

True Secret of Keeping Youthful Looking

(The Beauty Seeker.) "The real secret of keeping young-looking and beautiful," says a well-known hygienist, "is to keep the liver and bowels normally active. Without these requisites, poisonous waste products remain in the system, polluting the blood and lodging in various organs, tissues, joints. One becomes flabby, obese, nervous, mentally sluggish, dull-eyed, wrinkled and sallow of face. "But to get liver and bowels working as they ought, without producing evil after-effects has been the problem. Fortunately, there is a prescription of unquestioned merit, which may now be had in convenient tablet form. Its value is due largely to an ingredient derived from the humble May apple, or its root, which has been called "vegetable calomel" because of its effectiveness—though, of course, it is not to be classed with the real calomel of mercurial origin. There is no habit-forming constituent in "Sentinel" tablets—that's the name—and their use is not followed by weakness or exhaustion. On the contrary, these harmless vegetable tablets tend to impart tone and elasticity to the relaxed intestinal wall. Sentinel tablets, which may be procured from any druggist—a dime's worth will prove a revelation to any constipated, liver-troubled person."

The Constipation Curse

Constipation - clogged bowels cause pain and sickness; 95 per cent of our ills, say the authorities. Sentinel Laxative brings quick relief. All vegetable - contains no calomel. Ten doses for a dime at any druggist. Physician's sample free, upon request, if you mention this advertisement. The Sentinel Remedies Co., Inc., 800 Madison Ave., Covington, Ky.

Start Tomorrow and Keep It Up Every Morning

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well, what a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside-bathing habit.

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 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 acid, 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.

KEEP LOOKING YOUNG

It's Easy - If You Know Dr. Edwards' Olive Tablets

The secret of keeping young is to feel young—to do this you must watch your liver and bowels—there is no need of having a sallow complexion—dark rings under your eyes—pimples—a bilious look in your face—all eyes with no sparkle.

Your doctor will tell you ninety per cent of all sickness comes from inactive bowels and liver. Dr. Edwards, a well-known physician in Ohio, perfected a vegetable compound mixed with olive oil to act on the liver and bowels, which he gave to his patients for years. Dr. Edwards' Olive Tablets, the substitute for calomel, are gentle in their action, yet always effective. They bring about that exuberance of spirit, that natural buoyancy which should be enjoyed by everyone, by toning up the liver and clearing the system of impurities. You will know Dr. Edwards' Olive Tablets by their olive color. 10c and 25c per box at all druggists. The Olive Tablet Company, Columbus, Ohio.

Pimples Disappear

There is one remedy that seldom fails to clear away all pimples, black heads and skin eruptions and that makes the skin soft, clear and healthy. Any druggist can supply you with zemo, which generally overcomes all skin diseases. Acne, eczema, itch, pimples, rashes, black heads in most cases give way to zemo. Frequently, minor blemishes disappear overnight. Itching usually stops instantly. Zemo is safe, clean, easy to use and dependable. It costs only 25c; an extra large bottle, \$1.00. It will not stain, is not greasy or sticky and is positively safe for tender sensitive skins. Zemo, Cleveland.

Instant Relief For Aching, Burning and Swollen Feet; Corns, Callouses; Bunions, use two spoonfuls of Cal-o-side in foot bath. Package 25c. at any drug store.

Cal-o-side For all Foot Troubles. Used by Millions.

CREME MILK Non-greasy Toilet Cream - Keeps the Skin Soft and Velvety in Rough Weather. An Exquisite Toilet Preparation. 25c. GORGAS' DRUG STORES 16 N. Third St. and P. R. R. Station

PICK OYSTERS CAREFULLY, TIP

Dr. Dixon Warns Against Indiscriminate Eating of Raw "Culls"

Warning against eating oysters indiscriminately without being sure of whence they come and that the trade is being deluged with culls which were not considered as good oysters a few years ago is given by State Commissioner of Health Samuel G. Dixon in his weekly hygiene talk issued to-day. Dr. Dixon takes the stand that the oyster trade has grown immensely, but that there are dangers which require regulation. The statements he made are the result of careful observation and some investigations with reports on actual conditions. The commissioner's statements sum up what has been found during the present oyster season.

In the course of his letter the commissioner says: The oyster has become so high in price that on the basis of food values it cannot be listed as of economic importance. Through its geographical range at home and abroad this bivalve has become fraught with danger from the sewage polluted waters which now reach many of the oyster beds from our large municipalities. The thickly populated communities are mostly along the streams owing to the fact that man has always settled near waterways and in the early days of our history the industries depended entirely upon water power for their mills. As these centers of population increased the disposal of waste became a great problem resulting in the building of conduits to lead it into the pure waters nature had given us. These flowing streams carried the wastes away from the doors of one community only to poison the waters for those living down stream and at the same time polluting the waters covering our oyster and clam beds as well as driving away from our streams valuable fish.

The raw oyster to-day is to be looked upon with suspicion. Great care should be observed in purchasing them. The seller should be known to be reliable and he should know from what beds he gets his supply. It is hard to explain why the oyster furnishes a fashionable dish when it has become the custom to supply the culls, which a few years ago would have been thrown into their beds as being unfit for the market. The food value of four or five of these culls is almost nil and the taste so insipid that they are flavored with strong condiments that entirely destroy what little natural flavor the culls had; therefore, it can hardly be said that these culls thrown out from the cookable oysters from various beds, are palatable. They are, however, dangerous as they can and do sometimes carry the germs of typhoid fever. Why, therefore, eat raw culls containing little or no nourishment with little or no taste and yet not infrequently carrying germs of disease.

Yesterday Was Birthday Anniversary of—



FRED B. CARNES Grocer, 1601 Hunter street. He is one of Harrisburg's youngest businessmen and enjoys a large acquaintance. He is a native of this city, and an enthusiastic booster of his home town.

New Pathfinder Car in Unique Demonstration

One of the most remarkable automobile demonstrations ever seen in this city was witnessed Saturday in Market Square when the new Pathfinder a twelve-cylinder car and a beauty, too, was driven twice around the square on high gear at a speed which registered from one to two-and-one-half miles per hour. The machine was not exactly driven, for Frank W. Kuhns, of Indianapolis, who represents the Pathfinder's engineering department, started the motor and then walked alongside of the car, occasionally touching the steering wheel to properly direct the car's movements.

Pathfinder representatives claim that there is no other car on the market which will run on high gear at such a slow speed and they do not fear that the demonstration which they are now using will be copied by other automobile manufacturers. In the car while the test was being made were seven men, including two newspaper representatives and it is ability. Pathfinder, indeed, is a realer duty to vouch for the car's remarkable car and the small amount of gasoline used in getting power from the twelve cylinder engine is one of the big features claimed for it. The machine is fully equipped in every detail, even to an electric cigar lighter and the sixth and seventh seats, invisible when not in use, appear to be about the last word in automobile equipment.

ISSUE \$10,700 BONDS Harrisburg has turned over to Stucker Brothers' Construction Company \$10,000 in bonds in payment for the paving of Chestnut Street Hillside Road and Twenty-first street, and \$700 in bonds to the same contractor for grading Seventeenth street.

CASTORIA For Infants and Children In Use For Over 30 Years Always bears the Signature of J. C. Watson

SILVER ANNIVERSARY

- In March, 1891, John C. Herman & Company introduced to the public a new cigar that was designed to set a new standard in value at 5 cents. Months of careful thought were put into the matter before the ambitions of the makers were realized. First of all, it was to be a better smoke—a smoke that would be crammed just as full of real quality as was possible at the price. So a filler of only the choicest domestic and Havana tobaccos, and a Sumatra wrapper, were decided upon. Next followed weeks of blending until a combination was perfected that had just the right aroma, without any "kick" to it. Then arose this question—Why not a LONGER, as well as a BETTER smoke. The Londres Grande shape seemed to best carry out this thought—and as there were no five cent cigars of that shape on the market at the time its choice also meant individuality—so it was decided upon. And when this bigger, better five cent cigar was perfected they christened it

KING OSCAR

- That was twenty-five years ago. For a quarter century King Oscar cigars have been made with the same careful thought as the first handful back in 1891— For a quarter century the same regular quality has been maintained For a quarter century King Oscar has been gaining new friends every day—and holding them— For a quarter century its popularity has swept beyond the boundaries of Harrisburg, until today King Oscars are demanded and sold in every hamlet in Central Pennsylvania For a quarter century King Oscar has sustained its reputation for quality and quantity, and thousands upon thousands of smokers today, by their regular patronage, proclaim King Oscars among 5c cigars

"THE DADDY OF THEM ALL"

And to the army of men who have learned to depend upon King Oscar for an enjoyable smoke at the cost of a nickel, we pledge for the future a strict adherence to the same regular quality that has won their favor in the past.

JOHN C. HERMAN & COMPANY, Harrisburg, Pa.

Famous Dodge Brothers Car Again Wins Fame

"Death Valley Dodge," the famous Dodge Brothers motor car that was the vehicle of a trip last year through Death Valley that attracted national attention because of the nature of the journey, has won new fame on the coast. Driven by Teddy Tetzlaff, the famous racing driver, the car made the night trip over the mountains of California from Nordhoff, in the Ojai valley, to San Luis Obispo in slightly more than 12 hours. The run was started at 10 o'clock at night after all the wisecracks had predicted that it would be impossible to get through owing to the conditions of the roads which are regarded as exceedingly dangerous even in the day time.

Tetzlaff in discussing the trip said: "It's alright when you have confidence in your car. There were some bad places on the road where we would around the edge of a precipice and there were various spots where you wanted to be sure that both brakes and transmission were dependable. But I had tried out the Dodge Brothers motor car and I had every confidence that it would not be the fault of the car if we failed." This car has met with remarkable success in this territory, in the hands of C. H. Barber, of the Keystone Motor Car Co. This week was no exception to the sales report, as a number of deliveries of Dodge Brothers cars were made yesterday.

WROTE "POISON PEN" LETTERS

Special to the Telegraph Sunbury, Pa., March 27.—Laboring under the delusion that he had been harmed by prominent men, Henry Weisner, 42 years old, of Shamokin, went violently insane and was removed to the Danville State Hospital for the Insane. He wrote numerous "poison pen" letters before he lost his reason. Weisner owned a confectionery store there.

2 in 1 SHOE POLISHES BLACK-WHITE-TAN 10¢ KEEP YOUR SHOES NEAT A combination of both liquid and paste. They produce a brilliant, lasting shine with very little effort. These polishes contain no acid and will not crack the leather. They preserve the leather and increase the life of your shoes. J. H. F. DALLEY CO., 242, BUFFALO, N.Y.

Open Evenings Overland On and after today our showroom will remain open at night until 10.30 THE OVERLAND-HARRISBURG COMPANY 212 North Second Street The Telegraph Bindery Will Rebind Your Bible Satisfactorily