

**Twenty-five Cents a Day** spent for the right kind of food will keep a man in good health, fit for any task. Two **Shredded Wheat Biscuits**, served with hot milk, make a complete, perfect meal at a cost of four or five cents—a meal that supplies in digestible form every element needed to build new tissue and furnish heat and energy for the human body. At twenty-five cents a day for three meals there is a margin of ten cents for fruit or green vegetables. Such a diet means a clean stomach, healthy liver, active bowels. For breakfast with milk or cream. Made at Niagara Falls, N. Y.

**500,000 BATHE INTERNALLY**

The marvelous growth of internal bathing since the advent of "J. B. L. Cascade" is accounted for not only by the enthusiastic praise of its users to others, but also by the physicians insisting more and more that the lower intestine must be kept free from waste to insure perfect health and efficiency. Mrs. Roy W. Bisalaki, of Lancaster, Pa., writes: "I have derived much benefit from the use of the 'Cascade' which I purchased last fall, and think the wholesome advice given in 'The Royal Road to Health' would alone bring a satisfying comfort to many sufferers.—Yours truly."

Call at Croll Keller, 405 Market street and George C. Pott's Drug Store in Harrisburg, and ask for a free booklet on the subject, called "Why Man of Today is Only 50 Per Cent. Efficient."

**STATE HEALTH DEPT. NURSES ARE BEING GIVEN WAR TRAINING**



**NURSE BANDAGING AN ARM**  
Dr. Samuel G. Dixon, State Health Commissioner of Pennsylvania, is training all the nurses in his department as part of a scheme to use the organization in case the war makes demands on home forces. In this city, Philadelphia, Pittsburgh, Williamsport, Oil City and Wilkes-Barre as centers, the department nurses are being gathered in for treatment from doctors who have had army experience.

**Wilson Thanks President of France For Message**

Washington, D. C., April 9.—In response to President Poincaré's congratulations upon the entrance of the United States into the war, President Wilson yesterday sent this message: "In this trying hour, when the destinies of civilized mankind are in the balance, it has been a source of gratification and joy to me to receive your congratulations upon the step which my country has been constrained to

take in opposition to the relentless policy and course of imperialistic Germany. "It is very delightful to us that France, who stood shoulder to shoulder with us of the western world in our struggle for independence, should now give us such a welcome into the lists of battle as upholders of the freedom and rights of humanity. "We stand as partners of the noble democracies whose aims and acts make for the perpetuation of the rights and freedom of man and for the safeguarding of the true principles of human liberties. In the name

of the American people, I salute you and your illustrious countrymen."

**JAIL BREAK THWARTED**  
Lancaster, Pa., April 9.—Frank Hurst, a young man recently sentenced to seventeen and one-half years' imprisonment in the county jail for setting fire to and destroying property around Paradise worth \$125,000, made a desperate attempt to escape yesterday. While the prisoners were being exercised in the yard, Hurst slipped into the main building and climbed up in-

side a chimney to the roof. Several residents of the neighborhood saw him and notified the prison authorities. He was recaptured before he could leave the roof.

**ASK FOR and GET**  
**Horlick's**  
The Original  
**Malted Milk**  
Substitutes Cost YOU Same Price.

**586.8 Miles**  
**Through the Heart of Chicago**  
**in 24 Hours**  
**A Typical Chalmers Performance**

At 12 noon, Monday, March 26, a stock Chalmers seven-passenger touring car with first and second gears removed, was started north on Michigan Boulevard through Chicago traffic.

At noon Tuesday, March 27, the Chalmers was stopped at the starting point. It had gone 586.8 miles through Chicago's densest traffic. The motor had never been stopped. Nothing but high gear was used.

To prove conclusively Chalmers flexibility on high gear, the low and intermediate gears were removed from the transmission.

The car was a standard Chalmers seven-passenger touring model, complete with standard body, top and full equipment. The same model you can buy today.

An average of slightly over 14 miles per gallon of gasoline was attained, an excellent example of Chalmers economy.

586.8 miles, through the famous congested Chicago "loop" district, is a wonderful feat. This performance on high gear is even more wonderful. It is without an equal.

It is an endorsement of the motor. It proves Chalmers reliability. It demonstrates Chalmers cooling. It shows Chalmers flexibility and perfect control. It is a new achievement.

A condensed summary of the signed certificate issued by the Contest Board of the American Automobile Association, under whose supervision the test was made, is reproduced below.

**THIS IS TO CERTIFY** that the Chalmers seven-passenger car above mentioned was a fully equipped stock car. It was driven for 24 hours through Chicago traffic. Only high gear was used. The motor was never stopped during the run. The mileage obtained was 586.8 miles. The gasoline consumption was an average of slightly over 14 miles per gallon.

*R. K. Remondino*  
Chairman Contest Board, American Automobile Association.

**Some Other Chalmers Achievements**

**Chicago to New York**

On June 7, 1916, a Chalmers stock car snatched all existing road records between Chicago and New York, making the run of 1047 miles in 31 hours. The best previous time was made by a Packard driven by E. C. Patterson, whose time was 35 hours 43 minutes.

**Giant's Despair Mountain Climb**

On October 6th, 1916, a Chalmers captured the free-for-all event at the Wilkes-Barre hill climb on Giant's Despair mountain, winning the \$1,000 Hollenbeck Trophy and defeating four 12-cylinder cars, several well-known racing creations

and many of the highest-priced and highest-powered American cars.

**Wins Pike's Peak Climb**

August 11, 1916, a Chalmers carried off first honors in the 230 cubic inch class on the terrific grades of Pike's Peak in Colorado. Its time was within a few seconds of much higher-powered, and specially built machines.

**Detroit to Indianapolis**

On June 12, 1916, the Chalmers set a new record over the roads between Detroit and Indianapolis, 305 miles, making the trip in eight hours, 23 minutes.

**Atlanta to Chattanooga**

June 24, 1916, a Chalmers lowered all records between Atlanta and Chattanooga. The distance of 125 miles was covered in 3 hours, 53 minutes. This is faster than the time of the Dixie Flyer, the fastest railroad train of the south.

**Dallas to San Antonio**

Another famous train—the Katy Limited—was beaten by a Chalmers between Dallas and San Antonio. The Chalmers made the run in 9 hours and 22 minutes, 1 hour and 33 minutes faster than train time.



**Keystone Motor Car Co.**

59-107 S. Cameron Street

Both Phones

C. H. Barner, Mgr.

**Buehler Bros**  
CUT RATE MARKETS

432 MARKET STREET

**SPECIALS**  
FOR TUESDAY, APRIL 10

BEEF LIVER .....	lb.	12½c
LEAN BOILING BEEF .....	lb.	14c
FRESH GROUND HAMBURG .....	lb.	15c
BONELESS RUMP .....	lb.	18c
CLUB STEAK .....	lb.	18c
RUMP CORN BEEF .....	lb.	17c
BUEHLER BROS.' B. B. BUTTERINE (high grade) .....	lb.	26c

56 MARKETS IN PRINCIPAL CITIES OF 14 STATES

MAIN OFFICES Chicago, Ill.      PACKING HOUSES Peoria, Ill.

**TRANSFER YORK PASTOR**  
Lebanon, Pa., April 9.—The Rev. S. C. Albright, pastor of Bethany Moravian Church, York, has been assigned to the pastorate of the Moravian church here, and will take up his duties in June. He succeeds the Rev. Dr. Max Hark, retired.

**RACES WITH TRAIN**  
Milton, Pa., April 9.—Kirby K. Tressler, 35, suffered a fractured skull yesterday when his gasoline-propelled railroad inspector's truck upset down over an embankment. He was racing a worktrain when the accident happened.

**Tells Salesmen if War to Come After the War**  
The war after the war was a feature of the talk by B. F. Sprankle Friday evening before the Salesmanship Club of Harrisburg. Mr. Sprankle cautioned every salesmanager to train every salesperson up to the highest possible efficiency, because the competition will be unusually keen when the energies of Europe are again diverted into the commercial channels. As salesmanager and vice president of one of the largest corporations in Western Pennsylvania, Mr. Sprankle insists upon his salesmen being identified with some such organization as the Salesmanship Congress of the World, because the science of salesmanship requires a course of systematic study as well as the law, medicine or other professions. The discussion of what constitutes a successful salesman and whether they are born with natural ability for selling or whether it can be acquired, proved an interesting topic of discussion for more than an hour.

Mr. Sprankle emphasized the fact that upon investigation forty per cent. of the customers were subjected to discourtesy by the salespeople, and that indifference, inexperience and lack of the required knowledge were greatly in evidence. Referring to efficiency in industrial concerns, he related instances where efficiency experts had reduced the number of men from five hundred to one hundred and eighty without diminishing the output. This was accomplished by picking men especially adapted for certain phases of the work, without considering any labor saving machinery. By similar methods, he claims a salesmanager can pick salespeople and eliminate indifferent service by similar methods, and that aggressive competition, therefore, makes it necessary for salespeople to qualify themselves to the highest standards in order to be among those who will be picked as the live producers of business. Mr. Sprankle emphasizes the fact that the salesman who was the equal in knowledge and training of the prospect he was trying to sell would get the business because the customer expects knowledge and expert service from the person who represents a house or product and loses respect or confidence in the house if the representative does not inspire confidence.

Because of some misunderstanding in the arrangements the Technical High school auditorium was not available, so the use of the School of Commerce rooms were offered by D. L. M. Baker.

**To Wives of Drinking Men**

ORRINE is the standard remedy and is everywhere recognized as the successful and reliable home treatment for the "Drink Habit." It is highly praised by thousands of women, because it has restored their loved ones to lives of sobriety and usefulness, and the weekly wages which at one time were spent for "Drink" are now used to purchase the necessities and many comforts for home. Any wife or mother who wants to save her husband or son from "Drink" will be glad to know that she can purchase ORRINE at our store, and if no benefit is obtained after a trial the money will be refunded. Can be given secretly.

ORRINE is prepared in two forms: No. 1, a powder, tasteless and colorless, can be given secretly in food or drink; ORRINE No. 2, in pill form, is for those who wish to cure themselves. ORRINE costs only \$1.00 a box. Ask us for free booklet. Geo. A. Gorras, 16 N. 3rd St., Harrisburg; John A. McCurdy, Steelton; H. F. Brunhouse, Mechanicsburg.

**Bringing Up Father**

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**By McManus**

