LEGION READY TO ORGANIZE

To Elect Officers and Select Name at the Next Meeting

Officers for Post 27, American Legion, were nominated at a meeting last night in the Courthouse. They will be elected at another meeting to be held next Tuesday evening, at which time a name will be selected also for the Post. "Keystone Post" and "Harrisburg Post" were two names suggested last night.

Constitution and bylaws were adopted last night by the post, and a resolution was passed opposing the city's flagshaft proposed memorial to service men. She resolution calls for a useful memorial.

Plans for the formation of a band to be called the American Legion Band were considered and Jack A. Adams and J. Stewart Askins were named on the committee. The band will have 50 players.

No action was taken on the offer of Spanish-American War Veterans to have the post use its quarters in North Second street. The amount of dues will be fixed at the next meeting, and it was decided also to have the post meet once a month at a time to be fixed following a report from the permanent headquarters committee.

Officers who were nominated last night follow: Commander, Edward H. Schell, John T. Bretz and Francis A. Awl.

Vice-commander, Lawrence Moyer, James Fitzpatrick, and Mark Parthemore.

Adjutant, Leon Lowengard, Richard E. Einstein, and George P. Drake.

Finance officer, William C. Fisher, and Josiah P. Wilbar.

Historian, Albert H. Stackpole and Richard Robinson.

Chaplain, the Rev. P. H. Hershey.

Executive committee, five to be chosen: E. J. Stackpole, Jr., Ira C. Kindler, Theodore Gould, William Lutz, Mark T. Milnor, John A. F. Hall, J. Stewart Askins, Paul Astrich, K. A. Patterson, Dr. B. S. Behney, Charles Beck and C. B. Mark.

Printers Give $100 to City Memorial Fund

Harrisburg Typographical Union, No. 14, yesterday appropriated an additional $100 to the city memorial fund. Action was also taken to purchase Liberty Bonds from members at times when they might wish to dispose of them.

Officers were nominated for the ensuing year at the meeting. They will be voted on at the January meeting. The nominees are: President, F. A. Sohmer; vice-president, J. Earl Hoerner; secretary-treasurer, W. W. Byrem, Charles Steigleman and S. A. Worley; recording secretary, Ralph Laverty and J. Harry Liddy; sergeant-at-arms, W. F. Clouser and E. K. Meyer; financial committee, L. B. Wanbaugh, J. F. Wise, J. Geib, J. S. Macklin, Addison Johnson and Claude Poulton.

Elderly People Have A Daily Health Problem

Stomach muscles and digestive organs slow to act as age advances

MOST people find the years slipping by without realizing it, until suddenly confronted with the fact that they can no longer digest everything they would like to eat. It then becomes their daily task to avoid what they know to be chronic constipation.

When exercise and light diet fail it will be necessary to resort to artificial means. Strong physics and cathartics, however, are not advisable for elderly people. They act too powerfully and a feeling of weakness results.

What is needed is a laxative containing effective but mild properties. This is best found in Dr. Caldwell's Syrup Pepsin which is a combination of simple laxative herbs with pepsin. It acts gently and without griping, and used a few days will train the digestive organs to do their work naturally again without other aid.

Dr. Caldwell's Syrup Pepsin has been on the market since 1892 and was the private formula of Dr. W. B. Caldwell, who is himself past 80 years of age and still active in his profession. It can be bought at any drug store for 50c and $1 a bottle, the latter containing enough to last even a large family many months. It is a trustworthy preparation.

In spite of the fact that Dr. Caldwell's Syrup Pepsin is the largest selling liquid laxative in the world, there being over 6 million bottles sold each year, many who need its benefits have not yet used it. If you have not, send your name and address for a free trial bottle to Dr. W. B. Caldwell, 511 Washington St., Monticello, Illinois.

History of Pennsylvania's Four Constitutions

[Continued from First Page.]

deus Stevens, great lawyer, great commoner, great American, great champion of liberty, undisputed leader of the Lower House of Congress throughout the stormy period of the Civil War, who declined to sign the Constitution which he had helped to frame, because it contained a tacit recognition of slavery.

Enacted in 1873

"The fourth Constitution, that of 1873, was largely the result of a public demand to correct the great evil of special legislation. It was drafted and adopted to meet the new conditions and problems which had arisen with the great growth of the state and its marvelous development coincident with and following the war. Its first president, William M. Meredith, died while serving in that capacity. He was succeeded by John M. Walker. It comprised in its membership the state's strongest men of that time. Among its delegates sat Lin Bartholomew, silver-tongued, from Schuylkill; Jeremiah S. Black, Attorney General of the United States, Chief Justice of the Supreme Court of Pennsylvania, marked in Pennsylvania's and the nation's annals for all time; John M. Broomall, mentally gifted beyond most men, and member of Congress from the Chester-Delaware district throughout the Civil War; Charles R. Buckalew, profound lawyer, master of public questions; John C. Bullitt, framer of Philadelphia's City Charter, under which that great municipality was governed for more than thirty years; Lewis C. Cassidy, subsequently Attorney General of Pennsylvania; Silas M. Clark, great judge, one of the ablest men who has sat on the bench of the Supreme Court of Pennsylvania; Andrew Gregg Curtin, Pennsylvania's War Governor, Minister to Russia, and member of Congress, whose fame will endure; Theodore Cuyler, one of the leaders of the Philadelphia bar, whose son sits as a member of this commission; Samuel E. Dimmock, Attorney General of Pennsylvania; Mortimer F. Elliott, still living, legal pilot for America's greatest business enterprise, the Standard Oil Company; Henry Green, Chief Justice of the Supreme Court of Pennsylvania; Wayne MacVeagh, with intellect like a rapier, Attorney General of the United States, foreign minister, accomplished and cultured gentleman; Henry W. Palmer, subsequently Attorney General of Pennsylvania and Congressman of the United States; Samuel A. Purviance, also Attorney General of Pennsylvania; John Stewart, of brilliant intellect, to-day still in full vigor, a justice of the Supreme Court of Pennsylvania; Harry White, officer of the Northern Armies, prisoner in Libby, judge of Indiana county, yet apparently in his prime at almost ninety; George W. Woodward, judge of the Common Pleas of Luzerne, Chief Justice of the Supreme Court of Pennsylvania, famed far and wide.

Many Tried Features

"These men and the other leaders in their several communities who made up this notable Convention framed the document which we are called upon to study and revise.

"One of the striking things which will be made manifest to any student of our Commonwealth's constitutional history is the great number of provisions in the present Constitution which have been carried forward into it in the precise language of the Constitutions of 1776 and 1790, going to show that the wise men who formulated those two codes of fundamental law clearly apprehended and understood what the real foundations of government are.

"The declaration of rights in the Constitution of 1873 is the same charter of human liberty almost word for word and section for section as it appears in the Constitution of 1776, and therefore, almost as it was in its original form when it sprang from the mind of John Somers, famous chancellor of William and Mary, when he stated the rights of free men in England in combatting the tyrrany of an arbitrary and oppressive king.

"I think none of us entertain the thought to-day when the world is troubled and ill at ease and when our country is being looked to by all the rest of the world to steady it, that wise provisions in our organic laws are to be set aside, because they are time-honored, but on the contrary, those which great exigencies and trying times have demonstrated to be wise and just, beneficent and all comprehensive, are to be held onto with a firmer grip.

To Study Changes

"As I construe the legislative mandate in the act creating our commission, we are not to be iconoclasts in working out the problems which are submitted to us, but in the light of the garnered wisdom of the ages and of modern reasoned thought and of our own and other states' experiences; with the new conditions which are the outgrowth of the past fifty years of marvelous progress and attainments of our people before us, we are to study comprehensively and in detail the provisions of our present Constitution with a view to the necessity or advisability of changing or omitting any of its provisions which will improve it so as to secure for our people a form of government best suited to their needs and most conducive to their welfare.

"If we shall find changes in the Constitution advisable we are to determine the best means of effecting such changes, whether by the amendment of particular sections or articles, or by a general revision of the entire Constitution.

"The direction of the act is that we are to report to the next General Assembly, in detail, such recommendations as to the continuance, discontinuance or modification of existing provisions or the adoption of new provisions as we, from our investigation and study shall deem advisable and proper. It will be our duty to make drafts of any proposed amendments, or, if it is deemed advisable, we may draft a general revision of the entire Constitution.

Exhaustive Study

"Thus it will be seen that our mission is to examine the foundations of our State Government to see whether they are sound and secure for the coming years of trial, and where in our opinion they can be strengthened to put in new rocks of strength.

"It seems to me that no call for higher public service can come to free men and women in a republic than this.

"The task before us calls for exhaustive study, unremitting work, patient hearing of every view presented, tolerance of each other's opinions, the wisest judgment and absolute fearlessness in arriving at the conclusions which we deem to be right.

"If our task is well performed, we and the agencies which shall follow after us, and the people in putting their final approval on what shall have its beginnings here today, will be doing not only Pennsylvania, but constitutional government everywhere, a forward-looking service."

Kinney Shoe Company Leases Market St. Store

The G. R. Kinney Company completed negotiations yesterday in connection with the rental of the Waller and Seel building, corner Market and Dewberry streets, for a term of years. The entire four stories of the building will be occupied by the big shoe company, the basement, first and second floors being devoted to the retail end of the business, while the third and fourth floors will be used to carry surplus wholesale stocks, this city having been chosen as a distributing center for other stores in the chain in this section of the country.

The new building will be remodeled, it being the plan of the company to be ready for the spring business. Modern fixtures will be installed to make the store one of the finest shoe stores in Central Pennsylvania. The first floor will be devoted to shoes for men and women, the second floor for misses', children's and boys' shoes, and the basement for carrying surplus retail stocks and the sale of rubber goods. A passenger elevator will be installed, and a restroom provided for the public on the second floor.

It is the purpose of the Kinney Company to conduct the business along the same lines as heretofore, featuring shoes for the family at popular prices.

To Give Musicale at County Almshouse

An attractive program to be featured by the participation of a number of local people prominent in musical circles has been arranged by the Community Service Bureau of the Harrisburg Chamber of Commerce and will be enacted at the Dauphin county almshouse this evening. The program will be in charge of Mrs. Florence Ackley Ley.

Other programs will be arranged and carried out throughout the city, in industrial plants through the participation of the employes, and by local talent, charitably-inclined, in such places as the almshouse. The entertainers have volunteered their talent and will serve without charge in order to further the community service work.

The participants in to-night's program are as follows:

Mrs. Earnest Keys, contralto, Messiah Lutheran Church; Miss Naomi A. Ackley, soprano; Mrs. Anna Hamilton Wood, of the Story Tellers' League; Samuel Fackler, baritone; Miss Correlli Martin, violinist, of the Wednesday Club; Miss Mildred Rudy, organist at the Church of Christ, and Mrs. Florence Ackley Ley, of the Chamber of Commerce.

MILLS HAVING COAL MAY RUN

[Continued from First Page.]

istered through the railroad administration includes curtailment of street lighting, light and heat for office buildings and industrial plants and current for street railways.

The order restores for the entire nation most of the drastic restrictions on lighting and heating which were in effect during the coal shortage of 1917.

The limitations which are applicable to consumers of bituminous coal and coke, were made effective last night with issuance of the order and are to be enforced by the railroad administration. Consumers of anthracite coal, gas and other fuels are not affected by the order.

The restrictions were announced through the railroad administration as follows:

No ornamental lights, white way or other unnecessary street lights, outline lighting, electric signs or illuminated billboards, show windows or show case lights, are to be operated. This does not affect street lighting necessary for the safety of the public.

No cabaret, dance hall, poolhall or bowling alley shall be permitted to use light except between 7 p. m. and 11 p. m.

Stores, including retail stores but excepting stores selling food, and warehouses must not use light (except safety lights) except for six hours per day. Manufacturing plants shall be allowed to use light only during the time prescribed for the use of power.

Drugstores and restaurants may remain open according to present schedules, but must reduce lighting one-half.

Railroad stations, hotels, hospitals, telephone, telegraph and newspaper offices are not included insofar as necessary lighting is concerned.

General and office lights must be cut off not later than 4 p. m. in office buildings, except if necessary. Federal, state and municipal offices and except where office operation of vital industries is involved.

Dairies, refrigerator plants, bakeries, plants for the manufacture of necessary medicinal products, water works, sewerage plants, printing plants for the printing of newspapers only, battery charging outfits in connection with plants producing light or power for telephone, telegraph or public utility companies are exempted.

Only enough heat may be used in offices, stores, warehouses and manufacturing plants to keep the average temperature at 68 degrees Fahrenheit, and then only during the hours for which light is permitted. During other hours only enough heat is to be used to prevent freezing of water pipes or sprinkler systems.

In manufacturing plants or plants coming under power curtailment rules, heat (to 68 degrees Fahrenheit) will be allowed only during that time prescribed for use of power.

No manufacturing plant or factory shall be furnished bituminous coal or coke, or heat, light or power from bituminous coal or coke furnished by or through the United States fuel administration for operation in excess of three days a week on the basis of present working hours.

Elevator service must be curtailed as much as possible in accordance with above regulations on use of heat, light and power.

Electric railways shall reduce schedules to minimum requirements of service under revised hours of heating, lighting and power as herein provided.

No heat shall be provided on electric cars during rush hours and heating during non-rush hours shall be curtailed as much as possible.

Electric railways and manufacturing plants, stores and offices are required to co-operate on arranging, within the provisions of the order schedules, days and hours of work to permit the maximum utilization of transportation equipment.

Action on Bridge Contract Unlikely

The State Board of Public Grounds and Buildings has been called for a special meeting to-night to dispose of routine business, but it is unlikely that the Memorial Bridge contract will be signed. Dr. J. E. Greiner, the engineer in charge, was here to-day discussing details.

Indications are that the contract may not be let for a month or more. There was one report to-day that it might not be reached until February.

Adjutant General Beary went to Reading to-day on National Guard matters. He is visiting various cities in the old Fourth Regiment district.

The borough of Tyrone to-day filed objections to the new schedule of the Home Lighting and Heating Company, of that town, at the Public Service Commission.

Register of Wills William Conner, of Allegheny, was here to-day to see Auditor General Snyder about the inheritance and transfer taxes on the H. C. Frick estate.

Pressmen in Favor of 44-Hour Week in 1921

By Associated Press

Knoxville, Tenn., Dec. 9.—An agreement to establish the forty-four-hour week in 1921 was approved by the members of the International Printing Pressmen's and Assistants' Union of North America by a majority of ten to one, according to an official announcement here to-day of the results of a referendum cast in November.

Other propositions approved were an arbitration agreement between the American Newspaper Publishers' Association and the International Printing Pressmen's and Assitants' Union, and an agreement between employing printers of the United States and Canada and the international organization.

Christ Church Bishops Endorse League Covenant

The United States Senate was urged to ratify the League of Nations pact, in a resolution passed last evening by the Board of Bishops of the United Brethren in Christ, at a meeting in the Penn-Harris yesterday.

Bishops present included G. M. Mathews, of Dayton, Ohio; C. J. Kephart, of Kansas City, Mo.; A. T. Howard, of Dayton, and W. H. Washinger, of Portland, Ore.

Those who met with this board of bishops were Dr. S. S. Bough, director of the United Enlistment Movement; Drs. Lyter and W. R. Funk, representing the publishing house at Dayton, and Dr. W. E. Schell, secretary of the Board of Education.

ERUPTIONS GO, SO WELL DOES POSLAM HEAL

If it's Eczema, you need Poslam. Poslam is right at home in driving away this stubborn trouble. First stopping the itching, soothing, cooling. Then going right ahead with the work of healing. If you suffer, remember that Poslam's benefits are yours easily, that it was made effective for the very purpose of aiding YOU to have a better, healthier and more sightly skin. And all with no risk, for Poslam will not, can not, harm.

Sold everywhere. For free sample write to Emergency Laboratories, 243 West 47th St., New York City.

Poslam Soap, medicated with Poslam, should be used if skin is tender and sensitive.

SHOULD BE IN BED

A Voice—Mary, what are you doing out there?

Mary— I'm looking at the moon, mother.

Voice—Well, tell the moon to go home and come in off that porch. It's 11.30.—Burr.

TAKEN SERIOUSLY

Mother (returning from shopping—Dorothy, what is the meaning of this crowd in front of the house?

Dorothy—It's all sister's fault. We were playing house, and she hung a "Flat to let" sign in the front window.—Judge.

Help Relieve Yourself of Indigestion Gas., Etc., by Eating

Physician tells how—If three meals a day distresses you, take five meals a day to get rid of your troubles. The "Food Treatment" for dyspeptics often gives most surprising results in a few days' time.

The real and true relief for most stomach troubles must be found in the proper chemical combinations of foods, the quantity eaten and the methods of eating, and not in strong drugs nor starvation diets—which diets often only further weaken the stomach and impair the digestion by weakening the whole system on account of depriving it of proper nutrition.

Most people foolishly seem to pay but little attention to excess acid gas and food fermentation until it gets quite bad then they usually take some drug merely to neutralize the acid and give temporary relief, but they do not reach the cause. The victim continues to suffer on frequent occasions until the disease finally becomes chronic. The walls of the stomach and intestines become highly inflamed and what was first a simple irritation now develops into gastric catarrh and finally, perhaps, into a stomach ulcer. A highly inflamed, irritable stomach is a good deal like a sore on your finger, if you keep rubbing and irritating it, it may never get well. Every time your food ferments and excess acid and gas forms, it only further irritates your already weak, sore and irritated stomach walls.

To bring about relief you must avoid food fermentation and the consequent constant irritation it produces. It is often not so much what you eat that does damage as it is wrong chemical combinations of food. For example: The following would be a very bad breakfast from the standpoint of correct food combinations.

Grapefruit or sour oranges, with sugar,
Oatmeal, or other cereal, with milk,
White bread, eggs and coffee.

The fruit acid tends to ferment the sugar and the milk; the coffee may cause an excess of acid and these two may start fermentation in the starch of the bread and oatmeal or cereal. Then the fat in the yolk of the eggs becomes a burden and things may generally go all wrong. Also what appears to be a simple breakfast of grapefruit, sugar, rolls and coffee, may, on account of the bad mixture of fruit acid with sugar and starch (bread), start a vinegar acid factory working day and night in even a fairly strong stomach for twenty-four hours at a clip while a proper combination of foods would have probably digested in the same stomach without the slightest difficulty.

If you have not made a careful study of the suffering that may be caused by bad food combinations, and how they may not only upset your digestion but undermine your nervous system and weaken your whole physical organization, you ought to read the interesting folder on this important subject which has been issued by the manufacturers of Pan-Zenn, which is a valuable anti-acid carminative and stimulant to the stomach and digestive tract. Pan-Zenn used in connection with proper food combinations is intended to prevent the formation of excess acid and gas, strengthens the stomach and increase the digestive power and thereby get it into such a condition that it will properly digest food without artificial assistance. Then you do not have to be so particular about correct food combinations. Once your stomach gets well you can mix most anything together and it will digest. Pan-Zenn also may be taken where quick relief is desired which it produces usually in from ten to fifteen minutes' time. Pan-Zenn is not a secret remedy but a high class ethical product. The composition of its formula is on every package so you can ask your own doctor or druggist about it if you so desire.

A copy of the folder on advice on correct principles of food combinations is contained in each package of Pan-Zenn.

Be sure to examine the first package that you purchase and see that it contains this folder, as this information is highly important to every stomach sufferer. Pan-Zenn is for sale in this city by

Croll Keller, G. A. Gorgas, H. C. Kennedy.

Absolutely No Painless Dentist

My latest improved appliances, including an oxygenized air apparatus, makes extracting and all dental work positively painless and is perfectly harmless (Age no objection)

EXAMINATION FREE

Registered Graduate Assistants

Dr. Phillips,

Full set of teeth ..$10.00
Gold filling, $1
Filling in silver alloy 50c
Gold crowns and bridge work, 22K gold crown . $5.00
Office open daily, 8.30 to 6 P. M.; Monday, Wednesday and Saturday, till 9 P. M.
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EASY TERMS OF PAYMENTS

320 Market St.
(Over the Hub)
HARRISBURG, PA.

It didn't hurt a bit

Wm. Strouse & Co.

"The Real Xmas Store"

MEN AND BOYS ARE ALIKE

Both father and son want sensible presents for Xmas---especially at this time of high cost of luxuries---no one is prouder of a new bathrobe, house coat or shirt than dad---and "like father, like son"---what more acceptable gift could be made to HIM than one of the items pictured below---a box of initialed handkerchiefs---a leather belt with sterling buckle---a pair of silk hose, etc., etc.

Our Furnishing Department is known as "The Men's Gift Store"---and every man or woman can get a choice selection here, of REAL presents for REAL men or boys---

We Will Gladly Cash Your Xmas Savings Checks

Neckwear--- For Xmas $1

We Suggest--- Initialed Handkerchiefs

We Suggest--- a House Coat at $10 to $15

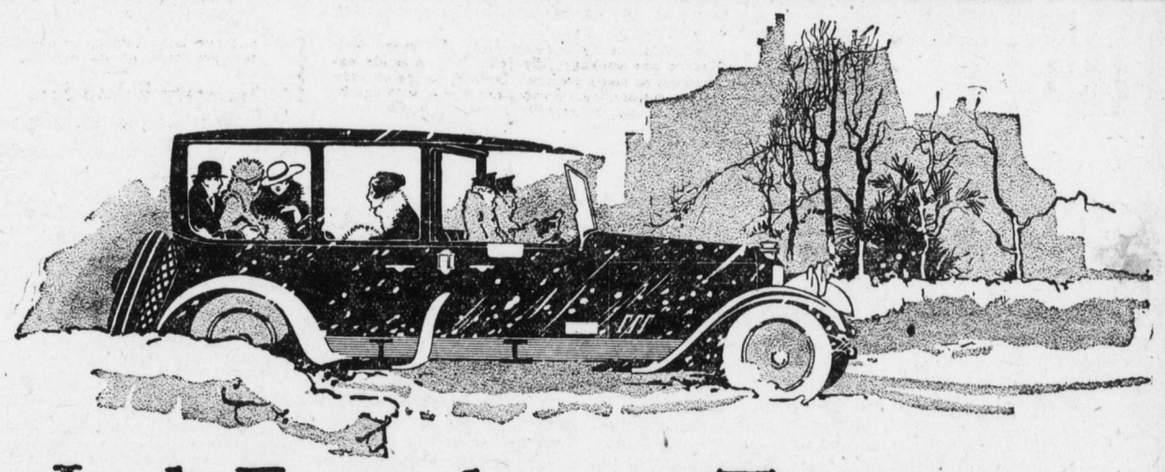
For Your Boy A Suit or Mackinaw or Overcoat Is Most Pleasing

A Bathrobe Is Not Expensive But Truly Appreciated $6.50 to $16.50

Don't Forget---"Harrisburg's Dependable Store"

"The Real Christmas Store"

310 Market Street



Jack Frost has no Terrors for Atlantic Gasoline

Atlantic Gasoline functions perfectly in the most wintry weather. No draining the battery or wearing out the starter in order to make Atlantic take the spark.

A few spirited turns of the crank-shaft, and away she goes, every cylinder firing regularly—eager to transmit lively motion to drive-wheels the moment you let in the clutch.

You know the disappointments of inferior gasoline. The churn-churn-churn of the laboring "starter". The opening of pet-cocks and the tedious priming. Meanwhile, the chilly blasts that numb your extremities and mock your efforts.

Guard against this thing by using tried-and-true Atlantic Gasoline, the all-year motor-fuel.

THE ATLANTIC REFINING COMPANY
Philadelphia Pittsburgh

ATLANTIC Gasoline

Puts Pep in Your Motor