

Dandruff Soon Ruins the Hair

Girls—if you want plenty of thick, beautiful, glossy, silky hair, do by all means get rid of dandruff, for it will starve your hair and ruin it if you don't.

It doesn't do much good to try to brush or wash it out. The only sure way to get rid of dandruff is to dissolve it, then you destroy it entirely. To do this, get about four ounces of 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.

You will find, too, that all itching and digging of the scalp will stop, and your hair will 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, no matter how much dandruff you have. This simple remedy never fails.

—Advertisement.

DRESS WARM AND KEEP FEET DRY

Tells Rheumatism Sufferers to Take Salts and Get Rid of Uric Acid.

Rheumatism is no respecter of age, sex, color or rank. If not the most dangerous of human afflictions it is one of the most painful. Those subject to rheumatism should eat less meat, dress as warmly as possible, avoid any undue exposure and, above all, drink lots of pure water.

Rheumatism is caused by uric acid which is generated in the bowels and absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly, cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate this uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinge of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities.

Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which overcomes uric acid and is beneficial to your kidneys as well.—Advertisement.

Look and Feel Clean, Sweet and Fresh Every Day

Drink a glass of real hot water before breakfast to wash out poisons.

Life is not merely to live, but to live well, eat well, digest well, work well, sleep well, look well. What a glorious condition to attain, and yet how very easy it is if one will only adopt the morning inside bath.

Folks who are accustomed to feel dull and heavy when they arise, splitting headache, stuffy from a cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a daisy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stagnant matter.

Everyone, whether ailing, sick or well, should, each morning, before breakfast, drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and bowels the previous day's indigestible waste, sour bile and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite for breakfast. While you are enjoying your breakfast the water and phosphate is quietly extracting a large volume of water from the blood and getting ready for a thorough flushing of all the inside organs.

The millions of people who are bothered with constipation, bilious spells, stomach trouble, rheumatism; others who have sallow skins, blood disorders and sickly complexions are urged to get a quarter pound of limestone phosphate from the drug store which will cost very little, but is sufficient to make anyone a pronounced crank on the subject of internal sanitation.—Advertisement.

FOR A BAD COUGH

Here is a fine old-fashioned recipe for coughs, colds or croupy trouble that has been used for many years with great success. Get from your druggist 1 oz. of Parmlin (Double Strength) and add to it a pint of hot water and 4 oz. of granulated sugar. Take one tablespoonful 4 times a day.

No more racking your whole body with a cough. Clogged nostrils should open, air passages of your head clear up so you can breathe freely. It is easy to prepare, costs little and is pleasant to take. Anyone who has a stubborn cough, or hard cold or croupy in any form should give this prescription a trial.

Try Telegraph Want Ads

TO RAISE \$30,000 FOR MASON HOME

Each Member of Fraternity in Dauphin County Will Be Asked to Help

Every member of the Masonic fraternity in Dauphin county will be asked to contribute \$10 toward the establishment of the \$30,000 fund with which to build Dauphin's cottage in the community group at Elizabethtown.

To this end special contribution committees will be appointed early next week in each of the seven lodges of the county. These will include, in addition to Robert Burns, Perseverance and Harrisburg lodges of this city, Ashler, Lykens, Susquehanna, Millersburg, Prince Edwin, Middletown, and Brownstone, of Hummelstown.

The plans for contributing enough to erect a cottage at the Elizabethtown Masonic home were threshed out last evening at a session of the Dauphin county memorial committee. Incidentally the fund got an extraordinarily good boost. Two members offered to give \$5,000 apiece if the committee raised an additional \$15,000.

Samuel D. Sansom, this city, is chairman of the committee. Mr. Sansom, ex-Lieutenant-Governor Louis A. Watres, Scranton, the present grand master of Pennsylvania; Lewis N. Niefer, treasurer of the committee; N. Franklin Heckler, superintendent of the Masonic home, and Samuel Good-year, Carlisle, a district deputy, were among the speakers. After Mr. Sansom had called the gathering to order William L. Gargas, a past grand master, presided.

The meeting was attended by hundreds of Masons in the Masonic Temple and the members of the fraternity listened interestedly to the talk which Superintendent Heckler gave on the Home, its work, aims and purposes. Here are some of the statistics he quoted to illustrate the development of the Home to date and its possibilities for the future:

The ground covers 982 acres which were purchased in 1909. The first guest house was opened June 1, 1910, the first guest received 25 days later. Ground for the grand lodge hall was broken June 12, 1911; the cornerstone laid September 26, same year; dedicated June 5, 1913, and opened to guests August 11 of the same year. The real estate cost \$141,828.05, while the total expenditures to November 1, 1915, reached \$1,128,504.52. The difference in altitude between the lowest and highest points in the settlement is 280 feet, the highest being 660 feet above sea level. The dining room can accommodate 500 guests at one sitting.

COAL PARLEY AT CRITICAL STAGE

Four Demands by Bituminous Men For Wage Increases Are Refused

Philadelphia, March 22.—Negotiations between the miners and soft coal operators of Central Pennsylvania, who are meeting at the Bellevue-Stratford in an effort to arrive at a new agreement to replace the existing one, which ends on April 1, reached a serious point yesterday.

Following the refusal of the operators on Monday officially to recognize the union, there came yesterday an equally emphatic declination to agree to four demands involving wage increases which the miners are seeking. In addition, a substitute scale, similar in its provisions to the scale in effect in the Pittsburgh district, which was offered by the miners, was also refused.

Upward of fifty thousand soft coal miners in a section of the State producing about 40 per cent. of the total output of soft coal are involved in the negotiations. The situation is further involved because the operators have before them the precedent of the New York conference, which declined to grant the miners' demands, similar to the next three that will come up before the body now in session here.

Thirteen Demands Remain
With five of the miners' demands already refused, there remain thirteen others to be considered. It is believed by all those concerned that, while there exists a deadlock, a strike can be avoided. Most certainly it has been announced on both sides there will be no drastic action taken until the demands of the miners and the concessions the operators are willing to make have been thoroughly discussed.

Hard Coal Agreement Still Under Discussion

New York, March 22.—The subcommittee of anthracite operators and miners, who have been negotiating a new agreement for the hard coal fields to take the place of the one which expires March 31, discussed again yesterday the plan of selling mining supplies. John P. White, president of the United Mine Workers, claimed that the use of certain explosives placed a burden on the miners for which they should be compensated by a lowering of price.

The demand of the miners that where coal is mined on a car price it should be on a basis of 2,240 pounds to the ton and all refuse cleaned from the coal, also was considered.

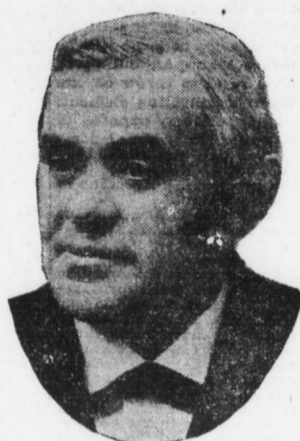
Business in Coal Belt Demands to Be Heard

Wilkes-Barre, Pa., March 22.—An unprecedented step in labor controversies was taken yesterday when businessmen from throughout the anthracite field gathered here and decided that the public's side must be given proper consideration and recognition by operators and mine workers in the drawing of a new working agreement for the hard coal fields.

The anthracite region businessmen most strenuously object to a new agreement of two years' duration. They decided to insist that the agreement be for a much longer period, anywhere from six to ten years. Unsettled conditions of business are due, they say, to uncertainty over the efforts to negotiate a new wage contract. With an agreement of but two years, as the miners demand, businessmen assert that their interests would be almost perpetually unsettled, and that disaster would result.

The business conferees have wired the chairman of the conference in New York to name a time when the businessmen of the hard coal fields can present their case. They ask the right as the third party interested in the peace negotiations to present their case to the other interested parties to the controversy. When that date is fixed a committee of from fifty to one hundred men will go to New York to insist on a long term agreement.

"The House of Strouse"



JOSEPH STROUSE, Harrisburg's Pioneer Clothier. 1857—1913



WM. STROUSE, Harrisburg's Leading Clothier. Since 1894



JOSEF H. STROUSE Who enters his commercial career with his father in the New Store.

- ☞ Never mind the weather to-day---
- ☞ It's going to be clear to-morrow---
- ☞ At least, that's the optimistic view we're taking of it.
- ☞ For this is to be a store of optimism, cheerfulness and sunshine, regardless of the weather outside.
- ☞ And right in line with that atmosphere we have prepared a mighty enjoyable

Formal Opening of The New Store of Wm. Strouse 310 Market Street

To-morrow, Thursday Evening, March 23rd, 1916 at 7:30 O'clock

- ☞ There will be music
- ☞ There will be souvenirs
- ☞ There will be enjoyment for all
- ☞ No merchandise will be sold--
- ☞ It's just a "get-together" occasion of pleasantness
- ☞ We invite you to come
- ☞ We want to welcome you--
- ☞ We want you to enjoy yourself--
- ☞ And you will!
- ☞ We've prepared for YOU--
- ☞ So come!