

WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Says inside-bathing makes anyone look and feel clean, sweet and refreshed.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impurities into the blood, causing illness, while the bowel pores do.

For every ounce of food and drink taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste material is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only nourishment to sustain the body.

A splendid health measure is to drink, before breakfast each day, a glass of real hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons, gases and toxins from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

A quarter pound of limestone phosphate costs but very little at the drug store but is sufficient to make anyone an enthusiast on inside-bathing. Men and women who are accustomed to wake up with a dull, aching head or have furred tongue, bad taste, nasty breath, sallow complexion, others who have bilious attacks, acid stomach or constipation are assured of pronounced improvement in both health and appearance shortly.—Advertisement.

PROMINENT MEN FILING PAPERS

Candidates For Various Nominations Are Sending Petitions to Capitol

Scores of nominating petitions for the May primary were sent to the State Capitol by mail and messenger today, the final rush being now on as the time for filing such papers will close on Tuesday night. As yet very few of the national delegate petitions have been filed and not many of the Philadelphia and Allegheny nominations are on record. A number of prominent men have filed petitions in the last few days.

Congressional petitions filed to-day included: Henry J. Steele, Democrat, Twenty-sixth; Nathan L. Strong, Republican, Twenty-seventh; Axtell J. Byles, Republican, Twenty-fifth; R. E. Diffenderfer, Democrat, Eighth; Pierson M. Stackhouse, Republican, Fourth.

Samuel Walker, Butler, filed a petition to run for Republican senatorial nomination in the Forty-first district. National delegate petitions filed were: Frank A. Harrigan, Democrat, Eighth; David Benjamin, Republican, Hazleton, Eleventh; J. Rankin Martin, Republican, and S. A. Barnum, Democrat, Twenty-fourth; Fred Groff, Prohibition, Twenty-third; Calvin R. Armstrong, Republican, Fifteenth; Alternate petitions filed were: M. S. Murray, Democrat, and W. F. Beyer, Republican, Twenty-seventh; Henry W. Saul, Democrat, Thirteenth; John Moulds, Democrat, Twenty-fourth; Alexander Foster, Republican, Sixteenth.

Congressman-at-Large Thomas S. Crago, Waynesburg, filed a petition for Republican renomination. Congressman L. T. McFadden, Canton, Republican, Fourteenth district, also filed.

A petition for the Republican nomination for the Senate in the Berks county district was filed by F. W. Balteser, Reading.

Mine inspector nominating petitions were filed as follows: Samuel De J. Jennings, Democrat, First district; Michael J. Brennan, Democrat, Fourth; Benjamin L. Evans, Democrat; P. J. Friel, Republican, Fifth.

National delegate petitions were filed as follows: Washington—E. L. Bullock, Hazleton, and D. M. Rosser, Kingston, Eleventh; Joseph P. Snyder, Allentown, and B. Frank Ruth, Reading, Thirteenth; Mahlon H. Meyers, Johnstown, and B. F. Madore, Bedford, Nineteenth; F. H. Beard, Hanover, Twentieth; Earl G. Boose, DuBois, Twenty-first.

Republican—James G. Glessner, York, Twentieth.

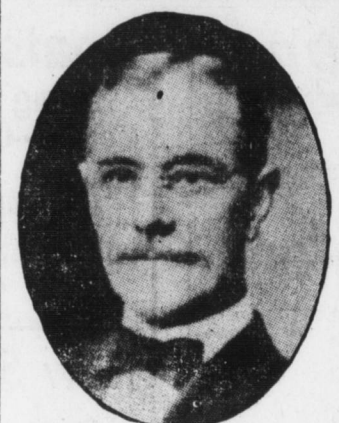
Congressman S. G. Porter, Pittsburgh, last night filed for Republican nomination in the Twenty-ninth district and William B. Koch, Sunbury, filed to run for the Socialist nomination for Congress in the Sixteenth.

Senators W. C. Sproul, Delaware, and Sterling R. Catlin, Luzerne, filed papers for Republican renomination. Senator Catlin also filing on the Democratic ticket.

Republican national delegate petitions were filed by H. W. Byron, of Mercersburg, Seventeenth; F. B. Jernyn, Scranton, Tenth, and W. C. Sproul, Chester, Seventh. John Kent Kane, Radnor, filed for Republican alternate in the Seventh and Albert Davis, Scranton, in the Tenth.

RAILROAD NEWS JOSEPH W. DUKE GETS PROMOTION

Becomes Ticket Agent at York Tomorrow; Long With P.R.R. Freight Department



JOSEPH W. DUKE

Joseph W. Duke, for twenty-six years chief clerk in the York freight office of the Pennsylvania Railroad, and secretary of the Veteran Employees' Association, of the Baltimore Division, has been appointed ticket agent at that place. He succeeds Isaac Harrington, retiring April 1. The change is in effect to-morrow.

Thighman W. Young, bill clerk, will succeed Mr. Duke as chief clerk in the freight department. The new ticket agent started as manifest clerk September 24, 1874, for the Baltimore and Potomac Railroad, in Baltimore. He served in that capacity for about one year, after which he was transferred to the car record office in Baltimore. After two years' service there, he was transferred April 1877, to the Canton freight station, near Baltimore. In 1880 he was returned to the car record office, in Baltimore, and in 1881 he was sent to Philadelphia, where a consolidation of offices was made. The following year he was chosen manifest clerk at Canton, and in 1888 he was made agent for the Pennsylvania Railroad at Lutherville, Md.

After serving at Lutherville nearly two years, he was made chief clerk in the York freight office on July 1, 1890. He is well known in Harrisburg.

Lehigh Valley Railroad Announces New Officials

Special to the Telegraph Easton, Pa., April 14.—The following changes in Lehigh Valley Railroad officials were announced yesterday, to take effect April 17: Frank E. Parry, trainmaster of the Lehigh and New Jersey Division, Easton, to be assistant superintendent of Wyoming Division; Thomas W. Brewer, road foreman of engines at South Easton, to be trainmaster of the Lehigh and New Jersey Division, Easton; Raymond L. Gebhardt, division engineer, Easton, to be trainmaster of the Seneca Division; James F. Donovan, division engineer at Hazelton, to be division engineer at Easton, succeeding Gebhardt.

Landslides Cause Trouble on Northern Central Branch

Landslides and engine troubles held up the Buffalo flyer from the north this morning for four hours. Commuters who come to Harrisburg on this train, were obliged to wait for the Lykens accommodation.

Heavy rains at the north of Sunbury caused a number of small slides and trackmen were busy all night. They remained on duty today. At Sunbury the sewers backed up and flooded the lower end of the town.

A driving rod on the engine hauling the Buffalo train, broke north of Renovo. Another engine was sent from Williamsport and the train came to Harrisburg on Monday. The train was heavy and made up of eleven cars.

Enola Car Shop League Organizes; Starts May 1

The Enola Car Shop Baseball League organized yesterday. The season will start May 1. Four teams will be represented, and games will be played at noon on each working day, except Wednesday and Saturday. The two days will be given over to employees who want to practice with a view of getting into the game later, and for scrub games.

The silver cup won last year by the Air Brake team will again be fought for. Indications are that the winner this year will have a fast pace. It is probable a traveling team will be picked from the four league teams. Games will be played on Saturdays and holidays. These officers were elected yesterday.

President, Hiram McGowan Simmers; vice-president, J. M. Fleming; secretary-treasurer, S. R. Karper; board of managers, H. L. Kepford, S. R. Karper, J. E. Blosser and P. E. Zorger; board of arbitrators, B. F. Bard and M. L. Rice; umpires, D. C. Chisholm and R. L. Adams. Two more will be named later.

Railroad Notes

C. E. Foust, fireman on the Middle Division, of the Pennsylvania Railroad, who has been ill, went to New York to-day for treatment in a hospital.

Vance W. Simpson, relief clerk for the Pennsylvania Railroad at Altoona, who was operated on last Saturday for appendicitis, is improving.

The semi-monthly trip of the Philadelphia and Reading Railway paycar started to-day at Reading.

The Philadelphia Division Athletic Association is considering plans for a big track meet in this city in June.

The executive committee of the C. T. and M. W. department athletic associations, of the Pennsylvania Railroad, will meet to-night to arrange for a general meeting next week to organize the Harrisburg branch.

Wm. Strouse & Co.—The Home of the Pinch-Back Models



Frank E. Wood



I. Rockman



Weir Eberly

These Men Know Good Clothes

The men at the head of our handsome department of clothes for Men and Young Men have made clothing their life study. They take nothing for granted. They investigate. They KNOW. They test the clothes the New Store sells. Clothes must be all wool; dyes and colors must be fast and impervious to rain or the sun's rays in spite of war-time conditions. Linings and trimmings must be of Standard Quality—sewing must be of the best workmanship, and above all the STYLE MUST BE RIGHT!

The "WeS-Co Fifteens"

Those snappy suits you've noticed on so many well-dressed young chaps about town—most of 'em came from this splendidly equipped new store. And those new "Pinch-Back" models for all their lively snap and ginger; they're priced at but

\$15.

Adler-Rochester Clothes

This Easter, get into a suit of well-balanced, dressy-looking clothes—clothes that mark you at once as a man of distinction and good taste. Adler-Rochester clothes have plenty of "go"; style is built right into 'em—Style-permanence is the word.

\$20.00 to \$32.00

The SUCCESS of OUR BOYS' CLOTHING DEPARTMENT Is Due to the Fact That Here Mothers Can Get Dependable Clothes For the Boy--And Mothers Know It

Easter time is almost here and every mother loves to see her boy well dressed on this above all occasions. In the New Store of Wm. Strouse High Quality does not mean High Price s. For instance, most of our boys' suits are "two Pants Suits"—an extra pair of knickers—yet you're only charged for one pair. They're in the new Scotch tweeds for boys; Serges, Checks, Blue or Green Flannels; all materials, in fact, for the sturdy youngster, made up into the dressy "Pinch-Backs"—the same as worn by Big Brother.



Howard H. Frickman



Gilbert O. Day



Maurice W. Fernsler



William M. Bannmiller

Furnishings For Men

To make Eastertime the dress-up time it should be, you'll need the services of men who know what's what in shirts—in ties—in socks. Let them show you what attractive patterns the season has brought out, in rich Tub Silk, or sheerest Crepe de Chine Shirts. Ties of rich design to top off the new outfit and add a touch of color. Spring and Summer weight underwear of gauzy, silky texture in both union and athletic suits—something entirely new at surprisingly low prices. Let these men show you what's new!

Hats For Men and Young Men

The new Spring Hat for YOU you'll find in our Department of Hats. Natty, even jaunty shapes in Soft and Stiff Felts for the young man and his father; all in the much-wanted shades and colors. Your Easter outfit demands a new "topper" and logic decrees the New Store of Wm. Strouse. Priced from

\$2 to \$3

There isn't a man in the city who can afford NOT to be well dressed this Easter. Have you SEEN what's newest in men's wear? The House of Strouse has it!

The New Store of Wm. Strouse

On Easter Morn, come out in a new "Pinch Back" suit—you'll have the extreme satisfaction of knowing you're more than well dressed—you're tastefully dressed!

Keep Vigorous

active—alert—"up on your toes"

GENUINE BEAR SIGNATURE

CARTER'S LITTLE LIVER PILLS



New Shooting Grounds to Be Formerly Opened Tomorrow

The new shooting grounds of the shooting clubs of the athletic association, of the Pennsylvania Railroad, and Maintenance of Way departments, of the Philadelphia Division, Pennsylvania Railroad, at Altoona, who was operated on last Saturday for appendicitis, is improving.

The semi-monthly trip of the Philadelphia and Reading Railway paycar started to-day at Reading.

Standing of the Crews

HARRISBURG SIDE Philadelphia Division—115 crew to go first after 4 p. m.: 105, 125, 125, 121, 111, 127, 129, 106, 110, 116. Engineer for 192. Conductors for 101, 102, 120. Brakemen for 102, 114, 115, 123, 131. Engineers up: Lefever, Blasinger, Hingentogler, Happersett, Blankenhour, Downs, Wenrick, Keane, Matter, Speas, Selfert, Ford, Tennant, Wiker.

Firemen up: Steckbeck, Selders, Malley, Hayes, Howe, Brown, Dohner, Johnston, Taylor, Cable, Peters, Kelley, Earhart, Brymmer, Strickler, Filkenbinder.

Conductor up: Horning. Flagmen up: Seltz, Wenrick. Brakemen up: Bolder, Kersey, Edwards, Thompson, Garrett, Penner, Stone, Felty, Enders, Ashenfelter, Hoover, Smith, Fissell, Beale, Welsh.

Middle Division—232 crew to go first after 1:30 p. m.: 231, 247. Preference: 3. Fireman for 3. Engineers up: Bowers, Leppard, Albright, Tettemer, Baker.

Firemen up: Kepner, Leibau, Sheaffer, Reeder, Trimble. Conductors up: Heiner, Leonard, Barger, Hilbish, Klotz.

YARD CREWS Engineers up: McDonnell, Runkle, Wise, Watts, Sieber, Cleland, Goodman, Harling, Sayford, Matson, Machamer, Gibbons, Beck, Harter, Biever. Firemen up: Smith, Snyder, Graham, Fry, Dougherty, Eyde, McKillips, Ewing, Reeder, Berrier, Hitz, Peiffer, Snell, Jr., Fiesher, Blottenberger, Weigle, Burger, Alcorn, Wagner, Richter, Keiser, Six, Cumber, Cain, Williams, Warner, Steele, Albright. Engineers for 3rd & 20, extra. Firemen for 26, extra.

ENOLA SIDE Philadelphia Division—235 crew to go first after 3:45 p. m.: 206, 230, 252, 217, 238, 244, 248, 221, 253, 247, 250, 242. Engineer for 206. Fireman for 253. Conductors for 35, 52. Flagmen for 30, 35. Brakemen for 30, 35, 52. Conductors up: Layman, Nicholas, Carson.

Flagman up: Meck. Brakemen up: Funk, Quantzler, Wilmeyer, Hivel, Gayman, McCombs, Kearney, Essig, Coyle. Middle Division—238 crew to go after 1:05 p. m.: 244, 236, 222, 220, 245, 243.

YARD BULLETIN—ENOLA The following is the standing of the Yard Crews after 4 p. m.: Engineers up: Smith, Branyon, Bretz, Turner, Kepford, Passmore, Anthony. Firemen up: Sellers, Gelling, Brown, Eichelberger, Linn, Liddick, Kline, C. H. Hall, L. C. Hall.

HARRISBURG DIVISION—20 crew first to go after 1:15 p. m.: 5, 14, 21, 4, 17, 9, 23, 3, 1. Engineers for 5, 5, 7, 9, 17. Firemen for 5, 14, 17, 20. Engineers up: Platiz, Massoley, Martin, Wireman, Middaugh, Massimore, Wyre.

Firemen up: Heisler, Cottenham, Dowhower, Smith, Geib, Stoner, Stephens, Sweeley, Sullivan.

Brakemen up: Stricker, Kichner, Smith, Seighman, Sullivan, Siler, Rhee, Holtz, Grimes.

GIBNEY SOLID TIRES

Their Service Means Always

DISTRIBUTOR ALFRED H. SHAFFER 50-100 S. Cameron Street Bell 2767 Cumberland 711-W