A Hot, Nourishing Mealone that will put vim and energy into the worn-out body and fortify it against exposure—Shredded Wheat Biscuit (heated in the oven to restore crispness) with hot milk. Supplies all the strength needed for a half day's work. Also delicious with bananas





FORFEIT

Increases strength of delicate, nervous, rundown people 200 per cent. In ten days in many instances \$100 forfeit if it falls as per full explanation in large article soon to appear in this paper.

Ask your doctor or druggist about it. Croll keller, G. A. Gorgas always carry it in stock.

AMUSEMENTS



Phillips Oppenhelm. Paramount.
PARAMOUNT TRÁVEL SERIES
Friday, one day only "THE
HOUSE OF FEAR," featuring
ARNOLD DALY.
A Pathe Gold Rooster Play.
Admission: Adults, 10c; Children, 5c.

ORPHEUM THUR. Matinee JAN. 27 Frank Calder Presents

HIGH LIFE GIRLS

Michelena Pennetti

Bon Bon Beauty Chorus

MAJESTIC

Pietro-At the Party

DUNBAR'S 8 Royal Dragoons Mats. at 2.30; 10c and 15c

Eve., 7.30 to 10.30; 10c. 15c. 25c

TONIGHT ORPHEUM EIGHT-THIRTY ONLY O'CLOCK

GAYLE BURLINGAME PRESENTS

THE GREATEST FRITZ VIOLINIST IN ALL THE WORLD KREISI

rumor all seats have been sold for this event. There remain available seats at ALL prices.

300 seats at 50c

On sale at 7:30 this evening

In the Realms of Amusement, Art, and Instruction.

triumph in her new comedy, "Erstwhile Susan"—a play that has every element of the property of the street of the st FRITZ KREISLER

Frances Starr will make her first ap-pearance in a costume play, as it is called, when David Belasco produces her new comedy, Its period is 1820.

The reception given "Erstwhile susan" in New York has been very flat-ering and the prophecies of those who chought it would not "get over" have been unfulfilled. The New York Morn-

Sure Way to Get Rid of Dandruff

There is one sure way that never fails to remove dandruff completely and that is to dissolve it. This destroys it entirely. To do this, just get about four ounces of plain, ordinary liquid arvon; apply it at night when retiring; use enough to moisten the scalp and rub it in gently with the finger tips.

By morning, most if not all, of your dandruff will be gone, and three or four more applications will completely dissolve and entirely destroy every single sign and trace of it, no matter how much dandruff you may have.

You will find, too, that all itching and digging of the scalp will stop instantly, and your hair will be fluffy, llustrous, glossy, silky and soft, and look and feel a hundred times better.

You can get liquid arvon at any drug store It is inexpensive and four ounces is all you will need. This simple remedy has never been known to fail.—Advertisement.

AMUSEMENTS

Colonial

The Home of Triangle Films.
TO-DAY — HELEN WARE — IN

"Cross Currents"

A powerful story of rival love. WEBER—FIELDS

A powerful story of rival love. WEBER—FIELDS

A powerful story of rival love. WEBER-FIELDS

'The Worst of Friends"

Three-reel comedy.
Thursday, Friday, Saturday
WM. SHART AND ENID
MARKLEY IN

"Between Men"

A picture with a wonderful moral CHESTER CONKLIN "DIZZY HEIGHTS AND DARING HEARTS." Keystone Comedy.

AMUSEMENTS

If You Want to See the Greatest Serial ever produced, do not fail to see HENRY B. WALTHALL and EDNA MAYO.

UNRULY CHILDREN

"The STRANGE CASE OF MARY PAGE" 15 thrilling episodes and every episode a complete picture in

episode a comp. itself. VICTORIA

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat. (Copyright, 1916, by Alfred W. McCann.)

CHAPTER 10

1,000,000 children have spinal curvature. A hostile army has visited our shores and is now ruthlessly destroy- hearing.

Coming and Fehits, how appears 1,000,000 children have tuberculos the funny Keywone-Sennett comedy entitled "The Worpe-Sennett comedy entitled "The Worpe-Sennett comedy entitled "The Worpe-Sennett comedy with Weber and Flelds.

The title of the week-end feature is "Between Men," produced by Thomas H. Ince, the famous producer of society plays, and it tells a story of Wall Street intrigue and physical combat. Ashley Hampdon, a Wall Street financier, has a lovely daughter named Lina. Grerg Lewiston (House Peters) wants to marry her, but seems to make poor progress at his love-making. Then he puts a scheme through to ruin Hampdon in the market so that the old many will bring pressure to bear on his daughter to marry the bear on his daughter to marry her, but seems to make poor progress at his love-making. Then he pour his daughter to marry her, but seems to make poor progress at his love-making. Then he pour his daughter to marry her, but seems to make poor progress at his love-making. Then he pour his daughter to marry her, but seems to make poor progress at his love-making. The her her to come to hear of the her to come to hear of the her to come to her to come to

HERE SUNDAY

West Fairview Lutheran.
Prof. L. B. Nye, morning, Calvary
Presbyterian; evening Trinity Luth-

Presbyterian; evening Trinity Lutheran.
Dr. A. B. Hess, morning, Curtin Heights Methodist Episcopal; evening, Nagle Street Church of God.
Augustus Luft, morning, West Fairview United Brethren:
The Rev. B. L. Scott, morning, Enola United Brethren.
The Rev. B. L. Scott, morning, St. John's Reformed; evening, Covenant Presbyterian.
Bishop W. M. Stanford, morning, Disciples of Christ; evening, Second Baptist.
The Rev. John H. L. Trout, morning, Enola Lutheran; afternoon, Stone Church.
The Rev. C. H. Brandt, morning,

In the February American Magazine United States Senator John Sharp

zine United States Senator John Sharp Williams, of Mississippi, says of his native State:
"Before the war, South Carolina wathe 'Initiative State of the South,' now Mississippi is. She initiated for all the Union a woman's university (called an institute) — not an annex to, nor an amalgamation with, a man's institution—laws making woman independent of her husband and protecting her interest in his estate. She can sue him in court if she will, and she may enloy the precious 'privilege' of being sued by him. That's 'woman's right' for you!"

PREVENT RELAPSES OF GRIP

This is the time of year when those who have had the form of influenza known as "the grip" are suffering from the condition in which the disease in-

As soon as the revitalized blood courses through the system you are aware of its soothing influence. Gradually the color returns to the pale cheeks, appetite and digestion improve and you are on the road to health.

Your druggist sells De TVIII

road to health.
Your druggist sells Dr. Williams' Pink
Pills or they will be sent by mail on receipt of price 50 cents per box; six boxes
\$2.50 by the Dr. Williams Medicine Co.,
Schenectady, N. Y. Write today for
free booklet, "Building Up the Blood."

EDUCATIONAL

Troup Building 15 So. Market Sq. Day and Night School 22d Year Commercial and Stenographic Courses Bell Phone 1946-J

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Bookkeeping, Shorthand, Civil Service Thirtieth Year 329 Market St. Harrisburg, Pa

OFFICE TRAINING SCHOOL Kaufman Bldg. 4 S. Market Sq. Salary Increasing Positions

Rheumatism!

How is rheumatism recognized? Some have said-

Rheumatism is a dull pain.

Rheumatism is a sharp pain,

Rheumatism is sore muscles. Rheumatism is stiff joints.

Rheumatism is a shifting pain. All have declared-Rheumatism is Pain.

Sloan's Liniment applied :-

The blood begins to flow freely-the body's warmth is renewed-the congestion disappears-the pain is gone.

Sloan's iniment

Rheumatism and allied pains yield to the penetrating qualities of this warming liniment.

N. Y. Guard to Get Armored Equipment

Armored Lquipment

An armored train and an armored aeroplane soon will be added to the equipment of the New York National Guard through the generosity of certain public-spirited citizens. The Governor of the State has approved of a be used in maintaining the train; a similar amount is asked for the aeroplane. It is said that this will be the livest armored train in this country. One of its units will be a battle car carrying nine or ten men and resting on especially constructed trucks equipped with motor apparatus and steering gear at either end so that it can be run in either direction without reversing control. There will be seven lightly armored fast motor cars for carrying machine guns and suitable for scout work or bringing up ammunition. Twelf motorcycles also will be equipped with motor spans and suitable for scout work or bringing up ammunition. Twelf motorcycles also will be equipped in the pen market will be expendituded to the services of fully 100 men. The armored air craft is the gift of several prominent citizens who are especially interested in military aviation.

From the February Popular Mechanics Magazine.





\$22.50 1000 Miles Over following railroads-Good READING SYSTEM

READING SYSTEM
Balt. & Ohio R. R.—East of Ohio River
Buffaio & Sunq. R. R. Cerporation
Buffaio, Roe! ster & Pittsburgh Ry.
Central R. R. of New Jersey
Central R. R. of Pennsylvania
Cornwall R. B.
Lehigh & New England R. R.
New York Central R. R. (Stations on
Penna. Division within State of Pa.)
New York & Long Branch R. R.
Stone Harbor Terminal R. R.
Wildweed & Delaware Bay S. L. R. R.

Reading

"The Line That Saves Your Time"

\$25.00 1000 Miles

Good for purchaser only—over the
following Railroads:

\$2.50 Refu d when ticket is used up.
READING SYSTEM
Beil. & Ohio R. R.—East of Ohio River
Balt, Ches. & Atl. Ry.
Bath & Hammondsport R. R.
Buff. & Susq. R. R. Corp.
Buff. & Susq. R. R. Corp.
Buff. & Susq. Ry.
Buffalo, Rechester & Pitt-burgh Ry.
Central Railroad of N. J.
Chautauqua Traction Co.
Chesapeake & Ohio Ry.
Coal & Coke Railway
Jornwall & Lebanon R. R.
Cumberland Valley R. R.
Del., Lack. & Western R. R.
Eric Railroad
Hudson & Manhattan R. R.
Lake Shore & Michigan Southers Ry.
Lehigh Valler R. R.
New Jorke Long Branch R. R.
New York & Long Branch R. R.
New York & Long Branch R. R.
New York Central R. R.
Pennsylvania R. R.
Pennsylvania R. R.
Prittsburgh & Lake Eric R. R.
Pitts, Cin., Chic. & St. Louis R. R.
Stone Harber Terminal R. R.
Western Maryland R. L.
Western Maryland R. L.
Western Maryland R. L.
Western Maryland R. R.
Western Railroad
Wildes-Barre & Eastern R. R.

Ath-Act Affara

\$25.00 1000 Miles

Ticket good for one year and may be purchased at all principal ticket offices

Philadelphia and Reading Railway



REV. F. F. HOLSOPPLE By far the most important Harris burg Field Day in the history of the Anti-Saloon League will be held Sun-

Some of the churches will be open in the morning and others in evening. More churches are partici-pating in this Field Day than have ever lone so before in one day. A number of churches that could not participate in the Field Day will be open to that

A truant officer has declared that most such children who come under his observation are not properly nourished. Mal-assimilation of food makes children cross, puny, peevish and unruly. Our local druggists, George A. Gorgas, Druggist, Kennedy:

Medicine Store, 321 Market St., C. F. Kramer, Third & Broad Sts., Kiz., C. F. Kramer, Third & Broad Sts., Kiz., Marrisburg, Pa., have in Vinol areliable nonsecret remedy for just such conditions, because it contains iron for the blood, and the medicinal extractives of fresh cod livers, aided by the nourishing properties of beef peptone, and if it fails to make weak, puny, alling youngsters healthy and good natured they will give back your money.

P. S.—In your own town, wherever you live, there is a Vinol Drug Store, Look for the sign.—Advertisement.

AMUSEMENTS

The Speakers

The Speakers

A list of churches and speakers as now arranged is as follows:
Dr. E. J. Moore, morning, Market Square Presbyterian; evening, Grace Methodist Episcopal.
The Rev. H. M. Chalfant, morning, Westminster Presbyterian; evening, Westminster Presbyterian; evening, West Fairview Methodist Episcopal.
Dr. J. Mitchell Bennetts, morning, Epworth Methodist Episcopal; afternoon, Fifth Street Methodist Episcopal; evening, St. Matthew's Lutheran.
Dr. C. F. Swift, morning Messiah Lutheran; evening, Memorial Lutheran.

eran.
Dr. Homer W. Tope, morning, Augsburg Lutheran; evening, Christ Luth-

eran.
Prof. F. H. Gaige, morning, State
Street United Brethren; evening,
Marysville Methodist Episcopal.
The Rev. D. P. French, morning,
Market Street Baptist; evening, Pleasant View Church of God.
The Rev. F. F. Holsopple, morning,
Fourth Street Church of God; evening, Church of Redeemer.
The Rev. E. E. Stauffer, morning.
(Tabernacle Baptist; evening, Emmanuel Presbyterlan.

The Rev. E. E. Stauffer, morning, abernacle Baptist; evening, Emmandel Presbyterian.

The Rev. David Francis, morning, the World." Bell phone 694-R.

Big Antisaloon Campaign in

Church.

The Rev. C. H. Brandt, morning,
Bethlehem Lutheran; evening, Harris
State United Evangelical.

WHERE BEING SUED
IS A WIFELY PRIVILEGE

known as "the grip" are suffering from the condition in which the disease invariably leaves its victims.

Grip leaves the blood thin and this anemia which follows grip is a very stubborn one in resisting treatment. It must be corrected however beforeany cure can be considered permanent. As long as the blood remains thin there will continue the relapses with which most sufferers from grip are familiar. Warmth and quiet alone give comfort and these not for long at a time. Sleep is restless and does not refresh the nerves which are always at high tension.

The best way to correct this after-effect of the grip is to build up the blood and there is no better blood builder than Dr. Williams' Pink Pills.

As soon as the revitalized blood courses

School of Commerce

Harrisburg Business College