

Permanent Relief for Chronic Constipation

Knowledge and Practice of Correct Daily Habit the Great Essential.

Constipation is a condition affecting all classes of all people and can be permanently relieved only by acquiring habits of regularity.

The most natural time for the eliminative process is in the morning when both the muscular and nervous systems are relaxed by sleep and rest.

An effective laxative remedy that is very dependable, and which does not gripe or otherwise disturb the organs involved, is found in a combination of simple laxative herbs known as Dr. Caldwell's Syrup Pepsin that can be bought at the drug store for fifty cents a bottle.

Mrs. C. C. Allen, 215 Foam St., New Monterey, Calif., wrote to Dr. Caldwell that she "found Dr. Caldwell's Syrup Pepsin just what was needed for constipation and distress of the stomach after eating. It should be



MRS. C. C. ALLEN

in every household."

Get a bottle of Dr. Caldwell's Syrup Pepsin and keep it in the house to use when occasion arises. A trial bottle, free of charge, can be obtained by writing to Dr. W. B. Caldwell, 454 Washington St., Monticello, Ill.

STATE RUNS AHEAD ON BUILDING SALE

Does Better With Revenue From Material in Park Extension Than Thought



The price of \$3,280 received by the State Board of Public Grounds and Buildings on Saturday for the material in the Hickock plant puts the total revenue from the sale of buildings bought for Capitol Park Extension about \$22,000, which is considerably more than a good many people thought possible.

Superintendent Samuel B. Rambo expects to have another sale in July and expects good prices because of the rates at which building materials are selling. The agreement is that the buildings must be removed within 60 days, but in most cases the structures disappear before that.

High Schools Paid—State Treasurer Young has sent checks for high school appropriations amounting to \$258 to the following borough high schools in this section: Highspire, Elizabethtown, Penbrook, Camp Hill, New Cumberland, Newville, Mifflin, Port Royal, Duncannon, Millersville and Newport.

Executive Session Thursday—The Public Service Commission will have an executive session Thursday at which cases heard yesterday will be disposed of.

Cholera Declines—Hog cholera is reported to have almost disappeared from the Cumberland valley townships. None has been reported lately from this county.

Expense Accounts.—Expense accounts were filed to-day by H. S. Ackerman, candidate for Democratic delegate-at-large, showing he has spent \$90 and by W. E. Rice, candidate for Republican delegate-at-large, certifying to \$77.

Candidates filing accounts for less than \$50 were Justice E. A. Walling, S. B. Philson, candidate for Democratic nomination for State treasurer, and T. A. H. Hay, Alba B. Johnson and John W. Frantz.

Official Returns.—Official returns were filed at the Capitol to-day by five more counties, chiefly on delegate and state committee elections. The counties filing were Union, Juniata, Clinton, Sullivan and Greene.

Charter For Trolley.—Governor Brumbaugh to-day approved the charter of the Chester and Eddystone Street Railway Company, the first railway company, the first railway to be chartered in weeks. The company will operate a line two and a third miles long in Delaware county.

Public Service.—The Public Service Commission today completed hearings on contested jitney cases from central counties and adjourned to meet here Thursday for executive session. The commission will sit in Pittsburgh next week.

Conners Gets Place.—James G. Conners, a resident of the Fourteenth ward, Philadelphia and protégé of Congressman John R. K. Smit, has been appointed to a clerkship in the Auditor General's department. He was a clerk in the last Legislature.

Three Rolls In.—Pay rolls have been filed for three troops of cavalry in the strike service. The pay will go out within a few days.

To Go Underground.—When the State Armory Board meets tomorrow in Scranton the members will go under the Scranton Armory to investigate the extent of the cave-in.

To Return To-night.—Governor Brumbaugh, who spoke at Downingtown school to-day, will return to-night. He will work on road near this city on Good Roads Day.

Appointed Notary.—Mary C. Miller, of Harrisburg, was appointed a notary to-day.

Capitol Visitors.—Senator Joseph H. Thompson, Beaver Falls; A. J. Logan, Pittsburgh; ex-Representative George W. Schultz, Shamokin, were Capitol visitors to-day.

Electric Companies Chartered.—Governor Brumbaugh to-day approved charters for three electric companies to operate in Lancaster county. Reading men incorporated them and officers will be at New Holland.

Went to Reading.—Secretary of Agriculture Patton and members of his department force went to Reading to-day for a meeting of the State Board of Agriculture. They will return Thursday to take part in Good Roads Day.

Hearing Set.—Referee Saylor has fixed this afternoon for a hearing in the compensation case of E. J. Miles, of this city, for injuries to his foot received at Milton while working for the Grace Contracting company.

Three Associations.—Among charters granted last night were three building and loan associations for Philadelphia with an aggregate capital of \$5,000,000.

Fires Are Ended.—The rains have an end to the forest fires which raged in several sections of the State last week. The area burned over ran very high.

DR. G. M. ECKELS, DRUGGIST, DIES

[Continued From First Page.] when he retired from active work on account of ill-health. Eckel Brothers also conducted a drug store at Second and State streets, Harrisburg.

Dr. Eckels attended the public schools here and graduated from the College of Pharmacy, in September, 1883, he entered the University of Pennsylvania, Philadelphia, graduating in 1885. He then returned to Mechanicsburg and opened a practice as a physician, in addition to the drug business. In 1882 he was elected transcribing clerk of the House of Representatives at Harrisburg and served in that capacity for two sessions. In 1890 he was elected as a member of the House from Cumberland county and was re-elected in 1892.

Dr. Eckels was a member of the borough council for several years and served on important committees. He was a member and postmaster of Eureka Lodge, No. 309, F. & A. M., a past officer of Washington Camp, No. 154, P. O. S. of A., a member of Mechanicsburg Lodge, No. 215; Independent Order of Odd Fellows; Washington Fire Company of Mechanicsburg and of the Businessmen's League of Mechanicsburg. He was a director and treasurer of the Mechanicsburg Cemetery Association. He was also a member of Harrisburg Lodge, No. 197, Loyal Order of Moose, He

"The Live Store" "Always Reliable" The Demand of the Hour Belter Suits

Here's Another Chance For the "Young and Stay Young" \$15, \$18, \$20



At first the "Belter" was like the distant star--appearing faintly--then becoming brighter and brighter until its splendor fairly dazzles the eye.



Here Is the Belter of Today When we first began to talk Belters they looked like a very small proportion of the clothing business to most merchants—but we believed in them so thoroughly—stocked our store so plentifully—and showed them to our customers so confidently and cheerfully that almost instantly everybody was talking about "Doutrichs Belters" (where they were first shown.)

NOW look at the Belter Suits—almost every other man you meet is wearing one—occasionally you'll see an ill-fitting suit but they are imitations of the original and if you will take the trouble to inquire into the matter you'll find it's a "something else" not a "Doutrich Belter." It's one thing to get customers—it's another thing to hold them.

304 Market St. Doutrichs Always Reliable Harrisburg, Pa.

How Nuxated Iron Helped Me to Whip Frank Moran

Jess Willard Tells Secret of His Easy Victory. Also Reveals Hitherto Untold Secret of His Great Triumph Over Jack Johnson; Says IRON IS GREATEST OF ALL STRENGTH BUILDERS

Ordinary Nuxated Iron will often increase the strength and endurance of delicate, nervous folks 200 per cent. in two weeks' time.



Important factor in my winning so easily." Continuing Dr. Sauer said, "Mr. Willard's case is only one of hundreds in which I could cite from my own personal experience which proves conclusively the astonishing power of nuxated iron to restore strength and vitality even in most complicated chronic conditions."

Not long ago a man came to me who was nearly half a century old, and asked me to give him a preliminary examination for life insurance. I was astonished to find him with the blood pressure of a boy of 20 and as full of vigor, vim and vitality as a young man; in fact a young man he really was, notwithstanding his age. The secret he said was taking iron—nuxated iron had filled him with renewed life. At 20 he was in the prime of life; at 40 he was nearly all in. Now at 50 a miracle of vitality and his face beaming with the buoyancy of youth. As I have said, hundreds times over, iron is the greatest of all strength builders. If people would only throw away patent medicines and nauseous concoctions and take simple nuxated iron, I am convinced that the thousands of persons who year from pneumonia, grippe, consumption, kidney, liver and heart trouble, etc. The real and true cause which started their diseases was nothing more nor less than a weakened condition brought on by lack of iron in the blood. Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it and as a consequence you become weak, pale and sickly looking just like a plant trying to grow in soil deficient in iron. 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 taking all the while, double their strength and endurance and entirely get rid of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time 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 assimilated like nuxated iron if you want it to do you any good, otherwise it may prove worse than useless.

I consider that plenty of iron in my blood is the secret of my great strength, power and endurance.

Jess Willard

SPECIAL NOTE.—Dr. E. Sauer, a well-known physician who has studied widely in both this country and Europe, has been specially employed to make a thorough investigation into the real secret of the great strength, power and endurance of Jess Willard, and the marvelous value of nuxated iron as a strength builder.

NEW YORK.—Upon being interviewed at his apartment in the Colonial Hotel, Mr. Willard said: "Yes, I value a chemist with me to study the value of different foods and products as to their power to produce great strength and endurance, both of which are so necessary in the prize ring. On his recommendation I have often taken nuxated iron and I have particularly advocated the free use of iron by all those who wish to obtain great physical and mental power. Without it I am sure that I should never have been able to whip Jack Johnson so completely and easily as I did, and while training for my bout with Frank Moran, I regularly took nuxated iron and I am certain that it was a most

Many an athlete or prize fighter has the secret of great strength and endurance in his blood with iron because he went into the arena while many another has gone to inglorious defeat for the lack of iron.—E. Sauer, M. D.

NOTE.—Nuxated Iron, recommended above by Dr. Sauer is not a patent medicine for secret remedy, but one which is well known to druggists and whose iron constituents are widely prescribed by eminent physicians everywhere. Unlike the older inorganic iron products, it is easily assimilated, does not injure the stomach; on the contrary, it is a most potent remedy, in nearly all forms of weakness, as well as for nervous, run-down conditions. The manufacturer has such great confidence in Nuxated Iron that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman whose strength is 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 Croft-Kramer, G. A. Gorgas and all other druggists.—Adv.

A Guaranteed Income of \$50.00 Monthly At age 30 our rate for \$12,000 insurance on the 20-year plan is (first year) \$124.92. The yearly cost is materially reduced by annual dividends. This policy guarantees a monthly income of \$50.00 and pays additional interest on the total amount. Penn Mutual Life Insurance Co. E. R. ECKENRODE, General Agent 604 KUNKEL BLDG.

T. H. Edwards, who with his staff will come from Philadelphia. The program will include a parade at 1 o'clock and competitive drills at Chestnut Street Auditorium at 3 o'clock. In the evening the Ladies' Auxiliary in new uniforms will give an exhibition drill. RUSS CROPS DESTROYED Berlin, May 23, by Wireless.—A crop disaster in Russia is reported in advices received from Stockholm by the Overseas News Agency. It is said all the winter crops of the Northern and Middle governments of Russia have been destroyed by a severe frost. MOUNT LOA VOLCANO IS IN ERUPTION ONCE MORE Honolulu, May 23.—Mount Loa volcano which was in eruption last week, has broken out again. A flood of lava, which burst forth last night at an elevation of 7,000 feet, is flowing down the mountain side, traveling southwest, at the rate of about a mile an hour. G. U. O. of O. F. to Hold Field Day Here Next Tuesday Field Day will be observed in Harrisburg Tuesday, May 30, by the Third Regiment, Patriarch division of the Grand United Order of Odd Fellows. Commanderies will be present from Harrisburg, Philadelphia (2), Carlisle, Williamsport, Wilkes-Barre and Wilmington, Del. The regiment is in command of Col.

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