"The Chicago Diet Squad" succeeded in cutting down the average cost of each meal to 8-⅓ cents in spite of the high cost of foods. And the squad waxed fat and hearty. The most expensive foods are generally the least nutritious. Two **Shredded Wheat Biscuits** with milk make a perfect meal, containing all the nutriment any man or woman needs for a half day's work and at a cost of four or five cents. Shredded Wheat has all the body-building material in the whole wheat grain in a digestible form. For breakfast with milk or cream, or for any meal with fruits. Made in Niagara Falls, N. Y.

TWO SUDDEN DEATHS.

Carlisle, Pa., Jan. 8.—Stricken while shaving a customer on Saturday evening, Brafton Zinn, a barber, aged 25 years, died a few minutes later from heart troublee.

John E. Fissel, a storekeeper of Boiling Springs, died suddenly at his home as he was getting out of bed.

CUTICURA HEALS RASH ON BABY

Looked Terrible. Itched Awfully. Scratched and Spread. One Cake Cuticura Soap and One Box Ointment Entirely Healed. Cost 75c.

"When baby was three weeks old I noticed a rash coming on his cheek. It started the size of a ten-cent piece and by the time he was three months old it was the size of an egg. It was very red and rough and made him look terrible. It itched awfully and the more he scratched the more it spread.

"Then I sent for a free sample of Cuticura Soap and Ointment. I noticed the rash looked paler so I bought a cake of Cuticura Soap and a box of Cuticura Ointment, and before I used them all the rash was entirely healed." (Signed) Mrs. L. Krause, 2944 N. 15th St., Philadelphia, Pa., Sept. 9, 1916.

You may think that because Cuticura does such wonderful work in soothing and healing severe itching and burning eczemas it is not adapted to the gentle uses of the toilet. On the contrary, that is just where it is most effective in preventing these serious skin troubles.

For Free Sample Each by Return Mail address post-card: **"Cuticura, Dept. H, Boston."** Sold everywhere.

Cold-in-head

Relieved in one minute. Get complimentary can of Kondon's from your druggist. Or buy a 25 cent tube. If it doesn't do you $1 worth of good in a jiffy, you can get your 25 cents back from the druggist or from the Kondon Mfg. Co., Minneapolis, Minn.

Use some quick. For colds, catarrh, coughs, nasal headaches, etc. Be sure it's the kind that's been used for 26 years—and by 50 million Americans—

KONDON'S CATARRHAL JELLY

KEEP LOOKING YOUNG

It's Easy—If You Know Dr. Edwards' Olive Tablets

The secret of keeping young is to feel young—to do this you must watch your liver and bowels—there's no need of having a sallow complexion—dark rings under your eyes—pimples—a bilious look in your face—dull eyes with no sparkle. Your doctor will tell you ninety per cent of all sickness comes from inactive bowels and liver.

Dr. Edwards, a well-known physician in Ohio, perfected a vegetable compound mixed with olive oil to act on the liver and bowels, which he gave to his patients for years.

Dr. Edwards' Olive Tablets, the substitute for calomel, are gentle in their action, yet always effective. They bring about that exuberance of spirit, that natural buoyancy which should be enjoyed by everyone, by toning up the liver and clearing the system of impurities.

You will know Dr. Edwards' Olive Tablets by their olive color. 10c and 25c per box. All druggists.

The Coal Outlook Is SERIOUS

THE situation is the worst in the history of the trade, and those who need coal and fail to take advantage of the present supply, low as it is, may find it impossible to get any later if a severe Winter sets in.

Deliveries from the mines are few and far between owing to an unprecedented shortage of cars.

There are less men than ever working in the mines. And stocks in yards are below normal.

Can you live without coal in cold weather? If you can't get it, what then?

Buy it now—NOW.

H. M. KELLEY & CO.

Office, 1 North Third
Yards, Tenth and State

GARY WARNS U. S. TO CHANGE TARIFF

Must Protect American Labor From European Influx He Declares

New York, Jan. 8.—Elbert H. Gary, chairman of the United States Steel Corporation, has issued a statement on "business conditions and prospects," in which he expresses optimism "as to the long future of the country," but also says there are "signs of uncertainty."

"It is not a repetition to say that during 1916 conditions have been, and still are, more favorable than ever before," says Mr. Gary. "The ordinary observer is witness to the great prosperity which prevails. In the expenditure of money for necessities, for luxuries and for charities the amounts are largely in excess of any former corresponding period. Prices of everything offered for sale have more than kept pace with the increased ability to purchase.

A Nation "Up in the Air."

"It is apparent that as a nation we are, to a certain extent, up in the air; that we have no sure foundation for an uninterrupted continuance of the present volume of profit in some and perhaps many businesss lines; that in many respects conditions are influenced by circumstances which are unusual.

"In the steel and iron industry the results have been not only extraordinary, but they have been much larger than any one has ever predicted for this period, though many are apt to think, if they do not say, that they prophesied what was coming.

Should Prepare For Change.

While Mr. Gary believes that prosperity in the United States is to continue indefinitely, citing the fact that the Steel Corporation's unfilled orders extend into 1918, he issued a word of caution. While he believes that business is to continue good after the end of the war, he states that "it is obviously the better part of wisdom to prepare ourselves so far as practicable for unfavorable changes in the economic situation. No harm can result from this course, however unnecessary it may hereafter prove to have been; and much benefit may come from the exercise of caution."

Mr. Gary advocates co-operation between all the countries of the world "if it can be secured," but he adds that this country now having the greatest supply of gold and currency should always keep a large working balance of available assets for quick use and that "we should not become over-extended financially, nor should the United States permit its wealth to interfere with its progress."

Warns Against "Dumping."

The tariff, he says, should be revised to protect American labor from the cheap European labor after the war and to prevent those countries from dumping cheaply made goods into the American market. The nation should arrange for transportation of American goods to non producing countries.

Mr. Gary denounces the existing income tax law as discriminatory. He states that the incomes exempted nine-tenths of the population, and therefore the support of the country is placed on the shoulders of one-tenth.

Reading Fair Receipts Show Big Record Season

Reading, Pa., Jan. 8. — W. Harry Orr, owner of the Hillside Farms, was re-elected president of the Berks County Agricultural Association at the annual meeting Saturday. The annual report of the treasurer shows over $10,000 cleared at its 1916 Reading fair.

The election of officers resulted as follows: President, W. Harry Orr; vice-president, James P. Hennesy; secretary, Daniel J. McDermott; assistant secretary, George L. Roller; treasurer, Theodore M. Keppleman. Board of Directors, Abner S. Deysher, chairman; Jonathan G. Mould, William M. Croll, John A. Rick, Heber Ermentrout, of Reading; Abner H. Adams, Esterly; Milton R. Thomas, Douglassville; Amandon Miller, of Stouchsburg; William Worley, Gouglersville; Daniel K. High, Robesonia; William B. Hafer, Tuckertown; J. B. Ammarell, Leesport; David G. Miller, Sinking Spring, and David S. Brumbach, Mount Penn.

Another extension wil be built to the new steel and concrete grandstand and three new exhibition buildings will be erected on the new Reading fair grounds in the spring.

TO PREVENT THE GRIP

Colds cause Grip—Laxative Bromo Quinine removes cause. There is only one "Bromo Quinine." E. W. GROVE'S signature on box. 25c.

HAGERSTOWN FAIR OFFICERS

Hagerstown, Md., Jan. 11. — The annual election of officers and directors of Hagerstown Interstate Fair Association this afternoon was hotly contested, resulting as follows:

President, Thomas A. Poffenberger; vice-president, William H. Armstrong; secretaries, Daniel H. Staley and Palmer Tennant; treasurer, Thomas A. Brown; directors, Dr. J. Hubert Wade, Milton W. Porterfield, Vernon N. Simmons, Harry K. Beachley, W. Merrick Huyett, William W. Siebert, William D. Clarkson, Samuel P. Angle, Jacob Fisher, J. Chalmers Reed.

BATHE INTERNALLY

OVER 500,000 PEOPLE ARE NOW DOING SO.

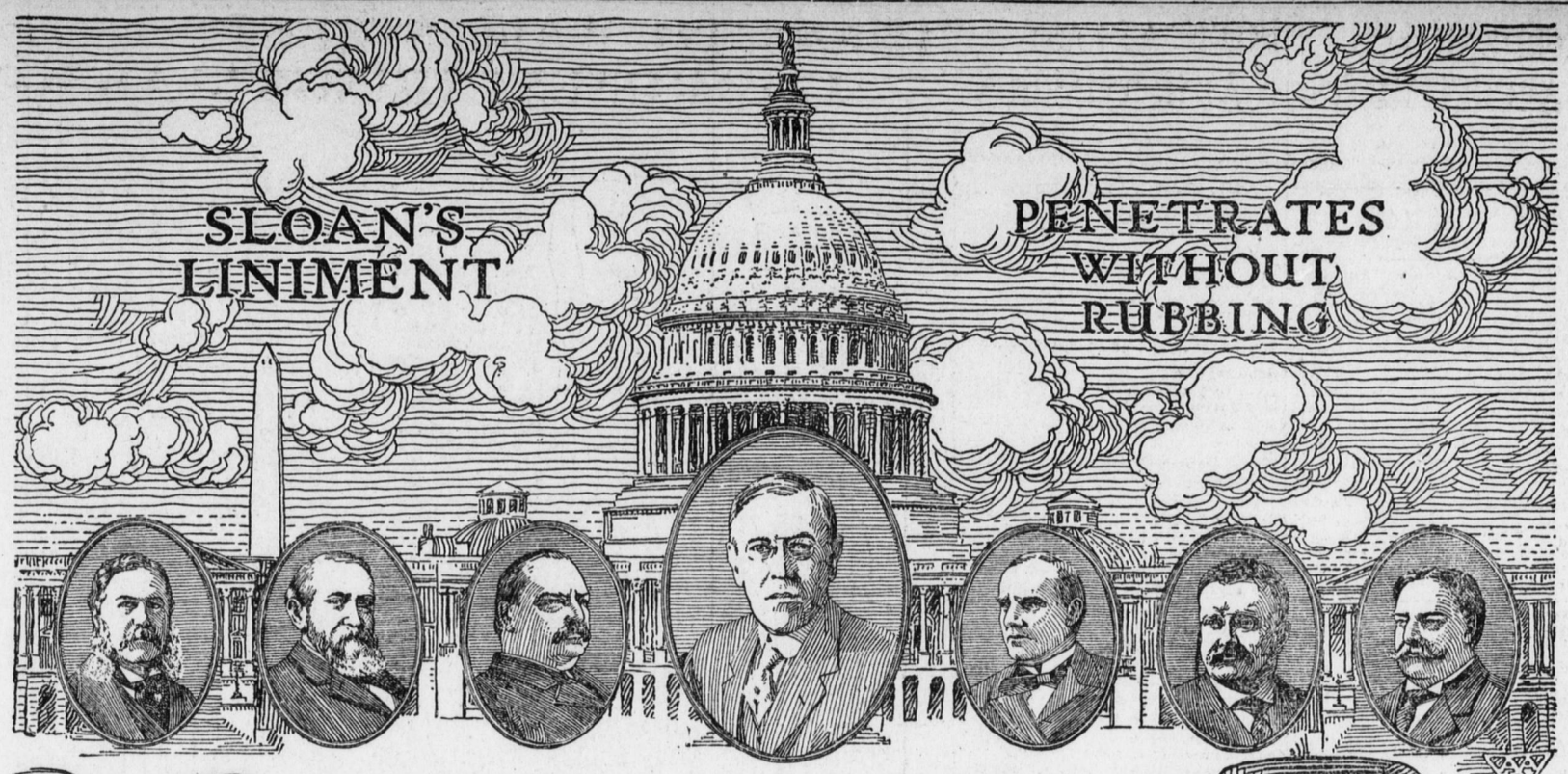
For many years physicians have agreed that the vast majority of human ills were caused by accumulated waste in the Lower Intestine, that in our present way of living Nature could not remove all this waste without assistance, no matter how regular we might be, and that the poison from this waste circulated through the blood pulled us away down below par and was responsible for many diseases of a serious nature.

During this time the "J. B. L. Cascade" for Internal Bathing has, because of their recommendation and those of its users, been steadily growing in favor.

Recently, however, the startling news which has been covering this country that great surgeons and specialists have been operating on the Lower Intestine for the most chronic and serious diseases has caused Americans to become thoroughly awake to the importance of keeping this Lower Intestine free from all poisonous waste matter, and over 500,000 are now using Internal Baths.

If you try the "J. B. L. Cascade" you will find yourself always bright, confident and capable—the poisonous waste makes us bilious, blue, dull and nervous. Internal Baths are Nature's own cure for Constipation—just warm water properly applied. Drugs force Nature—the "J. B. L. Cascade" gently assists her.

Call and see it at Croll Keller's, 405 Market street, and Geo. C. Potts' Drug Store in Harrisburg, or ask them for "Why Man of To-day Is Only 50 Per Cent. Efficient," a booklet of great interest, which is given free on request.—Advertisement.



THIRTY-FIVE years have slipped down the misty corridor of time since Sloan's Liniment was introduced. As each year went out it found this family medicine in an increasing number of homes until to-day Sloan's Liniment is the most widely sold and most popular liniment on the globe.

There is not a civilized land where it is not known, hardly a race that has not felt the magic of its touch. It is the World's Liniment.

Many Presidents have been chosen since its introduction to humanity.

The greatest industrial development took place during this period, the most wonderful inventions conceived by man were brought out or put into general use.

In the age of Sloan's Liniment these events have become history:

The Washington Monument dedicated.
The Brooklyn Bridge opened to traffic.
Statue of Liberty erected.
The North and South Poles discovered.
The first international yacht race was held. Maud S. made her record of 2.08¾.
Queen Victoria, General Grant, Emperors Frederick, William, Popes Leo and Pius, and a long list of world figures died.

The telephone became part of the daily life. Linotype operated the modern newspaper. The electric light illuminated our cities. The Panama Canal was dug. The motion picture arrived.

Drivers of horse cars who used Sloan's Liniment for aching muscles and stiffened joints, then became motormen on the pioneer trolley cars.

In the span of years covered by this remedy the automobile has taken the place of the horse; the flying machine has carried the battles of men into the skies; wireless telegraphy has made captive the ether waves of space; the phonograph was born.

The age of concrete and steel came and skyscrapers filled the land.

Sloan's Liniment went through the Cuban war, Spanish war, the struggle between China and Japan, the Russo-Japanese war, the Boer war, the Balkan wars, rebellions in Mexico and South America and finally the most stupendous struggle ever waged between men—this World war.

It brought relief to the victims of the Charleston earthquake and San Francisco fire and the survivors of the Johnstown flood. The terrible blizzard of '88. It was popular when Oklahoma was opened to settlers and it was in nine Territories when they were admitted as States.

Baseball players were using it when Billy Sunday quit the diamond in 1889 and started upon a career as the greatest evangelist of modern times,

It was found on druggists shelves when John L. Sullivan defeated Jake Kilrain.

When Nellie Bly made her trip around the world in seventy-two days Sloan's Liniment might have been purchased in nearly every large city she touched. As the nation grew so it grew.

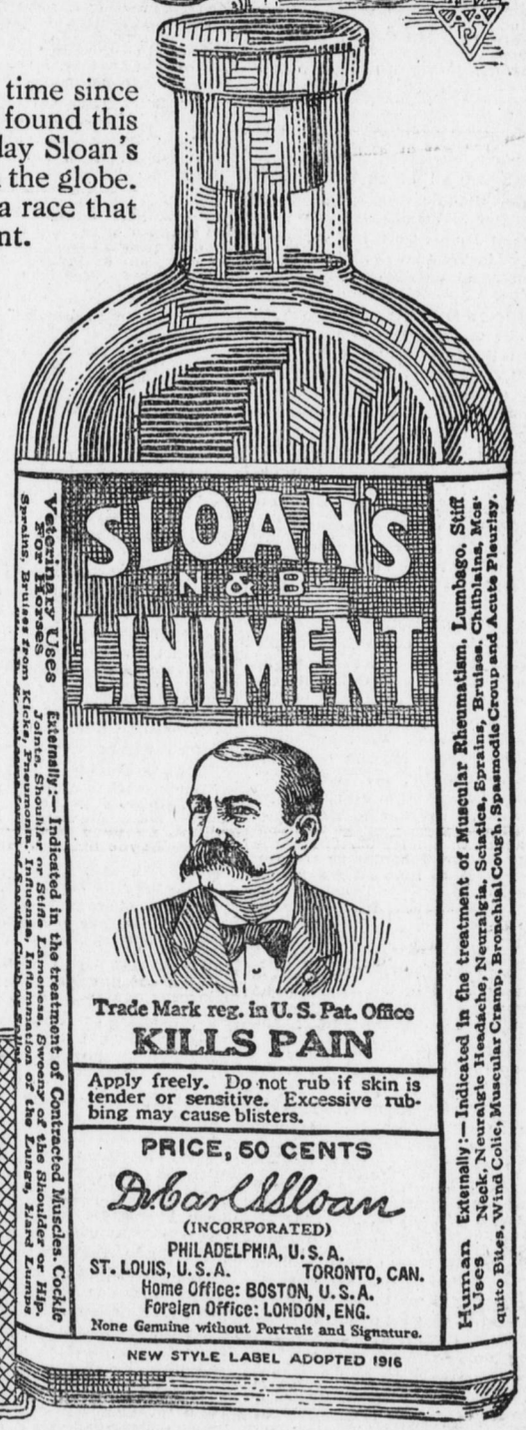
It saw a nation increase from 55,000,000 population to 100,000,000; wealth increase from fifty billions of dollars to nearly two hundred billions; 100,000 miles of railway lengthened to 250,000 miles; scientific farming produce billion dollar crops; modern trusts multiply millionaires; tremenduous strides in medicine; a transformation in social conditions.

It was in this epoch that Sloan's Liniment was introduced. It has proved its worth.

And time has brought its reward.

Sloan's Liniment for pains and aches of rheumatism, gout, lumbago, neuralgia, stiff neck, lame back, sprains, strains and bruises. It penetrates quickly without rubbing and gives prompt relief to sore muscles and stiff joints following exposure or over-exertion.

All druggists, 25c. 50c. and $1.00.



Sloan's Liniment The World's KILLS PAIN

AH, NEWSIES TO WEAR PLUG HATS?

Newsboys' Home Building Fund Concert Jan. 25 to Be "Sus'ci'ty" Affair

Take it from the businesslike salesman in the sweater and earmuffs, Harrisburg's "newsies" on January 25, are going to chum 'round with "sus'ci'ty."

Briefly, the affair is to be this: The youthful newspaper salesmen are planning to hold a big concert in Chestnut Street Auditorium for the benefit of the Harrisburg Newsboys' Association's new home building fund.

In the language of Arthur Koplovitz, ex-president, member of the board of trustees, and uncrowned czar of the city's newsies, the "party" of January 25 will be a wiz.

For lo, these many months, ever since the newsboys organized and rented quarters in North Second street, it has been generally understood that some day Harrisburg would boast of a real Newsboys' Home. A club such as would make the desirability of a place on the Harrisburg's waiting list a very ordinary consideration, is contemplated.

Since the movement was first suggested the boys have been piling up a bank account and on January 25, according to present schedule the fund is to be given a real hearty boost via "sus'ciety's" co-operation. For, and this is inside stuff, many of the folks who go in for the social whirl in Harrisburg's "400" have been invited to be patrons and patronesses. Some 200 "bids" have gone out. That's why that week's going to be a mighty busy one, what with the charity ball and the Newsboys' concert and so forth.

Just glance over this list of talent that is to have a place on the program: Technical High and Miss Sara Lemer orchestras, Mrs. Wilbur F. Harris, vocalist; the Ohev Sholom choir, the Rutherford Philadelphia and Reading Glee Club of thirty-five voices; George Sutton, Miss Clarissa Claster, violinist; Isaacman and Schein. Some program, eh. What?

Bible Class Convention to Meet at Duncannon

Duncannon, Pa., Jan. 8.—On Wednesday the first Perry County Adult Bible Class convention will be held at the Lutheran church here, under the direction of the Adult Division of the Perry County Sabbath School Association. Each Bible class will send its president and two delegates and all pastors and superintendents are invited. The sessions will open in the morning at 10:30 o'clock for conference.

The afternoon service will be presided over by Wesley Coffman and will include this program:

"The Relation of the O. A. B. Classes to the Elementary Division," Miss Mary F. Rice, Bloomfield.

"The Relation of the O. A. B. Classes to the Secondary Division," Rev. F. T. Kohler, Duncannon.

"The O. A. B. Classes in Training and Developing Workers," David S. Fry, Newport.

"The O. A. B. Classes and the Temperance Movement," James W. Barker, Harrisburg.

"Why Federate the O. A. B. Classes of Perry County?" B. S. Forsythe, Wilkinsburg, Pa.

At the evening session the Rev S. L. Rice will preside with the following program:

Service of Song and Prayer; "The O. A. B. Classes and Evangelism," the Rev. William Willis Scholl, Duncannon; "The O. A. B. Class in Action," B. S. Forsythe, Wilkinsburg, Pa.

POLK FEEBLE-MINDED ARE FED ON 17½ CENTS A DAY

Franklin, Pa., Jan. 8.—The State Institution for Feeble-Minded at Polk has solved the high cost of living. During 1916 plain but substantial food was served to the 200 inmates of the institution at a cost of 17½ cents a day each. Of this amount only 12 cents' worth of food was actually bought, the remainder being the cost of food raised on the institution's farm. Inmates are clothed at an average of $25 a year. The market value of the products of the farm, which contains 550 acres, was $52,139.98 last year.

DRESS SHOULD BE WITH WEATHER

Dr. Dixon Makes Some Comment Upon the Manner of Women's Dresses

Women's dress should be in accord with the weather and the wearing of paper-soled shoes in times when furs are required is condemned by Commissioner of Health Samuel G. Dixon in a statement issued to-day on health.

Dr. Dixon says:

"Unquestionably Eve was the first human being to concern herself with the matter of costume.

"To-day, some evidence to the contrary, the primary object of clothing is to protect the body from heat and cold. Man's dress has through all ages, of necessity, conformed more or less to these practical purposes. True, there have been certain butterfly stages when man's costume vied with that of the women of any period in elegance and costliness but within the last hundred years the great economic change which has come over a large portion of the world, has brought with it a practical standardization of men's dress.

"Women's clothing has been and continues to be subject to far greater extremes. While it would be far from desirable to take beauty and color out of our lives, for the sake of the wearer's health, certain reasonable precautions should be observed.

"Paper soled slippers in midwinter worn over icy pavements as contrasted with necks muffled in fur, are obviously a source of real danger.

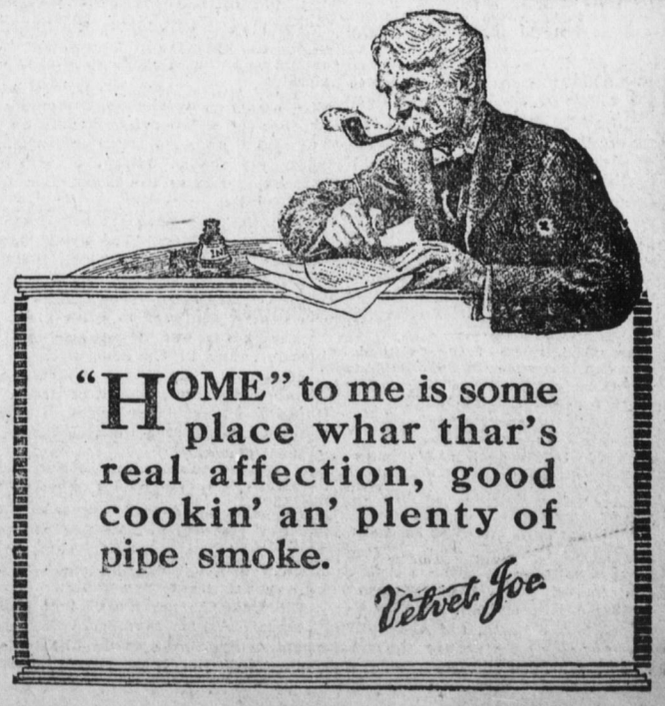
"The growing army of women in business, whose occupation demands a more reserved style of dress, will in time exert an influence upon their sisters whose chief aim is personal adornment."

WILL ENTERTAIN CLASS.

New Cumberland, Pa., Jan. .—Mrs. Henry Gise, Reno street, will entertain the Everfaithful Bible Class of the Church of God on Thursday afternoon.

Albert L. Dorwart Dies From Pneumonia at Newport

Newport, Pa., Jan. 8.—Albert L. Dorwart, a son of Archdeacon and Mrs. William Dorwart, died at the home on Saturday from typhoid pneumonia contracted while on a visit to his parents over the Christmas holidays. Mr. Dorwart was 22 years old and was graduated from State College last summer. In the fall he returned to the college where he has been acting secretary of the Young Men's Christian Association. Besides his parents he is survived by a sister, Miss Elizabeth Dorwart, and two brothers, Frederick G., who is a member of Co. I, Eighth Pennsylvania Infantry, of Harrisburg, now on dutuy with the Pennsylvania Division at El Paso, Texas, and George M., of St. Stephens College, at Annandale-on-the-Hudson, N. Y. Funeral services will be held Thursday afternoon at two o'clock from the Episcopal church here, and will be conducted by Bishop J. H. Darlington, of Harrisburg.

SUNSHINE GUILD ELECTION.

New Cumberland, Pa., Jan. 8.—Tomorrow evening the Sunshine Guild will hold an election of officers at the home of Mrs. Parker Buttorff.