Sergeant J. A. Cassel Tells of Experiences

After the Armistice

in the eating, and by the time-mored gastronomic test Benefit and "Sweet Nut" Margarine, the honored gastronomic terms of the mew Nut Butter Luxury, stands supreme. When served it looks and tastes exactly like the choicest dairy product. Made from the white inner meat of the coccanut churned with pasteurized milk — 35c a lb. Sold only at Tamsui Tea Co.'s yellow front store, 331 Market St., up one flight, Harrisburg, where Benefit Brand Teas, Coffees and Grocery Specialties are retailed at wholesale prices.

WOUNDED SOLDIER HOME
Hallam, Pa., Jan. 8.—Mervin requirements of Mr. and Mrs, William spaules, who was severely wounded in action in France, has been bought to this country, and is now at a base hospital in New Jersey. Another brother. Ellwood Paules, is in a base hospital overseas, being confined to bed by sickness.

armistice was signed I had my squad on the lines, and a few minutes after 11 o'clock my whole bunch went over to see the Germans and exchanged relics, and they sure did seem happy over the war ending, and they said the Yanks sure were some scrap-pers.

Sweet Nut
Margarine

BLECTED CASHIER
Dillsburg, Pa., Jan. 8.—Chester
Harbold, of Mechanicsburg, has been
elected teller in the Farmers' and
Mechanics Bank to succeed L. L.
Bentz, resigned.

## ARE YOU LOSING YOUR GRIP



Your Blood May Be Starving for Want of Iron-Making You Weak, Nervous, Irritable and Exhausted.

Nuxated Iron Increases the Red Blood Corpuscies and builds up the strength, energy and endurance of delicate, run-down people in two weeks' time in many instances.

Thousands of men and women are impairing their constitutions, laying themselves open to illness and literally losing their grip on health, simply because their blood is thinning out and possibly starving through lack of iron.

health, simply because their blood is thinning out and possibly starving through lack of iron.

Dr. James Francis Sullivan, formerly physician of Bellevue Hospital Outdoor Dept., New York, and the Westchester County Hospital, says: "Lack of iron in the blood not only makes a man a physical and mental weakling, nervous, irritable, easily fattigued, but it utterfy robs him of that virile force, that stamina and strength of will which are so necessary to success and power in every walk of iffe. It may also transform a beautiful, sweet-tempered woman into one who is cross, nervous and irritable. To help make strong, keen, red-blooded Americans there is nothing in my experience which I have found so valuable as organic iron—Nuxated from It often increases the strength and endurance of weak, nervoue, rundown people in two weeks' time. Nuxated Iron is now being used by over three million people annually, including such men as Honteslie M. Shaw, former Secretary of the Treasury, and Dx tovethor of Iowa; former United States Senator and Vice-Presidential nominee, Charles A. Towne United States Commissioner of Immi cardin then Anthony Catainette; also United States Judge, G. W. Arkinson of the Court of Canas of Washington and others.



### HOW WEAK, NERVOUS WOMEN QUICKLY GAIN VIGOROUS **HEALTH AND STRONG NERVES**

A Vigorous, Healthy Body, Sparkling Eyes and Health-Colored Cheeks Come in Two Weeks, Says Discoverer of Bioferen right away.

World's Grandest Health Build-

It is safe to say that right here in this big city are tens of thousands of weak, nervous, run-down, de-pressed women who in two weeks' time could make themselves so healthy, so attractive and so keen-minded that they would compel the admiration of all their friends.

TA DAY FOR 7 DAYS

A Vigorous, Healthy Body, Sparkling Eyes and Health-Colored Cheeks Come in Two Weeks, Says Discoverer of Bioleren.

If you are ambitious, crave success in life, want to have a healthy, by our mind to get a package of Bioleren right away.

It costs but little and you can get an original package at any druggist anywhere.

Take two tablets after each mean and one at bedtime—seven a day for seven days — then one after mainty one at bedtime—seven a day for seven days — then one after more after the little and you can get and one at bedtime—seven a day for seven days — then one after more after the little and you can get and one at bedtime—seven a day for seven days — then one after more after the little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get an original package at any druggist little and you can get any original package at any druggist little and you can get any original package at any druggist little and you can get any original package at any druggist little and you can get any original package at any druggist little and you can get any original package at any druggist little and you can get

heaithy, so attractive and so keenminded that they would compel the
admiration of all their friends.

The vital health building elements
that these despondent women lack
are all plentifully supplied in Bioferen.

Note to Physicians: There is no
secret about the formula of Bio-feren,
it is printed on every package, Here
it is: Lecthin; Calcium Giycerohosphate; Iron Peptonate: Mangness Peptonate; Ext. Nux Yomica;
Powd. Bentlan: Phenoiphthatein;
Olearestn Capsicum; Kolo.

### Warner's Safe Remedies



A Constant Boon to Invalids Since 1877 Warner's Safe Kidney and Liver Remedy. Warner's Safe Diabetes Remedy. Warner's Safe Rheumatic Remedy. Warner's Safe Asthma Remedy. Warner's Safe Nervine. Warner's Safe Pills, (Constipation and Biliousness)

The Reliable Family Medicines sold by leading druggists everywhere. Sample sent on receipt of 10c. WARNER'S SAFE REMEDIES CO., Dept. 266, ROCHESTER, N. Y.

#### **BRIEFS FROM THE BIG NEWS EVENTS**

agriculture on a substanially sound foundation and developing in the right direction, Secretary Houston Paules, son of Mr. and Mrs. William said to-day in an address to the As Paules, who was severely wounded sociation of American Agricultural Colleges and Experiment Stations.

Bethlehem.—The motorman and four Bethlehem Steel Company workmen were injured this morning when a car on the South Bethlehem and Saucon Street Railway Com-pany's line jumped the tracks, at "Dead Man's Curve" in this city, due to slippery rails.

New York .- Charles M. Schwab who resigned recently as head of the Emergency Fleet Corporation, has been decorated by the French government with the Order of the Legion of Honor, it was announced here

#### Standing of the Crews

HARRISBURG SIDE
Philadeiphia Division — The 109
rew first to go after 4 o'clock: 132,
104, 112, 113, 107.
Engineer for 112.
Firemen for 104, 112.
Brakemen for 112 (2), 113.
Engineers up: Peters, Gaeckler,
steffy.

Engineers up: Peters, Gaeckler, steffy.

Firemen up: Detwiler, Gingrich, Moyer, McKonicy, McCrane, Markle, Voglesong, Bakner, Wenzel.

Brakemen up: Silks, Ambrose, Pines, Straw, Leightner, Werdt, Murphy, Bolton, Burns, Belford, Weebner, Singleton, College.

Middle Division—The 37 crew first to go after 1 o'clock: 29, 33, 25, 23, 16, 31, 39, 30.

Engineers for 33, 39, 30.

Firemen for 33, 23, 16, 31, 39.

Conductors for 29, 25, 23, 39.

Brakemen for 37, 16, 31, 30 (2).

Engineers up: Nissley, Kauffman, Moretz, P. L. Smith, Neckles, Loper, Sheely, O, W. Snyder, Gladhill, Fisher, Dunkle, Cope, E. R. Snyder, Strickler, Rathefon, Shelly.

Firemen up: Troutman, McMurtrie, Swiler, Ulsh, Hertzler, Bell, Turnbaugh, Jones, Moretz, Shellenberger, Dolin, Humphreys, Hubbert, Kiner, Myers, Dennison.

Conductor up: Ross.

Brakemen up: Deaner, Trego,

Middle Division—The 115 crew first go after 2.15 o'clock: 101, 120, o go after 2.13 0 clock. 21, 107, 118, 119, 122, 106, 113, 111,

end, change crew.

Engineers up: Bair, Books, Kawcil, E. F. Brown, Hall, Smith
Firemen up: Miller, Kreitzer,
Eichelberger, Pierce, Stephens, StollChapman, Ready, Henderson, McCurdy, Jenkins.

Strength, and the dizziness has gone.

My nerves are good and in fine
condition.

"I recommend Tonall to all my
friends and neighbors."

This testimonial was given December 30, 1918.

Tonall is sold at Gorgas' Drag
Store, Hagrisburg, and all leading

THE READING

The 22 crew first to go after 12.45 o'clock: 5, 6, 18, 11, 69, 54, 61, 59, 7, 4, 60, 64, 3, 14, 21, 15, 5, 2.
Engineers for 61, 64, 4, 6, 22.
Firemen for 52, 59, 61, 3, 4, 6, 21.
Conductor for 59.
Flagmen for 57, 60, 21.
Brakemen for 52, 53, 54, 58, 59, 3, 9, 11, 14, 21, 22.
Engineers up: Wyre, Hoffman, Beecher, Ruth, Felix, Lackey, Griffith, Blitig, Bowman, Herr, Boyer, Bruaw, Chronister.

\*Firemen up: Winters, Stone, Saul, Parmer, Cooper, Shay, Looker, Schue, Harrison, Leitner, Speck, Weise.
Conductors up: Baschore, Eshelman.

man.
Flagmen up: Keener, Kichman,
Leibtreu, Potteiger, Wickenheiser,
Trenter, Stahl, McLaughlin, Spangler,
Brakemen up: Epler, Weaver,
Chronister, Ryan, Bricker, Cullison,
Yingst, Heagy, Monmiller, Clipper,
Parthemore, Fry.

### **Capitol Hill Notes**

Pardon Board Meets-The State After the Armistice

After the Pardon Board in executive se under advisement; George held Miller, Dauphin county, felony, sen tenced to Huntingdon reformatory, refused; Charles Mays and Edward Lancaster counyt, recommended; Preston Yates, Philadelphia county, burglary, sentenced to five years in the Eastern penitentiary, rehearing allowed; Ilgenfritz, York county,

alary, rehearing allowed; Jennie Ilgenfritz, York county, felony, sentenced to six years in the Eastern Penitentiary, refused; D. Frank Kline, Lancaster county, felony, sentenced to five years in the Eastern Penitentiary, rehearing allowed; Charles Valentine, Chester county, felony, sentenced to three years in Eastern Penitentiary, refused.

Two Importana, Reservals—Two important lower court opinions relating to the Dairy and Food Division have been over-turned by the Supreme Court. One, an Allegheny county case tried before Judge Carpenter, permits the Dairy and Food Division to seize all products held in cold storage beyond the legal limit. This was a suit brought by Edward S. Nolan, of Allesheny, Tagainst Commissioner James Foust and his agents to restrain them from seizing butter held beyond the limit prescribed by law, claiming comfiscation of property. Judge Carpenter took sides with Nolan, but the Superior Court held the law to be constitutional and the state acting within its rights in seizing the butter and the Superior Court. The other decision rules out of Pennsylvania all canning compounds in which there is boric acid. Judge Bailey of Bedford county gave it as his opinion that Mrs. Price's Canning Compound and the Superior Court upset that mgiht be sold legally in this state and the Superior Court upset that decision. The Supreme Court up-holds the Superior court in the re-versal of Judge Bailey.

Alkali In Soap

Bad For the Hair

berger, Dollin, Humphreys, Hubbert, Klner, Myers, Dennison.
Conductor up: Ross.
Brakemen up: Dechardt, Lentz, Young, Dennis, Zimmerman, Stidfole, Depugh, Forbes, McNaight, Linn.
Yard Board—Engineers for 3-7C, 12C, 51C.
Firemen for 5C, 1-7C, 3-7C, 10C, 18C, 26C.
Engineers up: R. B. Miller, Rifert, Waltz, Desch, Fry, Dougherty, Eyde, Ewing, Snell, Fleisher, Richter, Firemen up: Russell, Drake, Little, Attick, Patrick, Bowers, Fackler, Rhoads, Lake, Shawfield, Shaub, Lewis, Ettingers

ENGLA SIDE
Philadelphia Division— The 216 crew first to go after 3.45 o'clock: 227, 245, 256, 244, 237, 296, 222, 202, 208, 238, 254.
Engineers for 227, 245, 222, 202.
Firemen for 216, 238.

Soap should be used very carefully, If you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much like in this dress the sampoos contain too much like in the star best thing for steady use is just ordinary mulsified cocoanut oil which is pure and greaseless), and is better than the most expensive one on row teaspoonfuls will be ter than the most expensive want or disable to remain scale phorough. It is pure and greaseless), and is better than the most expensive want or disable to remain and subjust or dinary mulsified cocoanut oil which is pure and greaseless), and is better than the most expensive want or disable to remain and size you can use. One or two teaspoonfuls will be used very carefully, If you want to keep your hair looking its best. Most soaps and prepared shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star post of shampoos contain too much like in the star

#### 'Main Factor to Good Health Was Tonall'

109.
Engineers for 121, 107, 118, 106, 111.
Firemen for 111, 120, 121, 106, 113.
Conductors fro-115, 101, 113, 109.
Flagmen for 101, 107.
Brakemen for 111, 122 (2), 109.
Yard Board—Engineers for 145.
The local 126, extra, extra west end, 2nd 126, 2nd 126,

Tonall is sold at Gorgas' Drag Store, Harrisburg, and all leading drug stores in Eastern Pennsylvania.

#### Spanish Influenza can be prevented easier than it can be cured.

At the first sign of a shiver or sneeze, take



FOR COUGHS, COLDS,

SORE THROAT



## ---and Tomorrow

# We Include the Manhattans In Our Shirt Sale

This Will be of Special Interest to



Thousands of beautiful shirts suffer a price-cutting. Exclusive weaves and a splendid assortment of colorings, stripes, plain colors, etc. This sale will bring hundreds of men to this popular section of the store, for thrifty men of Harrisburg realize the values and styles in these fine shirts.

\$1.85, \$2.15, \$3.15, \$3.85, \$4.85

Many other shirts at reductions that make the price of shirts less than the cost of material would be at present prices. Colored negligee shirts, soft

75c, \$1.05 and \$1.45

Silk Fibre Shirts at \$3.55 and \$4.35

Finest Quality Silk Shirts at \$7.85

To the Left as You Enter The Store



Many Beautiful Patterns We Show

### 130 Handkerchiefs

Which Were Soiled During Our Holiday Rush

Among the lot is fine linen, Madeira, fine baiste and lawn in plain and fancy embroidered.

These handkerchiefs at Half Price. Prices range

from 5c each or 6 for 25c; 10c each, 20c each and

BOWMAN'S-Main Floor

### In the Aeolian-Vocalion



and new Vocalion Record, phonograph perfection has been achieved. Gone is the stredency - the slight metallic quality hitherto inseparable from the phonograph. In their place is melody in its loveliest guise. All but the plainer models have the "graduola", a device that enables you to shade the tone, as you do with a player

Style S, \$90; Style G, \$115; Style H, \$175; Style J, \$285

Style G-Oak or mahogany with \$10 worth of records of your own selection, complete outfit \$125.00. Terms as low as BOWMAN'S-Fifth Floor.

# anuary Clearance of Dress Goods

We have made many price changes on a large number of our dress goods and coating in order to effect a quick clearance, as we wish to make room for the incoming Spring materials, also to make less work for stock taking. This is the time for thrifty persons to save "for that next bond issue" by buying these splendid fabrics at ONE-THIRD less than they should be.



54-inch Suede Velour and Velour de Laine in an extensive color line of the most wanted shades. Special, \$3.95 yard.

54-inch shell cloth for coats and suits—has a superb finish and all the do sirable qualities for service and durability. Colors of black, navy, wine, sea brown, and reindeer. Special, \$5.95 yard. 52-inch broadcloth with exceptional fine finish in black, navy, brown

taupe and reindeer. SPECIAL, \$3.95 yard. 54-inch all wool black and white check velours - 1/2-inch and 1-incl

check. Suitable for coat, suit, or skirt. Special, \$2.50 yard. 48 and 54-inch all wool skirtings in smart plaids or stripes in two-ton-

effects. Special, \$3.95 yard. 38-inch all wool taffetas; a very durable fabric for dresses or skirts. Good line of colors; plenty of navy and black. Special, \$1.69 yard.

36-inch silk and cotton poplins-light and dark shades. Color assort Special, 89¢. 40-inch silk and wool poplins in a very extensive color assortment. Spe

cial, \$1.69. 40-inch wool back charmeuse—has an excellent finish and good wearing qualities. Special, \$2.95 yard.

36-inch foundation silks with fine lustre large rarge of colors. 48 40-inch Bengaline suiting in the most wanted shades for fall, \$2.95

36-inch French Serges in black, Navy, myrtle, brown, grey, burgund

varnet. Extra fine value. 69¢ yard.