Thin Men and Women Can Put on Flesh by Getting 100% Efficiency from Their Food

Failure To Absorb Flesh Making Materials In Daily Meals Keeps Weight Down. How To Make the Food Work and Stick.

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 seems all bosh to say that this is the nature of the individual. It isn't Nature's way at all.

Most thin people stay thin because their powers of assimilation are defective. They absorb just enough of the food they eat 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. A great part of the fat-producing elements of their food just stay there in the intestines until they pass from the body as waste. What such people seemingly need is something that will so act upon these fatty food elements 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.

There is a preparation known to reliable druggists almost everywhere which was designed to aid in supplying the missing elements needed by the digestive organs to help them convert food into rich, fat-laden blood. This modern treatment is called Sargol and it aims through regenerative, re-constructive 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 the starved, broken-down cells and tissues of your body. You can readily picture what result this amazing transformation should produce as with increased weight, the cheeks fill out, hollows about neck, shoulders and bust disappear and from 10 to 20 pounds of solid, healthy flesh is added to the body. Sargol is absolutely harmless, inexpensive, efficient. G. A. Gorgas and other leading druggists of this vicinity have it and will refund your money if you are not satisfied, as per the guarantee found in every large package.

Why not make this test. First weigh yourself. Then take Sargol — just one tablet at every meal and before you go to bed—for two weeks—then weigh again and note the difference. Let the scales tell the story.

The tablets are small, easily swallowed, produce no disagreeable effects, contain no habit drugs, and are not at all expensive as compared with results obtained.

BEST FOR LIVER, BOWELS, STOMACH, HEADACHE, COLDS

They liven the liver and bowels and straighten you right up.

Don't be bilious, constipated, sick, with breath bad and stomach sour.

To-night sure! Take Cascarets and enjoy the nicest, gentlest liver and bowel cleansing you ever experienced. Wake up with your head clear, stomach sweet, breath right and feeling fine. Get rid of sick headache, biliousness, constipation, furred tongue, sour stomach, bad colds. Clear your skin, brighten your eyes, quicken your step and feel like doing a full day's work. Cascarets are better than salts, pills or calomel because they don't shock the liver or gripe the bowels or cause inconvenience all the next day.

Mothers should give cross, sick, bilious, feverish children a whole Cascaret anytime as they can not injure the thirty feet of tender bowels. —Advertisement.

THE GREATEST MERCHANT IN THE WORLD

In the March American Magazine is an account of James A. Farrell, the greatest trader on earth—bound to be one of the leaders in Uncle Sam's new era of world domination of industry. "As president of the United States Steel Corporation," we are told, "he has fleets carrying $100,000,000 worth of steel products across the seven seas to the ends of the earth. He is not the 'promoting' type at all. He is a master salesman, with wonderful knowledge of his goods and the markets.

"Farrell has girdled the globe with American steel. He has nearly three hundred agencies in sixty countries, and no island of the South Seas is too far distant for his fleets. He seeks no publicity. He is never interviewed."

ART NOTE

For a month three Cezanne watercolors hung upside down in a Fifth avenue gallery and nobody knew the difference. — New York Evennig World.

BADLY NEEDED

Fortune Teller—I see a dark man.

Politician—Shake 'em up again and see if you can pick out a dark horse. —Richmond Times-Dispatch.

SOCIAL

[Other Personals on Page 4]

WITH CARDS AND DANCING

Miss Marie McGarvey entertained at cards and dancing last evening at her Penbrook home in honor of Mr. and Mrs. Charles W. Johnson, who were recently married. Daffodils, pussy willows and ferns adorned the rooms.

A buffet supper was served to Mr. and Mrs. Charles Johnson, Miss Izetta Gilbert, L. L. Nubaker, of Philadelphia; Miss Martha McKissick, Miss Florence Shoop, Miss McGarvey, J. R. Weibley, William Humble and Dick Weston of Bellefonte.

OLD DRUMMER BOY SPEAKS

The Rev. Dr. T. A. Hess who will lecture this evening in the Camp Curtin Memorial Methodist church, Sixth and Camp streets, at 8 o'clock is a delightful speaker and will attract a large audience. Dr. Hess camped on the old Camp Curtin ground during the War of the Rebellion and will have with him the drum he used in the war. His lecture is called "The Experiences of a Drummer Boy."

Miss Serena Motter of Frederick, Md., who was visiting Mr. and Mrs. Frank A. Robbins, 1517 North Second street, is now in Philadelphia.

Mr. and Mrs. Morette Coover, of Dillsburg, are spending several days in Harrisburg.

The Demosthenians Meet at Miss Claster's Home

The Demotheman Literary Society of Central High School held a meeting last evening at the home of Miss Jeanette Claster, 2001 North Third street. The president, Horace Nunemacker, presided, and a most enjoyable program was presented.

"The Silent Woman," by Ben Johnson, was cleverly given because it was distinctively cut. The characters of the play were Miss Mary Knizer, "The Silent Woman;" Robert Michael, "Sir Morose;" Howell Becht, "Dauphone;" Russel Nissley, "The Servant," and Ezra Strohm, "Clerimont." The play was very amusing and brought forth much applause.

The story of "The Red Cross Knight," from Spencer's "Faerie Queen" was effectively told by Miss Marion Goho, and the story of "Dr. Fausters," by Christopher Marlowe was told by Jeanette Claster.

In attendance were the Misses Mary Orth, Edna Engle, Anna Bender, Marion Bretz, Katherine Brooks, Ethel Fisher, Mary Huston, Helen Hampton, Marion Goho, Mary Jelly, Mary Kinser, Sarah Maloney, Sarah Morgan, Florence Rinkenbach, Esther Selsam, Hazel Rexroth, Helen Kelly, Ethel Jones and Jeanette Nachman; Horace Nnuemacher, Quinter Holsopple, Stanley Wengert, Russel Nissley, Howell Becht, Ezra Strohm and Robert Michael.

STANDARD OIL'S PART IN DIVINE PROVIDENCE

A missionary was preaching to the native Christians at a communion service in Fukien, China. His text was: "Ye are the light of the world," and he made a great effort to present his theme in such a manner that it would come within the comprehension of everybody. At the close of the sermon, the regular pastor, hoping thereby to fix some of the points in the sermon in the people's minds, began to catechise the children who sat in the front rows:

"Where do our Spirits come from?"

Answer: "God."

"Where does our food come from?"

Answer: "God."

"Where does the oil in our lamps come from?"

Answer: "The Standard Oil Company."—World Outlook.

Simply Pour Boiling Water on a Steero Cube and your cup of delicious Hot Steero is ready. Steero Cubes added to soups, sauces and gravies greatly improve the flavor.

Schieffelin & Co., Distributors, New York

STEERO CUBES

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Made by American Kitchen Products Co., New York

Sold in boxes of 12, 50 and 100 Cubes. Ask your Druggist, Grocer or Delicatessen Dealer.

Awarded Medal of Honor Panama-Pacific Exposition San Francisco, 1915

Workman's Compensation Act Blanks

We are prepared to ship promptly any or all of the blanks made necessary by the Workmen's Compensation Act which took effect January 1. Let us hear from you promptly as the law requires that you should now have these blanks in your possession.

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HARRISBURG, PA.

In the Realms of Amusement, Art, and Instruction.

THEATRICAL DIRECTORY

ORPHEUM—To-night, "The Lady Buccaneers" (burlesque); to-morrow night, Concert by the Municipal Band, of Harrisburg; all next week, except Thursday, "The Battle Cry of Peace."

MAJESTIC — Vaudeville and Moving Pictures.

Moving Picture Houses

COLONIAL—"A Soldier's Oath."
FAMILY—"The Celebrated Scandal."
REGENT—"The Foundling."
VICTORIA—"A Night Out."

PLAYS AND PLAYERS

William Courtenay, who is playing in the stage production, "Under Fire," had an "old home week" himself in Portland. When "Under Fire" reached there last week, Mr. Courtenay found as manager of the Jefferson Theater where he was to appear, one M. J. Garrity. They fell upon each others' necks! Mr. Courtenay had made his first appearance on any stage in "Ten Nights In a Barroom" in the Portland Theater, at which time the now grown-up Mr. Garrity had been stage door boy.

The Vitagraph Players selected by William Humphrey to support Robert Edeson in the James Oliver Curwood story, are Harry S. Northrup, Naomi Childers, Betty Howe and Emmanuel A. Turner.

Frank Daniels, the man of many faces, is busily engaged in the production of a one-part comedy, the latest of "The Escapades of Mr. Jack" series, stories of which are running in a number of the newspapers throughout the country.

Being annoyed by the presence of so many sharks during the time when they were "mermaiding" in William Fox's Annette Kellermann picture, the girl swimmers employed a man to explode dynamite in the waters of St. Anne's Bay, Jamaica. At one of the banquets held by the mermaids shark's fins, prepared by a Chinese chef, formed the one best bet on the menu.

President Freuler, of the Mutual Company, has insured Charlie Chaplin for $250,000. Seems reasonable when one stops to consider that Charlie is now drawing a $10,000 payroll every week.

LOCAL THEATERS

Louis Mann Coming

One of the most enjoyable successes of the past New York seasons was Louis Mann's triumph in "The Bubble," which ran, indeed, throughout the entire summer at the Booth Theater, New York, and only finished its uninterrupted midsummer reign there a few weeks ago. Mr. Mann was obliged to fulfill certain prearranged road bookings or he would have lingered longer to crowded audiences. He is due to Harrisburg for a special one-day engagement to the Orpheum Theater, March 13.

Merry Musical Misses Head Majestic Bill

A sprightly sextet of clever misses are the Six Musical Maids who opened their three-day engagement at the Majestic Theater this afternoon. The girls offer a breezy mixture of singing, dancing and instrumental numbers, and the whole is arranged in interesting afshion. Fetching costumes and attractive stage settings, along with the girls' good looks, make the act one that is good to look upon.

A comedy turn of real importance on this bill is the appearance of a trio of lively male trillers known as Morgan, Dixon and Schrader. The spirited manner with which they send late songs and good comedy numbers across the footlights, has earned them a big reputation. The remaining clever hits of this offering will include George Randall and company, two men and two women, who will offer a bright comedy sketch entitled, "All on Account of a Title;" Woolsey and Mehr, talented young couple, in a breezy comedy song and patter skit; and Theodore Bamberg and company, vaudeville's well-known variety entertainers. Some unusually good movies have been selected to be shown in connection with the vaudeville.

Dumas' Famous Novel is Basis for Colonial Feature

The Colonial management seems to have struck a popular note by admitting Fox features into their weekly program of Triangle plays. This is evident in the current attraction, "A Soldier's Oath," with William Farnum and Dorothy Bernard, which concludes a very successful two-day engagement to-night. Admirers of Mr. Farnum and the famous Fox plays kept the Colonial packed to capacity all day yesterday. The Triangle dramatic feature that will hold forth at the Colonial during the week-end is entitled "D'Artagnan," and serves to star the well-known dramatic star, Orrin Johnson. "D'Artagnan," based on the famous Dumas novel, "The Three Musketeers," tells the story of a young musketeer who went through a series of thrilling adventures to protect the name of the Queen of France. Mr. Johnson, in the title role, a fiery youth from the provinces, joins the King's Musketeers after he has shown his prowess with the sword. As the story goes, the Queen has an admirer in Cardinal Richelieu (Walt Whitman), but she incurs his deadly enmity by rejecting his advances. Many intensely interesting incidents follow, the story being faithfully enacted as written by Dumas.

Regent to Show Eliot's "Silas Marner"

Mary Pickford combines humor and pathos in her inimitable manner as "The Foundling," now appearing at the Regent.

It is difficult to relate the sum total of dramatic and pathetic episodes contained in this unique photoplay, but it can be readily promised that all admirers of Mary Pickford will be rewarded by a visit to the Regent. This screen drama is devoid of the scandal plots which form the basis of so many photoplays.

To-morrow the distinguished American tragedian, Frederick Warde, appears in "Silas Marner," seven reels, which is a film adaption of George Eliot's famous novel. The story concerns Godfrey, elder son of wealthy Squire Mass, who, while under the influence of liquor, weds a barmaid. Knowledge of his brother's indiscretion enabled Dunston, his younger brother, to extort sums of money from Godfrey, under threat of exposure. One stormy day, forced to seek shelter in the house of Silas Marner, the miser, Dunston came upon the hiding place of the old man's treasure. Seizing the gold, he ran from the house, but fell into a water-filled pit nearby and was drowned. The rest of the story is familiar to us all.

"The Celebrated Scandal"

At the Family Theater, Third and Harris streets, William Fox presents Betty Nansen in her first made in America photoplay, entitled "The Celebrated Scandal," in six parts, to be played there to-day only.

May Robson At Victoria

May Robson, Broadway's favorite, heads the cast in a new Vitagraph Blue Ribbon comedy, "A Night Out." She is cast as Granmum, to whom a girlhood has been denied and whose youthful heart is still filled with live of play and excitement. Miss Robson instills her youthful vigor into the role of Granmum, tangoes, runs and even climbs up an ivy vine to surreptitiously enter her home after her escapade. Assisting her are: Hughey Mack, Kate Price, William Shea, George Cooper, Arthur Cozine, Belle Bruce and others.

Is a loveless marriage more immoral than a life of love without marriage? This is the rather delicate question involving the heroine of the new five-part feature, "Love's Crucible," in which Frances Nelson will make her first stellar appearance at the Victoria to-morrow.

"THE BATTLE CRY OF PEACE"

School children will be admitted to any seat in the Orpheum Theater at the 7 o'clock showing of "The Battle Cry of Peace," Monday evening, for ten cents. This reduction in price to school children is due to the probability that more children than the theater will accommodate would otherwise wait until the Saturday matinee. A special invitation will be sent to the school teachers of the city to see "The Battle Cry of Peace" as guests of the management at the 7 o'clock performance Monday evening.

How Wilmer and Vincent can present a production of the magnitude and beauty, to say nothing the educational advantage of "The Battle Cry of Peace," at the Orpheum at such remarkably nominally prices of admission, has excited considerable discussion throughout the city. In the larger cities the prices have not been less than $1, and in a few instances $2 have been exacted, but having purchased the exclusive rights for their extensive circuit they decided to present it for the lowest possible price in order that none might be denied the privilege of witnessing this grand patriotic spectacle. No expense has been spared to make it by long odds the most lavish movie spectacle ever shown in the city at popular prices, as aside from especial stage settings a ten-piece orchestra, that renders appropriate incidental music from beginning to end, will be installed, making one of the most enjoyable musical events ever heard in this city. The combination of motion and muisc is a happy thought of the management, as both bear the impress of quality and either alone is worthy of more than the price of admission exacted. Reserved seats may be purchased in advance for the entire three performances daily.—Advertisement.

Alimony Relic of Dark Ages, Says Crystal Eastman, Suing

MRS CRYSTAL EASTMAN BENEDICT. PHOTO BY EDMONSTON, WASH.

Mrs. Crystal Eastman Benedict

Chicago, March 2. — Crystal Eastman Benedict, suffragist, peace advocate and former member of the New York Industrial Commission, practices what she preaches. She is suing Wallace Benedict, electrical engineer, for divorce. In the suit she makes no demand for alimony. "Alimony is a relic of the Dark Ages," she declares.

New York, March 2.—When Crystal Eastman became the bride of Wallace James Benedict at the City Hall in New York in 1911, the match caused much comment. She was a beautiful woman and distinguished by intellect as well as her beauty. He was called handsome. His bride, the daughter of two noted Elmira ministers (her mother also was a preacher) had been graduated from Vassar eight years before, and had practised law for three years.

The Benedicts went to Milwaukee, where in the following year she became State leader of the suffrage forces. They returned to New York and in two years Mrs. Benedict advised girls, in a speech at Cooper Union to "make marriage a link, not a handcuff."

She had announced her intention of remaining Miss Crystal Eastman, despite her marriage.

The "link" grew weak within a few months after their wedding, and last October "Miss Eastman" frankly acknowledged that she and her husband had then been separated for six months. She admitted that she intended to bring action of some sort against her husband.

With her brother, Max Eastman, editor of the Masses, and her sister-in-law Mrs. Ida Raub Eastman, she made herself known as a radical in art and philosophy in the studio colony in Greenwich village.

Max Eastman said then that "incompatibility" was the cause of the separation. He was very emphatic in denying the existence of "another woman."

"Miss Eastman" became a public figure through her connection with the Pittsburgh Survey of the Russell Sage Foundation and by her appointment by Governor Hughes in 1909 as the only woman member of the New York Employers' Liability Commission.

Gray Hair Restored to its Natural Color

In a few applications to its original dark, glossy shade, no matter how long it has been gray or faded, and dandruff removed by

Hay's Hair Health

It is not a dye—no one will know you are using it. 25c, 50c, $1, all dealers or direct upon receipt of price. Send for booklet "Beautiful Hair." Philo Hay Specialties Company, Newark, N. J.

AMUSEMENTS

Orpheum

Third Annual Concert

—BY THE—

MUNICIPAL BAND

ASSISTED BY

Mrs. H. F. Heishley, Soprano.

Wm. T. Meyers, Violinist.

Friday Evening, March 3, 1916. Prices, 25c and 50c. Gallery, 10c.

Seats on Sale March 1.

GRAND

1126 DERRY STREET

FRIDAY

We present Edith Storey, Antonio Mareno, Cissy Fitz-Gerald, Hughey Mack and Naomi Childers and strong cast, in

"The Dust of Egypt"

in 6 parts

Buy here not alone because prices are lower, but because qualities are better

This Store of Greater Qualities and Lower Prices, Announces Complete Readiness For Spring Buyers

Every department in this store breathes a message of Spring, with merchandise of a quality and at prices that strengthen the reputation of this store that "Here every day is Bargain Day." Here, now, you may find fresh, new merchandise embracing—

NOTIONS — RIBBONS — LACES — EMBROIDERIES — TRIMMINGS — GLOVES — MUSLIN UNDERWEAR — LADIES' NECKWEAR — HANDKERCHIEFS — TOILET ARTICLES — STATIONERY — SCHOOL SUPPLIES — CANDY — JEWELRY — LEATHER GOODS — MEN'S FURNISHINGS — LADIES' AND CHILDREN'S HOSIERY—LADIES' AND CHILDREN'S RIBBED UNDERWEAR — READYMADE INFANTS' GOODS — HOUSEHOLD KITCHENWARE — DRY GOODS — MUSIC — ART NEEDLEWORK — BOOKS — GAMES AND MILLINERY.

Large Hats Are Coming Into Their Own Again

Large shapes will be much in vogue this Spring and as usual this store takes the lead in showing what is newest. To-morrow morning we will place on display a new line of

Untrimmed Hats, including Fashion's Newest Conceit — the Extra Large Sailor

in Glossy Lisere and Jap Straw. Also new genuine Milan Hemps with Lisere edges in large sailors, medium rolled sailors, new side effects, smart tricornes, etc., in black and all popular colors.

Also first showing of new Sport and Walking Hats, in all colors.

Trimmings—Novelty Wings, Fancies and Goura effects, as well as flowers, fruits, foliage, quills, etc.

All at our Lower-Than-Elsewhere Prices.

Extraordinary Treat For Everybody

By a stroke of good fortune we were able to secure for exhibition purposes a

Life Size Embroidered Peacock Va'ued at $500

This work of Needle-Art is a marvel of natural beauty and shows the wonderful effects obtainable with embroidery silks.

Many months of constant work were necessary to complete the model, which has taken many prizes at various Art Needlework Exhibits.

It is much in demand, has been exhibited in many of the leading stores of the country and we were exceptionally fortunate in being able to bring it here at this time for the benefit of our many friends.

Now on display in our window.

Miniature duplicates of the model, stamped on Pillow Tops, will be on sale in our Art Needlework Department at

25c

NOTHING OVER 25¢ MILLINERY EXCEPTED EVERYTHING UNDER

SOUTTER'S

1c to 25c Department Store

WHERE EVERY DAY IS BARGAIN DAY.

215 Market St. Opp. Courthouse

NOTICE

If you are a dissatisfied member of the HEPTASOPHS send me name, address and date of birth. I have something of interest to you. Address, Box X3746, care Telegraph.

AMUSEMENTS

REGENT

P. MAGARO—OWNER & MGR.

To-day, MARY PICKFORD, the screen's supreme favorite, in "THE FOUNDLING." Paramount.

To-morrow only, FREDERICK WARDE, in a magnificent screen production of George Eliot's famous novel, "SILAS MARNER." 7 Parts.

PATHE NEWS.

Saturday, MARGARET GIBSON in "THE SOUL'S CYCLE."

Special show as usual for the school children in the morning.

Admission: Adults, 10c; Children, 5c.

COLONIAL

TO-DAY ONLY

Wm. Fox presents in

WILLIAM FARNUM

A SOLDIER'S OATH

Powerful six-reel drama of a soldier's love story.

Famous cartoon comedies featuring all the well-known stars.

To-day, "Charlie in Cockooland."

To-morrow and Saturday ORRIN JOHNSON in "D'ARTAGNAN" (Three Musketeers) CHAS. MURRAY in "FIDO'S FATE"

Two-reel Keystone Comedy.

FAMILY THEATER

Third and Harris Streets

William Fox presents BETTY NANSEN in her first made in America photo play,

"The Celebrated Scandal"

Six Parts, To-day Only.

AMUSEMENTS

ORPHEUM

TO-DAY MATINEE EVENING

The Lady Buccaneers

With FLOSSIE McCLOUD and WILL H. COHAN

EXTRA CHABRIS EXTRA

Friday, March 17

Albert Spalding

America's greatest violinist

LORETTA DEL VALLE

Prima Donna Soprano. Mail Orders Now. 25c to $1.50

AMUSEMENTS

HIGH CLASS VAUDEVILLE

MAJESTIC

New Bill Today HEADED BY

6 MUSICAL MISSES 6

Splendid Surrounding Show

Mats., 2:30, 10c and 15c

Eve., 7:30 to 10:30, 10c, 15c and 25c

Special Leap Year Show March 9, 10, 11

AN ALL GIRL BILL

Not a man on the stage.

VICTORIA THEATRE

SEATING CAPACITY 2200

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HEAR THE $25000 HOPE-JONES UNIT PIPE ORGAN EQUAL OF 50 PIECE ORCHESTRA

To-day Only MAY ROBSON in a 5-act photoplay, "A Night Out" or "For a Woman's Fair Name."

To-morrow: "Love's Crucible."

First Harrisburg Appearance of

MR. JOHN B. SIEFERT

LYRIC TENOR, Assisted by

MISS RAE — Teacher of Elocution at Irving College.

MASTER GURNEY MATTOX — Boy Violinist, of Philadelphia.

AT CHESTNUT STREET AUDITORIUM

Friday Evening, March 3, 1916, 8 O'clock

Admission, 50c. Reserved Seats, 10c Extra.

Reserved Seats on sale now at STIEFF'S, No. 24 North Second Street

Preparedness---

IS BEING URGED FOR THE NATION

We are urging the same thing for you. Prepare yourself with seats for

THE BATTLE CRY OF PEACE

A CALL TO ARMS AGAINST WAR

To be shown all next week (Thursday excepted).

Orpheum 3 Times Daily--- 2.30, 7, 9

Matinees, 10c, 15c, 25c. Evenings, 10c, 15c, 25c, 35c.

Reserved seats now selling for all performances.

A Motion Picture Masterpiece of Timely Interest and Importance

—WITH—

Augmented Orchestra Playing Special Music.

NOTICE—The two evening performances are entirely separate. In buying tickets be sure to state which you want, the 7 or 9 o'clock show. Patrons attending the 7 o'clock performance will be expected to vacate at 9 o'clock.

School Children Admitted to First Evening Show Monday 10c