

"CASCARETS" FOR YOUR BOWELS IF HEADACHY, SICK

For biliousness, bad breath, colds, indigestion and constipation.

Enjoy life! Live your liver and bowels to-night and feel fine.

Your tongue is coated! Look inside your watch cover and see! That's bad business. What have you been eating? What were you drinking? What kind of a lazy chair did you take exercise in? Now don't think it doesn't matter, because it's your bowels that talk now every time you open your mouth. That doesn't help your popularity, nor your earning capacity. Besides, a person with bad bowels is in a bad way and a coated tongue or a bad breath are sure signs of bad bowels and poor digestion.

Why don't you get a 10-cent box of Cascarets at any drug store and give your liver and thirty feet of bowels the nicest, gentlest cleansing they ever experienced? Take one or two Cascarets to-night and wake up feeling fine and fit. All Headache, Dullness, Biliousness, Bad Breath, Stomach Sourness, Cold and Constipation gone—wake up with your head clear, tongue clean, stomach sweet, liver and bowels active, step elastic and complexion rosy.

AMUSEMENTS

VICTORIA
2200 Comfortable Seats.
TO-DAY ONLY
"THE DEVIL'S PRAYER BOOK"
featuring
ARTHUR HOOPES
and
ALMA HANLON
Monday—Wm. Faversham.

Thu. Fri. Sat.
DUNBAR'S
Ding-Dong 5
A quintette of singers and bell ringers.
Four Other Keith Acts
NEXT WEEK
Mon., Tues., Wed. on the school Playground
Thurs.-Fri.-Sat. Nazimova's **WAR BRIDES**
Mats., 10c and 15c; Eve., 10c and 25c
Sat. Eve. show starts at 6 o'clock—See early.

AMUSEMENTS

ORPHEUM MONDAY Jan. 17 Curtain 8:15
FIRST CLASS ATTRACTIONS
Lower floor, \$1.00, \$1.50, \$2.00; balcony, 50c, 75c, \$1.00; gallery, 25c.
SEATS NOW SELLING—Augmented Orchestra
ANDREAS DIPPEL Presents
The Musical Success of Beauty, Fun and Fashion
100 PEOPLE
THE LIAG DOMINO
In Three Acts—By Charles Cuvillier
Fresh From Conquests in New York, Boston and Chicago.
BEAUTY CHORUS
Laughter—Song Hits—Musical Gems—Novelty
"Best musical show since 'The Chocolate Soldier'."—Chicago Journal.

REGEN'T
MAGARO—OWNER & MGR.
To-day only, Daniel Frohman presents the charming artist, HAZEL DAWN, in a strong dramatic photoplay, "THE HEART OF JENNIFER."
Paramount.
PATHE NEWS
NEXT WEEK OUR FIRST ANNIVERSARY
Monday and Tuesday, Denman Thompson's Rural Masterpiece, "THE OLD HOMESTEAD"
featuring
FRANK LOSEE and LOUISE HUFF
PARAMOUNT.
Don't miss our first anniversary next week. Especially attractive bill all week. Free souvenirs to all patrons.
ADMISSION—ADULTS, 10c; CHILDREN, 5c.

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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

CHAPTER 6
Hundreds of foods consumed regularly by children will kill chickens in six weeks.

If a worn-out body, suffering through low resistance with tuberculosis, can be cured by nature's methods, what is society's justification for permitting tuberculosis to develop, in the first place?

Go to the morgue. Witness the autopsies. Ask the surgeons what caused the scars in the lungs or the glands of this or that body. They will tell you that scar is a healed wound. It is a calcified lesion. That body once suffered with tuberculosis. It did not know it suffered and was cured. It was one of the thousands of cases of accidentally renewed vitality overcoming the ravages of tuberculosis and pulling out the peg.

These articles, dealing with pure food will trace the fortunate accident that pulled the peg, locate it, reduce it to a law and make plain the natural processes of nutrition which, easily understood and applied, can be substituted for the unhappy chance that sometimes intercepts the journey of a useful creature on his way to death with that removable peg undisturbed.

The proper place to teach the mysteries of food is in the school, but even we who were not taught there can begin now to learn, with inevitable increase in the number of our days and blessings untold to our children.

"Food news is glad news when we get it uncolored, untainted, and unrefined. It is the purpose of these articles to give it to you in that way.

The food faker is no longer permitted to kill chickens, but he may kill babies. This is a hard saying, but 3,000 dead chickens in a heap prove its truth.

A thriving chicken farm, doing a business in New Jersey that made its owner happy, had had splendid success. The bulletins issued by the government's printing press had passed the wisdom of trained minds into the chicken coops and the wee chicks thrived.

Then came a "poultry food" from a big wholesaler. It was well labeled. No questions were asked. Feeding time came, the baby chickens ate. They continued to eat.

The labels on the sacks contained a statement indicating that those sacks were made up of fixed quantities of protein, carbohydrates and fats, in strict accord with the high-sounding scientific formula. Five days passed. The wee chicks seemed listless. Ten days passed. Some of them were dead. On the fourteenth day all of them were dead.

A sample of the food was then analyzed. The laws of chicken nutrition had been broken. The food was adulterated. The chicks paid the price, for not even chicks can thrive on food which departs from the law. The State lawmakers noticed. They have since established standards for chicken food. Any one who transgresses against those standards is guilty, for his transgression means sickness or death to the chicken world. In this case it was death.

Human lawmakers have provided for this sort of meddling with the natural law. This is important. Let us repeat: The chicken victims of food fakers were sent to the tank and the owner was recompensed for his loss at the expense of the faker.

All this came about because this particular batch of chicken food had been overdone. It was mixed by a bungler who went too far with his devilry. If he had kept within a reasonable margin of fraud in adding foodless filler to the product the chicks would not have died so suddenly. The work of destruction would have been slow and subtle. There would have been feeble chickens, easy prey to disease, but the food itself would never have been suspected.

An "epidemic" would have been blamed for the trouble and then another "epidemic" but there would have been no wholesale sudden deaths to point a finger at the food.

AMUSEMENTS

THEATRICAL DIRECTORY
ORPHEUM — Monday night, January 17, Andreas Dippe presents "The Liag Domino."
MAJESTIC — Vaudeville and Moving Pictures.
REGEN'T — To-day only, "The Heart of Jennifer" (Moving Pictures).
VICTORIA — "The Devil's Prayer Book" (Moving Pictures).
COLONIAL — "The Winged Idol" (Moving Pictures).

The plot of this wonderful play, from the pen of Edith Barrard DeLain, is a novel and compelling. **Hazel Dawn** some of the situations are startling in their originality, and taken as a whole the story is unconventional. "The Heart of Jennifer" is the story of a woman's strong love for her husband. He prompts her to place upon herself the guilt of the crime committed by his sister, Miss Dawn, appearing in the play. Jennifer's captivating and winsome characterization of Jennifer. The tense dramatic construction of the story of Jennifer is kept in the swift progress of the plot never pauses, until the logical and overpowering climax is reached. It is this that makes Jennifer's husband discover the innocence and courageous renunciation of his wife, and learns that he loves her more than ever before.

Next week our first anniversary week, with a special bill.

One of the well-known Howe Travel Festivals will soon be seen in this city.

A mighty rich comedy is said to be "Crooked to the End," that appears at the Colonial for the last time to-day. The feature of the bill, of course, is the splendid drama called "The Winged Idol" starring Katherine Kaerled, House Peters and Clara Williams. The two Triangle plays announced to hold forth at the Colonial during the first half of the week embraces "The Penitents," a spectacular play of Mexico in the seventeenth century, with Orrin Johnson and Seena Owen, while the comedy feature is "The Hunt" with Ford Sterling and Polly Moran.

Orrin Johnson, who plays the role of a sleeper in the dramatic play, "The Penitents," is a Kentucky boy by birth. Johnson has had a career of note as Broadway star in dramatic productions.

Of the unusual vaudeville turns booked for the Majestic during the coming week, is the dramatic sketch called "War Brides" which will be featured next week.

Max Marain, in writing "The Devil's Prayer Book" it is said, lays the blame for the loss of a card to a pack of cards. Beginning with a Victorian short poker game way back in the days of the father and daughter meet and show their affection for each other, covering a period of twenty years, other evidence follows in another effective story-telling. The plot is said to be absorbing and the interest is sustained throughout. "The Devil's Prayer Book" will be shown at the Victoria to-day only.

THE PROGRAM FOR ANNIVERSARY WEEK
Next week will be anniversary week at the Regent Theater, the Harrisburg house of the picture public, and a year ago Mr. Magaro first opened his house to the motion picture public, in mind a definite kind of service which he intended to render. In making a statement to-day, Mr. Magaro said that he had selected his film service for the Regent, Mr. Magaro had chosen the Paramount, a service built around the releases of a half dozen producing companies, featuring in many cases the stars of the legitimate and operatic stages.

For anniversary week Mr. Magaro has devoted a strong effort to have a Paramount Program of unusual strength, and in addition he will present some new, the nature of which at this time is still a secret.

On Monday Denman Thompson's "The Old Homestead" is the attraction. In this film play will be featured Louise Huff, "The Old Homestead" will be offered on Tuesday also.

Managaro Magaro feels that he has been especially fortunate in having booked for the main attraction on Wednesday and Thursday, ever charming "The Prince and the Pauper" while on Friday only Florence Reed will appear in the masterpiece, "At Bay."

For Saturday, the wind-up of anniversary week, Sam Bernard will present that whirlwind of fun, "Poor Schmaltz," than which, critics say, there are no more side-splitting and funny. Special programs of music on the Regent's new four-manual pipeorgan will add to the entertainment during anniversary week.

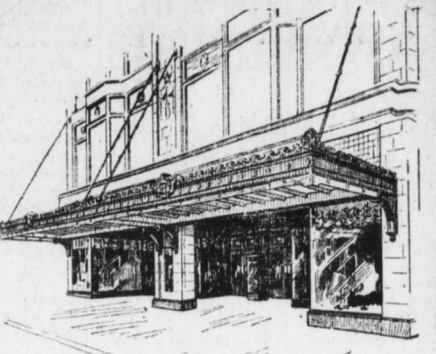
AGAIN HEADS DEMOCRATIC
Caucus of U. S. Senate
Senator John W. Kern
Senator John W. Kern, of Indiana, has been re-elected to the chairmanship of the Senate Democratic caucus. His election took place at the first meeting of the caucus several days ago. It is sure he will become noble battles before the fights over many Senate questions are fought to a finish.

A Fifty-Six Foot Umbrella

WAS the big Marquese across our store front, spreading over three-fourths of the sidewalk, placed there for beauty or protection? The question has been asked.

Has it ever occurred to YOU just why?
Hundreds of observing folk have remarked that it gives the building a finished appearance, and a metropolitan air.

Hundreds more have sought refuge from an unexpected shower under this defiant copper and glass umbrella. It is our electric sign—marking the location of Progress in storekeeping. A more comely and serviceable sign has never been created.



Day and night it hangs as a silent servant—a part of the big Thought of Service that transformed this store and now steers its daily course. Underneath in five large windows, the new things for self and home are usually first shown to Harrisburg.

Bowman's
CALL 1001—ANY PHONE
FOUNDED 1871

EXPECT BRITISH SOON TO ANNOUNCE ACTUAL BLOCKADE
Shifting Around to American Contention in Regard to German Commerce Restriction

London, Jan. 15.—That Great Britain will soon announce the establishment of an actual blockade of Germany and her allies, thereby superseding the condition which had been established by the orders in council, was the statement made to-day by Americans who have been in close contact with the machinery of the British orders in council in consequence of their acting here as representatives of American shippers whose business had been affected by the execution of the orders.

COMMERCIAL BANK
Christmas and Vacation Saving Club
One of the big advantages of this club is that it has no closing date for enrolment. You may join at any time and enjoy its full benefits. But most people prefer to join at this time so that when vacation time or Christmas time comes round, they may have a snug sum laid by. So, prepare for these two important periods in 1916, and

Commercial Bank
1222-24 North Third Street

Alderman "Farming" Foreigners For Costs Believe Commissioners
Detectives may be employed in the future by the county commissioners to investigate the unusually big fees obtained by aldermen throughout the county for court and discharge costs, it was said at the county offices to-day.

Warmth For the Baby
When the child is taken from the warm bed and not yet warmly dressed, it is easily chilled. Doctors say chill causes a large percentage of child sickness.

DR. CHASE'S Blood and Nerve Tablets
Keep the Voice Clear
10c TRIAL BOX
Fill the shriveled arteries with pure, rich blood, increase the weight in solid flesh, and muscle that give you strength, the brain and nerves with fresh vital fluid that force new life and vigor into every part of the body. DR. CHASE'S SPECIAL STRENGTH TABLETS. Price 50c. 25¢ per box. Dr. Chase Co., 224 N. 10th St., Philadelphia, Pa.



A Gas Heating Stove will give the desired protection at this time of year before the furnace fire has been started, and in winter when the fire is low. See the heaters at our store or send for a representative.
HARRISBURG GAS CO.
14 South Second St. Bell—2028 Cumberland Valley—752