CARRY YOUR BUNDLES HOME

Red Cross Enters Campaign to Effect Big Sav-

campaign in which it is anxious to

can cut down on their prices a great deal. In this way the stores and the ked Cross can co-operate in reducing

the high cost of living.

All of the women of the Red Cross have pledged their support and will carry their packages home. The campaign is being called the parcel

campaign is being called the parcel campaign.

A committee of young women have been named which will sell the neat little placard which the local Red Cross has had printed. The pen sketch on it was made by James Miles, deputy register of wills. The slogan is the one suggested by Miss Eleanor Shunt. The stores are expected to buy them at ten cents each when the young women call on Monday. The auxiliaries in other towns will help. The chairman of the campaign is Mrs. J. A. Plank, 316 Briggs street.

ration is Mrs. J. A. Plank, 316 Briggs street.

To Visit Merchants

Monday morning four motor messengers and four of the committee will visit all of the retail merchants in the First ward. The next visit will be made to the merchants in the heart of the city, the Thind, goes to the Hill, and the fourth visit will be made to the retail stores uptown. Those on the committee are: Miss Susanne Westbrook, Mrs. V. Lorne Hummel, Mrs. William Laubenstein, Mrs. Lee R. Laubenstein, Miss Dora W. Coe, Miss Mildred Astrich, Miss Helen Gurnett, Miss Martha Fletcher and Miss Helen Scott.

YOU'RE BILIOUS!

Don't stay headachy, sick, or have bad breath and sour stomach.

Wake up feeling fine! Best laxand children.



Enjoy life! Remove the liver and bowel poison which is keeping your head dizzy, your tongue coated, breath offensive, and stomach sour. Don't stay billous, sick, headachy, constipated and full of cold. Why don't you get a box of Cascarets from the drug store and eat one or two to-night and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. You will wake up feeling fit and fine. Cascarets never gripe or sicken like salts, pills and calomel. They act so gently that you hardly realize you have taken a cathartic. Mothers should give cross, sick, billous or feverish children a whole Cascaret any time—they act thoroughly and are harmless.—Adv.

The Road to Health Are You Treading It?

If you have a good appetite, en-y your meals and have good di-estion, if you sleep well and are ble to work with vigor and vim, ou enjoy life and those about you like to be near you, because you radi

you enjoy life and those about you like to be near you, because you radiate happiness.

The secret is, plenty of good, rich blood coursing through your veins, real red blood.

The blood is the river of life.

If your blood is thin or sluggish, poisons are formed and your health is below normal and you easily fall a victim to disease.

To have good blood, you must have good digestion, or in other words your stomach must be acting right.

Sanpan is the great restorer, Sanpan is not a cure all, and if you are suffering from cancer, consumption or chronic Bright's disease, Sanpan is not for you.

There are many advertised medicines for whom extravagant claims are made, and when put to the test, they fall to make good.

Sanpan is not one of them, it is sold on merit, and the daily testimonials from Harrisburg people who have been restored is ample proof.

Sanpan is being personally demonstrated at Keller's Drug Store, 405 Market St., Harrisburg, where the Sanpan man is meeting the people.

—Adv.



Entrust your gold and silver plating and repolishing to us and be certain that it will be done right, prices included.

Brass beds, chandeliers, etc., replated and polished.

Automobile work a specialty. A phone call brings our representative to your door with an estimate.

Both Phones, Harrisburg, Pa.

USS MFG. CO 11th & Mulberry Sts



SATURDAY EVENING.

By carrying your own parcels, you will lighten the burden of the Nation

Three Named by Wilson to Interstate Commerce Board THE TRUTH ABOUT

By Associated Press
Washington, Sept. 29.—The following were nominated to-day by President Wilson to the three vacancies
on the Interstate Commerce Commis-

Robert W. Woolley, of Virginia, Democrat, for the term ending December 31, 1920.
Clyde B. Altchison, of Oregon, Republican, for the term ending December 31, 1921.
George W. Anderson, of Boston, Mass., Democrat, for the term ending in 1922.
Charles R. Page, of California, Republican, was named to the Federal Shipping Board.

TRUCK HITS CAR
The Allison Hook and Ladder
truck to-day hit a street car at Derry
and Kittatinny streets. The fender
on the car was bent.

The Best Time To Build

T HIS Fall—to-day—is the best time to build. Lumber prices have not advanced greatly. chantes are to be had now.

In the near future lumber prices will advance sharply owing to the fact that lumber will soon be used in many cases for steel and iron.

The Government needs all steel and iron products for shells, shrapnel, bullets, steel plates, etc.

This fact will itself

Don't delude yourself in the belief that lumber may be cheaper next year.

United Ice & Coal Co. Forster & Cowden Sts.



\$3.00

New York AND RETURN

Sunday, Oct. 7

SPECIAL EXCURSION TRAIN FROM

GERMANY

By MARIE BONINI BROWN

Starvation Diet Makes Food the All-Important Topic in Berlin — Substitutes For Everything - Government Kitchens

Testing

Our modern equipment and street was a short for many for the support of the support of

"I got a can of fruit his week and we had t for my birthday linner," a third would ell to the envy of the est.

Continued from First Page.]

Command To Market Page.]

Market Page.]

Market Page.]

Command To Market Page.]

are at fault.

Somtimes, the court suggested, the aldermen have no alternative other than return a criminal case to court because the parties involved refuse to agree to a settlement. Moreover, Judge Kunkel said that disposition of a criminal case by the tourt invariably has its influences to the extent of preventing crimes that are even more serious than the so-called petty cases.

Judge Kunkel then cited an example, saying in substance that a jury may improvidently laugh because one man causes the arrest of another for pulling his nose. But the man whose case receives such

cause one man causes the arrest of another for pulling his nose. But the man whose case receives such trettment and consideration may feel inclined the next time he is attacked or wronged to take the law in his own hands because the jury laughed at him in the first case and by so doing commit an even greater crime.

Work for Prisoners

Employment of prisoners serving terms in Jall is advocated in the report of the grand jury filed in court this morning and the suggestion received the approval of the court. Nevertheless, Judge Kunkel mentioned the fact that it is a lamentable fact that the Legislature didn't see fit to provide broader means than are contained in a recent act for the employment of prison labor.

The grand jury commended the prison warden and the steward of the almshouse, saying both institutions are sanitary and well managed, and recommended that the tuberculosis ward at the county home be renovated. In its week's work the grand jury returned 131 bills of indictment and ignored 29 bills.

I. W. W. Leaders Unable to Furnish Heavy Bond

The Y. M. C. A. has arranged to have classes in French taught at the building for members of the Signal Corps and mem who expect to be called in the selective draft, also men who anticipate Ening will be two classes of the Signal Corps and well will be two classes. The afternoon classes will be taught on Mondays, Wednesdays and Fridays at 5 o'clock. The teacher for this class will be Emile Bonnechaux, who is a native Frenchman and who served in the French Army during the first year of the war. Later he was taken from the Army and was sent to America as an inspector for the French Government. At present he is stationed at the Steelton plant of the Bethlehem steel works.

The evening classes will be taught Monday and Thursday evenings at 8 o'clock, in the assembly room of the Y. M. C. A. by Professor William D. Meikle, who is the teachers are giving their services and time free of charge. There will be no fee or tuition charged for those who wish to take up the sourse, but regular attendance is insisted upon.

A Little Problem for advertisers in the choice of mediums

Presented in this way because this paper has faith in the result-producing qualities of the article it wants to sell to youits advertising columns.

> B. M. Ogelsby, Advertising Manager

FINAL PLANS FOR LOAN DRIVE MADE

[Continued from First Page.]

Cormick, A. S. Patterson, E. L. Mc-Colgin, George W. Reily, E. J. Stack-pole, E. R. Miller, Victor F. Lecou, 3d, M. H. James and William Jen-nings, chairman for Dauphin county.

Bonds Get Boost

Idberty bonds yesterday moved to a higher premium. And this increasing premium on the Liberty 3 ¼'s augurs well for the second war loan of the commodities of the second war loan of the compact of the second war loan war



How to Get It

Coupon 98c secure this NEW authentic Dictionary, bound in real flexible leather, illustrated

paper one like the above with ninety-eight cents to cover cost of handling, packing, clerk hire, etc.

Present or mail to this

ORDERS WILL BE

with full pages in color and duotone 1300 pages. 25 DICTIONARIES IN ONE All Dictionaries published previous to this year are out of date

> Suppose there were but two newspapers published in Harrisburg - one a penny paper, the other a two cent paper.

And suppose that 75 per cent. of the homes in the community held the two cent paper in such high regard as to be willing to pay more to get it.

Regardless of the quantity of the circulation of the penny paper, which would be your first choice as a medium in which to print your store message?

Well, if the two cent paper under such circumstances is the better buy, would it not possess even greater merit if it held such a high percentage of homes as its number of competitors increased?

The Harrisburg Telegraph is a welcome visitor in 75 per cent. of the homes in its field every evening at a higher cost than other papers.

It is in its 87th year—and that is important, for it indicates substantiality.

Its readers are constant—it has been handed down in families through generations—it is more than a mere newspaper in the majority of homes—it has grown to be an essential part of the daily home life.