

# Thin Folks Who Would Be Fat

**A Message to Every Man and Woman Reader Who Is Thin, Run Down and Ten Pounds or More Underweight. A Real Flesh Builder Found at Last. Simple Harmless Home Treatment Quickly**

**INCREASES WEIGHT FROM 10 TO 40 LBS.**

**By Filling Out Hollows of the Body With Firm, Healthy, "Stay There" Flesh and Muscular Tissue.**

Many thin men and women say, "I give most anything to put on a little flesh and weight," but when a friend suggests a way they exclaim: "Not a chance! I've tried everything. Nothing will make me fat up. I'm built to stay thin." Until you have tried Sargol you do not, and cannot, know that this is true.

Being "built to stay thin" means only that your assimilative organs are defective. It isn't food that makes folks fat. It's what the blood absorbs from the food, the fats, sugars, starches, albuminoids of what you eat. You eat three square meals full of flesh building materials every day but you do not gain in weight a single "stay there" ounce because your blood cannot absorb these fatty elements and they pass from your body as waste. Stop this waste, retain in your body all of the fat making material of your meals and you will plump up to normal proportions very quickly.

Sargol is a real flesh builder for, eaten with meals, it separates or extracts every ounce of the flesh, fat and strength-giving nourishment of your food and prepares it in a form which your blood can readily absorb and carry to every undeveloped portion of your body. Then your weight begins to go up.

Probably you are wondering now whether this can really be true. Stop wondering or you'll never really know. Make the test yourself, just as thousands have done before you. Try eating Sargol with your meals for just sixty days and see for yourself the wonderful improvement it makes in your appearance. If it succeeds the cost is little and should it fail the cost is nothing, as leading druggists everywhere sell it on a positive guarantee of weight increase or money back.

We believe that the skinniest, scrawniest man or woman can "fill out," become plump—yes, actually fat—and all by this simple, harmless,

home treatment which imposes no hardships, no flesh food to rub on, no mechanical appliances, no massage, no severe physical culture stunts, no detention from business. Eat Sargol with your meals. Its use can't hurt you. Put on from 10 to 40 pounds of good, healthy fat and flesh and note the transformation in you which this increase will bring. Even in the first ten days see how your step grows quick, firm, elastic, your eyes bright and clear, your pale, hollow cheeks fill out to clear, natural rosy plumpness, the old, scrawny, peaked, hang-dog, hungry look completely vanished.

SARGOL is not an experiment. Its fame extends throughout the world. A gold medal was awarded it at the Brussels Exposition in 1910. Another at Rome, in 1911. Moreover, scores and scores of men and women right here in America—thin for years—born thin—ten, twenty, yes even thirty pounds underweight, write in effect that they are astounded at the quick, unmistakable gain in weight, gain in health, gain in muscle, nerve force and vitality that SARGOL has given them. Their reports go to prove that Sargol does not put on fat at the rate of ten to thirty pounds a month, and that best of all it is firm, healthy, permanent "stay there" fat.

If you want a beautiful, well rounded figure of symmetrical proportions and normal weight of which you can feel justly proud—a body full of throbbing life and energy, go straight to your druggist today, get a package of Sargol and use it as directed. SARGOL will either increase your weight or it won't and the only way you can ever know is to try it. A single package of SARGOL easily enables you to make this test. Sixty days use of SARGOL guaranteed by G. A. Gorgas, and other leading druggists in this vicinity to increase your weight to a satisfactory degree or money back.



"Gee, look at that pair of skinny scarecrows, why don't they use Sargol?"

## SUMMER DAYS ARE FLESH BUILDING DAYS

Best Season in the Year for Thin People to Increase Weight, Says Well Known Authority

There is no better time for thin people to gain in weight and to put on from 10 to 30 pounds of good, healthy, stay-there flesh and muscular tissue than in the summer days. The food normally goes toward keeping the blood warm seems in warmer weather to adapt itself more naturally to the upbuilding of the body and the creation of increased fat and weight on those who are thin, puny, underweight or undeveloped.

Thanks to a remarkable new scientific discovery, it is now possible to combine into simple form the very elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This masterstroke of modern chemistry is called Sargol and has been termed the greatest of flesh-builders. Sargol simulates its regenerative, reconstructive powers to coax the stomach and intestines to literally soak up the fattening elements of your food and pass them into the blood, where they are carried to every

starved, broken-down cell and tissue of your body. You can readily picture the result when this amazing transformation has taken place and you notice how your cheeks fill out, hollows about your neck, shoulders and bust disappear and you take on from 10 to 20 pounds of solid, healthy flesh. That Sargol does succeed, does make thin people increase in flesh and weight is best proved by the hundreds of remarkable reports that are constantly being received from all over the country. These people weighed before and after treatment, so there was no guess work. The scales had to tell the story. Here are samples of weight increases received from just a few: C. E. Crouner, 15 lbs. in thirty days; Thos. Davis, 10 lbs. in 16 days; Lenore Patton, 16 lbs. in 30 days; Mrs. S. J. Smith, 12 lbs. in 20 days; F. A. Myrick, 20 lbs. in 30 days; Mrs. S. E. Murray, 30 lbs. in 40 days; Mary Bland, 18 pounds, in 40 days; W. W. Allis, 36 lbs. in 50 days; Wm. Carmichael, 5 lbs. in 10 days; Arthur Stewart, 15 lbs. in 20 days; Mrs. C. Craig, 13 lbs. in 20 days; Mrs. N. Gallagher, 18 lbs. in 35 days.

Sargol is absolutely harmless, inexpensive, efficient. G. A. Gorgas and other leading druggists of Harrisburg and vicinity have it, and will refund your money if you're not satisfied, as per the guarantee found in every package.

**CAUTION**—While Sargol has given excellent results in overcoming nervous dyspepsia and general stomach trouble, it should not be taken by those who do not wish to gain ten pounds or more.

## TO PUT ON FLESH AND INCREASE WEIGHT

A PHYSICIAN'S ADVICE

Most thin people eat from four to six pounds of good solid fat-making food every day and still do not increase in weight one ounce, while on the other hand many of the plump, chunky folks eat very lightly and keep gaining all the time. It's all a matter of what the nature of the individual. It isn't Nature's way at all.

Thin folks stay thin because their powers of assimilation are defective. They absorb just enough of the food to maintain life and a semblance of health and strength. Stuffing won't help them. A dozen meals a day won't make them gain a single "stay there" pound. All the fat-producing elements of their food just stay in the intestines and deposit themselves as body waste. What such people need is something that will prepare these fatty food elements so that their blood can absorb them and deposit them all about the body—something, too, that will multiply their red blood corpuscles and increase their blood carrying power.

For such a condition I always recommend eating a Sargol tablet with every meal. Sargol is not, as some believe, a patented drug, but is a scientific combination of the most effective and powerful flesh building elements known to chemistry. It is absolutely harmless, yet wonderfully effective and a single tablet eaten with each meal often has the effect of increasing the weight from three to five pounds a week. Sargol is sold by G. A. Gorgas and other good druggists everywhere on a positive guarantee of weight increase or money back.

## HOW TO GAIN WEIGHT; A POUND A DAY

Thin men and women who would like to increase their weight with 10 or 15 pounds of healthy "stay there" fat should try eating a little Sargol with their meals for a while and note results. Here is a good test worth trying. First weigh yourself and measure yourself. Then take Sargol—one tablet with every meal—for two weeks. Then weigh and measure again. It isn't a question of how you look or feel or what your friends say and think. The scales and the tape measure will tell their own story and most any thin man or woman can easily add from five to eight pounds in the first fourteen days by following this simple direction. And best of all, the new flesh stays put.

Sargol does not of itself make fat, but mixing with your food, it turns the fats, sugars and starches of what you have eaten into rich, ripe, fat producing nourishment for the tissues and blood—prepares it in an easily assimilated form which the blood can readily accept. All this nourishment now passes from your body as waste. But Sargol stops the waste and does it quickly and makes the fat producing contents of the very same meals you are eating now develop pounds and pounds of healthy flesh between your skin and bones. Sargol is safe, pleasant, efficient and inexpensive. G. A. Gorgas and other leading druggists in Harrisburg and vicinity sell it in large boxes—forty tablets to a package—on a guarantee of weight increase or money back.

## SAYS NO ONE NEED REMAIN THIN NOW

Physician's Advice For Thin, Underdeveloped Men and Women

Thousands of people suffer from excessive thinness, weak nerves and feeble stomachs who, having tried advertised flesh-makers, food-fats, physical culture stunts and rub-on creams, resign themselves to lifelong skininess and think nothing will make them fat. Yet their case is not hopeless. A single Sargol tablet, Sargol mixed with your blood, extracts the fats, sugar, starches and flesh and strength giving elements in your food and prepares them in a form which your blood can readily absorb.

It should be remembered that it is not so much what or how much you eat but how much fat making nourishment your blood absorbs that will decide how quickly lost flesh and weight will return. By taking with every meal a single Sargol tablet you should regain lost flesh quickly. Sargol mixed with your blood, extracts the fats, sugar, starches and flesh and strength giving elements in your food and prepares them in a form which your blood can readily absorb.

## WHAT YOU SHOULD WEIGH

Table of Statistics Similar to Those Used by Leading Life Insurance Companies

Life insurance companies are becoming more and more strict in their physical requirements of those who would take out policies. Any material falling in weight from their table of normal weight statistics is in itself sufficient to cause them, in most cases, to regard the applicant as an "undesirable risk." The following table of normal weights enables both men and women to know exactly what they should weigh to conform to the average for various heights:

Height	Men	Women
5 ft. 0 in.	121	113
5 ft. 1 in.	124	116
5 ft. 2 in.	129	121
5 ft. 3 in.	135	127
5 ft. 4 in.	141	133
5 ft. 5 in.	148	139
5 ft. 6 in.	156	146
5 ft. 7 in.	164	153
5 ft. 8 in.	172	160
5 ft. 9 in.	180	167
5 ft. 10 in.	188	174
5 ft. 11 in.	196	181
6 ft.	204	188

## TO PEOPLE WHO ARE LOSING WEIGHT

Any unnatural loss of flesh and weight, even though gradual, should be regarded with alarm. Unless the result of actual illness it is a certain indication that the flesh and strength giving elements in your food are passing out of your body as waste instead of going to the blood where they belong. You can quickly correct this condition and win back from ten to thirty pounds of healthy "stay there" fat by eating a little Sargol with your meals.

## TO REGAIN LOST FLESH AFTER ILLNESS

It should be remembered that it is not so much what or how much you eat but how much fat making nourishment your blood absorbs that will decide how quickly lost flesh and weight will return. By taking with every meal a single Sargol tablet you should regain lost flesh quickly. Sargol mixed with your blood, extracts the fats, sugar, starches and flesh and strength giving elements in your food and prepares them in a form which your blood can readily absorb.

# SARGOL THE FLESH BUILDER

Sold in Harrisburg and vicinity by all leading druggists, including G. A. Gorgas.

**Absolutely No Pain**

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

**EXAMINATION FREE**

Registered Graduate Assistant

**Dr. Phillips, Painless Dentist**

Full Set of teeth... \$5.00  
Gold fillings \$1.00  
Fillings in silver alloy cement 50c.  
Gold Crowns and Bridge Work, \$3, \$4, \$5.  
22-K Gold Crown... \$5.00  
Office open daily 8:30 a. m. to 8 p. m.; Mon., Wed. and Sat. Till 9 p. m.; Sundays, 10 a. m. to 1 p. m.  
Bell Phone 3232R

**EASY TERMS OF PAYMENTS**

**320 Market Street**  
(Over the Hub)  
Harrisburg, Pa. It Doesn't Hurt a Bit

**CAUTION! When Coming to My Office Be Sure You Are in the Right Place.**

**FILTER PLANT NOW CLEARS MINE WATER**

Device Installed at Suggestion of State Officials Giving Great Satisfaction

The mine filter which was installed at the mines of the Maple Grove Coal Mine Company, located at Raymliton, Venango county, Pennsylvania, on advice of the Department of Fisheries and under the direction of Warden J. P. Albert, is declared to be working to perfection. The water from this mine several times killed fish for a distance of twelve miles, the acid being so strong that it killed everything it came in contact with. In April the department learned that this company intended draining the water into the stream and it at once instructed them that it would be in violation of the provisions of the act of May 1, 1909.

The dimensions of the filter beds at this plant are as follows: two compartments of limestone, each measuring about three feet wide, three feet long and three feet deep. The apparatus for going through the filter was turned into Sandy creek and the water was so clear that none of the residents knew that it was turned into the stream.

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**AMUSEMENTS**

**CHARLEY CHAPLIN AT THE VICTORIA TODAY FOR THE LAST TIME**

For the last time to-day the patrons of the Victoria will have the opportunity of seeing the man who has made millions laugh. Charley Chaplin, in his newest and funniest laugh-provoking comedy entitled, "A Woman" is the best of the best. This comedy has been thrown on the screen through "Furbulent Waters" a three-part production, featuring Miss Gertrude McCoy, one of the most popular screen favorites. It is a most original story of love and devotion. To-morrow we show "The Goddess."—Advertisement.

**PAXTANG TONIGHT**

The show at the Paxtang Park Theater this week makes one of the best five-act vaudeville performances we have seen for some time. Willard and Bond, who head the bill, are the same big hit in their negro travesty, "Detectivism," that they were when they played in town. The act is one of the best laughing sketches in vaudeville. There is not a dull moment in it. Probably the biggest hit made at the park this season was made by The Sheldon's, an act not hit on the program, as they are taking the place of another act. The Sheldon's are a man and little child in an acrobatic offering and the child is about the fastest child performer that we ever have seen. There is nothing in the acrobatic line that does not go from ground tumbling to hand balancing.

The Carolina Duo were remarkably clever in a smart dancing act; Frank Hurley presented a musical act that is different from the average and cleverly done, while Guth Bros. trained bears do grotesque dances and challenge any one in the audience to the wrestling match. A volunteer was found last evening but it is doubtful if he appears again. The bear is certainly a bear at the wrestling game.

The feature attraction for Thursday evening will be a grand fireworks display before the show starts in the theater and Manager Davis promises to start his fireworks series off with a regular exhibition if the weather is fair on Thursday evening.—Advertisement.

**Jitney Drivers Pleased With Results of Parade**

Members of the Jitney Club to-day expressed themselves as well satisfied with the showing made in the big parade yesterday, when more than forty cars, headed by the Municipal band in an auto truck moved over many of the principal streets of the city.

Each car on an average hauled two loads of five passengers over the long parade route and there were scores of others, unable to get seats who were disappointed.

"We feel sure we made a very favorable impression on the public," yesterday said an official of the club.

**TO BRING RUNAWAY BOY BACK HOME TO-NIGHT**

John E. Dunley, 12-year-old son of Mr. and Mrs. James E. Dunley, will be brought home to-night from New Bloomfield where he was found late Saturday afternoon, suffering from severe cramps. The lad had been missing since Thursday afternoon when he ran away from home.

Hunger drove him to eat green apples. Mr. Dunley left this morning for New Bloomfield where his son is being provided for at the apartment of the New Bloomfield sheriff.

**Your Nickel**

Entitles you to King Oscar quality.

When you go on your vacation, instead of taking a chance take along a box of—

**King Oscar 5c Cigars**

and know that you are primed for a period of good, satisfying smokes. Any smoker can afford to be particular with King Oscar quality at his service.

**Regularly Good For 24 Years**

**Instant Relief For Aching, Burning and Swollen Feet; Corns, Callouses; Bunions; use one spoonful of Cal-o-side in foot bath. Package 25c at any drug store.**

**Gal-o-side For all Foot Troubles**

USED BY MILLIONS

**SAFETY FIRST**

The object of "Safety First" is prevention.

You can prevent your advertising from meeting the fate of the waste basket if you will make it attractive with proper illustration.

Bring your next copy to us for illustrative treatment. One treatment will convince you that our methods are a success.

**The Telegraph Art & Engraving Departments**  
216 Locust Street

**MELT BARB WIRE**

(Correspondence of Associated Press.)  
Warsaw, July 13.—The use of burning fluids by the Germans on this front is apparently restricted to the purpose of melting down barb wire entanglements for which this method is efficacious.

The equipment consists of a metal cylinder filled with a mixture of benzene and kerosene at a pressure of 75 pounds to the inch. A turn of the handle liberates a jet of burning fluid fifteen feet in length, which fuses a path through the entanglements cutting down all wire obstruction like a scythe.

**Corns - Callouses**

Can be removed and their cause absolutely eliminated with Mack's Foot Life—no matter how long standing.

For all foot troubles, perspiration, sore, rash and tired or aching joints, as well as chafed or chapped hands.

**Mack's Foot Life**

Easily applied and quickly absorbed by the foot. It is sold in 25c and 50c jars. Sold by drug, shoe and department stores, in 25c and 50c jars.

Send 10c for a trial jar and try. If not absolutely satisfactory, we'll return your money.

**Mack's Medical Co., Inc.**  
233A Tremont Street  
Boston, Mass.

**COUPON**

DOG FOOT I enclose 10c. Send Trial Jar of Mack's Foot Life.

Name.....  
Address.....

**Eddie Collins Drinks Coca-Cola**

—considers it the premier, all-round wholesome thirst-quencher for athletes. This comes well from one of whom Comiskey said, after paying \$50,000 for him—"I secured him for the White Sox fans because I believe he will prove that he is the greatest exponent of quick thinking and the brainiest player in the game."

Demand the genuine and avoid disappointment

**THE COCA-COLA CO. ATLANTA, GA.**