Fine Healthy Child Convincing Evidence

Simple Inexpensive Remedy Checks Early Tendency to Constipation

About the first thing impressed on the young Mother is the necessity for regularity in her baby, which brings up the question of the most desirable axative for children's use.

Mrs. Jesse Richardson, Philpot, Ky., tys she has used Dr. Caldwell's Syrup epsin for the past year and that tere is no medicine in the world like. She writes, "My little son, William, r., just loved it because it is so pleasunt to take, and everybody talks about to be being such a fine healthy boy."

is being such a fine healthy boy."

Dr. Caldwell's Syrup Pepsin is a compound of simple laxative herbs, ree from any opiate or narcotic drug, not is the standard remedy for contipation in thousands of homes hroughout the land. Drug Stores verywhere sell it for fifty cents a bottle. Get a bottle of this excellent temedy, and have it in the house. A



General Manager's Trip **Ends Last Night in This City**

New Passenger Engines to Be Built at Reading

The inspection trip of General Manager S. C. Long of the Pennsylvania Railwad ended in Harrisburg last night. Mr. Long and party returned to Philadelphia. During yesterday in company with General Superintendent G. W. Creighton of the Eastern division made a trip over the old Portage road, taking in Galitzen, Mule Shoe Curve and other important points. The inspection started on Monday on the Philadelphia division.

A Talk to Mothers About Croup and Cold Troubles

The New Treatment With Fresh Air and Antiseptic Vapors That Does Away With Injurious Internal Medicines, Flannel Jackets. etc., etc.

All mothers are "home doctors" the vapors, released by the body when it comes to treating the croup heat, may be freely inhaled. The and cold troubles that all children next morning the head is clear. and cold troubles that all children are heir to. They know that growing children need outdoor exercise, and that, with outdoor exercise, some colds are bound to come. They know, too, that internal medicines injure delicate little stomachs, but that these colds must have some kind of treatment.

The answer to this problem is the "external" treatment, Vick's "Vap-O-Rub" Salve. For the many forms of cold troubles, from head colds, asthma and catarrh, down to sore throat, bronchitis and deep chest colds Vick's will be be and soreness gone.

No one realizes the value of an extrance the stilled druggist, and while the porfit is not as large on Vick's "Vap-O-Rub" as on internal preparations, the druggists listed below are anxious that their customers should know of this new treatment. They are, therefore, offering Vick's in the three sizes—

25c, 50c or \$1.00, on 30 days' trial.

With each sale is given a refund blank—good for your money back

deep chest colds Vick's will be blank-good for your money back found better than internal medi- if not delighted. cines. Just apply Vick's well over the throat and chest, covering with a warm flannel cloth. Leave the covering loose around the neck so

AGENTS IN HARRISBURG

A. Gorgas Gross Iman's Drug

DILLSBURG

Earnest L. ENOLA

G. Leddich gan Drug Co.
m. E. Marshall Holme's Dr. Stores
A. Moller trik's Drug Co.
M. Rickert Hershey Store Ce.,
Drug Dent. MARYSVILLE Holme's Dr. Store W. H. Uhler

Co. MIFFLINTOWN Walley CUMBERLAND

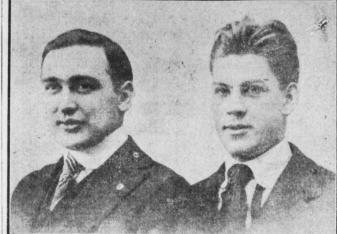
LIVERPOOL STEELTON K. Martz

WILLIAMSTOWN I. Ralph Harner

The bi-ennial convention of the Y. M. C. A.'s in the United States and Canada, will be held at Cleveland, on May 12-16. Officials of the various associations are eligible as delegates. The local P. R. R. Y. M. C. A. will be represented by Frank H. Gregory, general secretary and probably Horace Geisel, physical director.

The Enola association will send Samuel Hepford, general secretary, and other officials. Plans for representation will be taken up at the meeting of the board of directors of the various railroad associations this month.

RAILROAD RUMBLES HERE'S A TECH P. R. R. MUTUAL ENTERTAINERS



Charles J. Colta, of the comedy team of Colta and Alcorn, is a former vaudeville performer, having worked a season on the Mozart circuit, and before that was associated with a lyceum bureau. In everyday life, he is known as Charles J. Jones and has been employed by the Pennsylvania railroad for the past three years. Recently he was appointed a notary public and is now located in the botler shop.

F. L. Alcorn is a well-known-docal enertainer, his quick wit and pleasing voice making him much in demand. To the baseball fraternity, he is better known, as "Babe" Alcorn, having pitched for the P. R. R. Y. M., C. A. team for several seasons.

voice making him much in declarations of the P. R. R. Y. M., U. A. Calle, known, as "Babe" Alcorn, having pitched for the P. R. R. Y. M., U. A. Calle, for several seasons.

The act which Colta and Alcorn will present at the mutual entertainment, "Acting While You Wait," was especially written for this occasion, and the members of Assembly No. 4 and their friends will be treated to a play fresh off the pen of "Jimmy" Madison.

UPLIFT RESULTS NEW LATE TRAIN WINS PASTOR JOB HAS GOOD START

Methodist Minister Wipes Off Ten Passengers Take Advan-Immoral "Smoot"; Now Welfare Agent

Welfare Agent

The firet Charles A Bank, a Melay

T

again of duty.

Bank Himes, signalman at Denholm yards on the Middle division of the Pennsylvania Railroad, has been called to Akron, O., by the serious illness of a relative.

William Stonebraker of Mill Creek, was a Harrisburg visitor yesterday.

Mr. and Mrs. Charles Steltzer, of near Lewistown, were in Harrisburg yesterday enroute to Philadelphia, Mr. Seltzer is a P. R. R. section foreman. The Pennsylvania Railroad plans a shelter shed at all stations along the Middle division, where none has been in service.

S. H. Bailor, section foreman of the P. R. R. was in Port Royal yesterday.

The Pennsylvania Railroad has invited bids for a double track concrete bridge 1200 feet long, of six spans, over the Schuylkill river at Poplar Neck, on the Schuylkill river at Poplar Neck, on the Schuylkill division to cost \$180,000.

To eliminate a grade crossing over the tracks the Pennsylvania will be division to cost \$180,000.

tage and Return to Reading; Early Arrivals

vited bids for a double track concrete bridge 120e feet long, of six spans, over the Schuylkill river at Poplar Neck, on the Schuylkill division to cost \$180,000.

To eliminate a grade crossing over rive tracks the Pennsylvania will build a steel girder bridge 130 feet long, providing for a 24-foot driveway at Jenkintown.

An increase of 15 cents per day has been granted trackmen on the Lackawanna railroad.

It is expected that the freight embargo at Philadelphia, will be lifted early next week.

THE READING

Harrisburg Division—17 crew first to go after 12 o'clock: 16, 18, 12, 5, 7.

Eastbound—59 crew first to go after 12 o'clock: 64, 61, 54.

Engineers for 59, 16.

Firemen for 64.

Engineers uep: Frehn, Kauffman, Sweeley, Fraunfelder.

Carl, Nowark, Peters, Marrisburg Division—17 crew first to go after 12 o'clock: 16, 18, 12, 5, 7.

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Eastbound—

TEACHER'S IDEA OF PREPAREDNESS

Ex-Sergeant Koons * Suggests Plan For Military Training in the Schools

Military instruction to begin in seventh grade of the grammar schools and carried on into and throughout four years of high school

school.

Instruction to include school of
the soldier, close and open order
drills, indoor and outdoor rifle
practice, scout duty, sanitation,
elementary war map making and
readins, manual of arms, war ma-

elementary war map making and reading, manual of arms, war maneuvers,
At least eighty minutes per week to be devoted to military work.
At least fifteen days' field service under canvas for juniors and seniors of high school.
Military instruction to be under supervision of experienced regular army officer detailed and paid by the United States government, assisted by men who have had at least six years of military training, the assistant instructors to be paid jointly by the War Department and the school districts.
Expense of field service to be borne by the government.
Arms, equipment, including regulation army rifle, to be supplied by the United States.
High school students to be uniformed constantly while attending school, government to furnish an allowance each year toward payment of clothing.

If these suggestions could be followers.

If these suggestions could be followed out, Uncle Sam in a very few years would have a fully equipped, highly trained and efficient army of highly trained and efficient army of some two millions of young men ready for any emergency that might threaten the defense of the United States, in the opinion of J. Grant Koons, instructor and engineer at Technical high school.

In offering these, his ideas for military training in the schools, Mr. Koons admits that they are a bit radical, perhaps, but that their adoption would undoubtedly mean a crack army ready at most any .noment for the call to the colors.

nee Enola association will send under Hepford, general secretary, other officials. Plans for reportation will be taken up at the sting of the board of directors of various railroad associations this inth.

Railroad Notes

C. Tosh has been made freight at for the Reading at Catasaqua, J. J. Williams, granted leave of ence because of illness, E. Shenberger, a Baltimore dien brakeman who has been ill, is no no duty.

ENOLA SIDE

Brakemen up: Salerwine, Lenhart, wailes, Farleman, Rhine, Henry, My-though the servers. Seemel statement on the saler was considered by toning and straining. Blue tones can be had on black fifth 8. Three extras. Firemen for 14, first 22, first 24, third 24, 25, 48, 50, fifth 8. Three extras. Engineers up: Rodgers, Snyder, Loy, Leby, Fulton, Fells, McMorris, Donton Hells, Wisc, Sieber. Firemen up: Eved, McKillips, Ewing, John and well washed. Better still, they may be one with irro. If the prints have been allowed to dry, soak them until imp in water, meanwhile preparing following solutions:

ENOLA SIDE

Philadelphia Division—247 crew first

Forouse, take one ounce each of A and B ½ dram of nitric acid, and water to make 10 ounces. Immerse the wet prints in this bath, making sure that they do not mat together, and water them carefully. When the right color is reached remove them and wash for ten or fifteen minutes until the whites are clear; too long washing weakens the color. —March Outing.

AMUSEMENTS



"A Different Kind of Jewelry Store"



A 5 DAY DIAMONDS

Beginning' to-morrow and continuing up to and including Thursday next we will hold a remarkable sale of Diamond Rings. Remarkable because-despite the fact that the prices are going up and up, we make a general

Reduction of 25%

And why-because we want you to become acquainted with this "Different Kind of Jewelry Store" and its methods of doing business.

It must be understood too, that our regular prices are always considerably lower than elsewhere. Every article we sell is sold upon the satisfaction or money-back basis.

SEE OUR WINDOWS

The I.H. Caplan Co.

MARKET STREET STORE

SAYS DEMOCRACY

body during the past precious eighteen months."

During these months, Mayor Mitchel declared, the American people have been "jarred" into a recognition that their country cannot longer be a detached nation, standing aloof from the international affairs of other people, and have come to know that the United States "must take her place among the nations of the world, on equal footing, or suffer the impairment of her every interest at home as well as in foreign markets."

The prepared penning of the war, Mayor Mitchel asserted, taught the United States that its condition was "at once precarious and humiliating."

Erredom of public speech by American naval officers was urged by Cornelius Vanderbilt, chairman of New York City's Committee on National Defense, in an address. The nation faces a crisis, Mr. Vanderbilt said, and the decision of the people, who, he declared, have a right to know what our naval officers are able to tell us, will determine "whether this nation shall be preserved from external domination." He

Groceries, Vegetables & Meats

Fancy Red Ripe Strawberries, box 34¢

Grape Fruit, each, 5¢; large ones, 4 for 25¢ Large Cluster Raisins, lb. 35¢ 12-lb. Hoffer's Best Flour 46¢ Fancy Creamery Butter 40¢ Fancy Dried Peaches, lb. 10¢ and 12¢ Chicken Salad, quart \$1.00 Chicken Croquettes, dozen 60¢ Beef Croquettes, dozen 30¢ Fancy Roasts, Steaks, Chops and Chickens. Granulated Sugar, lb.

S. S. POMEROY

MARKET SQUARE GROCER

Are Bilious

YOU

SCHENC

are fundamental in their action, they go down to the root of the trouble, restoring liver, stomach and bowels to a healthy condition; giving quick relief from bilious attacks, indigestion, headache, heartburn, flatulency, depression of spirits-and affording absolute freedom from these disorders. Schenck's Mandrake Pills are tonic, therefore they form no habit.

PLAIN OR SUGAR COATED PROVED FOR MER'T BY 80 YEARS' CONTINUOUS SALE DR. J. H. SCHENCK & SON, Philadelphia

TE have small lot of desirable Suits and Overcoats, principally smaller sizes, which sold for \$30. \$35, \$40, \$45, will sell for \$13.50

SIDES-SIDES