

GRIP AND NEURASTHENIA

There is a form of neurasthenia that follows the grip. Doctors call it "post-grippal" neurasthenia.

"Broadly speaking, every victim of the grip will suffer from post-grippal neurasthenia also.

Dr. Williams' Pink Pills, a non-alcoholic tonic, are particularly noted for building up the blood and strengthening the nerves after an attack of the grip.

If you have had the grip get a box of Dr. Williams' Pink Pills now from the nearest drug store and begin the treatment at once.

On request we will send you a free pamphlet, "Building Up the Blood," which contains a chapter on the grip.

PRIZES FOR THE BEST PORCH DECORATIONS

(Continued From First Page)

ment blanks will be published in each issue of the Telegraph. All contestants will place their names on these and will thus be entitled to participate in the distribution of prizes.

No entrance fee will be charged. Everything will be free and open to all. The judging will be done by experts who will visit the various buildings entered after the planting.

Reduced Prices

The Telegraph is able to announce a special reduction in prices on Sectional Window Boxes by the Berryhill Nursery Company.

The Berryhill company has also offered to advise planters free of charge as to what kind of plants should be used, when to plant them and how.

Already there have been many inquiries as to how the window and porch box plan is to be carried out and the outlook is for hundreds of boxes to be put up within the next six weeks.

TO END CATARRHAL DEAFNESS AND HEAD NOISES

If you have Catarrhal Deafness or head noises go to your druggist and get 1 ounce of Farmint (double strength), and add to it 1/2 pint of hot water and 4 ounces of granulated sugar.

CLASSIFIED BUSINESS DIRECTORY

- Artificial Limbs and Trusses
Braces for all deformities, abdominal supports.
Dressmaking and Needlework
French Cleaning and Dyeing
Goodman's, tailoring and repairing, all guaranteed.

FUNERAL SPRAYS AND DESIGNS

"ALL-TIME-EATS" IS EVIDENCE OF HOW FORMER LOCAL BOY AS DOCTOR HELPS INDIAN BABIES



LITTLE "ALL-TIME-EATS"

In the years to come you may read of him in the newspapers. So, just remember the name—little "All-Time-Eats."

That may figure in the news dispatches of another "break-away" from the reservation and an informal raid upon neighboring ranches; or in the press agent stories of the visiting Wild West show; or with story and highly decorative cut of the latest "full-blooded American candidate" for Congress.

At any rate, whether or not he figures in future public prints as bandit, congressional candidate or football hero, the fact remains that he is introduced to the newspapers to-day just as he is, unadorned—a fat, healthy Indian baby of Ponca agency, Oklahoma.

Dr. Charles L. Zimmerman, this city, former resident physician of the Harrisburg Hospital, ex-Telegraph reporter, and just "Zimmie" to hundreds and hundreds of Harrisburg friends, is responsible for little "All-Time-Eats" initial how to the public in the newspapers.

Here's the story: "The first step in the instruction of the Indian mother as regards the health of her infant has been in my experience that of 'proper feeding.'"

With this important function of everyday life properly regulated and controlled, the majority of infant disorders will disappear and the naturally splendid digestive system assume its proper place.

"For the very young infant the mother's breast is the best of all foods. Cow's milk is excellent for calves, but not so good for humans. Condensed milk is in its proper place when it is in the can.

"The eating of candy by children of tender years is another of the causes of much infantile digestive disturbances, and the sooner the child is of gastronomic disturbances is prohibited the better nourished and healthier will the baby be.

"Rickets is another disease which one finds quite common among the Indian children, due, probably, to patent baby foods and unhygienic conditions. Plenty of meat broth and fruit juice, and small amounts of starchy foods, such as potatoes, will restore it to health.

"Another important disease of children is tuberculosis, and when one considers that 99 per cent. of all children 10 years of age in the white race are said to have tubercular implantation, then we can appreciate its danger and importance. Tuberculosis is not inherited. The most frequent type in children is the glandular form, often expressed after the system has been reduced by an attack of measles or whooping cough.

"A child reared in a home containing an acute case of tuberculosis is continually breathing the infectious atmosphere. Forced feeding and a daily bath for these cases will do much to overcome an inherited weakened body."

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER 40.

Rice, Scoured and Polished, Is Food Unfit for Hospital or Home—It Will Shorten Life, Robbed and as White Flour Is Robbed, Rice Is Responsible for Many Preventable Diseases.

As we gather up the shattered fragments of the white bread superstition which has endured so long unmoisted among the miseries of the denatured wheat eater, we may catch in fancy the murmur of spirit voices. Among them we can recognize a chorus in which so many of our kindred thousands of children under ten years of age who died in the United States during the past four years are crying:

"We, the ghosts of babes, are patrolling the night, pulling down from their high niches in the darkness whatsoever symbols of disease and death we find.

"Under a skinny finger points to a statue, it is the finger of bloodless fraud. As we pull the idol down we see that it is labelled, 'Polished Rice.'"

"Few Americans have ever eaten rice as nature intended them to eat it. The cream color and light brown in hue, with a flavor that the polished rice eater has never tasted, has been banished from the United States for many years.

"The robbed substitute is the brushed, scoured, polished and sometimes talcum coated grain of commerce, called polished rice, which is milled by processes through which it passes that when fed to the fowls of the barnyard it brings about their death in seven weeks.

"Under the natural unrefined grain, containing all the elements with which nature has endowed it, the creatures of the barnyard thrive indefinitely.

"The 'innocent' bowl of rice, as we now scour and polish, served to the growing child and the convalescent struggling desperately upward out of an abyss of disease, will not support a human life. We have robbed it, as we rob the wheat.

"No, this is not the cry of an alarmist. Behold the facts. In the Philippine Islands a disease called acedosis, or beri-beri, has wiped away countless thousands.

"We have similar diseases in the United States, but we call them inattention, anemia, neurasthenia, nervous prostration, general breakdown, beri-beri, or acedosis, journeys from one stage to another, through all of these experiences. Its name neither adds nor detracts from its ability to destroy life. Those who encounter it die the death.

"Dr. V. G. Heiser in the year 1910, then director of health of the Philippine Islands; Dr. Fraser of Singapore, Dr. Aaron of the Philippine Medical School, Dr. Hight of Siam, and Dr. Dellaan of Java produced evidence that showed conclusively that acedosis, or beri-beri, is caused by a diet of polished rice, such as is consumed in the United States. As early as 1905 Dr. Donald McCaskey had noted the ravages which follow a diet of polished rice.

"Polished rice does not introduce some mysterious germs into the body. It simply starves the blood and tissues until they no longer offer a defense to any germ.

"Polished rice does not introduce some mysterious broken and immunity destroyed, as the result of inadequate nourishment, pathogenic organisms take up their residence in the weakened tissues of the body, and grow and multiply until disorder ensues.

"During January and February, 1910 another of the many outbreaks of acedosis among the inmates of the Coulton Leper Colony aroused the interest of the little group of physicians named above.

"The disease resisted all medical treatment. It was noted that the lepers were striving to maintain life upon a diet of polished rice. As an experiment the polished rice was discontinued and the natural grain substituted.

"The sick in the hospital were fed with the rice—polishings—that had been removed from the refined grain.

GOING!

Refrigerators

Refrigerator Club

\$1.00 Entitles You to Membership and Delivers Any Refrigerator to Your Home

Through the Club, you may enjoy gradual payments also, on either the

Notaseme or Century Refrigerators

The famous "Notaseme" applies to the lining which is of most vital importance in refrigerator sanitation.

The lining is of stone, and not-a-same anywhere will be found; avoiding all danger of germ breeding.

Century Refrigerators have the same good construction as the Notaseme, with enamel lining.

"Notaseme:" \$18.50 to \$75.00

"Century:" \$8.50 to \$28.50

Ice Chests: \$4.98 up

BOWMAN'S—Fifth Floor.

BUFFALO SQUAD HERE FOR SPRING WORKOUT

(Continued From First Page.)

grounds?" Manager Donovan was asked. "Oh, that's enough to make you sick!" groaned Pat. "They must think we are submariners."

However, the spirit of the players of last year's pennant-winning team of the International League was not dampened by the sight of the wet grounds for right of the bat they arranged with the Y. M. C. A. to use its gym for indoor practice.

Arrangements were also made to begin out-of-door work to-morrow morning on the grounds of the Harrisburg Academy.

Among those to arrive here to-day was "Ty" Tyson, a pitcher, who after much thought and because his mother objected to "raising her boy to be a soldier," gave up the idea of enlisting in the Canadian volunteers and decided he would shoot curves across the pan for a nominal consideration rather than to shoot lead at the enemy.

Next in line to report to Pat Donovan was Jack Onslow, a catcher of quite some repute. Closely on the heels of Onslow, came trucking the form of Merlyn Koff, an outfielder "just boiling over" with pep. Koff was secured from the Washington Americans. Lester Channel, captain, met the boys as they trudged into the hotel. Channel will be remembered by last year's fans as the fast right fielder. Jimmy O'Neill, the crack second baseman, also reported later in the morning.

More Good Men Coming Jack De Murphy, the trainer, says that this year's team will be even better than the pennant team of last season. Many youngsters will arrive here

Bowman's BELL—1991—UNITED

MAKING BRIGHTER THE HOME AND LIGHTER THE CARES OF SPRING REFURNISHING
Our Several Complete, Competent Homefurnishing Departments Are Brimful of Helpful Suggestions And Worthy Satisfaction Replete With a Knowledge of Home Needs And a Speedy Hand of Service

AMERICA'S BEST PRODUCT AMONG THIS NOTEWORTHY ASSEMBLAGE OF RUGS

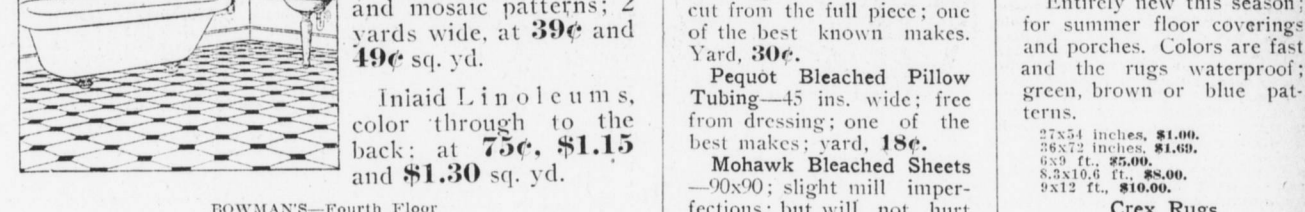
Referring to none other than Whittall Anglo Persian, Royal Worcester and Teprac Wilton. Every standard size from 27x54 inches to 11.3x15 ft. is included in a wide collection of patterns.

- W. & J. Sloan's Axminster Rugs, 9x12 ft., at \$17.50, \$19.50 and \$21.
Superior Axminster Rugs, 9x12 ft., \$25.00.
Body Brussels Rugs in a good line of small all-over patterns; 9x12 size, \$27.95.
Other sizes in proportion.
Velvet Rugs in choice patterns and colors; 9x12 ft., \$16.50, \$18.50, \$20 and \$24.50.
Wool and Fiber Rugs in new colors and patterns; 9x12 size, at \$5.50, \$7 and \$9. Other sizes in proportion.

Springtime Is Linoleum Time

We are showing a complete line of Ringwatts New Process Linoleums in parquet, tile and mosaic patterns; 2 yards wide, at 39c and 49c sq. yd.

Linoleum in color through the back; at 75c, \$1.15 and \$1.30 sq. yd.



BOWMAN'S—Fourth Floor

THE DEPARTMENT OF DRAPERIES IN FULL SPRING DRESS

Displaying in numbers the wanted fabrics that Spring will use for hangings and novelties.

Domestic cretonnes, 12 1/2c to 22c yd. New Spring line of 36-inch figured silkoline, 12 1/2c yd.

Special showing of imported cretonnes, in patterns suitable for summer hangings, pillow covers and for making slip covers for furniture, 25c to 50c yd.

36-inch scrim and marquise for curtains; plain and with borders; in white, cream or ecru, 10c to 35c yd.

Colored madras and sunfast material for summer hangings; light and dark colorings, 30c to \$1.50 yd.

Imitation linen couch covers—linen coloring with red, green, tan and blue pin

stripes and fringed around; \$1.10. Tapestry table covers, in a large assortment of colorings, \$1.50 to \$5. Tapestry couch covers, 69c to \$5. Covers from \$1.50 to \$5 are 60 inches wide.

Special showing of scrim and marquise curtains; in cream, white or Egyptian; 50c to \$7.50. New line of ecru Cluny lace curtains, lace edge and insertion, \$2.50 to \$10 pr.

White Irish Point curtains, \$2.50 to \$10. Madras and sunfast curtains for doors or windows; \$2.50 to \$8 pr.

Matting covered utility boxes, bamboo bound; \$1.75 to \$6.50.

BOWMAN'S—Fourth Floor.

SIX LOST ON PERTH

By Associated Press London, April 3.—The British steamship Perth has been sunk. Six members of the crew were lost and eight were landed. The Perth was unarmed.

SILVER ANNIVERSARY KING OSCAR

Is 25 years old this month. Think what this means to you, Mr. Smoker, absolute reliability. A quarter of a century of increasing popularity is not accidental.

JOHN C. HERMAN & CO. Harrisburg, Pa.

"The Daddy of Them All."

Effective midnight April 15, 1916, prices of the 3400 r. p. m. Chalmers models will be as follows: Touring Car, \$1090 Detroit Cabriolet, \$1440 Detroit Roadster, \$1070 Detroit

The present prices on these models are as follows: Touring Car, \$1050 Detroit Cabriolet, \$1400 Detroit Roadster, \$1050 Detroit

Anyone desiring to purchase any of these models before April 15 will save a good sum of money.

Chalmers Motor Car Co.