

Reliable Laxative Relieved This Baby

Child Was Badly Constipated
Until Mother Tried
Simple Remedy.

In spite of every care and attention to diet, children are very apt to become constipated, a condition responsible for many ills in after life unless promptly relieved.

Mrs. C. W. Wilson, of Shelbyville, Tenn., had trouble with her baby boy, Woodrow, until she heard of Dr. Caldwell's Syrup Pepsin. She writes, "I can safely say Dr. Caldwell's Syrup Pepsin is the best remedy of its kind on earth. It acts so gently and yet so surely. Little Woodrow was very badly constipated and we could find nothing that gave relief until we tried your Syrup Pepsin, which gave immediate relief."



WOODROW WILSON

Dr. Caldwell's Syrup Pepsin is a compound of simple laxative herbs, free from opiates or narcotic drugs, mild in action, positive in effect and pleasant to the taste. It has been prescribed by Dr. Caldwell for more than a quarter of a century and can now be had for fifty cents a bottle in any well-stocked drug store. A trial bottle of Dr. Caldwell's Syrup Pepsin can be obtained free of charge by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Illinois.

PUT THE CAMP FIRE OUT

If the camp site is strewn with leaves cut an evergreen branch or rake, clear all the ground of leaves, pile them in a bare spot, and burn them, lest a spark set the woods afire. In evergreen or cypress forests there is often a thick surf on the ground (dead needles, etc.) that is very inflammable. Always scrape this away before building a fire. In a dry forest carpet, or in a punky log, fire may smoulder unnoticed for several days; then, when a breeze fans it into flame, it may start a conflagration. One can't be too careful about fire in the woods. Never leave a camp fire or a cooking fire to burn itself out. Drench it with water, or smother it absolutely by stamping earth upon it.—April Outing.

Discuss Bird Protection at Audubon Meeting

Dr. Witmer Stone, president of the Pennsylvania Audubon Society, will give a report on "Bird Protection in Pennsylvania" in the Technical high school auditorium this evening at 8 o'clock at the annual meeting of the Audubon Society. William L. Baily, treasurer, will give an illustrated lecture on "Bird Study With the Camera." The Harrisburg Natural History Society will meet at the same time.

SITES AT COLUMBUS

Frank C. Sites, postmaster of Harrisburg, and treasurer of the National Association of Postmasters, left the city today for Columbus, Ohio, to attend the annual convention of that gathering. Saturday he will be a guest of the Ohio Postmasters' Association.

"TIZ" FOR FEET

For Tired Feet, Sore Feet, Tender, Aching, Swollen, Calloused Feet and Painful Corns



"Can't beat 'Tiz' for aching, swollen feet. Don't stay footsick!"

Just take your shoes off and then put those weary, shoe-crinkled, aching, burning, corn-pestered, bunion-tortured feet of yours in a "Tiz" bath. Your toes will wiggle with joy; they'll look up at you and almost talk and then they'll take another dive in that "Tiz" bath.

When your feet feel like lumps of lead—all tired out—just try "Tiz." It's grand—it's glorious. Your feet will dance with joy; also you will find all pain gone from corns, callouses and bunions.

You Must Have Plenty of Iron in Your Blood to Be Strong, Says Doctor

Nuxated Iron Will Increase Strength of Delicate, Nervous, Run-down People 200 Per Cent. in Ten Days in Many Instances

NEW YORK, N. Y.—Most people foolishly seem to think they are going to get renewed health and strength from some stimulating medicine, secret nostrum or narcotic drug, said Dr. Sauer, a specialist of this city, when, as a matter of fact, real and true strength can only come from the food you eat. But people often fail to get the strength out of their food because they haven't enough iron in their blood to enable it to change food into living matter. From their weakened, nervous condition they know something is wrong, but they can't tell what, so they generally commence doctoring for stomach, liver or kidney trouble or symptoms of some other ailment caused by the lack of iron in the blood. This thing may go on for years, while the patient suffers untold agony. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five-grain tablets of ordinary nuxated iron three times per day after meals for two weeks. Then test your strength again and see for yourself how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double and even triple their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days, simply by taking iron in the proper form, and this after they had in some

cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate or tincture of iron simply to save a few cents. You must take iron in a form that can be easily absorbed and that will not irritate the stomach. I want it to do you any good, otherwise why should I prove worse than useless. Many an athlete or prize fighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray, while many another has gone down to inglorious defeat simply for the lack of iron.

NOTE—Nuxated Iron recommended above by Dr. Sauer is not a patent medicine nor secret remedy, but one which is well known to druggists and whose iron constituents is widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy. In nearly all forms of indigestion, as well as for nervous, run-down conditions. The Manufacturers have such great confidence in nuxated iron that they offer to forfeit \$100.00 on any charitable institution if they cannot take any man or woman under 60 who lacks iron and increase their strength 200 per cent. or over in four weeks' time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days' time. It is dispensed in this city by Croll Keller, G. A. Gorgas and all other druggists.

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 they may be to keep a Stock Transfer Ledger. We are prepared to supply these Ledgers promptly at a very nominal price.

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SOCIAL SERVICE OLD AS CHURCH

Three Distinct Forms Stand Out; Healing of Sick, Relief of Poor, Driving Away Sorrow

The International Sunday School Lesson for April 2, Aeneas and Dorcas.—Acts 9:32-43.

(By William T. Ellis.)

The antiquity of the latest fashions is a chastening theme to contemplate. Our vaunted modernity is severely jolted when we discover that our new ideas are centuries and even millenniums old. The International Sunday School Lesson carries us back to the facing of the fact that the present-day vogue of social service—for aetia bodies and estate, as well as for their spirits—is as old as the Christian Church itself.

Three distinct forms of social ministry are the outstanding points in the interesting old stories of the cure of Aeneas and the raising from the dead of Dorcas. First, we have the healing of the sick by the Apostle Peter. Second, we have the relief of the poor, as represented by the work of Dorcas. Third, we have the driving away of sorrow by the resurrection of Dorcas.

Already we have studied how the Christian Church at the first generation had attained a state of social and economical interdependence that was without precedent in history. The most ideal example of communism is that of the early Christians, when no man counted his possessions his own, but devoted them to the brotherhood. The widows and the poor were all cared for out of the common funds. Modern social service has a long way to go before it can catch up to the first crop of Christians. Wherein the Church has departed from the practice of ministering to all phases of human need she has departed from the example and precept of the Apostolic Church and of the great Head of the Church, Himself. A delicate and important point to be observed today, however, is that all the new swelling of the tides of brotherliness and ministry shall not be mislabeled by merely sociological terms, but should be understood as simple Christianity, the love of Christ expressed through the hearts of His Disciples. We must not let a godless fad steal the liveliness of the Christian Church. What we have of effective social service today is merely a new expression of simple Christian ministry.

What About The Shut-ins?

From the days of Eden until now the problem of pain has vexed the world. Why does God permit suffering? That is the oldest of the puzzles that has taxed the human brain. We are not ready to admit that all suffering is evil, any more than our intellectual integrity will permit us to call it an illusion, a nonexistent thing. The world owes much to its invalids. Some of the greatest songs and most life-giving thoughts have risen from beds of pain. There are graces, indispensable to life in its fullness, which seem to grow only in the hot-house of suffering. The metropolitan newspapers recently printed columns about a Brooklyn woman who had been for fifty years a "shut-in," and who had ministered greatly to the world.

She glorified God as an invalid. Aeneas, the paralyzed man of our story, glorified Him by a miraculous recovery. Whether ill or well, whether by enduring, we are to fulfill life's chief end of glorifying God.

The story of Aeneas is one of the short and simple annals of pain. Unlike the physician's observation, to note that he had, for eight years, been bed-ridden with palsy. What a picture the few words present! No person in the full tide of health and activities can understand the meaning to be a helpless invalid, dependent on the ministry of loved ones for everything. For eight interminable years Aeneas had lain on his pallet, or little mattress, on the floor of a dingy Oriental room. What had been his thoughts during all this time when there was nothing left for him to do but think?

Into the darkness of the sufferer's lot there had apparently penetrated the radiance of the Good News. The implication of the story is that Aeneas was a Christian. We should like to know the difference between his life before the tidings which the scattered disciples had carried.

Where the New Railway Runs

One day there came to the home of Aeneas—wonder who was the wage-earner there, to maintain the household—the great-hearted Simon Peter. This tireless apostle was a perpetual preacher. Like Jesus, he "went about doing good." He did not wait for opportunities to come to him. With the conversion of Saul, the young Church had peace for a time, and was spiritually built up. So from Jerusalem he came to Antioch, restlessly and resistlessly carrying the message of the Kingdom of God. Lydda, or Lidd, where Aeneas lived, is about twenty miles to the northwest of Jerusalem, on the road to the seaport of Jaffa, which is ten miles further west. There was a community of Christians here, as also at Jaffa. Lydda was one of the main highways up and down the Land, and Jesus Himself had passed through it. Its importance in history has been considerable, but now it takes on a new interest.

For today, Lydda is the junction point of the railroad which the Germans and Turks have built down the center of Palestine to Beerseba. For twenty years it has been a starting point on the familiar railway line running into Jerusalem from the north. The rails between Jaffa and Lydda have been torn up and used for the construction of this new military railway, which runs from Beerseba up to within a few miles of Nazareth, where it connects with the Haifa-Damascus line. This has been built for

DANDRUFFY HEADS BECOME HAIRLESS

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 of 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 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.

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the first time, a railroad from Jerusalem to Damascus. As the modern military men halt in their journey to Lydda, I wonder if they give thought to the miracle there wrought by Peter upon Aeneas? It was all so simple and unpretentious that it takes only two sentences in the inspired record to tell it: "Peter said to him, 'Aeneas, Jesus Christ health thee: Arise, and make thy own bed.' And straightway he arose. And all that dwelt at Lydda and Sharon saw him; and they turned to the Lord."

Who dares to attempt to portray all that this meant to the man who had been bed-ridden for eight years? Or who can describe what salvation means to a human soul? Ten thousand hymns have attempted it, inadequately. It will need the "new song" about the throne to express fully the joy of the redeemed. This miracle, or "sign" also did its work in winning the neighbors to the Way.

Sending for the Preacher.

A clergyman was calling upon some friends, and apologized for his delay in arriving in explaining that he had been called across the city to a hospital death-bed. "Why do people always send for the minister when in trouble?" one present asked. "To have made full answer to this question would have been to vindicate the Christian ministry and its function in the world, so my friend merely said, 'When death comes, people naturally want a minister to comfort them. It is instinctive.'"

So it was when bereavement overtook the Christian community at Jaffa; they did the most natural thing in the world; they sent for Peter, who was only ten miles distant at Lydda. Apparently, they did not expect to have their dear one restored; they merely wanted to lean on the comfort of the presence of the friend of Christ. In quite the same spirit, the first action of the family today, when death enters its circle, is to telegraph for the near relatives. Severance of ties makes those which survive seem precious. The tender mood of the mourners craved for companionship with those whom they loved. Of course, Peter made haste to answer the call.

That is obvious and to be expected. It is no more worthy of remark than the manner in which ministers today go forth, by day and by night, cheerfully disarranging their own plans, in order to comfort the sick and the sorrowing. Very little is said about the ministry of the clergy to the suffering; yet to countless recipients it means more than the preached word. Often when the man of God is sought only for easement of grief He has brought life itself.

A Successful Woman.

Of Mary Lyon schools and of Frances Willard homes and of Susan B. Anthony clubs there are a number, in tribute to the greatness of these wonderful. (I never did hear of anything named after Cleopatra or the Queen of Sheba, unless it was a cosmetic.) Doubtless of all the women who have lived none has had her name commemorated oftener than that minis-

tering saint of Jaffa, Dorcas. Thousands of Dorcas societies have been formed in honor and imitation of her. Let us read all that we know about Dorcas, using the story as told in "The New Testament—in Modern Speech." "Among the disciples at Jaffa was a woman called Tabitha, or, as the name may be translated, Dorcas. Her life was wholly devoted to the good and charitable actions which she was constantly doing. But, as it happened, just at that time she was taken ill and died. After washing her body they laid it out in a room upstairs. Laid, however, being near Jaffa the disciples, who had heard that Peter was at Lydd, sent two men to him with an urgent request that he would come across to them without delay. So Peter arose and went with them. On his arrival they took him upstairs, and the widow women all came and stood by his side weeping and showing him the undecorating and cloaks and garments of all kinds which Dorcas used to make while she was still with them. Peter, however, putting every one out of the room, knelt down and prayed; and then turning to the body, he said, 'Tabitha, rise.' "Dorcas at once opened her eyes and, seeing Peter, sat up."

TEETH

Some fellows never think about their teeth until something begins to prod the nerves in a very unpleasant manner. Do you know that few parts of your body have more to do with your general health than your teeth? We know there is no need warning most of you, but some of you are taking chances. Sixty seconds, three times a day, added to a twenty-five

cent tooth brush, is pretty cheap insurance against pain, disease—and the kind of teeth you put in a glass of water, while you sleep, for fear of swallowing them.—The American Boy.

BLACKHEADS GO QUICK BY THIS SIMPLE METHOD

Blackheads—big ones or little ones—soft ones or hard ones—on any part of the body, go quick by a simple method that just dissolves them. Do this get out two ounces of powdered norexin from your druggist—sprinkle a little on a hot, wet sponge—rub over the blackheads briskly for a few seconds—and wash off. You'll wonder where the blackheads have gone. The powdered norexin and the hot water have just dissolved them. Pinching and squeezing blackheads only open the pores of the skin and leave them open and unsightly—unless the blackheads are big and soft they will not come out, while the simple application of norexin and water dissolves them right out, leaving the skin soft and the pores in their natural condition. You can get powdered norexin at any drug store and, if you are troubled with these unsightly blemishes you should certainly try this simple method.—Advertisement.

WEAK, AILING CHILDREN

Made Well and Strong by Simple Remedy

Here is another letter that has just come to our attention, showing the power of Vinol to build up health and strength for weak, puny, ailing children.

W. A. Smith, of Shanesville, Ohio, says: "My little child was puny, weak and ailing, could not rest at night and would not eat. I learned about Vinol and tried it, and within a week noticed an improvement. The child's appetite improved, it slept well, strength and health were soon built up. We think Vinol is excellent for weak, puny children."

Vinol is a delicious cod liver and iron tonic without oil, containing beef peptone, which creates an appetite, tones up the digestive organs, enriches the blood and creates strength, children love to take it.

We ask all parents of weak, sickly, delicate children in this vicinity to try Vinol with the understanding that we will return your money if it fails to benefit your little ones.

George A. Gorgas, Druggist; Kennedy's Medicine Store, 321 Market Street; C. F. Kramer, Third and Broad Streets; Kitzmeyer's Pharmacy, 1325 Derry Street, Harrisburg, Pa.

P. S.—In your own town, wherever you live, there is a Vinol Drug Store. Look for the sign.—Advertisement.

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