

Resolve to Succeed

Throw off the handicap of petty ills that make you grouchy, listless and depressed. Get at the root of your ailments—clear your digestive system of impurities, put it in good working order—keep it healthy with

BEECHAM'S PILLS

They act promptly on the stomach, liver and bowels, removing waste matters and purifying the blood. Not habit forming, never gripe, but leave the organs strengthened. To succeed in life, or work, first have a healthy body. This famous remedy will do much to

Help You

Largest Sale of Any Medicine in the World. Sold everywhere. In boxes, 10c., 25c.

IF BACK HURTS TAKE SALTS TO FLUSH KIDNEYS

Says Backache is sure sign you have been eating too much meat.

Uric Acid in meat clogs Kidneys and irritates the bladder.

Most folks forget that the kidneys, like the bowels, get sluggish and clogged and need a flushing occasionally, else we have backache and dull misery in the kidney region, severe headaches, rheumatic twinges, torpid liver, acid stomach, sleeplessness and all sorts of bladder disorders. You simply must keep your kidneys active and clean and the moment you feel an ache or pain in the kidney region, get about four ounces of Jad Salts from any good drug store here, take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salt is made from the acid of grapes and lemon juice, combined with lithia and is harmless to flush clogged kidneys and stimulate them to normal activity. It also neutralizes the acids in the urine so it no longer irritates, thus ending bladder disorders. Jad Salts is harmless; inexpensive; makes a delightful effervescent lithia-water drink which everybody should take now and then to keep their kidneys clean, thus avoiding serious complications.

A well-known local druggist says he sells lots of Jad Salts to folks who believe in overcoming kidney trouble while it is only trouble.—Advertisement.

Cumberland Valley Railroad TIME TABLE

In Effect June 27, 1915. TRAINS Leave Harrisburg— For Winchester and Martinsburg at 5:05, 7:52 a. m. 8:30 p. m. For Hagerstown, Chambersburg, Carlisle, Mechanicsburg, and Intermediate stations at 5:35, 7:52, 11:53 a. m., 3:40, 5:27, 7:45, 11:00 p. m. Additional trains for Carlisle and Mechanicsburg at 9:45 a. m., 2:15, 3:25, 6:30, 9:25 p. m. For Dillsburg at 5:05, 7:52 and 11:53 a. m., 3:15, 7:40, 9:37 and 6:30 p. m. Daily. All other trains daily except Sunday. J. H. TONGE. H. A. RIDDLE. G. F. A.

Don't Suffer With Headache or Neuralgia USE CAF-A-SO For Quick Relief



12 Doses 10c; 36 Doses 25c

Fire Accident Insurance J. HARRY STROUP 1617 N. SECOND STREET Automobile Surety Bonds

Stock Transfer Ledger

The Pennsylvania Stock Transfer Tax Law (Act of June 4, 1915) which is now in effect, requires all corporations in the State, no matter how large or how small they may be, to keep a Stock Transfer Ledger. We are prepared to supply these Ledgers promptly at a very nominal price.

The Telegraph Printing Co.

Printing—Binding—Designing Photo Engraving HARRISBURG PA.

Try Telegraph Want Ads

OF INTEREST TO THE WOMEN

“THEIR MARRIED LIFE”

Copyright by International News Service

“Aren't the things happening in the papers these days wonderful?” said Helen, whirling the sheet that she had taken from Warren when he came in and glancing hurriedly down its columns. “Oh!” jeered Warren, “the way you women read a paper is certainly a caution. Why, you don't read anything but the headlines.” “Well, that's not what I'm fit to read. I never in my life heard of such horrible things happening.” “Don't read anything, then.” “That's no argument, dear. I want to know what's going on in the world.” “Well, are you game to go skating?” said Warren, changing the subject. “Why, yes—go you did say something about going skating, didn't you?” “Surely I can go. Let's call up Bob and Louise and see if they can't meet us there; then we can all go somewhere for dinner.” “They'll meet us in half an hour. Are you nearly ready?” “Unexpectedly Ready. “All ready,” Helen announced unexpectedly. “Do you know I wish I had some really stunning clothes to skate in.” “This is an idea for you,” scoffed Warren. “I suppose you'd like to wear some of these white flubbies that some of the feature skaters affect. You're a fine-looking object in a public place.” “There are plenty of other kinds of clothes,” said Helen in her most dignified manner. “I had no idea of purchasing any of the kind you mentioned.” “Well, don't get cross and spoil the fun. Where are the skates?” “Out in the hall closet,” she said. “You get them; I'll be out in a minute.” Helen fastened on the plainest hat she possessed, and wished again for a sport costume. She could hear Warren ruminating around in the box where they kept the rubbers and such things. “Not there, dear,” she called out; “on the shelf overhead.” “Warren evidently found the place, for he emerged a few minutes later and stood in the doorway somewhat the worse for the accumulation of dust, but still in a good humor.” “At the Rink. “They met Bob and Louise at the rink.” “Why, Louise,” said Helen, in surprise, “what a stunning costume. When did you get it?” “Why, about a month ago,” announced Louise, “since we learned to skate, and the craze has kept us busy. Bob thought I might as well look decent when I skated, and I had nothing else to wear but my good street suit.” “It really wasn't so very extravagant,” confided Louise to Helen, as they were having their skates strapped on. “You see, I shall use it for tripping this summer, and Bob and I have decided to spend a month, anyway, in the Adirondacks.”

BELTS ARE SEEN ON STREET COATS

Nearly All Outer Garments Have a Belt or Suggestion of One

By MAY MANTON



8817 (With Basting Line and Added Seam Allowance) Loose Coat for Misses and Small Women, 16 and 18 years.

Belted garments of all sorts are in the height of style this season and this coat is one of the best possible for small women and for young girls. It really is a loose, simple, plain coat, but the adjustment of the fulness by means of the belt gives it a decidedly novel effect. It flares gracefully at the lower edge, but the simplicity of cut remains and there are only the shoulder and underarm seams to be sewed up. The pattern provides the seams and also gives the true basting line and there are consequently no difficulties whatever to be met. The collar may be worn up around the throat as it is here or rolled down over the coat. All seasonable claustral materials are appropriate, but here, duvetyne is trimmed with fur.

POOR BOARD BRANDED PAUPERS?

[Continued From First Page] record: suffice it to say that the poor board was ordered forthwith to completely and thoroughly “clean up” within thirty days. trousers were explained at length by Mr. Loudermilch; it's the story of how the old poor board placed its stamp on the unfortunate trousers and the consequences. Dozens of pairs of khaki trousers had been purchased, evidently in job lots, according to Mr. Loudermilch. They were mostly all of one size—a shrunken size, the one which under ordinary circumstances, might mean a fairly comfortable fit for a small boy. They were distributed among the men. And the luckless man who insisted on not squeezing into the pants faced the only alternative.

PROPERTY OF THE DAUPHIN COUNTY POOR BOARD.

Nor was the stuffer at all careful as to where he placed the brand. That's why the unfortunates could readily be picked out in the neighborhood. The property of the board, they were sitting on a fence, might have been away from the road, but—if he wore a pair of the “reform” trousers, he just couldn't be overlooked.

Some “Spring” Hats. “That system of practically branding the unfortunate man who needed a pair of pants isn't the only thing we discovered when we inspected the almshouse conditions as they had existed and had been fostered under the reform” board which preceded us,” went on Mr. Loudermilch. “For instance, there are the bundles and boxes of flat hats of the “fried egg” variety that must have been bought in job lots at the same time at which they bought the pants. Just how many of them are stored out there I don't know; there're scores of them. But the luckless man who is denied and thrown away by Steward Early because the cabbage which had been used in its preparation was not properly treated.

“Seems they stored all the cabbages in the stables or some place like that,” observed Director Frank B. Snively; “anyway, that is what helped destroy them.” “Then, too, they threw away all the pigs' feet, etc., that were always put to a practical use—and should be—following a butchering. Not a thing of that kind was saved,” resumed the president of the board. “What about the reference to the unclean floors and the way some of the floors were oiled?” Mr. Loudermilch was asked.

“That's true. But we found the floors so dirty with the accumulation of grease as to make them almost black. Just think of it—if instead of washing your floors you let the dirt settle and simply covered the scum with oiled disinfectant.” “The Clean-Up. “Was this done?” pursued the questioner.

“Surely.” And one of the first things that was done when the present board took hold was to inaugurate a campaign of general housecleaning and painting and refurbishing.

A broom dampened with ATLANTIC Rayolight OILS brightens carpets

ATLANTIC Rayolight OILS

not ordinary kerosene that works these wonders.

Atlantic Rayolight Oil burns to the last drop without smoke, smell or sputter; burns slowly and steadily, shedding a clear, white light. Splendid, too, for cooking and heating purposes; yields a flame of intense heat, yet is the most economical of fuels.

Ask for Atlantic Rayolight Oil by name. Costs the same as ordinary kerosene—the dealer who displays this sign

“The question of cost was the chief consideration.” “Why, this place has cost the taxpayers more per capita than if the little folks had been placed in either private homes or in institutions,” replied the official. “Now,” concluded the president, “I want to add a word about the board's action in reducing the cost of maintenance of children from 40 cents to 25. When the morning paper yesterday made so much of this I forgot to mention that the old poor board had only been spending 40 cents a day for the purpose during the few months before it went out of office. Prior to that time the old poor board seemed to get along nicely on the 25-cent allowance.” “The 25-cent allowance was fixed by the board at the suggestion of the Children's Aid Society of Pennsylvania and after a careful investigation in many of the counties of the State. In practically every county 25 cents is considered ample. Of course, this only applies to the children who are cared for in institutions which receive State aid or help from other sources. Forty cents is allowed for the children who are undergoing treatment in private institutions.”

“The professional humorist hard pressed for material can generally get off an old one at the expense of the weatherman. Maybe that is why there is a general impression abroad that weather forecasts are unreliable. They are not—they are remarkably accurate as a matter of fact, and they are followed implicitly by thousands of big men in scores of big industries.”

Warnings displayed for a single hurricane have detained in port vessels and cargoes valued at \$30,000,000. That hurricane transpired as predicted, too, and a number of those ships would probably have found port on the bottom but for the vigilance of Uncle Sam. Such service is of inestimable value, not only at sea but on land. One warning of an approaching cold wave is known to have saved \$3,000,000 worth of property from injury and destruction. Warnings of frost and freezing weather are followed with closest interest by fruit and vegetable growers. The daily weather forecast is mailed to 135,000 addresses, and 4,000,000 telephone subscribers learn its contents daily over the wire.

Weatherman at Work

The professional humorist hard pressed for material can generally get off an old one at the expense of the weatherman. Maybe that is why there is a general impression abroad that weather forecasts are unreliable. They are not—they are remarkably accurate as a matter of fact, and they are followed implicitly by thousands of big men in scores of big industries.

“Was the establishing of this institution necessary? If not, why was it founded?” was asked. “The home was not organized by the local board; it was one of the pet ideas of the former directorate, promptly returned Mr. Loudermilch. “It is maintained in a three-story building in one of the city's most congested districts. Here a child rarely gets a breath of pure, fresh air; all around are smoke and soot from adjacent car shops. Furthermore, these little folks are cramped into the third floor of the building, boys and girls in separate rooms, however. “One would suppose that the second floor would be best adapted for housing the youngsters; this floor, however, is used by the matron and her family. The front room on the first floor is the play room for all the children and it is without adequate ventilation. “It does seem a pity,” continued the poor board's president, “that these little tots, quite obviously because they are colored, should be subjected to conditions of this sort.” “Possibly,” suggested the questioner.

Maternity! The Word of Words

It is written into life's expectations that motherhood is the one sublime accomplishment. And if there is anything, no matter how apparently trivial it may seem, if it can aid, help, assist or in any way give comfort to an expectant mother, it is a blessing. And such a blessing is “Mother's Friend.” You apply it over the stomach muscles. It is gently rubbed on the surface, and makes the muscles pliant; this relieves the strain on ligaments, natural expansion takes place without undue effect upon the nerves. And as the time approaches, the mind has gone through a period of repose, of gentle expectancy, and this has an unquestioned influence upon the future child. That this is true is evidenced by the fact that three generations of mothers have used and recommended “Mother's Friend.” Ask your nearest druggist for a bottle of this splendid remedy. He will get it for you. And then write to Bradford Regulator Co., 407 Lamar Bldg., Atlanta, Ga., for a most interesting book of information to prospective mothers. It is mailed free. Write today. It is a book you will enjoy.

Thin Men and Women Can Put on Flesh by Getting 100% Efficiency from Their Food

Failure to Absorb Flesh Making Materials in Daily Meals Keeps Weight Down. How to Make the Food Work and Stick. Most thin people eat from four to six pounds of good solid fat-making food every day and still do not increase in weight one ounce, while the other half many of the plump, chunky folks eat very lightly and keep gaining all the time. It seems all bound to say that this is the nature of the individual. It isn't Nature's way at all. Most thin people stay thin because their powers of assimilation are defective. They absorb just enough of the food they eat to maintain life and a semblance of health and strength. Stuffed won't help them. A dozen meals a day won't make them gain until they pass from this world as waste. What such people seemingly need is something that will so act upon these fatty food elements that their blood can absorb them and deposit them all about the body—something that will multiply their red blood corpuscles and increase their blood-carrying power. There is a preparation known to reliable druggists almost everywhere which was designed to aid in supplying the missing elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This modern treatment is called Sargol and it aims through regenerative, re-constructive powers to coax the stomach and intestines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to the starved, broken-down cells and tissues of your body. You can readily picture what result this amazing transformation should produce as with increased weight, cheeks fill out, hollows about neck, shoulders and bust disappear and from 10 to 20 pounds of solid, healthy flesh is added to the body. Sargol is absolutely harmless, inexpensive, efficient. G. A. Gorgas and other leading druggists of this vicinity have it and will refund your money if you are not satisfied, as per the guarantee found in every package. Why not make this test. First weigh yourself. Then take Sargol—just one tablet at every meal and before you go to bed—for two weeks—then weigh them all about the body—something that will multiply their red blood corpuscles and increase their blood-carrying power.

The New Labor Law

The new Workmen's Compensation Act is now in effect. If you are an employer of labor you should be familiar with every phase of this most important piece of legislation. We are prepared to supply this act in pamphlet form with side headings for easy reference. Single copies 25c with very special prices on larger quantities.

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