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ness in the Big War.

Dad along.

Save

Time

### HARRISBURG

Altoona Man, Absent 39 Years, to Be Decreed Dead ment has obtained funds for the pro-tection of the ancient ruins of Mitla, located in the district of are among the oldest left by the Tlacolula, state of Oaxaca, which tribes that preceded those con have been subject to depredations. quered by the Spaniards early A commission of the government the sixteenth century.

MAY 7, 1919.

## MORE RED BLOOD AND STEADIER NERVES FOR RUN DOWN PEOPLE

## The World Demands, Strong, Vigorous, Keen-Minded, Men and Women

It has been said of Americans that they work their habits overtin

Many become nervous and inefficient by overwork,

By worry, despondency, social affairs, robbing brain and body of needed rest; excessive use of tobacco, indulgence in strong alco-holic drink—excesses of every kind that burn up the vital powers so necessary in these trying times to make both men and women fit to be of help to themselves and others.

It is time to be temperate in all things. The man or woman with impaired nerves caused by impoverished blood lacks vigor, the ambition, the endurance and the keen mind of those who avoid

Timidness, despondency, fear, trembling hands, want of confidence and even cowardliness, are due in a large measure to abused nerves, People with plenty of red blood corpuscles and strong, healthy nerves have no desire to shirk work and lean on others for guidance and support. There is hardly a nerve-shattered man or woman (unless of an organic disease) in America today who cannot become alert and clear in mind; vigorous and energetic in body in a very few weeks and at trifling cost.

To become strong and ambitious, to feel that work is not drudgery; to have steady nerves, abundance of red blood and power of endurance; to be not only a man but as men now go, a superman, you must take sorce tablets of Bio-feren every day for seven days—and take them faithfully. Take two after meal until the supply is exhausted.

Then if you feel that any claim made in this special notice is untrue-if your nerves are not twice as steady as before; if you do not feel ambidous, more vigorous and keen-minded, the pharmacist who dispensed the tablets to you will gladly hand you back just what you paid for them. Bio-feren is without doubt the grandest remedy for nervous, rundown, weak, anaemic men and women ever offered direct through druggists and is not at all expensive. All druggists in this city and vicinity have a supply on hand—sell many packages.



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C. H. UHLER 17th and Derry Streets.

Save

Money

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AND THE POPULAR MAKE, THE BLUE BIRD, FOR THE CHILDREN. BICYCLE SUNDRIES AND REPAIRING

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