WOMAN COULD

Restored to Health by Lydia E. Pinkham's Vegetable Compound.

Fulton, N. Y. — "Why will women pay out their money for treatment and receive no benefit, when so many have proved that Lydia E. Pinkham's Vegetable Common of the common

E. Pinkham's Vege-table Compound will make them well? For over a year I suffered so from female weak-ness I could hardly stand and was afraid to go on the street alone. Doc-tors said medicines d only an operation

were useless and only an operation would help me, but Lydia E. Pinkham's Vegetable Compound has proved it otherwise, I am now perfectly well and can de any kind of work,"—Mrs. NELLIE PHELPS, care of R. A. Rider, R.F.D. No. 5, Fulton, N. Y.
We wish every woman who suffers from female troubles, nervousness, backache or the blues could see the letters written by women made well by Ly-

backache or the blues could see the let-ters written by women made well by Ly-dia E. Pinkham's Vegetable Compound. If you have bad symptoms and do not understand the cause, write to the Lydia E. Pinkham Medicine Co., Lynn, Mass., for helpful advice given free.

HIGH SCHOOL GIRL

Run-down, Weak and Nervous-Made Strong by Vinol.

Made Strong by Vinol.

For the benefit of Harrisburg school girls who overwork and get into highly nervous, weak and run-down condition, we publish this letter from Dorris Coplier, of Fort Worthy, Tex.,—"I go to the Ligh school and take music lessons, and became run-down, weak and very nervous, so I could not do anything. I would shake all over and could have screamed at times, and was really unfit to keep on with my studies. Mother purchased a bottle of Vinol for me and within a week I was better, and in two weeks I had gained five pounds and felt fine."

It is the curative, strengthening

five pounds and felt fine."

It is the curative, strengthening elements of beef and cod liver peptones, aided by the Mood-making, revitalizing effect of iron and manganese peptonates and glycerophosphates, contained in Vinol, which made it so successful in building up health and strength and overcoming the nervous condition of Miss Coplier, and we ask every school girl in Harand we ask every school girl in Har-risburg who is in a like condition to try Vinol, on our guarantee to return their money if it fails to benefit.

George A. Gorgas, Druggist; Ken-nedy's Medicine Store, 321 Market street; C.F. Kramer, Third and Broad streets; Kitzmiller's Pharmacy, 1325 Derry street, Harrisburg. Also at the leading drug stores in all Pennsylvania

Saxol Salve REMOVES SKIN AFFECTIONS One package proves it. Sold and guaranteed by above Vinol druggist.

NO MORE GRAY

Don't Use Dyes - Sunshine and Air and Q-Ban Restore the Natural Color Evenly and Permanently-"Back to Nature."

We want to recommend Q-Ban Hair Color Restorer, combined with the good, pure, free air and sunshine, for bringing back the natural color of your hair in a perfectly healthful way, Dyes and paints are worse than sticky and unpleasant—they are actually dangerous.

ous.

Use Nature's own remedies, sunshine
und air with Q-Ban and have beautiful,
ioft, glossy, lustrous hair in abundance,
with its uniform and natural shade
permanently restored. Not a patent

simple — not a miracle at all—and safe and certain.

Q-Ban Restorer is all ready to use. It is not a dye, and is guaranteed to be harmless. It is sold by George A. Gorgas, and all other good druggists, at 50c a large bottle under guarantee by the makers or your money back if not satisfied. It is the only guaranteed preparation of the kind. Beware of imitations that claim overnight wonders.

Pay Envelopes Inked; No More "Hold-Out" on Wiv master of the Carnegie Steel Copany, on complaint of hundreds Homestead wives, have taken the out of life for many of the company.

imitations that chaim overnight wonders.

Write Hessig-Ellis Drug Co., Memphis, Tenn., for large, interesting, illustrated, free booklet, "Hair Culture,"
which tells all about proper care of the
hair. Ask your druggist for Q-Ban
Hair Restorer, Q-Ban Hair Tonic and
Q-Ban Liquid Shampoo—also Q-Ban
Depilatory (odorless).

A Winter Without Coal

Can you imagine a situation of this serious nature? Well, we just escaped it this winter, and those who buy coal by the "hand to mouth" method may still have a taste of it before Spring comes.

The scarcity of coal this Winter, due largely to a shortage of cars, will have dire results if war comes and railroads are used exclusively for Government business.

What little coal is above ground will not last long if there is a general clamor for it. Don't delay.

H. M. KELLEY & CO.

Office, 1 North Third Yards, Tenth and State

Good Printing-The Telegraph Printing Co.

NEWS OF THE LEGISLATURE

HARDLY STAND SCHOOLS TO ASK BIG CALENDARS \$20,000,000 NOW

Chairman Milliron Announces

The State government deficiency bill which was cut down over a quartestimates can be made as to what revenue will be needed. The appropriations made by the last Legislators and approved aggregated over \$67,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and there are members who believe that a limit of \$75,000,000 and the serior of the House appropriations which could be asked over the serior of the House and the stransfer of the mean indicator to too the mean indicator of the mean indicator of the mean indicator of the mean indin

The chief places where increases will be asked are for the schools and highways. Chairman Miles A. Milliron, of the House education com-mittee, said to-night that he would like to see an appropriation of \$20,-000,000 made for schools, threefourths of which should be set aside

like to see an appropriation of \$20,000,000 made for schools, threefourths of which should be set adde
for the common schools, especially to
better the rural schools.

While the appropriations are being
gotten into shape it is expected that
members will rush. preparation of
their bills and an early date for presentation of bills except by special
consent is being talked about. There
are now \$56 bills in the House and
They on in thout fifty subjects, including some "advanced" legislation.
Chairman Woodward, of the House
appropriations committee, said that
his committee would begin all week
and had airready fixed a nearing for
legislation. "However," said Mr.
Woodward "we will be here to listen
to any committee which may come in
We want to give all a fair hearing."
In speaking about his idea of in
creasing the appropriation Mr. Mills
astrong sentiment for Increase of the
sociol appropriation. Many people
would like to see an appropriation of
\$20,000,000 but there may be a compromise on \$18,000.000 approof the more in the educational reading
Mr. Milliron said that the
foundations of education, including from which the department could make its own allowances
for various forms of education, including shools and the like."

Mr. Milliron said that the favored
the government for a lump approprising from which the department could make its own allowances
for various forms of education, including shools and the like."

Mr. Milliron said that the favored
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ary schools because in my opinion the
foundations of education are being
neglected. In the last appropriation
are the members of the second reading.

New York, Feb. 12.—Life insurance
of fit of the second reading to take the
c

Cat Frightens Recruit; He Is Rejected by U. S.

New York, Feb. 12.-The presence of a pet cat in the Twenty-third street recruiting station of the United States marine corps caused William James, an accepted recruit from Fremont, O., to rush into the street screaming with terror just as he was about to take the oath that would make him a

'soldier of the sea.' air with Q-Ban and have beautiful, glossy, lustrous hair in abundance, it is uniform and natural shade manently restored. Not a patent licine.

If it is uniform and natural shade manently restored. Not a patent licine, and then expose it to air and shine. A process of oxidation, from oxysen in the fair will occur. As repeat it is regarded to the licine, and it nearly drives me crazy."

James' case is recognized in medical science as a elurophobia. He was rejected.

Ban Bastron is mindeled at all—and safe "I knod I'm a ffraidy cat," James

More "Hold-Out" on Wives

Pittsburgh, Feb. 10. — The paymaster of the Carnegie Steel Company, on complaint of hundreds of Homestead wives, have taken the joy out of life for many of the company's employes by marking with ink on their pay envelopes the amount contained therein, instead of using a lead pencil as heretofore.

The wives of many employes asserted that their husbands were "holding out on them." Only one way to prevent this appeared open to the Carnegie paymaster — to use ink instead of the easily erased pencil marks.

THE MAGIC FLUID

Few drops and corns or callus loosen and lift off with fingers. No pain!

The world owes thanks to the genius in Cincinnati who discovered freezone, the new ether drug.

Tiny bottles of the magic fluid can now be had at any drug store for a few cents. You simply apply a few drops of this freezone upon a tender. apply a few drops of this freezone upon a tender, aching corn or a hardened callus. Instantly the soreness disappears and shortly you will find the corn or callus so loose and shriveled that you lift it off with the fingers. Not a bit of pain or soreness is felt when applying freezone or afterwards. It doesn't even irritate the skin or flesh.

the skin or flesh.

For a few cents one can now get rid of every hard corn, soft corn, or corn between the toes, as well as painful calluses on bottom of feet. Everyone who tries freezone becomes an enthusiast because it really doesn't hurt or pain one particle. Genuine freezone has a yellow label. Look for vellow label.

NEW MINIMUM FOR TWO HOUSES **AUTO LICENSES**

Third Class City and Other Im- Twelve Dollars Is Now Being

ing stage.

Among other bills on second reading are the Perry bill giving consent of the State to the acquisition of land for the extension of the Frankford arsenal in Philadelphia; for changes in the time of contracts for State paper; permitting burgesses to succeed themselves; providing \$35,000 for the National Guard to take part in the inauguration of President Wilson and the senatorial deficiency bill for the courts.

ways on the same plan; the Graff "pure liquor" bill; authorizing third-class cities to appropriate money for band concerts; forbidding unauthorized use of containers for milk; the Daix optometry bill; the Sproul bill requiring municipal divisions receiving squiring municipal divisions receiving state insurance tax funds for firemen's associations to appropriate a like sum and the State police bill.

GERARD TO MEET SWISS

Berne, Feb. 11, via Paris, Feb. 12.—

Ambassador Gerard will receive President Schwiss foreign department chief of the Swiss foreign department will call at the home of Pleasant A. Switzerland; where Mr. Gerard is stopand the State police bill.

SCHOOL DAYS

BALD AT 43? FOR STATE PEOPLE

Doleful Portrait of Physical Doctors Will Discuss What

try, Friday, February 16.

oped on the battlefields of Europe since the outbreak of the war, and their application to wounds received by workers in Pennsylvania's indus trial plants, will be outlined at the fourth convention of Industrial Physicians to be held at Harrisburg by the Department of Labor and Indus

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT By ALFRED W. McCANN

AUTO LICENSIS

New MINIMUM
AUTO LICENSIS

New Manager Control of the State of the S

FORESTRY NEEDS **FUND TO EXPAND**

bald at 48 from trying to crowd to the bald at 48 from trying to crowd to the bald at 48 from trying to crowd to the bald at 48 from trying to crowd to the bald at 48 from trying to crowd the bald at 48 from trying to consider the bald at 48 from trying to the bald at 48 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 48 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 48 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 58 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 58 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 58 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 58 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 58 from trying the penalty of a life of self-indulgence, a life of equal to the bald at 58 from trying the penalty of a life of s

By DWIG

lands reach along to streams which should be State controlled, but which funds to buy have been wanting.

The State of New York has appropriated a bond issue of \$10,000,000 for forestry expansion, although it has twice the 1,150,000 acreage of the Pennsylvania forestry reserves. Numerous land purchases can be closed up as soon as the appropriation is avail-

as soon as the appropriation is available.

The department is asking for \$185,000 for fighting forest fires. In 1915 the timber lost by fires was worth over \$800,000. The department is charged with fighting fires not only on State but private lands and it is estimated that there are \$,000,000 acres of forest land in the State. The rangers and wardens salaries will allow one forester and two rangers on each 20,000 acres of reserve and funds are also asked for extensive reforestation. About 10,000,000 young trees are to be set out in two years.

LOOK AT CHILD'S

Give "California Syrup of Figs" at once if bilious or constipated.



Look at the tongue, mother! coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once. When peevish, cross, listless, pale

doesn't sleep, doesn't eat or act nat-urally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of the little bowels without griping, and you have a wells playful child again.

You needn't coax sick children to take this harmless "fruit laxative;" they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a 50-cent bot-

tle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of coun-terfeits sold here. To be sure you get the genuine, ask to see that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.

BLOOD AS A NERVE TONIC

"If people would only attend to their blood, instead of worrying themselves ill," said an eminent nerve specialist, "we doctors should not see our consult-

ill," said an eminent nerve specialist, "we doctors should not see our consulting rooms crowded with nervous wreeks. More people suffer from worry than from anything else."

The sort of thing which the specialist spoke of is the nervous run-down condition caused by overwork and the many anxieties of today. Sufferers find themselves tired, morose, low-spirited, unable to keep their mind on anything. Any sudden noise hurts like a blow. They are full of groundless fears and cannot sleep at night.

Doctoring the nerves with poisonor-sedatives is a terrible mistake. The only real nerve tonic is a good supply of rich blood. Therefore the treatment for neurasthenia, nervousness, and rundown health is the new rich blood which Dr. Williams' Pink Pills are able to make. The revived appetite, improved spirits and new strength which come after a few days' use of the pills will delight every sufferer.

The free booklet, "Diseases of the Nervous System" will interest you. Write for it today to the Dr. Williams' Pink Pills. Price 50 cents per box.

We are in earnest when we ask you to give Orrine a trial. You have nothing to risk and everything to gain, for your money will be returned if after a trial you fail to get results from Orrine. This offer gives the wives and mothers of those who drink to excess an opportunity, to try the Orrine treatment. It is a very simple treatment, can be given in the home secretly, without publicity or loss of time from business.

Orrine is prepared in two forms: No. 1 secret treatment; Orrine No. 2, the voluntary treatment. Costs only \$1.00 a box. Ask us for kooklet. Geo. A. Gorgas, 16 N. 3rd st., Jno. A. McCurdy, Steelton; H. F. Brümhouse, Mechanicsburg.

Ah-h-ah-ttisshooo!! Catching Cold? Get a Bottle of Mentho-Laxene

Take as directed—right away.
Checks and aborts colds and
coughs in 24 heurs. Gunranted.
Nothing so good. Preven so. Makes
a pint of Cough Syrup. All druggists.

Not a Bite of Breakfast Until You Drink Water

Says a glass of hot water and phosphate prevents illness and keeps us fit.

TONGUE IF SICK,
CROSS, FEVERISH

Hurry, Mother! Remove poisons
from little stomach,
liver, bowels.

Give "California Syrup of Figs"

Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, os the food and drink taken day after day leaves in the alimentary canal a certain amount of indigestible material, which if not completely eliminated from the system each day, becomes food for the millions of bacteria which infest the bowels. From this mass of left-over waste, toxins and ptomain-like poisons are formed and sucked into the blood.

Men and women who can't get recling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real

teeling right must begin to take inside baths. Before eating breakfast each morning drink a glass of real hot water with a teaspoonful of limestone phosphate in it to wash out of the thirty feet of bowels the previous day's accumulation of poisons and toxins and to keep the entire alimentary canal clean, pure and fresh.

Those who are subject to sick headache, colds, biliousness, constipation, others who wake up with bad taste, foul breath, backache, rheumatic stiffness, er have a sour, gassy stomach after meals, are urged to get a quarter pound of limestone phosphate from the drugstore, and begin practicing internal sanitation. This will cost very little, but is sufficient to make anyone an enthusiast on the subject. Remember inside bathing is more important than outside bathing, because the skin pores do not absorbimpurities into the blood, causing poor health, while the bowel pores do. Just as soap and hot water cleanses, sweetens and freshens the skin, so hot water and limestone phosphate act on the stomach, liver kidneys and bowels.

FLORIDA "BY SEA"

JACKSONVILLE

(Calling at Savannah)
Delightful Sail
Fine Steamers, Low Fares, Best Service,
Plan Your Trip to Include
"Finest Constwee Trips in the World"
Hundrated Benter on Request,
HERCHANTS & MILRERS TRANS, CO.
W. P. TURNER, G. P. A. Baito, Md.

CREME

Skin Soft and Velvety in Rough ather. An Exquisite Toilet Prep-tion, 25c. GORGAS' DRUG STORES
16 N. Third St., and P. R. R. Static

-Good Printing-The Telegraph Printing Co.

