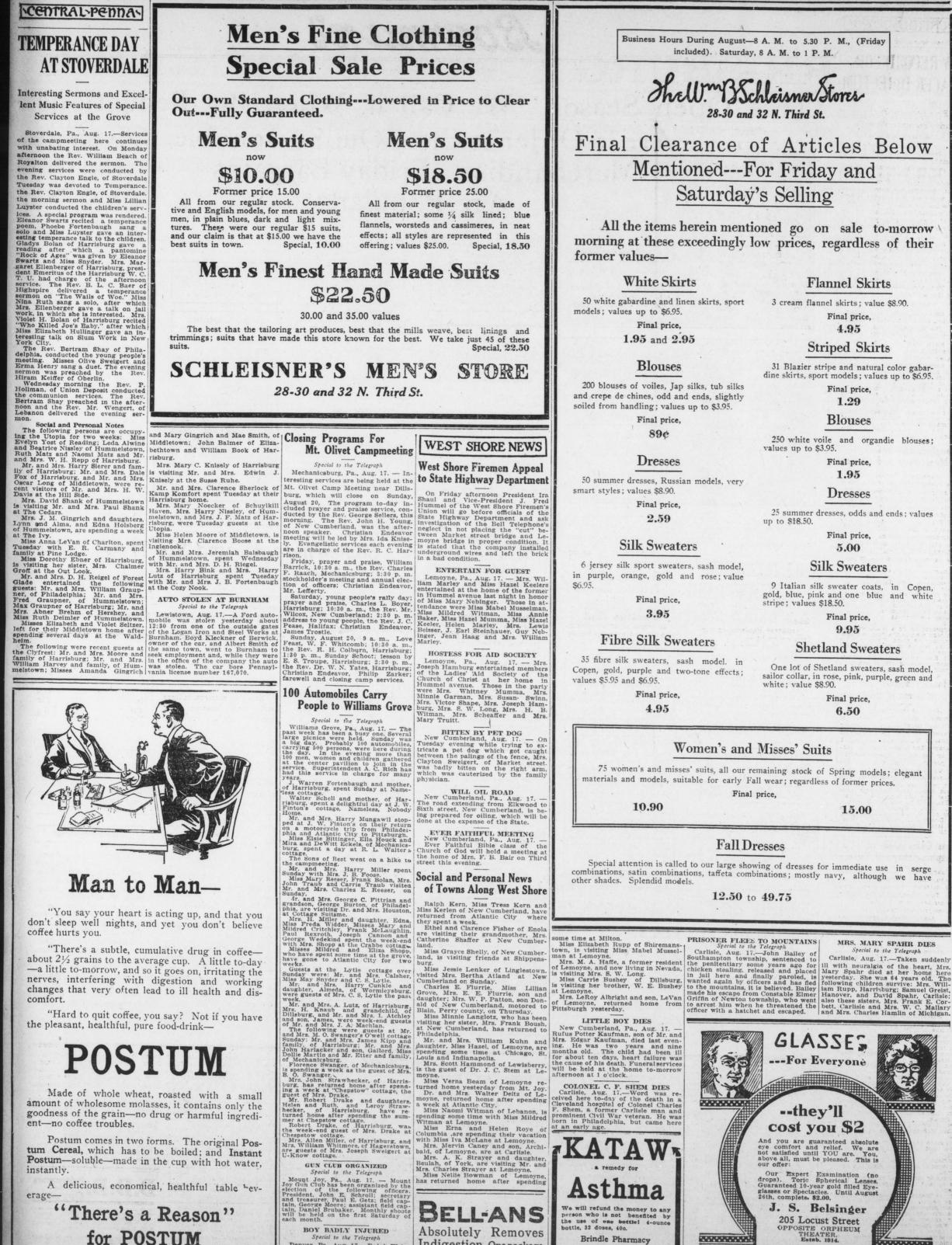
THURSDAY EVENING,

HARRISBURG

AUGUST 17, 1916.



Man to Man-

"You say your heart is acting up, and that you don't sleep well nights, and yet you don't believe coffee hurts you.

"There's a subtle, cumulative drug in coffeeabout 21/2 grains to the average cup. A little to-day -a little to-morrow, and so it goes on, irritating the nerves, interfering with digestion and working changes that very often lead to ill health and discomfort.

"Hard to quit coffee, you say? Not if you have the pleasant, healthful, pure food-drink-

POSTU

Made of whole wheat, roasted with a small amount of wholesome molasses, it contains only the goodness of the grain-no drug or harmful ingredient-no coffee troubles.

Postum comes in two forms. The original Postum Cereal, which has to be boiled; and Instant Postum-soluble-made in the cup with hot water, instantly

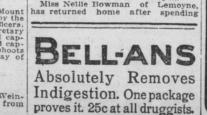
A delicious, economical, healthful table -everage-

"There's a Reason" for **POSTUM**

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BOY BADLY INJURED

Special to the Telegraph Denver, Pa., Aug. 17.—Ralph Wein-hold, aged 13 years, was thrown from a horse and was badly injured.



Brindle Pharmacy

13th & Derry Sta

combinations, satin combinations, taffeta combinations; mostly navy, although we have other shades. Splendid models.

12.50 to 49.75

PRISONER FLEES TO MOUNTAINS

MRS. MARY SPAHR DIES

Special to the Telegraph Carlisle, Aug. 17.—John Bailey of Southampton township, sentenced to the penitentiary some years ago for in jail here and finally paroled, is wanted again by officers and has fled to the mountains, it is believed. Bailey in ade his escape from Constable Elime Griffin of Newton township, who went o arrest him when he threatened the officer with a hatchet and escaped.

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