

A Hint to Mothers of Growing Children

A Mild Laxative at Regular Intervals Will Prevent Constipation.

A vital point upon which all schools of medicine seem to agree is that normal regularity of the bowels is an essential to good health. The importance of this is impressed particularly on mothers of growing children.

A valuable remedy that should be kept in every home for use on occasion arises in Dr. Caldwell's Syrup Pepsin, a compound of simple laxative herbs that has been prescribed by Dr. W. B. Caldwell, of Monticello, Ill., for more than twenty-five years, and which can now be obtained in any well stocked drug store for fifty cents a bottle.

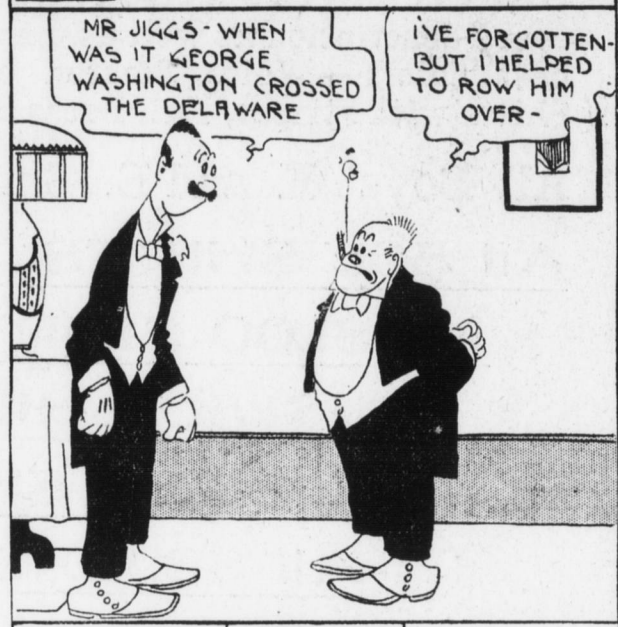
In a recent letter to Dr. Caldwell, Mrs. H. C. Turner, 844 Main St., Buffalo, N. Y., says, "I bought a bottle of Dr. Caldwell's Syrup Pepsin for my baby, Roland Lee Turner, and find it works just like you said it would. It is fine for the stomach and bowels."

A bottle of Dr. Caldwell's Syrup Pepsin should be in every home. A trial bottle free of charge, can be obtained by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Ill.



ROLAND LEE TURNER

Bringing Up Father : By McManus



PIANO TRANSPORTED UP MOUNTAIN BY BURROS

Not long ago the proprietor of a mountain resort in southern California decided to purchase a piano for the entertainment of his guests, says the November Popular Mechanics Magazine in an illustrated article. Access

to his alpine place is gained only by following a long and exceedingly narrow trail which hugs the sides of the mountains and occasionally overlooks an uninviting precipice. Freight is always carried up the trail on the backs of pack animals, and these, most often are sure-footed burros. It devolved upon two of these little beasts to transport the piano up the mountain, which

THIS SUIT SHOWS NEWEST FEATURES

Beautiful and Smart Street Costume of Fawn Cloth With Fur Trimmings

By MAY MANTON



8871 (With Basting Line and Added Seam Allowance) Bloused Coat, 34 to 42 bust.
8851 (With Basting Line and Added Seam Allowance) Two-Piece Skirt, 24 to 34 waist.

This is a suit that shows the very newest and most interesting features of the season. In the picture, it is made of fawn colored broadcloth with trimming of blue fox fur. It is a very beautiful costume and a very smart one, and it also may be added that it is a very simple one and easy to make, for the coat consists of only a blouse to which the circular peplum is attached. The skirt is made in two pieces and is semi-circular in shape. No garments could be easier to handle and it would be impossible to find anything smarter or handsomer in effect. As a matter of course, the costume could be copied in a great many different materials, in velvet or in velveteen, in silk and in satin and in the satin-cloth as well as in plain broadcloth and also in the rough-finished suiting materials that are such favorites with the younger contingent.

For the medium size will be needed for the coat, 4 1/2 yds. of material 36 in. wide, 3 3/4 yds. 44, 3 yds. 54, with 4 1/2 yds. of fur banding. It can be buttoned up closely as it is here or rolled open to form deep revers. For the skirt will be needed 3 3/4 yds. of material 36 in. wide, 2 1/2 yds. either 44 or 54 in. wide.

The coat pattern No. 8871 is cut in sizes from 34 to 42 in. bust measure the skirt pattern No. 8851 is cut in sizes from 24 to 34 in. waist measure. They will be mailed to any address by the Fashion Department of this paper on receipt of ten cents for each.

OLD WIVES FOR NEW

By Dorothy Dix

Is a woman of fifty-five too old to interest her fifty-five-year-old husband? A dentist of New York City says that she is. He has forsaken his wife for a little peaches-and-cream girl, and he excuses himself by asserting that his wife is too old for him, yet they are both the same age.

Of course in cases of errant fancy one excuse is about as good as another, and any old reason goes for a man wandering from his own fire-side, but, in reality, the question of whether a middle-aged woman is older than a middle-aged man is one purely of temperament. The record in the family Bible has nothing to do with the case, for there are both men and women who are sensible in the cradle, and children at seventy.

It cannot be denied that the general impression prevails that a woman is older and less attractive at a given age than a man is. Perhaps this was true in the past, when women bore many children, had few domestic conveniences, worked like galley slaves in their homes, and when they had little education and no outside interest to keep their minds stimulated. Under such conditions women faded early and became atrophied both in soul and body.

But such is not the case in these days, when life has been made soft and easy for most women, when the care of their persons has become a religion with them, and when the average woman reads more, travels more and studies more than her husband does because she has more time and opportunity.

As men get along toward middle life they are apt to slump. They grow careless about their personal appearance, they hate to dress up. They narrow down to a few interests and have little concern about any subjects other than their business, the stock market and politics. Worse still, in only too many cases, they become egotists who will talk of nothing but themselves.

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A Vegetable Preparation for Assimilating the Food and Regulating the Stomach and Bowels of INFANTS & CHILDREN
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Exact Copy of Wrapper.

BREAKS A COLD IN A FEW HOURS

"Pape's Cold Compound" is the Surest, Quickest Relief Known—It's Fine!
Relief comes instantly. A dose taken every two hours until three doses are taken will end grippe misery and break up a severe cold, either in the head, chest, body or limbs.
It promptly opens clogged nostrils and air passages in the head.

COMMONWEAL HAS WORKING MEETING

Hears Lecture on "The Philippines" and Begins Regular Class Work
Those members of the Commonwealth Club of the Y. W. C. A. who could not be present at last evening's regular meeting, missed a real treat. Owing to illness the talk by Dr. Ruth Decker on "Social Hygiene" was unavoidably postponed and the Rev. William B. Cooke kindly consented to address the club on "The Philippines." The Rev. Mr. Cooke made his home at the club and has spent many years and is able to give personal experiences in a most interesting way. He told in brief the geography, history and characteristics of this land and people and what the American invasion meant to them. He stated emphatically that he thinks they are still unable to govern themselves and expressed the hope that Uncle Sam will continue his hold on these Islands until something better can be done.

DUTIES OF WOMANHOOD TAUGHT IN HIGH SCHOOL

About ten years ago, when a high school for girls was opened in a ramshackle building located on the border of the East Side, in New York City, the first step was taken in the development of educational ideals and methods which at that time were nothing less than revolutionary. In the meantime this institution, because it meets a real educational need, has grown wonderfully. It is now known as the Washington Irving High School. It is housed in its own school building, which is one of the largest and best equipped in the world. It is a true high school, with the usual curriculum, but it has one feature that distinguishes it from most institutions of its kind. Its special work is that of training girls to take their proper place in life as women, and all other features, academic and otherwise, are subordinated to this. Several interesting views illustrating the work of this school appear in the November Popular Mechanics Magazine.

TO ILLUSTRATE LECTURES

In illustrating a lecture in which armor plate and armor-piercing projectiles were discussed not long ago at the British Institution of Mechanical Engineers, an interesting employment was made of motion pictures. A number of drawings in which a shell was shown leaving a gun, hitting a plate of armor, the cap then breaking into pieces, the projectile passing through the metal protection and subsequently detonating, were filmed. The pictures when projected on a screen showed graphically what original photographs could not have portrayed. The drawings had been carefully executed and the resulting effect was good. From the POPULAR MECHANICS MAGAZINE.

LEMOYNE PROPERTY VALUATION

Special to the Telegraph
Lemoine, Pa., Jan. 18. — J. O. Erb assessor of Lemoine, gives the valuation of property of the borough as \$450,960, for 1916, an increase of \$61,965 over last year.

BLACKHEADS AND PIMPLES ON FACE

Large, Hard and Red. In Blotches. Caused Itching and Burning. Lost Rest at Night.
HEALED BY CUTICURA SOAP AND OINTMENT
"My trouble, which was blackheads and pimples, was severest in the face. The pimples were large, hard and red and were in blotches and caused much discomfort. They also caused much itching and burning and my face became irritated by scratching and I lost my rest at night on account of the trouble."
"At last I got Cuticura Soap and Ointment. I used the Cuticura Soap and Ointment both morning and evening, applying the Ointment first, then in about five minutes I washed my face with Cuticura Soap and in three weeks I was healed." (Signed) B. J. Strickler, 679 Princess St., York, Pa., Aug. 12, 1915.

HOW TO REDUCE YOUR WEIGHT

A SIMPLE, SAFE AND RELIABLE WAY
People who are over-burdened with superfluous fat, know only too well the discomfort and ridicule that over-stout people have to bear.
If you are carrying around five or ten pounds of unhealthy fat you are unnecessarily weakening your vital organs and are carrying a burden which destroys the beauty of your figure.
There is no need of anyone suffering from superfluous fat. If you want to reduce your weight in a simple, safe and reliable way, without starvation diet or even skip a single dose of medicine as you can in the open air, breathe deeply and get from any good druggist a box of oil of korein capsules; take one after each meal and one before retiring at night.
Weigh yourself once a week so as to know just how fast you are losing weight and don't leave off the treatment or even skip a single dose until you are down to normal.
Oil of korein is absolutely harmless, is pleasant to take, helps digestion and is designed to consume the excessive fatty tissue by increasing the oxygen-carrying power of the blood. Even a few days' treatment should show a noticeable reduction in weight, footsteps become lighter, your work seems easier and a lighter and more buoyant feeling take possession of your whole being.
Every person who suffers from superfluous fat should give this treatment a trial. There is nothing better.—Advertisement.
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