

### KEEP FIT WARNS HEALTH CHIEF

r. Dixon Makes Interesting Comment Upon the Way to Avoid Winter Colds

Keep well nourished and take exercise to avoid winter colds which are prevalent now in Pennsylvania because of the unusually severe weather, Dr. Samuel O. Dixon, the State Commissioner of Health, in a statement issued to-day. Dr. Dixon says that a good brisk walk with the arms swinging is a capital form of exercise and that fresh air should be a rule.

The Commissioner's advice for this kind of weather is as follows:

"During the frigid weather, you want to keep well nourished. To do this, your meals should be taken with regularity, and you should take a moderate amount of exercise, not too near meal-time. No better form of exercise can be found than that of walking with a good brisk step and swinging of the arms. You should keep up a good circulation of blood and the digestive glands may secrete a healthful quantity of digestive fluids, and the food be prepared for and assimilated by the body.

"No excesses should be indulged in, particularly the taking of alcoholic beverages. You should live in pure air night and day, but the very young and the very old should not be exposed to extremely low temperatures.

"Careful observation of these suggestions will do much to prevent, and at least to some extent, help you through congestive or catarrhal conditions which are prevalent when the weather is so very changeable, as it is in winter in our North Atlantic climate."

### Why Physicians Prescribe Bitro-Phosphate For Weak Nerves

FRENCH SPECIALISTS CLAIM THIS ORGANIC PHOSPHATE IS ACTIVELY CONVERTED INTO LIVING NERVE TISSUE.

The rapid increase in the use by physicians and nerve specialists of the organic nerve building and easily assimilated phosphate known among druggists as Bitro-Phosphate is due almost entirely to the remarkably favorable results obtained by specialists of world-wide fame and reputation. It is, therefore, only logical that doctors throughout the country should be urged wherever possible to prescribe Bitro-Phosphate instead of narcotic or stimulant habit-forming drugs or alcoholic preparations in the treatment of nervousness, neurasthenia, sleeplessness, nervous debility, lack of energy, mental depression, etc.

Being a food which, according to Robin and other French authorities is actually assimilated and converted into living nerve tissue, Bitro-Phosphate, which is really obtainable in any drugist in the form of 5-grain tablets, is strongly recommended for the use not only of those who suffer as indicated above, but also to those who wish to increase their nerve strength, vim, vigor, vitality and powers of endurance. It is especially valuable to aviators, motorists, soldiers and men in the various branches of the army and navy, where steady nerves are of vital importance. Bitro-Phosphate is a powerful stimulant. Take one 5-grain tablet of Bitro-Phosphate with each meal and note how quickly your entire being begins to overflow with that vim, vigor and vitality which is truly worth living. It is sold in this city by Clark's Medicine Store, C. M. Fowner, Gorges, Kennedy and all good druggists.—Advertisement.

### Cadillac Device Saves Alcohol in Radiator

Prices of glycerine having soared to almost impossible heights "on account of the war," many motorists have turned to alcohol as the anti-freeze fluid for the radiators of their cars. Alcohol serves quite well in protecting the radiator and cooling system from freezing, but its rapid evaporation when heated necessitates frequent renewals throughout the winter. Now the Cadillac engineers have found a way to minimize the effects of evaporation.

In announcing this latest improvement to the Cadillac Eight, the company states that it is covered by basic patent rights.

The device is strikingly simple in principle and in application. It serves as a trap for the alcohol vapors that ordinarily escape, condensing them and returning them in condensed form to the radiator. When the heated liquid in the radiator vaporizes—as always occurs in motor car operation—both the alcohol and water vapors are carried through the pipe to the bottom of the tank, which is partially filled with the same liquid as is in the radiator. As the vapor bubbles up through this liquid, it is restored to liquid form and saved.

The top of the radiator is made airtight by a special gasket in the radiator cap. The cap of the condenser tank is provided with an air vent. When the liquid in the radiator becomes cooled, a vacuum forms and the condensed fluid is forced back into the circulation system.

The condenser also conserves the water supply in hot weather—an advantage when motoring through territory where water is not easily available. The Cadillac engineers tested it with excellent results during the coldest weather of last winter and the extreme hot weather of last summer. Condensers are now being placed on Type 35 cars—the current model—as a standard part of the car.

### PRESIDENT WILL MAKE AN APPEAL FOR LIBERALISM

Expected Soon to Give America's Response to Points Raised by Czernin

Washington, Jan. 29. — The culminating events of the last few days in the international situation would seem to make it incumbent upon America further to define her position with respect to the issues involved. In these days, as the situation tightens on every hand, as the spring offensive approaches, as Russia continues to precipitate action into the field of diplomacy and as the social phase of the war gains ground everywhere over the strictly military phase, the statements of the world need no excuse for the frequency of their utterances. Literally it is necessary for each belligerent nation to keep its policies up to the changing face of the times.

There seems to be little doubt, in view of the various important speeches which have emanated from within the Central empire during the last week, that President Wilson will soon feel impelled to deliver still another message of liberalism to the world.

Chancellor von Hertling has plainly disclosed the weak hand of German imperialism, thus adding doubt within the Central empire during the words of Scheide mann. Both of these speeches require an answer from America. It will be recalled that the last time Scheide mann spoke plainly in Germany at the time of the passage of the Reichstag resolutions last July, the cue was passed to Lloyd George, who spoke in Glasgow a week later. Lloyd George failed to mention the Reichstag resolutions or German liberalism at all, and thus a unique opportunity to sustain the liberal movement in Germany was lost.

Meantime developments in the Austrian situation are distinctly significant, and President Wilson is known to be giving close attention to this phase of the general peace manifestation.

There are other ways, however, in which President Wilson could support the liberal movement which is unquestionably in full swing today in Germany. The very recognition of the Government of the Soviet in Russia would offer the strongest support to liberalism in Germany. Or it would be quite within the bounds of diplomatic etiquette for him to speak directly to Scheide mann and his group in a clear and straightforward statement of what will and what will not be done.

One thing certainly will not be done for all the statesmen of the world. Peace negotiations will not be conducted with the military party in the saddle in Germany.

The great object at present before all the statesmen of the world, it would seem, is to fend off the spring offensive and save Europe from the awful bloodshed which is now imminent. Many feel, also, that it is not only bloodshed which the world faces in the spring offensive, but a disastrous breakdown of society. The solution of the terrific problem lies to-day in Germany's hands. If she will suffer democratization now at the hands of her own liberals, the war would be won for liberalism on both sides.

### WEATHER MAN FAVORS SHOW

Automobile Exhibit Opens Again Today Under Most Favorable Circumstances

"It's an ill wind that blows no good," a maxim that holds true at the Auto Show this morning. Yesterday the Automobile Show was obliged to remain closed because the fuel and oil did not classify it as a theater or amusement. Traffic was practically closed yesterday by rail and trolley on account of the storm, so to-day and this evening when all traffic lines are again open and the theaters closed, the automobile show is the principal place for amusement.

Passing through the doors of the exhibit on the first floor of the Emerson-Brantingham Building, the first display to meet the eye is that of the Franklin Car, Mr. E. W. Shank is in charge of this booth and has on exhibit one of the serious touring cars. Just across the aisle is the booth of the Denby Sales Corporation, with Mr. J. H. Sharkey and H. W. Aitken in charge. They are showing the Denby truck. Next in line is the Denby truck, which is one of the Eureka Wagon works Mr. A. H. Bailey and W. Ross Beal or showing the different models of the Auto.

### L. Myers with his Exide Batteries and electrical specialties is a fixture at every show.

### Returns to Naval Work After a Month's Furlough



CHARLES W. MATTER  
Charles W. Matter, son of Mr. and Mrs. Harry F. Matter, 1623 Wallace street, has returned to his government work at Norfolk after one month's furlough, most of which was spent in Harrisburg. Mr. Matter had the good fortune just before returning to receive the rating of first-class hospital corpsman and he expects to be assigned very shortly to a hospital ship or an inland naval hospital. Matter was a clerk in the Commonweath Trust Company of this city when in the fall of 1917 he decided to enlist. He was sent to Norfolk to be trained and has been there ever since. He speaks very highly of the treatment and the food received by men in the service at his station and in the Navy. He is 23 years old.

### MORE SHEEP THE NEED OF STATE

Belief That There Will Be a Notable Increase During the Present Year

Pennsylvania farmers have asked expert state assistance in selection and inspection in a plan to add from 25,000 to 50,000 sheep to the herds in this state this year, to say nothing of natural increases. Associations holding annual meetings here last week outlined plans for obtaining sheep from other states and also aim to discourage sales of sheep for butchering so that the wool supply so sorely needed for National defense purposes can be increased.

At the beginning of 1917 it is estimated that there were 800,000 sheep on the farms of Pennsylvania, whereas twenty years ago there were twice that many. During the last year the increase is estimated by the statistical bureau of the State Department of Agriculture at 77,000. The More-Sheep Association, which met here last week, had reports showing that in every county farmers are planning to raise more sheep, which have been confirmed by statements filed by crop and stock reporters at the Capitol. In fact, the number of sheep in the State can not see labor in sight to increase cultivation this year they plan to leave fields in grass and to put on sheep. Even in Lancaster county, where agriculture is carried on in its most intensive form, there have been increases in herds reported and farmers are buying actively in Washington and adjoining western counties, which have led in sheep, will have material increases, while in the East Bucks, Chester and Cumberland Valley counties will have more flocks than ever. The Juniata Valley reports are of the same nature.

In the northern tier where dairying is extensively carried out there will be many sheep this year, according to predictions, and in Luzerne, Carbon and other anthracite counties sales of sheep have been made.

Secretary of Agriculture Charles E. Patton is predicting an increase in sheep says that the enforcement of the dog law will boom sheep raising. "If we control the dogs it will mean many thousands of dollars in farmers' pockets and more wool for the country," said he.

elements, the cross-country trip of nearly 200 miles to Baltimore was begun. In spite of the fact that roads were snow-bound throughout the east, and almost impassable at some places, the southern city was reached quickly and without any eventful occurrence to record.

### ADVANTAGES IN AUTOMOBILE

Auto Educational Value Is Enhanced by Economy, Says Hansen

"Every year the public becomes more and more appreciative of the educational advantages of the automobile and this year the car's advantages in that respect are more alluring than ever—principally from an economical standpoint," said Carl Hansen, of the Overland-Harrisburg Co., to a group of friends at the show Saturday night. They were discussing the far-reaching effect generally brought about by the purchase of a motor vehicle.

"The war's financial demands making necessary a nation-wide practice of wise but not miserly economy, any degree of conservation in travel expense will be highly commendable," he continued.

"Before automobiles came into vogue, the family that traveled for educational as well as recreational reasons was more or less at the mercy of expensive hotels and costly transportation. While the mileage fare on trains was not excessive, as a rule, the incidental expenses required a considerable outlay of funds; in fact, the family in moderate circumstances did little, if any, traveling.

"To-day, the motor car has made possible long trips into the country's most historical and scenic districts. The lowest-priced hotel accommodations are available for the touring motorist, inasmuch as he is not compelled to stop just where the train drops him off. A distance of twenty-five or thirty miles is but a few minutes' ride and he can select his own stopping place to suit his convenience and pocketbook.

"Furthermore, some of the most interesting places in the country are situated miles from railroad centers. To reach them, without your own car, requires expensive livery rental and oftentimes uncomfortable traveling. One can avoid all of that if he drives his own machine.

"The educational advantages of automobile travel can hardly be exaggerated. Think of the young boys and girls, in families where cars are owned, who can talk more intelligently about places of historical interest than the average adult who

has spent his life there. They gained their knowledge through the medium of the automobile, more than through text books. They were brought in direct contact with these places while touring with their parents and the mental impressions they received were firm and lasting.

"The same holds true in the case of parents. A pretty home, a novel piece of architecture, a garden out of the ordinary, any one of a thousand things are available through an educational way for the motorist.

"And the feature of it all is that the motor car owner can enjoy those advantages at a minimum of expense."

### Lose Your Fat, Keep Your Health

Superfluous flesh is not healthy, neither is it healthy to diet or exercise too much for its removal. The simplest method known for reducing the overweight body, two, three or four pounds a week is the Marmola Method, tried and endorsed by thousands of satisfied patients. It is a safe, containing exact doses of the famous prescription, are sold by drug-gists. It is 75 cents for its regular use. If you prefer you can obtain them by sending direct to the Marmola Company, 381 Woodward Ave., Detroit, Mich. They are harmless and leave no wrinkles or flabbiness. They are popular because effective and convenient.—Advertisement.

### To Overcome Nervous Dyspepsia

A SPECIALIST'S ADVICE

Nervous people, as a rule, suffer greatly from dyspepsia. The minute things go wrong, or something upsets the nerves, or they are tired and over-worked, they feel it in their stomach. Appetite vanishes and gives way to dull, dazed uneasiness, and what they do eat doesn't digest properly. Then comes belching, heart burn, sour rising, and a whole train of distressing symptoms.

Nervous Dyspepsia should never be treated with pepsin pills or artificial digestants. The stomach is a sensitive organ and the nerves that control it should at such a time, be calmed and strengthened, when all stomach distresses will quickly cease, appetite will return, and the stomach will digest its food properly, and as nature intended.

Thanks to a remarkable chemical discovery, it is now possible to feed the nerve cells with the exact stimulus they require when over-worked. Nervous Dyspepsia, and other nerve disorders, it makes a remarkable change in any person in ten minutes by the watch, strengthening the stomach and charging the nerve cells with its strength, poise, power and tremendous reserves energy, and giving nerves of steel, a clear head and brain, courage, poise, quick wit, and real vital vim. Margo Nerve Tablets can't harm anyone. They contain no dope or dangerous habit forming drugs. Kennedy's Cat Rate Medicine Store and other leading druggists everywhere are selling them with a positive guarantee of satisfaction, or money back.

### Can't Find Dandruff

Every bit of dandruff disappears after one or two applications of Danderine rubbed well into the scalp with the finger tips. Get a small bottle of Danderine at any drug store for a few cents and save your hair. After several applications you can't find a particle of dandruff or any falling hair, and the scalp will never itch.—Adv.

### Trucks Used to Move The Studebaker Exhibit

At the close of the New York Automobile Show it was decided to ship one of the Studebaker touring models to the Baltimore dealer for a week's exhibition in that city. Fully aware of the seriousness of the transportation crisis in the east, and not wanting to put any additional burden upon the railroads, Studebaker officials concluded to send their cars overland.

Loading the Studebaker "show car" aboard a big truck, securing it firmly with blocks and rope, and covering it over with a heavy tarpaulin to prevent injury from the

### OLD TIME COLD CURE--DRINK TEA!

Get a small package of Hamburg Breat Tea at any pharmacy. Take a tablespoonful of this Hamburg tea, put a cup of boiling water upon it, pour through a sieve and drink a teaspoon at any time. It is the most effective way to break a cold cure grip, as it opens the pores, relieving congestion. Also loosens the bowels, thus breaking a cold at once. It is inexpensive and entirely vegetable, therefore harmless.

## DODGE BROTHERS CLOSED CAR

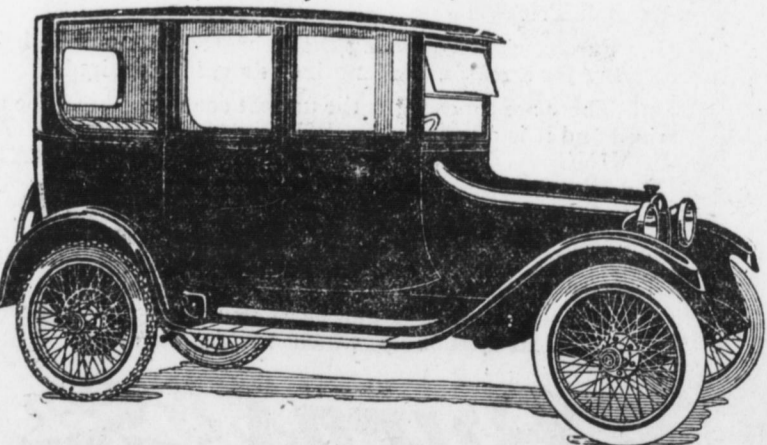
The mere convenience of the sedan is almost forgotten, now, in the greater practical purpose it is serving.

Economical, and easy to drive, it is speeding the war work of men and women alike, and keeping them fit in all weathers.

It will pay you to examine this car at the show

The gasoline consumption is unusually low.  
The tire mileage is unusually high.

Sedan or Coupe, \$1350; Winter Touring Car or Roadster, \$1050.  
Touring Car, Roadster or Commercial Car, \$885.  
(All prices f. o. b. Detroit.)



KEYSTONE MOTOR CAR COMPANY  
57 to 103 S. Cameron St.  
Harrisburg, Pa. C. H. Barner, Manager

At the center of the room, the Packard Motor Car Co are showing different models of the Packard cars. They have four models including a special roadster. This booth is in charge of Mr. B. B. Harrington. Next comes the Hudson Sales Co., with L. Hagerling and M. K. Thompson in charge. They are displaying two Hudson models, a Saxon and two Stewart Trucks. Mr. E. T. Mehrling is displaying the Bricole car and the Redden Truck maker. Last but not least comes the Crispin Motor Car Co. with the showing of Cadillac touring cars. Mr. Crispin who is in charge, explains all about the different models of this well known car. He has on display three models and a chassis.

In the line of the different accessories firms represented we find the Zimmermann Repair Co. with a display of Weber Carburetors, Eismann magnetos and various other electrical equipment. The Zimmermann Co are displaying a full line of auto accessories with the Black and Decker Air Pumps and drills being prominent. Next comes the Atlantic Refining Company with a display of oils and greases and pumps and tanks. Mr. Essick comes next. He will tell you all about automobile insurance. Following Mr. Essick comes the display of a special Vim. Market Supply Co. They are displaying all kinds of automobile accessories.

Across on the other side of the room is the Myers Accessory House displaying a full line of auto accessories, and the display of the Sterling Auto Tire Co. They are displaying tires, tubes and the Prest-O-Grip Chains. The Standard Auto Supply Co. are displaying a full line of Auto Accessories, and Mr. Hall is telling about the Automobile Insurance of the Pennsylvania Automobile Exchange.

An auto show would not seem natural without P. H. Keboch and his Jackson cars, so he is there with his new Eights. And Harry

## 50,000 Hudson Super-Sixes

Each one a Guarantee of this New Series

No one really in touch with motor car values now asks concerning the detail specifications of the Hudson Super-Six.

In the sale of more than 20,000 cars last year, few buyers wanted such particulars. Thousands did not even care to see under the hood. They offered an explanation of their seeming disinterestedness that they were not themselves competent judges of such matters and that they chose the Super-Six because of what they knew it had done in serving persons they knew.

They said they had read with interest and perhaps some skepticism the statements made about the car when it was first announced. They were not sure that the Super-Six motor gave greater power than other motors of equal size and that they did not understand the Hudson patented principle which minimized vibration and assured longer motor and car life. They explained that they were conservative buyers, not given to buying new things. But they had followed the

performance record of the Super-Six, they had talked with any number of Hudson Super-Six owners and they in that manner had come to feel its reliability. It was that which had persuaded them to choose the Super-Six and so why should they show any more interest in such details than one would display in buying a watch? No one asks concerning the construction of the main spring. What they want to know is whether the movement is a reliable timekeeper.

So much assurance concerning the Super-Six is at hand wherever one inquires that we refer prospective buyers to what the public has to say about it.

But there is a particular about the Hudson line that everyone must want to know. A trained mind is not needed to appreciate the beauty and completeness of the ten different body models in which it is now to be had. Examine the new Hudsons from the side of their charm of line and the completeness of their appointments, and rely upon what all motordom says for the Hudson as your guide.

SEE US AT THE AUTO SHOW  
**Hudson Sales Agency**  
1137 Mulberry Street Bell 1396 L. H. Hagerling