—Mrs. L. N. BURNHAM, 35 Globe Ave., Jamaica, N. Y.

Women who recover their health naturally tell others what helped them. Some write and allow their names and photographs to be published with testimonials. Many more tell their friends.

If you need a medicine for Women's Ailments, try Lydia E. Pinkham's Vegetable Compound. Write Lydia E. Pinkham Medicine Co. (confidential) for anything you need to know about these troubles.

NO MORE NEED OF RASH OR ITCHING

Simple Home Remedy To Clear The Skin—Anybody Can Use It

Apply antiseptic Ueolol night and morning to clear the skin or rash, itching, pimples, eczema, salt rheum, and other afflictions. It should so quickly and thoroughly relieve that torturing itching and begin its healing that you will wonder why you didn't use it before. You can always get antiseptic Ueolol at H. C. Kennedy's. It never costs more than 50 cents for a liberal supply, and to convince anyone who may be skeptical they say that if Ueolol does not benefit you, or you are dissatisfied with the results, return the empty box and they will give your money back without argument.

Antiseptic Ueolol is the latest discovery for skin troubles, and the reason it is used so widely is that each person who tries it tells others and advises its use. There are few remedies possessing the same healing powers, and the way it stops the itching and clears the skin in a remarkably short time tells the story of its unusual success.

The boy or girl, man or woman, who continues to go among friends with disfiguring and disgusting pimples and sores resulting from itching, eczema, etc., when they can secure Ueolol so reasonably, and under guarantee of results, have only themselves to blame if their trouble continues to grow worse.—Adv.

STOMACH UPSET?

Get at the Real Cause—Take Dr. Edwards' Olive Tablets

That's what thousands of stomach sufferers are doing now. Instead of taking tonics, or trying to patch up a poor digestion, they are attacking the real cause of the ailment—clogged liver and disordered bowels.

Dr. Edwards' Olive Tablets arouse the liver in a soothing, healing way. When the liver and bowels are performing their natural functions, away goes indigestion and stomach troubles.

If you have a bad taste in your mouth, tongue coated, appetite poor, lazy, don't-care feeling, no ambition or energy, troubled with indigestion, you should take Olive Tablets, the substitute for calomel.

Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil. You will know them by their olive color. They will work without griping, cramps or pain.

Take one or two at bedtime for quick relief, so you can eat what you like. At 10c and 25c per box. All druggists. The Olive Tablet Company, Columbus, O.

FOR THAT SORE RAW THROAT

Relief in Every Rub

Try this—results are certain. Just get an original yellow box of true Mustarine and rub it on your neck and upper chest. Do it to-night and that sore, raw feeling will be gone in the morning.

Nothing cures so quickly as true Mustarine which costs but a trifle, yet is so wonderfully good that thousands praise it for Asthma, Fluorid, Bronchitis, Rheumatism and Neuritis. Get the genuine, made by the Begg Medicine Co., Rochester, N. Y. All druggists guarantee it.

It Pays to Buy

A Gorgas HOT WATER BOTTLE

It is advisable to buy a Gorgas Hot Water Bottle because it may be required in an emergency and a Gorgas Hot Water Bottle is always in first class condition for instant use.

There will be no break—no leak—no loss of time in patching or repairing.

Made of pure live rubber—it will last for years.

ALL SIZES

Every one backed by a Gorgas guarantee.

GORGAS' DRUG STORES

16 N. Third St. Penna. Station

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER 5

The monkey, fish, sheep and cow teach man the meaning of resistance to disease.

In the vast mixture of sordid greed, blind ignorance, unholly politics, treacherous uncertainty, selfishness, oppression, sickness, shame, love, compassion, cheer, justice, truth, and crime which we call civilization, nothing but national enlightenment and frank publicity will accomplish for pure food what legislation has failed dismally thus far to do.

Hundreds of food manufacturers, the agents, representatives, "friends," have said to me, "Bosh with this pure food business. Our fathers and mothers were taught nothing about it. Neither were we. Millions of us are still alive. If pure food had been necessary to us we would have all been dead, according to your point of view. Surely this proves, although we know nothing about the most commonplace necessities of life, that it is not necessary to know. Eagles, crows, squirrels, were never taught anything about food. See how they thrive."

"In its home among the trees the monkey is ignorant of the meaning of carbohydrates, proteins, fats and ash. No hunter ever caught a monkey in its schoolish habit of suffering from appendicitis, tuberculosis, tumor, or swollen glands.

"The horse is immune to tuberculosis. Out of every ten thousand sheep killed in the slaughter houses the lesions of disease are found in only one, and sometimes not even in that one."

"Why?"

By such phrases as these the whole subject is dismissed.

Let us remove the monkey from his natural surroundings and deprive him of his natural food. What happens? It is the experience of the menagerie to bury before their time monkeys after monkey when they are fed on the artificial foods that come from the hand of man.

Come with me to the Zoological Gardens in Bronx Park, New York City, or to the Zoo in Central Park, and see for yourself what happens to the chimpanzee, orang-outang, monkey and gorilla. All of them die of tuberculosis, pneumonia or pernicious anemia before their time. Later I will tell you what they eat. Then you will know why.

Pollute the streams and change thereby the character of the food upon which the monkey subsists and he no longer fits for the dinner table. For a period of three months, during the latter part of 1915, Dr. S. S. Goldwater, commissioner of health of New York City, placed an embargo on all the butterfats that came to the metropolis. Thousands of tons were condemned as unfit for food, because it was diseased before their time. Later I will tell you what they eat. Then you will know why.

Debase the food of the horse as we debase the food of the milk-cow, and the energy, vigor and life, becomes cursed with tuberculosis.

You may not know it, but it is now reluctantly admitted by all the authorities of the country that from 10 to 25 per cent. of all the milk-producing herds in the United States are affected with tuberculosis. No tuber-

culin test of any herd in New York State, including the so-called certified herds, for five years has failed to find tuberculous cows. They are in every herd.

It has been conclusively demonstrated by many investigators, including Professor C. K. Haecker of the University of Minnesota, that underlying this tuberculosis of the dairy herds is the jugged food, consisting largely of commercial by-products, refined and denatured foods, upon which the animals are required to subsist. Upon the counterpart of these foods, denatured in the same manner, humanity is also asked to subsist.

All animals have natural instincts to guide them till they are caged or harnessed or put into a stall. The human animal has intelligence instead of instinct, and it is his failure to exercise this intelligence which is responsible for thousands of ills which his ignorance visits upon his innocent children.

It is the purpose of these articles to reveal to you why some plump children are pale and why some pale children are thin and why some children with normal red blood haven't an ounce of fat upon their bodies.

The weight of the child has little to do with its morale, but the poorly nourished child manifests many abnormal characteristics which wise people tell us are "evil."

Many a little child, pumping impoverished blood to hungry tissues, feeding starved nerves with a polluted stream, nourishing a tired little body and a wearied little brain with debased food, goes for the child to the Children's Court or is "punished" for the mischievous pranks over which it has no control.

You have seen "bad" children, "cranky" children, "rueful" children, "reckless" children, "nervous" children. Do you know that many of them after a diet of six months on the "cranky" food can be made into wholesome sermons to their elders? For them the peg has been removed.

The angels—perhaps they can weep—know this. The world disregards the simple laws of nature in its consumption of degraded, debased, denatured foods and then cries out against God, blaming Him for the prevalence of disease upon the earth.

The lesson of the monkey, the fish, and the cow teach humanity nothing. On every hand is the extravagant effort of the professional chef, the home cook and the commercial food factory to produce new novelties, new scientific titillations for the surfeited and disordered palate of man.

In the creation of these aesthetic dishes there is constant wanderings into fields far from nature's own.

Let us not consider the normal fish, the healthy monkey, and the disease-resisting sheep. Let us consider instead the cases of cured tuberculosis among men, women and children. Hope and faith are borne on joyful facts when victims of that preventable affliction go back to nature and eat the foods that re-create a normal blood supply, providing anew the normal resistance to disease and the energy, vigor and life that had been lost unnecessarily.

The new red blood properly nourished arrests the progress of disease; walls up the tuberculosis lesions, and to patients if not to nature, avert a death, is frequently reclaimed and made well. The peg is banished.

FIRE COMPANY WILL MEET

Special to the Telegraph
Enola, Pa., Jan. 14.—The regular meeting of the members of the Enola Fire company No. 1, will be held in the hosehouse in Altoona avenue on Monday evening when the final arrangements will be made for the big motion picture entertainment that will be held in the Enola P. R. R. Y. M. C. A. auditorium on Thursday evening, Jan. 20.

MITE SOCIETY ELECTS

Special to the Telegraph
Enola, Pa., Jan. 14.—The Ladies' Mite Society of the Reformed Church of Enola elected the following officers at their business meeting held at the home of Mrs. J. F. Gruber: President, Mrs. J. S. Famous; vice-president, Mrs. W. L. Fisher; treasurer, Mrs. F. M. Bitner; secretary, Mrs. J. F. Zellers.

MRS. ROMAYNE STONER DIES

Special to the Telegraph
West Fairview, Jan. 14.—Mrs. Romayne Stoner, wife of William Stoner, died at her home in Third street, on

Wednesday evening after an illness of ten weeks. She has been in poor health for more than a year, but was confined to her bed for the past ten

weeks. Mrs. Stoner is survived by her husband and three children, the youngest about two months old, also her father and mother, Mr. and Mrs.

John A. Gross, two sisters and two brothers. The funeral will be held on Sunday afternoon at 2.30 o'clock. Services will be held in the Grace United

Brethren Church, the Rev. J. E. B. Rice, pastor of the church, officiating. Burial will be made in the cemetery at Enola.

SOMEBODY IS ALWAYS TAKING THE JOY OUT OF LIFE



Clark's

Cut-Rate Medicine Stores

300 MARKET ST. - 306 BROAD ST.

PRICES FOR

SATURDAY AND MONDAY ONLY

We Reserve the Right to Limit Quantities

Beef Iron and Wine; regularly 50c. Sale price	29c	Drake's Croup Remedy	24c	LaFranco Co. Tablets	15c
Stuart's Dyspepsia Tab.	29c	Doan's Kidney Pills	29c	Swift's Specific	55c
Nature's Remedy	29c	Booth's Miona Tablets	29c	Limestone Phosphate	20c
Badem Salz	15c, 29c	Castoria, Fletcher's	21c	Hay's Hair Health	59c
Danderine	15c, 29c	Mentholatum	14c	Lysol	59c
Wyeth Sage and Sulphur	29c	Rheuma	29c	Parmin	55c
Olve Tablets	15c	Dioxygen	29c	Sal Hepatica	29c
Gets It	15c	D. D. D.	15c	Jayne's Expect.	29c
Eckman's Alternative	\$1.29	Diapepsin	29c	Listerine	29c
Pinkham Co.	63c	Absorbine, Jr.	65c	Lane's Tea	15c
Pebeco Tooth Paste	31c	Barker's Liniment	15c	Cuticura Soap	18c
Lyon's Tooth Powder	16c	Pierce's Remedies	59c	Resinol Soap	18c
		Bisurated Magnesia	29c	Woodbury Soap	16c
		Sargol	29c, 59c	Packer Tar Soap	15c
		Sanitol Tooth Powder	15c	Listerine	59c
		Sanitol Tooth Paste	15c	Jad Salts	44c
		Frostilla	15c	Piso Cure	15c
				Pluto Water	23c
				Mennen's Talcum	12c
				William's Talcum	13c

Palmolive Shampoo: 3 cakes Palmolive Soap 39c

Laxative Bromo Quinine Tablets 15c
Hill's Cascara Quinine 14c
Pape's Cold Compound 15c
Pinex 29c

Quick Sales—Small Profits

Clark's

Alexander Lung Healer, 15c
Ely Cream Balm 29c
Wampole's C. L. O. 59c
Jayne's Expect. 15c
Fellow's Hypophos 98c
Kemp's Balsam 29c
Horlick's Malted Milk. \$2.85

Ladies' Favorite Douche Syringe: regularly 98c \$2.50. Our price .. 98c

25c Aromatic Spirits Ammonia, 3 oz. 15c
25c Sweet Spirits of Nitre, 3 ozs. 15c
25c Ess. Peppermint, 3 oz., 15c
25c Spirits Camphor, 3 oz., 15c
25c Soap Liniment, 3 oz., 15c
25c Lime Water, 1 pint, 15c
25c Camphorated Oil, 3 oz., 15c
25c Tr. Arnica, 3 oz. 15c
25c Rose Water and Glycerine, 3 oz. 15c
25c Witch Hazel, 1 pint, 15c
Epsom Salts, lb. 7c

CANDY CANDY

29c Pound Box

- 60c Maybelle assorted chocolates, lb. 29c
- 60c Special assorted chocolates, lb. 29c
- 60c "The Nut Family" assorted chocolates, lb. 29c
- 80c Brazil nuts, dipped in cream, lb. 33c
- 80c Chocolate roasted almonds, lb. 42c
- 60c Ambassador chocolate cherries, lb. 29c
- 60c Quintess chocolate cherries, lb. 29c
- 60c Ambassador assorted chocolates, lb. 29c
- 60c Lady Evelyn assorted chocolates, lb. 29c
- 15c Peanut Brittle, 10 oz. package 10c
- 80c Jordan almonds, sugar coated, lb. 33c
- 60c Chocolate covered caramels 29c
- 60c Chocolate covered pineapple 29c
- 60c Martinique chocolate creamed Brazil nuts 29c
- 60c Milk chocolate Brazil nuts 29c

By BRIGGS