



'I FEEL FINE NOW,' SAYS LEO H. LENTZ

Popular Cigar Salesman Tells How Master Medicine Brought Back His Lost Pep

"GREATEST EVER" HL EXCLAIMS

"Tanlac is sure one fine little medicine," says Leo H. Lentz, a popular cigar salesman, well known in this city and who lives at 103 Locust St. Harrisburg, Pa. "Yes, sir, believe me it's the greatest ever and you can take it from me for I know."

"Let me tell you I was in mighty bad shape and it fixed me up good as new right off the reel. I've been hustling hard these days and I began to feel extra rotten."

"Head ached all the time; I was nervous as a cat; my appetite was gone; my circulation was on the fritz and I felt like a sick pup all over. No pep, no ambition, no selling power. And there's no money in feeling like that."

"So I began hunting round for some sort of a bracer and I heard about Tanlac. 'Me for it,' I said and I started in on it. Well, sir, maybe that little old medicine didn't get right busy redding up my whole system. I swept out every department and set the whole works to running like clock work."

"I feel fine, extra fine, super-fine. I haven't felt so good in I don't know when, no aches, no pains, no nerves. I'm chuck full of pep and all, thanks to Tanlac."

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

PREPAREDNESS HELPED BY STATE

Industrial Directory One Which Will Be of Great Assistance to All

Preparedness committees have been established among men interested in industrial, transportation and business enterprises in eleven of the southern-central counties of the state by Commissioner of Labor and Industry John Price Jackson and at the request of Dr. R. F. Bacon of the Mellon Institute, Pittsburgh, chairman of the Pennsylvania board of directors of the Naval Consulting Board, the services of the Bureau of Statistics and Information of the department have been placed at the disposal of the board.

As a part of the State's contribution it has placed copies of the new industrial directory of the state in the hands of the board and of all employers who could be listed. This directory comprises something like 30,000 names of industrial establishments in Pennsylvania and all organizations interested in mobilization of resources will be given special facilities by the department for getting information. The directory will be issued within a few days and in addition to the trade value of the state and national trade bodies and in trade expansion. Copies will be sent to the West Indies, Central and Southern America.

DON'T BURN UP YOUR WEEKLY ALLOWANCE

(Continued From First Page)

to prevent them if she handles materials herself. Chief among these is the consumption of fuel. Too many women burn up more of their household allowance than is necessary.

The coal range is fast disappearing from the up-to-date house but for slow all-day simmering such as heavy soups, sauerkraut, dried beans, etc. it is by far the cheaper, and also heats the kitchen when a radiator is not provided. For warming over or quickly preparing menus it is not, for a banked fire has to be brought up to a certain heat and as much coal consumed for five minutes' use as it would take to prepare a heavy meal.

Electricity is still to some degree at least in the experimental stage as far as regular household cooking is concerned but the gas range is the friend of the busy woman. It eliminates the dirt and annoyance of ashes. Many a dime and nickel could be saved, however, if certain rules were followed.

Once a pot has reached the boiling point the small simmering burner or a low turned flame will keep it so. The same thing applies to the oven. In fact, the danger of burning bread or bread burning if one burner is turned completely off after the first five minutes. The hot air then circulates over and around the pan instead of concentrating in a spot directly beneath. If there is only a little baking to be done, gas is saved by using one of the small adjustable ovens which fit over one burner of the stove. There are also broilers on a similar plan. They sell for a nominal sum in any department store.

Again, thought should be taken to arrange a meal so that most of the dishes prepared can be done at the same time in the oven—a baked dinner in other words. A small saucepan with a lid and no handle can have its contents brought to the boiling point and then be placed in the oven directly over the flame and the boiling will continue. The lid prevents the escape of enough steam to affect the other things which are browning beside it.

Potatoes in their jackets soaked in hot water for fifteen minutes before cooking require only half the time to bake and are more mealy and palatable.

Getting Most From Gas Many women secure from their tin-smith a piece of sheetiron cut to fit the top of the gas stove. When one burner is used the whole sheet gradually takes up the heat and becomes equivalent to the top of a coal range.

To return to the foods before mentioned which require long slow boiling. This is very extravagant with gas but the woman who does not use a coal range need not cut them from her diet list. Just open the furnace or boiler door in the cellar and set the pot on top of the coals, taking care to use a long-handled metal pot lifter so as not to burn the hands. I speak from experience when I say that this is the simplest way to secure added fuel value from your heating system. It is an old trick of the particular housekeeper who dislikes penetrating the air of certain foods through the home. In fact, in an emergency I have even broiled steak this way.

Mysterious Promises of Glad Tidings to Germans

London, Dec. 4. — Mysterious promises are being made to the Germans about glad tidings to be received by them before Christmas, according to an Amsterdam dispatch to the Daily Mail. The dispatch says that the recent hint of the Bulgarian premier regarding acceptance of the Germanic powers is supported by a statement by the president of the Reichstag that that body may possibly meet earlier than the date arranged. The Dusseldorf General Anzeiger says that Colonial Minister Salf stated on Friday that very gratifying events were about to happen and that the German people would be able to have a happy Christmas.

JOIN Our Kitchen Cabinet Club NOW

We Are Limited to 50 Members In Each Club Plan

By making Special Arrangements with the makers of the nationally known TIPPECANOE WHITE WONDER KITCHEN CABINETS we are able to hold this Special Christmas Club Sale—100 of these great time and step savers will go on sale Tuesday morning at eight o'clock, and we advise people who are interested to be here as early as possible in the week for our club membership is limited to just 100 members. The cabinets offered will be priced special for the occasion and each cabinet we send out whether it is a \$21.00 grade or one of the higher priced models will contain a 6-piece set of long wearing WHITE ENAMEL KITCHEN WARE. An added feature that every woman in the land will appreciate — Come in NOW. For this plan may never be presented to you again.

PLAN No. 1

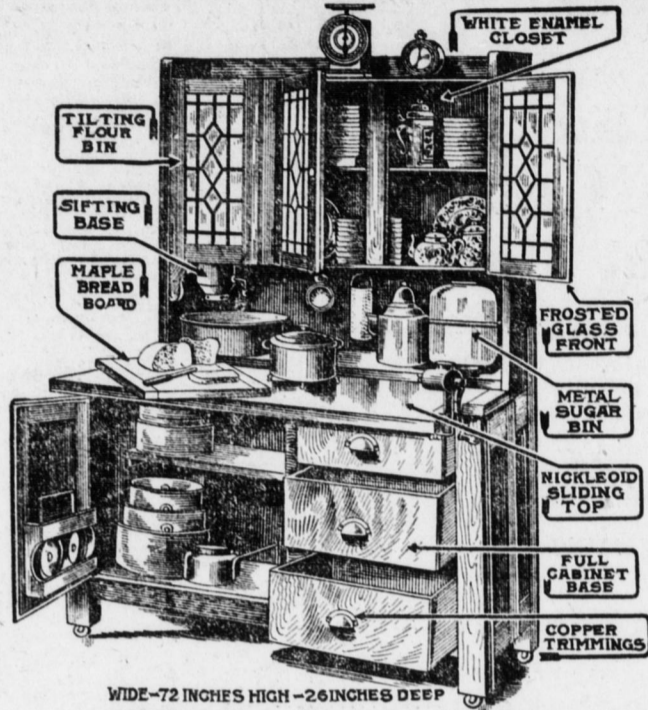
50 CENTS WEEKLY Payments

In this Club you have a choice of any Cabinet up to the \$25.00 grade. Come and select the one you want, and your weekly payments will be 50 cents.

For such a small amount can you afford to do without one of these national step savers any longer? There's over two million women to-day that find their kitchen work made much easier by their use, and by enrolling in either of our Kitchen Cabinet Clubs now, you will save both time and money. Call and let us show you what a good Cabinet we sell at \$21

Complete with 6-piece set of white enamel kitchen-ware.

\$1 Is All the Cash You Need



Each Cabinet Comes Complete With a 6-Piece Set of White Enamel Kitchen Ware

PLAN No. 2

75 CENTS WEEKLY Payments

On this plan you can select any Cabinet in our stock—pay us at the rate of 75 cents weekly.

A better Christmas gift to wife or mother would be hard to find. Every woman wants all the labor-saving devices that she can get, and there's no better kitchen helper made than a modern Kitchen Cabinet. Everything that will reduce work, and save weary steps has been made into them. We have a roll door model priced special now, at \$26

Complete with 6-piece set of white enamel kitchen-ware.

The Greatest Medical Authorities in the World have made public statements in which they endorse the value of such ingredients as are contained in Father John's Medicine.

These great physicians say in substance, that these ingredients "are beneficial notably in wasting diseases and those maladies which are connected with or have their origin in colds and in debilitating and wasting diseases."

To detail here the statements of these various authorities would require too much space, but if you desire to see these statements in more complete form, write to Father John's Medicine, Lowell, Mass., and we will be glad to give the names of the authorities quoted, with brief excerpts from their public statements.

Father John's Medicine is a pure and wholesome body builder, contains no alcohol or dangerous drugs. Best for throat and lungs.

BETTER THAN CALOMEL

Thousands Have Discovered Dr. Edwards' Olive Tablets are a Harmless Substitute

Dr. Edwards' Olive Tablets—the substitute for calomel—are a mild but sure laxative, and their effect on the liver is almost instantaneous. They are the result of Dr. Edwards' determination not to treat liver and bowel complaints with calomel. His efforts to banish it brought out these little olive-colored tablets.

These pleasant little tablets do the good that calomel does, but have no bad after effects. They don't injure the teeth like strong liquids or calomel. They take hold of the trouble and quickly correct it. Why cure the liver at the expense of the teeth? Calomel sometimes plays havoc with the gums. So do strong liquids. It is best not to take calomel, but to let Dr. Edwards' Olive Tablets take its place.

Most headaches, "dullness" and that lazy feeling come from constipation and a disordered liver. Take Dr. Edwards' Olive Tablets when you feel "loggy" and "heavy." Note how they "clear" clouded brain and how they "perk up" the spirits. 10c and 25c a box. All druggists.

Use Telegraph Want Ads

OUR TOY TOWN Is BIGGER and BRIGHTER Than EVER

Come here for GREATEST toy and game VALUES in the city

FOR THE LITTLE BOYS

A trip through our Toy Town now with the little folks will give them a Real Holiday. Bring them in and show them the hundreds of pretty toys that we have brought together to help them to a more wonderful Christmas.

Come To-day — Stay as Long as You Like.

The Game of "SCOOPIT" 39c



Here's a game that every one of the children will enjoy. Low priced and very durable.

Automobile A good, strong machine that is large in size and very moderately priced. \$4.50. Others at \$6.00, \$7.50 and up.

Velocipede Very nicely made, and well finished. A good sensible gift for the active child. \$1.98. Others at \$2.98 to \$10.50.

Express Wagon The gift of a wagon will surely please the boy. Give him one this Christmas 98c. Ball-bearing models, \$2.75 and \$3.50.

Pretty Dressed Doll 45c



THE BEST DOLL VALUE IN THE CITY

For the Little Girls

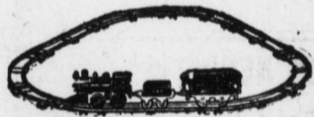
Reed Doll Carriage The gift that every little girl wishes "Santa" to bring. Rub-ber tired \$3.50. Others at \$4, \$5, \$7 to \$12.

Kitchen Cabinets Just Like Mother's — Give your little one a present she can keep for years. A big value for \$1.98

Dining Table and 4 Chairs The ideal present for the little miss comes in Golden or Fumed finishes, table can be extended. Extra well made. Has large round top — five pieces complete \$8.50

The most particular Santa Claus will have no trouble in making up his pack in our Big Toy Town. Despite the great scarcity of worth-while toys, we are showing about everything that will go to make Christmas a merry one for the young set. Prices are at rock-bottom, too. Come and see for yourself.

All Metal- Toy Train & Track 45c



An excellent present for the boys — includes engine, tender and one coach. Complete with metal track.

BARON LUCAS REPORTED DEAD London, Dec. 4. — Baron Lucas of Trudwell, recently reported missing after a flight over the German lines in France is now officially reported dead. Lord Lucas was born in 1878 and was a captain in the Hampshire Yeomanry and attached to the royal flying corps.

HENRY HOUCK'S BROTHER DIES Lebanon, Pa., Dec. 4. — Luther F. Houck, aged 70 years, a former district attorney and county solicitor of Lebanon county, died Saturday night at his home here. He was a brother of Henry Houck, Secretary of Internal Affairs of Pennsylvania.

DAY IN CONGRESS Washington, Dec. 4. — Opening day Sixty-fourth Congress, second session: Senate met at noon. Senators Kern and Gallinger appointed committee to await on President Wilson with House committee. Recessed at 12:12 p. m. until 3 p. m. to swear in Senators-elect Watson, Indiana; Fernald, Maine, and Kirby, Arkansas, and then adjourn in memory of the late Senator Clarke of Arkansas. House met at noon. Representatives Kitchin, Fitzgerald

and Mann were appointed committee to await on President Wilson with Senate committee. Representative Fitzgerald introduced four bills, two proposing food-stuffs embargoes, one to regulate transportation of cold storage foods

and another to regulate admission of farm products and manufactured foodstuffs to parcel post. Representative T. W. Harrison, of Virginia, was sworn in. Recessed at 12:55 p. m. until 3 p. m.

FORTY IS DANGER WHEN ONE IS FAT

Dr. Dixon Makes Some Comment Upon an Interesting Stage in One's Life

How to be forty but not fat is the theme of a week-end talk on health and hygiene by Dr. Samuel G. Dixon, State Commissioner of Health. Overweight is a danger at forty and physical fitness has a great bearing on a man's life when he is forty. Dr. Dixon urges that people should not sink into placid indifference of the "fat and forty" stage.

The commissioner says: "Forty is an unlucky number for men five feet eight or under if it is the waist measure. Any number above that is equally to be avoided. Overweight is dangerous and is indicative of several things. Either the appetite is not controlled, insufficient exercise is taken or the diet is made up of improperly selected foodstuffs."

"If any or all of these things are to lame it is the part of wisdom to seek expert advice and begin the remedy forthwith. To sink into the placid indifference of the fat and forty stage is a crime against your health. It means in all probability that the liver and kidneys are overworked and the results of any such strain prolonged is at times fatal. "There is another reason which is worth almost equal consideration. To overfeed undermines one's health. Physical fitness has a distinct bearing on a man's mental attitude and unfitness has also. The man who through neglect and lack of control over his appetite begins to eat himself into an early grave loses his crispness of thought. The self-respect which every man who achieves things should have for himself as a clean, well-groomed animal is lacking. "Don't weakly excuse yourself if you have unconsciously slipped into this class. Get busy and work yourself out of it before it is too late."

AMERICA'S ELECTRICAL WEEK Dec. 2 - Dec. 9

Electric Washing Machines Tuesday Only at 15% Discount

An electric washing machine will take the drudgery from wash day for less than two cents an hour.

The leading electric supply dealers of Harrisburg are demonstrating these machines today. Stop in and see how practical a washing machine really is.

Buy one now and get the Electrical Week 15 per cent discount.

For Sale by Dauphin Electric Supply Co. Harrisburg Electric Supply Co. Harrisburg Light & Power Co. DO IT ELECTRICALLY

WILL YOUR NAME BE IN THE FIRST AUTOMATIC DIRECTORY?



Soon you will know the pleasure of sure, swift, secret telephone service, if you are among the hundreds of wise Harrisburg and Steelton people already listed.

It is not too late to get in!

ORDER TO-DAY

We will "Cut Over" from the old-fashioned, inefficient manual system to the up-to-the-minute automatic in a short time.

Cumberland Valley Telephone Co. of Penna.

"At the Sign of the Dial"

Federal Square

Use Telegraph Want Ads Use Telegraph Want Ads