They lead to catarrh and pneumonia. They weaken the entire system and leave it unable to resist the sudder changes. They interfere with changes. They interfere Witt your digestion and lessen your ac-tivity. Neglected they soon become that dread disease known as sys-temic catarrh. Don't neglect them It's costly as well as dangerous.

PERUNA Will Safeguard You

Have a box of Peruna Tab Have a box of Peruna Tablets with you for the sudden cold or exposure. Tone your system up with a regular course of the liquid Peruna, fortify it against colds, get your digestion up to normal, take care of yourself, and avoid danger. If you are suffering now begin the treatment at once, Give Nature the help she needs to throw off the catarrhal inflammation, and again become well.

Peruna has been helping people for 44 years. Thousands of homes rely on it for coughs, cold and indigestion. It's a good tonic for the weak, as well.

The Peruna Company,

for Delivery Next Year and makes the hair brittle.

The best thing to use is just plain mulsified cocoanut oil, for it is pure and entirely greaseless. It's very cheap, and beats the most expensive soaps or anything else all to pieces. You can get this at any drug store, and a few ounces will last the whole family for months.

Simply moisten the hair with water and rub it in, about a teaspoonful is all that is required. It makes an abundance of rich, creamy lather, cleanses thoroughly, and rinses out classity. The hair dries quickly and evenly, and is soft, fresh looking, bright, fluffy, wavy, and easy to handle. Besides, it loosens and takes put every particle of dust, dirt and dandruff.

For Delivery Next Year

The Pennsylvania Railroad in a few gree Mike Friel of the Motive Power department baseball team of the Pennsylvania railroad in a few didners to submit a few will ask rail makers to submit days will ask rail makers to submit ask rail makers to submit days will ask rail makers to submit days will ask rail makers to submit a few looks of the lines east. The requirements of the lines east. The requirements of the lines east. The requirements of the lines east of 1917 delivery will and the amount needed included in the ides to be asked.

The most significant feature of the 1917 rails is that they are to be, with the exception of 5,000 tons, 130-pound rails instead of 100-pound, and will be the heaviest rail ever used by the Pennsylvania or any other railroad. The 1916 order of 167,500 tons included 25,000 tons of 125-pound rail, the first departure from the standard dandruff.

Simply moisten the hair with water and the amount needed included in the inse sease. The requirements of the Bennsylvania agree Mike Friel of the Motive Power department baseball team of the Pennsylvania califoration few looks of the Pennsylvania aprecification few looks of the Hensylvania railroad booked a game for to-morrow with the Buffalo Internationals. The game will be pennsylvania railroad booked a game for to-morrow with the

Spring Colds RAILROAD RUMBLES Are the Worst BLOCKADES SHOW EFFICIENCY HIGH LARGE DECREASE IS MARCH REPORT

Freight Conditions About May 1

This freight, it is said will be moved within the next 10 days. In the local yards the storage tracks are being officials claim that the enforcement of the manufacturers to handle freight more promptly at certain or the pennsylvania railroad, is manufacturers to handle freight more promptly at certain or the pennsylvania railroad, is manufacturers to handle freight more promptly at certain or the pennsylvania railroad, is manufacturers to handle freight more promptly at certain or the pennsylvania railroad, is manufacturers to handle freight more promptly at certain or the pennsylvania railroad carried 200 passengers from Harrisburg to Washington, D. C., on Sunday.

Wereckers Fail Twice in Effort to Derail Fast Trains

Effort to Derail Fast Trains

Special to the Telegraph will mings the rate of 50 miles an hour, Baltimore and Ohio train No. 13, west-bound, known as the Wells-Fargo express, struck an open switch in the gulley near the plant of the will be illustrated with attractive pictures, will be features of this evening's meeting of the geological section of the Harrisburg Natural history society in the State museum. P. L. Grubb, chairman of the section will talk on "The Canadian Rockies," and Willis Whited will discuss the relationship of geological formations to bridge foundations.

Be Careful in Using Soap on Your Hair

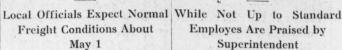
Most soans and prenared show.

Most soans and prenared show.

P. R. R. Orders Heavy Rails:

The pennsylvania railroad carried 200 passengers from Harrisburg to Washington, D. C., on Sunday. The Pennsylvania railroad tartion of the Pennsylvania railroad 200 passengers from Harrisburg to Washington, D. C., on Sunday. The Pennsylvania railroad 200 passengers from Harrisburg to Washington, D. C., on Sunday. The Pennsylvania railroad 200 passengers from Harrisburg to Washington, D. C., on Sunday. The Pennsylvania railroad 200 passengers from Harrisburg to Washington, D. C., on Sunday. The Pennsylvania railroad tertain to the relegraph will be litured the running at the rate of 50 miles and th

Most soaps and prepared shamoos contain too much alkali, which s very injurious; as it dries the scalp nd makes the hair brittle. P. R. R. Orders Heavy Rails; For Delivery Next Year



Congestions on the Middle and Philadelphia divisions of the Pennsylvania Railroad will be a matter of history by May 1, is the belief to-day of freight department officials. An inventory is being taken of all trains and stored cars on the two divisions.

It was announced that for the first time in many weeks through freight trains from Pittsburgh to tidewater have been handled without any delay. In the Philadelphia yards where congestions were the heaviest four weeks ago, it is said there is very little freight awaiting orders from tidewater.

On the Middle division six trains which included 400 cars were moved from sidings during the past week. Between Harrisburg and Pittsburgh tis said there are 2,500 cars held up. This freight, it is said will be moved within the next 10 days. In the local yards the storage tracks are being cleared.

Officials claim that the enforce-

Play Buffalo Internationals

At a late hour this afternoon Mana-

HARRISBURG SIDE

Philadelphia Division—126 crew first to go after 1 p. nr. 121, 109, 120, 134, 101 122, 102, 11 nr.: 121, 120, 134, 101 122, 102, 11 nr.: 121, 120, 134, 101 122, 102, 11 nr.: 121, 122, 102, 114, 115. Engineers up: Simmons, Layman, Brooke, Seifert, Albright, Brubaker, Wiker, Dolby, Andrews, Baer, Gehr, Grass, McGuire, Kautz, A. K. Steffy, May, Sellers, Sober, Brodhecker, Black, S. K. Steffy, Howard, Shocker, Baldwin, Maxwell, Schwartz, Martin, Genmill, Firemen up: Bowersox, Dettrich, Morris, Kugle, Zoll, Shawfield, Strickler, Smith, Swarr, Hopner, Fupp, Minnich, Finkenbinder, Paul, Arney, Hoffman, H. H. Peters, Reeder, Walters, Good, Bix-Finkenbinder, Paul, Arney, Hoffman, H. H. Peters, Reeder, Walters, Good, Bix-Bissell, Enders, Ashenfelter, Hoover, Flagmen up: Martz, Hartman, Brakemen up: Preston, Border, Stone, Fissell, Enders, Ashenfelter, Hoover, Felty, Gillett, Beale, Welsh, McNeill, Smith, Knupp, Kilgore, Dowhower, Wiebner, Crosby, Miller, Looker, Stern-Gradeller, Hoover, Garrett, Owens, Desilvey, Wilt, Kirk, Middle Division—32 crew first to go



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Boumans

BELL-1991-UNITED

An Echo of the Bowman-Majestic Fashion Show

Bowman & Co., 314-318 Market St., Harrisburg, Pa. Gentlemen:

I am in receipt of your communication of April 4th and I am delighted to know that your firm is so well pleased with my exhibition of your merchandise. It gives me great pleasure to tell you that while I have covered all the principal cities in the namely, New York, Philadelphia, Boston, Providence, etc., and have had the big stores of these cities exhibit their garments in my "Fashion Show," I want you to know that your merchandise, in many respects, out-classed some of the famous stores that I have exhibited for in the larger cities.

I must compliment you on the completeness of the stocks, also the freshness of same, and I want to thank you for the kind and courteous treatment I received at your hands.

Wishing you a very prosperous season with your Spring apparel, I remain,

Very sincerely yours,

CATHERINE CRAWFORD.

-Miss Catherine Crawford writes in behalf of her recent appearance in Harrisburg, at the Majestic Theater when her models displayed the latest fashions supplied by this store.

Too Bad This New Assemblage of \$25 Suits Came Too Late For the Fashion Show

WE'RE sure that Miss Crawford would have made particular mention in her letter about the splendid models to be found.

And the spectator would have been amazed at the wonderfully fine assortment of models that are now delighting those who visit the store.

Smart men's wear serges, checks, poplins, gabardines, in the season's correct shades, and the much-desired black and navy serges.

Try as you will, a more pleasing and extensive variety of models cannot be found at \$25, covering the new fashion-details that have come into popularity.

A billiant showing of Newest Petti-coats in Mercerized and Silk. Smart styles and favored colors-\$2.98 to

BOWMAN'S-Third Floor.

Round most homes there is lacking that cheerful, Springtime atmosphere in certain rooms due to the need of

REPAPERING

Our Wall Paper and Decorating Departments are at your disposal, with newest ideas, latest treatments, illustrations, complete stocks, and a ready hand to serve you.

3c roll; this year's newest patterns; suitable for the kitchen, back halls and attics, with matched borders and ceilings.

7c roll; splendid collection bedroom papers in stripes and allover effects; newest shades; also the latest designs for livingrooms, diningrooms, halls; with straight or cut-out borders to match.

10c roll; 30-inch oatmeal papers; non-fading; in all shades; with match borders.

16c roll; newest designs in washable tile papers; the best way to treat your bathroom or kitchen. Sold with borders to match.

BOWMAN'S-Fourth Floor.

Never Have Boys' Wash Suits 'Shown Wider Diversity of Style

There are dozens and scores of the prettiest of styles for the small lad's choosing.

Smocked suits, Junior Norfolks, Middys, Sailors, Tommy Tuckers, Billy Boys, Cadets, Troopers, and many other novel styles, of every conceivable description and material.

50¢ to \$5.00

2½ to 10 years BOWMAN'S—Second Floor

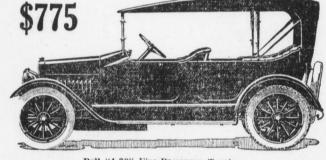


Bust Forms at a Low Price

Calling attention to a new lot of bust forms covered with black Jersey cloth; all sizes,

50c

BOWMAN'S-Main Floor.



Bell "4-30" Five-Passenger Touring

he Bell

Before assuming the agency for the Bell Motor Cars in the Harrisburg territory, I naturally investigated a great many cars in the popular-priced field, with the result that its many high-grade features found only in cars of the \$2,000 grade, convinced me, as it should you upon comparison, that there is none better at the price.

Four cylinders cast en bloc; 3¼x5-inch bore and stroke; three-point suspension power plant; spiral bevel differential gears; Hotchkiss drive; double universal point; Atwater-Kent Ignition; 112-inch wheelbase. Is roomy, beautiful and luxurious, designed and constructed under the supervision of an engineer with world-wide and years of experience. Let me demonstrate and the Bell will prove to your own satisfaction that it is the sensation of the season. tion that it is the sensation of the season.

W. J. MARKS

60 South Cameron Street

Bell 680-1



Washington, April 11.—Several protests have been made to the Post Office Department recently by postal authorities at offices along the Canadian

MAKES BREATHING EASY

MAKES BREATHING EASY

the Department recently by postal authorities at offices along the Canadian border that American letters have been opened in the Dominion and passed upon by a censor.

No action has been taken and it was understood to-day to be the feeling of authorities here that mail in Canada is subject to such regulations as the Canadian government may make.

FALLS OFF BRIDGE

While walking across the Walnut street bridge last evening, Joseph Smith, of New Cumberland, stumbled and fell fifteen feet to the west shore of Island Park. Motorcycle Officer Fetrow hurried to the man's aid but found him uninjured.

WOMAN SWINDLER HELD

Mary Soper, charged with larceny by fraud, was held under \$900 bail for court by Alderman Nicholas, after a hearing yesterday afternoon at police court. It was alleged that the woman swindled three downtown, department stores, getting \$2.50 in one and a new pair of shoes in another,

commander of the First Cavalry; Major Charles W. Edmunds, of Philadelphia, commander of the First Squadron, and these regimental officers, Captain Harry M. Coffin, quartermaster; Captain Charles W. Lloyd, commissary, and Captain Thomas W. Andrews, inspector of small arms practice.

Efficiency

INCREASE the profits of your business by adding your skilled helpers to make the best use of their time. Use the proper blanks, blank books, stationery and advertising matter. Get the right kind of designing, engraving, printing and binding at the right prices engraving, printing and binding at the right prices

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Day and Night Bookkeeping, Shorthand, Civil Service Thirtieth Year 329 Market St. Harrisburg, Pa.

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Training That Secures

Salary Increasing Positions Call or and to-day for interesting pooklet. "The Art of Getting Along in the World." Bell phone 694-R.

TIME TABLE Cumberland Valley Railroad