FRIDAY EVENING,

HARRISBURG

MARCH 24, 1916.



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HOT WATER THE BEST LIVER AND

Says glass of hot water before breakfast washes poisons from system.

Physicians the world over recom-mend the inside bath, claiming this is of vastly more importance than out-side cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels do. Men and women are urged to drink each morning, before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and puri-fying the entire alimentary canal be-fore putting more food into the stom-ach.

ed openly. ~ "Come, Helen, be a sport; it was (Another incident in this human only a joke. series will appear here soon.)

WALKING COSTUME **OF TWO MATERIALS** BOWEL MEDICINE When Skating Is Over, This Frock Is Modish For the Street

Just as soap and hot water cleanse nd freshen the skin, so hot water and imestone phosphate act on the elim-

limestone phosphate act on the elim-inative organs. Those who wake up with bad breath, coated tongue, nasty taste or have a dul, aching head, salow com-plexton, acid stomach; others who are subject to bilious attacks or consti-pation, should obtain a quarter pound of limestone phosphate at the drug store. This will cost very little but is sufficient to demonstrate the value of inside bathing. Those who con-tinue it each morning are assured of pronounced results, both in regard to health and appearance. — Advertise-ment.

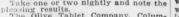
Have Color in Your Cheeks

Be Better Looking-Take Olive Tablets

If your skin is yellow-complexion pallid-tongue coated-appetite poor-you have a bad taste in your mouth-a lazy, no-good feeling-you should take Olive Tablets. Dr. Edwards' Olive Tablets-a sub-

stitute for calomel-were prepared by

Lew ards after 17 years of study Edwards after 17 years of study h his patients. r. Edwards' Olive Tablets are a ely vegetable compound mixed with e oil. You will know them by their e color.







8886 (With Basting Line and Added Seam Allowance) Skating Caps, Two Sizes, Women's, and Misses' or Girls'. 8892 (With Basting Line and Added Seam Allowance) One-Piece Dress for Misses and Small Women, 16 and 18 years.

Here is a really ideal skating costume that is, it is ideal for the indoor skating that is so much in vogue this winter; for skating on the natural ice means that something warmer and more protection

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