

More Man-Power Behind The Job
 is wanted in every factory, in every store, in every office. Man-power comes from nourishing food that is rich in muscle-making material. **Shredded Wheat Biscuit** contains all the body-build material in the whole wheat grain in a digestible form. A man's food for a man's job. Serve with milk or cream or with sliced peaches or other fruits.



Made at Niagara Falls, N. Y.

EXPRESS COMPANIES MAKE 400 PER CENT. INCREASE

Washington, D. C., Oct. 23.—A 400 per cent. increase in the operating income of the nine principal express companies of the United States for the fiscal year ended last June was shown today in the Interstate Commerce Commission report on their revenues and expenses. For the twelve months the companies had total operating income of \$10,560,850, against \$2,556,212 the previous year.

STRIKE RIOTS RENEWED

New York, Oct. 23.—Strike activity in the city's transit situation was renewed today when several Third Avenue elevated trains were bombarded with stones thrown from roof tops in the Harlem district.

Fireman Praises Tanlac For Relief It Brought

Stomach Trouble Had Played Havoc With Him But Master Medicine Brought Prompt Relief

"They say that a man can get used to most anything but hanging," says Harrison Snyder, a well-known fireman of Palmyra, Pa., "but I guess the man that originated that saying had never suffered the pangs of stomach trouble. For in my experience that's something that nobody can get used to for it keeps nag, nag, nagging at you until it has you worn to a frazzle."

"I know I suffered with stomach disorder for a good many years and it certainly did play havoc with me. I had no appetite and that was the luckiest thing about it for when I did choke down a little food I suffered agony that is indescribable. I had gas on my stomach all the time that made me feel all bloated up and my stomach was always sore as if it was diarrhoea too and it kept up so long that it weakened me and made me feel all washed out."

"I was really miserable, that's the only way I can describe it. I took no interest in anything and I had no ambition and no desire to do anything more than was absolutely necessary."

"I tried this and I tried that to see if I could get some relief but nothing seemed to do me a particle of good until I got hold of Tanlac and began taking that. Then the improvement in my condition was quickly noticeable."

"My appetite began to come back after the first few doses. I began to sit up and take little naps, as they say, and my stomach grew stronger and stronger every day until now it is as good as it ever was. Maybe better. My diarrhoea has stopped, my stomach is now in fine shape and I eat and sleep better than I have done. All thanks to Tanlac. If anybody should ask me."

"Tanlac, the famous reconstructive tonic is now being introduced here at Gorgas' Drug Store where the Tanlac man is meeting the people daily and explaining the merits of this master medicine to interested crowds."

BAD BREATH

Dr. Edwards' Olive Tablets Get at the Cause and Remove It

Dr. Edwards' Olive Tablets, the substitute for calomel, act gently on the bowels and positively do the work.

People afflicted with bad breath find quick relief through Dr. Edwards' Olive Tablets. The pleasant, sugar-coated tablets are taken for bad breath by all who know them.

Dr. Edwards' Olive Tablets act gently but firmly on the bowels and liver, stimulating them to natural action, clearing the blood and gently purifying the entire system. They do that which dangerous calomel does without any of the bad after effects.

All the benefits of nasty, sickening, gripping cathartics are derived from Dr. Edwards' Olive Tablets without gripping, pain or any disagreeable effects.

Dr. F. M. Edwards discovered the formula after seventeen years of practice among patients afflicted with bowels and liver complaint with the attendant bad breath.

Dr. Edwards' Olive Tablets are purely a vegetable compound mixed with olive oil; you will know them by their olive color. Take one or two every night for a week and note the effect. 10c and 25c per box. All druggists.

A plate without a roof, which does not interfere with taste or speech.

\$5 ROOFLESS PLATE

Crown and Bridge Work, \$3, \$4, \$5

Plates repaired while you wait. Come in the morning, have your teeth made the same day.

MACK'S DENTAL OFFICES,
 810 MARKET STREET
 Open Evenings

J. M. SMITH
 Hard Wood Floors
 LAID AND FINISHED
 OLD FLOORS RENOVATED
 STAINS COVERED BY WOOD FLOORS KEPT IN CONDITION

Bell Phone 1391 M.
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CENTRAL STUDENTS CROWDED INTO AISLES AND LABORATORY TO STUDY



In the accompanying etchings the Telegraph presents some idea of just how the students at Central High School are crowded into the rooms. Two pupils occupy a seat that is intended for but one. Recitation rooms must necessarily be turned into study rooms and vice versa so that many cases of student is without the convenience of a classroom. He hangs his hat and coat on a row of hooks in the room in which he recites. So crowded are the classrooms from board to board that pupils occupy the available aisle space next to the blackboards so that working out problems "at the board" is nearly as difficult as getting to the board. Laboratories for "lab" work only has long since ceased to be the order of the day. The laboratory tables with their equipment of retorts and other paraphernalia must serve as study and recitation rooms. The lower etching suggests that condition to some extent.

TECH BOYS ALSO BOOST SCHOOL LOAN

[Continued From First Page]

ularity of the Technical courses, the same condition that now exists at Central will also be prevalent at Tech. With this thought in mind, the Tech. lads are as anxious as their brothers and sisters at Central to see the million-dollar loan passed at the next election. Members of the four classes have entered into the project of a school parade with a vim and already have made tentative plans for the occasion. Just what the Maroon lads will spring is a real secret, which they promise to keep until November 4, but that it will be novel goes without saying.

Begin Marching To-day

The freshmen got their first taste of marching to-day, when practically the entire list of 214, when practically the entire list of 214, were given their first instruction by J. Grant Koons, of the school faculty, in the school gymnasium. The training of the Maroon lads for their participation in the November 4 parade will be in the hands of members of the school's faculty, some of whom have seen service in the Governor's Troop, while others have had compulsory military training in connection with their college courses.

To-morrow will be sophomore day, while Wednesday the seniors and juniors will do their turn. The last two days of the week will see all of the students get another turn in drilling. Next week the outdoor work will be started to put on the finishing touches.

RAILROAD RUMBLES

ADAMSON LAW IS TRICK ON LABOR

Says H. J. Allen in Timely Statements on Eight-Hour Legislation

New York, Oct. 23.—An explanation of the action of presidents of railroad systems who have recently declared their support of President Wilson was suggested here by Henry J. Allen, of Wichita, Kan., in a speech on the Adamson law.

"The more the railroad trainmen study this bill," said Mr. Allen, "the more they will dislike it and the more the railroad presidents contemplate it, the greater their satisfaction with it. Perhaps you have been surprised to note that the heads of certain great railroads have recently made public letters in which they urge the re-election of President Wilson. I am not surprised. Under the provisions of the Adamson law, the railroad capital is no longer menaced by railroad unionism, for Congress becomes the source of settlement, and they can deal more easily with organized politics than with organized labor."

"The Administration has handed the sword for labor to kill itself," continued Mr. Allen. "Why are Lovett, chairman of the Union Pacific, and E. D. Underwood, president of the Erie Company, so enthusiastic for Wilson? Is it because they are so displeased with the Adamson act?"

"Is labor to be the goat?" "Was this a bill a gun loaded for labor or a gun loaded for labor?" "The Adamson law did not come out of Wilson's pockets or out of pocket of the Administration. No eight-hour day with ten-hour pay for the railroad postal clerks or other postal employees. No, that raise would show in the Wilson Administration's appropriation bill."

"Labor is again the football of politics. How often have its sage counselors warned it away from entangling political alliances?"

FRIENDSHIP CLUB MEETING
 President William K. Drake of the Friendship and Co-operative Club of Harrisburg, has sent out an urgent call for the next meeting of the club to be announced later. The membership committee is working hard in order to reach the 800 mark before the annual meeting in December. Arrangements are being made for prominent speakers.

CURES NEURITIS and RHEUMATISM

Banishes Chest Colds, Coughs, Sore Throat Over Night

For 25 cents you can get a pig package of GINGEROLE and druggists will tell you that if it isn't better than any plaster, liniment or poultice you ever used, money is back.

There, surely is nothing so good on earth for sprains, strains, bruises, bunions, callouses, chilblains or frost-bites. Just rub it on; it will not blister.

GINGEROLE absorbs instantly, is very penetrating and that's why it only takes a few minutes to get rid of earache, headache, toothache, backache and neuralgia.

GINGEROLE won't blister; and is always ready. It always satisfies.

GINGEROLE is for sale and recommended by all first-class druggists.

NEWS OF STEELTON

TAKE GOODS AND SNATCH RECEIPT

Two Southern Negroes Arrested For Working Flim-flam Game

Walter Walker and Walter Carter, two Southern negroes, were committed to jail at Harrisburg this afternoon to await a hearing before Justice of the Peace Stees, on a charge of felonious entry.

Walker and Carter entered the business establishment of Nathan Gittlen, 302 South Third street, this morning and purchased some goods. Walker told the clerk a 9-year-old daughter of Gittlen, to mark the bill paid. Snatching the receipted bill and the package of goods from the counter the two hurried from the store.

Gittlen, who was standing nearby pursued the pair out of the store and demanded Walker to return the goods. Walker pulled a knife from his pocket and cut Gittlen in the right hand. Several pedestrians came to Gittlen's aid and held the pair until Constable Gibb arrested them. Carter was not implicated in the snatching or the argument.

ST. MARY'S TEAM WINS
 The St. Mary's football team defeated the Cottages eleven of Steelton on Cottage Hill field, Saturday afternoon, score 21 to 7. R. Zerane starred for St. Mary's having three touchdowns.

Steelton Snapshots
 Red Cross Dance. — The Bulgarian band, Red Cross, gave a dance for the benefit of the Bulgarian Red Cross movement at 257 Franklin street, tonight.

Typoid Receding. — Typoid fever in the borough has fallen off considerably the last few weeks. Only a few new cases have been reported recently and during that time many quarantines have been lifted. The number of cases existing in the borough is forty-two.

First Anniversary. — The first anniversary of the Young Men's Hebrew Association was held last evening in the auditorium in North Front street. Many persons attended. Prominent persons from Baltimore, Reading and Harrisburg assisted in the program. Rabbi Louis F. Haas, of Harrisburg, was the principal speaker.

LEHIGH PASSENGER AGENT
 Announcement was made by the Lehigh Valley Railroad of the establishment in Ithaca, N. Y., of the headquarters of N. W. Pringle, division passenger agent.

While Mr. Pringle's headquarters will be in Ithaca, he will be associated with Paul S. Millsbaugh, assistant general passenger agent at Buffalo, N. Y., in the handling of the passenger business of the Lehigh Valley in New York State.

NEW TRAFFIC MANAGER
 Incident to the retirement of C. S. Wright, general freight traffic manager of the Baltimore & Ohio from active duty at his personal request, A. W. Thompson, vice-president of traffic and commercial development, announces that effective at once, the lines of the system are divided into three districts with respect to the department organization, each under the jurisdiction of a front traffic manager. Mr. Wright becomes general freight representative reporting to the vice-president, and having charge of the rate and tariff bureau.

REPAIR SHOP MEN GET RAISE
 Pottsville, Pa., Oct. 23.—A number of employes of the Philadelphia and Reading Coal and Iron Company were surprised on receiving their pay envelopes to find a wage increase amounting to 30 cents a day in some instances. The increase affects employes at the repair shops.

MOTIVE POWER ATHLETES MEET
 At the next meeting of the Motive Power Athletic Association of the Philadelphia division of the Pennsylvania Railroad, to be held early in November, interesting reports will be presented. Manager Charles J. Householder of the basketball team is completing a schedule and will announce his plans within the next two weeks.

AGNEW T. DICE OUT OF DANGER
 Atlantic City, N. J., Oct. 23.—Agnew T. Dice, president of the Reading Railway, who has been ill with typhoid fever for several months at his cottage in Chelsea, is out of danger. Mr. Dice is not yet able to sit up, but his convalescence is progressing very satisfactorily, it was said at the cottage today.

COMPENSATION HEARINGS FIXED

Referee Saylor Has Seven to Be Heard During the Week

Seven hearings on claims for Workmen's Compensation will be held this week in Dauphin and Perry counties, by E. K. Saylor, referee for the Compensation Board in this district. Five of these hearings will be held in the Harrisburg offices of the Compensation Bureau in the Masonic Temple.

All the Harrisburg cases are on claims filed against the Bethlehem Steel Company, or Pennsylvania Steel Company, and include one fatality.

Referee Saylor is at Newport, Perry County, this afternoon, hearing the claim filed by W. K. Kell against the Oak Extract Company, represented by the State Workmen's Insurance Fund.

The hearing Thursday morning will be on the claim of Lawrence Reed, laborer, 452 Myers street, Steelton, who alleges loss of three fingers from his left hand that he asserts, will render him unable to work for six months.

On Wednesday a review of the compensation agreement signed by Mladan Lerenc of Steelton, will be heard before Referee Saylor. Lerenc claims that he is still disabled by a laceration of his right foot, sustained while working at the steel plant, March 11. The company, having made five payments of compensation to Lerenc, denies that his foot is injured permanently and alleges that Lerenc refused employment at a watchbox.

The hearing Thursday morning will be on the claim of George W. Young, of Oberlin, who alleges that, while working in the signal department of the steel plant, April 5, the forefinger of his left hand was pierced that resulted in disability for almost fourteen weeks.

Referee Saylor goes to Elizabethville Friday, to hear the claim of S. P. Shadle against C. W. Cook, employer. Shadle alleges that two of his toes were mashed at Berry's Mountain, Washington Township, March 27, while he was working at a saw mill. He claims compensation for total disability from March 27 to June 1.

MAY HAVE BROKEN BACK
 Frank Bolzhener, aged 23 years, of Highland street, is in the Bethlehem Steel Company Hospital in a serious condition from injuries received when a heavy piece of iron fell on him while at work at the brick oven this morning. He is believed to have a broken back.

ISSUE BUILDING PERMIT
 Secretary Charles P. Faidt this morning issued a building permit to Francis S. Gland to erect a frame garage at the rear of his property in North Front street.

CAR AND AUTO COLLIDE
 A Middletown car en route to Harrisburg at 10 o'clock yesterday morning collided with an automobile truck owned by H. A. Hartman, of this place on Front street, near Franklin street. Several windows were broken in the car. The automobile was not damaged.

Eyes Annoy You?

Eyes still bothering you? Haven't made up your mind to have 'em attended to? Don't be so foolish as to neglect them any longer. The trouble will be more difficult to correct and may necessitate expensive medical treatment. This is the last \$2 Toric Offer, so, act quickly. Eye relief and permanent comfort we guarantee. Here is our

\$2 Toric Offer

\$2 Our expert eye examination (no drops); Toric Spherical Lenses; 10-year gold-filled finger-piece mountings or spectacle frames together with all-steel, velvet-lined pocket case; complete for \$2.00.

Every pair of Belsinger Glasses is guaranteed to give perfect comfort and relief regardless of the price you pay.

J. S. Belsinger

205 Locust St.

Prescription Lenses at Special Prices Examining Optometrist at Prescription Optician

Open Evenings 'til 9.30

AIRHOSE NOT TO BE PLAYED WITH

State Regulation Will Punish Violators With Fine or a Jail Cell

Deaths and injuries of workmen through misuse of compressed air hose have caused the Pennsylvania State Board to announce a regulation that persons directing blasts from such appliances upon another are to be prosecuted for misdemeanor. In the last nine months no less than six deaths from misuse of compressed air hose have been reported to the Department of Labor and Industry.

Inspectors of the department have been instructed to immediately bring before police cases in which they find air hose is used to injure or annoy employees. The regulation issued has the force of law and disregard or violation is punishable by fine or imprisonment, even though results may not be serious or fatal. Some cases have been found where use of the hose in the vicinity of a building and in another a workman using air hose to cool a companion brought about fatal injuries.

Commission Cases. — The Public Service commission will have hearings in Harrisburg, Pittsburgh and Scranton this week. The hearings began here today, consisting chiefly of application for approval of contracts and the Pittsburgh hearings will start tomorrow being chiefly jitney cases. The Scranton hearing will be conducted by Chairman Alney on Friday and will include complaints about electric service in that place and also an application from the borough of Nesquehock for right to construct a municipal water plant.

To Discuss Sheep. — Conferences will be held at the Department of Agriculture to-morrow on the project of placing sheep on Pennsylvania farms under a profit-sharing plan worked out by textile manufacturers who are seeking a wool supply nearer home. There will also be meetings to outline the farmers' institute work which will begin next month.

To Open Bids. — Commissioner of Health Dixon will open bids at his office in Philadelphia on October 31 for three new buildings at Cresson Sanatorium. The building program for the institution is largely completed.

To Meet on 31st. — The conference of section workers and farm advisers on farmers' institutes has been postponed until October 31. It was to have been held here to-morrow.

To Attend Meeting. — Secretary of Agriculture Patton will go to Washington on Friday to attend the meeting of the National Association of Secretaries of Agriculture.

Many Will Attend. — Many will attend the conference to be held at the Capitol on October 31 on flood control. State officials, city officials and men interested in power plants will be here.

Urges Aid. — Governor Brumbaugh has issued a proclamation calling attention to the necessity of providing in the mine soft the Roden Coal Com-aid for the Lithuanians who have been pany at Marvel, Ala., yesterday.

RECOVER TWO BODIES
 Birmingham, Ala., Oct. 23.—Rescuers have brought to surface the bodies of two of the fifteen men who were trapped by an explosion of gas in the mine at Marvel, Ala., yesterday.

THE MIGHTY SHIELD BUCKLER

In mediaeval days when armed foes met in belligerent strife, victory was the reward of the best equipped, accoutred and PROTECTED. PROTECTION against the slings, arrows and javelins of the enemy was the deciding element between victory and defeat. The chief element that decides between good and bad health, is PROTECTION AGAINST DISEASE. We are all prone to be more or less lacking in the care of our health, and all too often covering the bounds of resistance against disease, and find ourselves suddenly "checked up" and facing a "spell of sickness" which we are unable to entirely prevent. WHAT IS PREPARED FOR YOU? IT IS THE GREAT NATIONAL BLOOD PURIFIER, that builds the new tissue, purifies and revitalizes the blood. If you are afflicted with one of the "W. S. S. armor" — the "mighty shield and buckler" against disease. Write at once for free books on BLOOD AND SKIN DISEASES; or write to our MEDICAL ADVISORY DEPARTMENT for free advice.

THE SWIFT SPECIFIC COMPANY
 165 Switz Building, Atlanta, Ga.

THE GREAT NATIONAL BLOOD PURIFIER