JACK KUHN TELLS OF TRAINING LIFE

Menu of Christmas Dinner Given By Harrisburg Lad

Just promoted from yeoman to quartermaster in the Aviation branch of the United States Navy in the Yeoman School at Newport, R. I., Jack L. L. Kuhn, Jr., son of Mr. and Mrs. John L. L. Kuhn, 2112 North Third street, has written the following letter to the Telegraph:

"Christmas day in the Navy is entirely different from what most people picture it. Here at Newport there are many men from every rank in life, such as students, lawyers, physicians, ministers and just fellows as I. There are many Masons here. Newport has many different branches as apprentice seamen, hospital apprentice, yeoman, radio school, torpedo station, gunnery school, musician school and commissary schools.

"I started about Xmas, so must tell you all about the Xmas dinner Here is the menu as near as I can remember:

Cream of onion soup, olives, pickles, celery, roast turkey, oyster filling, dressing, peas, corn, sweet potatoes, fried ham, plum pudding, ice cream, mince pie, coffee, apples, assorted cakes, tea, oranges, nuts, cranberry sauce, cigars.

"Then the Red Cross presented each fellow with a kit bag containing things valuable and helpful to us."

In a postscript Kuhn says that his unit expects to be shipped south about January 7, and that every enlisted man at Newport regrets the departure of Captain Johnston, who is now succeeded by Captain Campbell.

One of the Youngest Red Cross Members

GEORGE B. HOCKER

At four years of age the town of Penbrook believes that little George B. Hocker is the youngest Red Cross worker in the neighborhood. His mother and father give him every encouragement to keep up the good work and George is very proud of his badge which identifies him as a genuine Red Cross boy.

Falls 125 Feet From Roof, Alights in Snow Unhurt

Shenandoah, Pa., Dec. 28.—Paul Fell, 17 years old, of Lavelle, while cleaning snow from the Potts colliery breaker roof, 125 feet high, fell to the ground, but fortunately landed in a large pile of snow that he had shoveled from his lofty position.

He disappeared from view in the snow, and when fellow workmen rushed to the scene, expecting to find him dead he proved to be only slightly hurt.

NUXATED IRON

You Can Tell the Women with Plenty of Iron in their Blood—Beautiful Healthy Rosy Cheeked Women Full of Life Vim and Vitality.

Dr. Ferdinand King, New York Physician and Medical Author, tells physicians that they should prescribe more organic iron—Nuxated Iron—for their patients—Says anaemia—iron deficiency—is the greatest curse to the health strength vitality and beauty of the modern American Woman.—Sounds warning against use of metallic iron which may injure the teeth, corrode the stomach and do far more harm than good; advises use of only nuxated iron, taken three times per day after meals. It will increase the strength and endurance of weak, nervous, run-down folks 100% in two weeks time in many instances. *Dispensed by all good druggists.*

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PRIVATE AMBULANCE

SEEING THE NEAR IN THE LIGHT OF THE LARGE

The International Sunday School Lesson For December 30 Is a Quarterly Review; "God's Redeeming Love."—Psalms 123, 124.

By WILLIAM T. ELLIS

Within the past week I have traveled from the snores of the Yellow Sea, past the Great Wall of China, and the fertile fields of Manchuria, into the mountains and the great green valleys of Siberia, an imperial realm. Within that time I have had to face and discuss the Chinese Question, the Japanese Question and the Russian Question, with the relations of America to them all. Whatever else may be said of such a strenuous week, it certainly helps one to see things in the large. The incidental and the detail become lost in the general. One must deal with large units; which seems particularly easy to do as I look out of the windows of this Siberian express, across vast spaces of grazing land, with lakes and rivers, and the blue hills beyond, and the Mongol nomads standing to gaze as the train glides by.

Somewhat similar in effect to the journey I am at the moment taking in this quarterly review of the Sunday School lesson. It sweeps a wide horizon, and deals with a succession of great events and movements. An honest study of this lesson, with what it involves, would give one the essential groundwork of a liberal education, which is the ability to perceive things in their larger relationships, with a true historical perspective. Well do I remember an address by the late Bishop Fowler, of the Methodist Episcopal Church, in which he set forth the march and compass of the Russian nation, and its possibilities. More definitely than any other one single experience in a young reporter's life, that great speech did for me what I hope this week's International Sunday School Lesson will do for other young people—set them to cultivating an international consciousness. For the only way to be a really up to date and efficient person is to keep in mind what has been and what may yet be, in the whole large scheme of things. A village mind is inadequate simply because it does not take all the factors into consideration.

Getting God's Viewpoint

Two little keys that help unlock the mysteries of providence are the quotations concerning God. "My ways are not your ways," and "With Him a thousand years are as a day." That is to say, God always sees things in the large. He does not look through any man's spectacles. All His ways with men comprehend large units of time. His plans do not all work out in a year or a century or a millenium—but they all eventually work out. Human views are inadequate, because they take account of only a small portion of the great pattern of God's weaving. We think in small terms about God's large plans. The near misfortune means more to us than the ultimate outcome. Private soldiers are often interested only in battles, whereas commanders in chief are concerned with the entire campaign. To the Jews driven into exile, all things had collapsed. Their skies had fallen. In their place of shore vision, it was impossible to see the great and beneficent purposes of Jehovah in that stern experience. Yet the exile was needed by the Jews and by the world.

Into these dark days about which the Sunday schools have been studying came the prophets, who tried to help people to see things in the large, and to point out the relation between cause and effect. This prophet gift of patriotism,

"Which sees beyond the year,
Thine alabaster cities gleam,
Undimmed by human tears."

alone sustains a people in a dark time. If there were no prospect of a long tomorrow, to justify today, we should be of all men most miserable. A heaven is indispensible to any happy conception of earth. Every mother who has given her son a sacrifice to the great war would indeed sorrow as one who has no hope did she not believe that God is working out in our time some great purpose, which is worthy of the best. This sense of forming part of an infinite and eternal plan is one of the loftiest conceptions possible to mortal. It links him with the beautiful hereafter wherein all things are made perfect.

Holding Steady Today

The experience of these old Jews do not particularly interest us except as they have a bearing upon our own time. That the land of Jehovah was in the history of Israel concerns us less than that His hand is guiding the course of events in our world of the here and now. And this is the very truth for today. Near views may be disconcerting, and the tangle of things may seem inextricable, but the larger view—the look from God's side of the dark cloud—reveals the outworkings of designs so vast that there must be a commotion in heaven.

Our day seems to be the fruition time of history. The goals for which the prophets and patriots and seers agonized are now in sight. This is the day of universal emancipation. Old shackles are being broken and old enslavements ended. Entire nations are coming into the light of freedom and self-government. Exiles are returning home. Social injustices of immemorial antiquity are being righted. Despite the great war, hatred between men and men, class and class, is diminishing.

With a new sense of racial solidarity and interdependence, we are setting about the task of reclaiming all the waste places of earth, so that the hungry everywhere may be fed. Burdens that have been on the backs of the depressed classes since the beginning of organized society are being lifted. Wealth, as well as opportunity is finding a juster distribution. Best of all, a new sense of human rights is being learned in the severe school of war. This is a time of jubilee. God is working great purposes out.

That is a message for every pulpit in these perplexed days. Religion's part is to see that the Chrisaian motive is kept close to every one of these great changes in life. The noblest events of history are taking place: their distinctively religious character should not be obscured, or the Author of them all deprived of the honor that is His due. It would be sad should any of us miss the high level and meaning of what God is doing before our eyes. If we but interpret aright the times, there will be no doubt about our making war morally safe for the soldiers. And when we go forth to the conquests of peace, they will be wrought in a Christian spirit. What society is now undertaking to do in the world cannot be successfully accomplished without taking God into the reckoning.

Falling in With the Forces

Stale and jejune though the advice may seem to some oversophisticated youth, who is supremely proud of his acquaintanceship with head waiters and chorus girls, the truth remains that the one sure route to a success that counts, is to find out God's purpose for one's life and to fall in with them. There are great forces—which we reverently call the providences of God—abroad in our day: the wise person will fall in with these. To every man, woman and child it is possible to bear a share in the great goings of God in our day. Not in vain has this war taught us new lessons in co-operation. Any life, however obscure, may bear its proportionate part in the working out of the ideals which a divine hand has clearly sketched upon the canvas of today. Stevenson puts the idea into a beautiful figure:

"So from the hearth the children fee,
By that Almighty Hand
Austerely led; son one by sea
Goes forth, and one by land;
Nor aught of all men's sons escape from that command.

"And as the fervent smith of yore
Beat out the glowing blade,
Nor wielded in the front of war
The weapons that he made,
But in the tower at home still plied his ringing trade;

"So like a sword the son shall roam
And as the smith remained at home
In peaceful terret pent,
So sits the while at home the mother well content."

To have a part however slight, in working out the divine purpose in one's day is success. This is the root conviction that ennobles life, and extracts its sting and dissipates its jadedness. All lesser considerations of safety and recognition and reward count for little alongside of this one major achievement, the helping to bring to pass the great and beautiful will of God among men. Some of the prophets of old were willing and witting instruments in the achievement of this purpose; but the Jewish people as a whole underwent the tragic experience of seeing Jehovah's will done in spite of them, and not because of them.

Learning the Great Lesson

After all, and after all, did the Jews learn their lesson during the five hundred and eighty years of history which this review period covers? We have seen them rise as a kingdom, split in twain and then pursue an undulating course, until finally they were dispersed by the Captivity, which was the flail of Jehovah. Were they cured of their idolatry? It is commonly said that they were. Yet the archaeologists are digging up incantation bowls which show that for centuries after the Captivity the Jews were pastmasters of the art of witchcraft.

Today the temporal condition of the Jew is better than it has ever been since the fall of Jerusalem. Wealth, prestige, position, and political consideration all belong to the Jew. The most careful observers within the race, perhaps point out that the present irreligion of the Jewish people is an ominous sign of a deplorable condition that makes wealth, learning and standing of no avail. The youth of Judaism is being lost to the faith of its fathers. The need for old prophets, such as have spoken words that have echoed in all the Sunday schools of earth during the past twelve months, is still present with the Chosen People.

The Jews were in school to God. We have seen in these studies the full course of the curriculum. The one great admonition of the teacher was to fixedness of heart. With incredible patience and infinite resourcefulness, God sought to teach His people the lesson of loyalty to Him. They preferred to follow fashion. Can this new Western world learn the same lesson?

Former Guardsman Now With Aviation Corps

RALPH W. LITTLE

With the hope of soon being an aviator for Uncle Sam, Ralph W. Little is now stationed at Columbus waiting orders to go to Texas. Little is a Chambersburg boy, but lately made his home with his sister, Mrs. A. Seitz, 2530 Camby street, Penbrook. He is the son of John J. Little, who was a member of Company C, of Chambersburg, for eight years. Both his grandfathers fought in the Civil War, one being killed at Mine Run, Virginia. Little attended Camp Curtin school, where he was a prominent athlete.

FISH HAD FALSE TEETH

Indianapolis, Ind., Dec. 28.—A fish wearing false teeth was hooked a few days ago in the Gulf of Mexico, near Indian Rocks, Fla., by A. L. Anderson, of Independence. Mr. Anderson was invited to go out in a boat with H. H. Ingersoll, a well-known resident of Indian Rocks. During the day they brought up a specimen of the "swell toad," or burfish variety. As the hook was pulled out it brought with it a front plate with four false teeth attached to a gold bridge. Later it was learned by the astonished fishermen that a few days before a visitor from Oldsmar, a nearby resort, had dropped his teeth while bathing.

Sends Home Holly Sprig From Trenches in France

This is a letter received by Mrs. George Werner from her son, Gordon Werner, a graduate of Technical High School and now "somewhere in France:"

"Dear Mother—Am sending you by parcel post a sprig of holly from the beautiful pine forest which surrounds this camp. There is hardly any tree or foliage that is not evergreen in this northernly location. There is no fighting going on now, but there are lots of trenches and fortifications. The most warlike thing I have seen so far was the bombardment of a deserted village. I have seen considerable traveling in France and have spent two weeks in a city of the south where there were a hundred Americans. You can imagine what a sensation we made when on the street. Seventy-two of these formed the Yale unit, all graduates of Yale University. When eleven of us were detailed to this place they gave us a rousing sendoff. Company C of Governor's Island was split up in all directions upon leaving the ship. We had an eventful trip across, but of this I shall not write at this time. I have an interesting bunch of scenes which I collected at the different towns and cities I visited. Would like to send them, but this is impossible on account of censorship regulations. Will close for this time, with love to all.

"GORDON L. WERNER,
"Camp Hospital,
"P. O. No. 711.
"American Expeditionary Forces, France."

Home For Holidays From Camp Hancock

CHARLES CHIERA

Private Charles Chiera is spending the holidays at his home, 1014 North Seventh street. He is connected with the 103rd Ammunition Train at Camp Hancock, and is in splendid health as a result of his training in camp.

Industrial Village For Disabled Militia

Lancaster, Eng., Dec. 28.—The first industrial village for disabled soldiers and sailors is to be constructed here on a large estate given by Sir Thomas Storey. It is to be laid out with workshops, houses for married men and hotels or fraternal homes for others.

There will be a new church, recreation ground, garden, public park and the existing mansion will be used as a clubhouse. There will be accommodations for about 300 disabled men in the village.

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HILL'S CASCARA BROMIDE QUININE
The standard cold cure for 20 years—in tablet form—safe, sure, no opiates—cures cold in 24 hours—grip in 3 days. Money back if it fails. Get the genuine box with Red top and Mr. Hill's picture on it. Costs less, gives more, saves money. 24 Tablets for 25c.
At Any Drug Store

Southern Doctor Says Blood-Iron-Salts Puts New Force Into Veins and Nerves

Of Delicate, Nervous, Anaemic, Run-Down and Thin People.

Tells How To Increase Strength, Vigor, and Nerve Force When Drugs, Exercise and Other Methods Fail

A SIMPLE TEST TO TRY

New York—For many years physicians and scientists have hoped that some genius of the medical world would discover a harmless compound that would put increased strength and endurance into the dilapidated bodies of those who are delicate, nervous, run-down, or lacking in healthy tissue and power of endurance.

Gabriel Boudousquie, M. D., the well-known New Orleans author, who has traveled extensively in France, Italy, and Austria, says: "Any medical compound to be effective in restoring wasted nerve energy, lost strength, and health must contain ingredients for eliminating the poisonous toxins, for restoring the enervated nerve cells, and for increasing red blood corpuscles. Nowadays, so many different tonics and foods are sold that one might have to take several kinds in order to correct the three evils undoubtedly existing in a wide variety of cases. My attention was first called to the remarkable efficacy of blood-iron-salts while on a visit to specialists in New York, regarding my own health. One well-known professor, who is nearly half a century old, but who now looks more like a boy of 30, visited me at my apartment. In speaking of his own health and use of blood-iron-salts, he said: 'Were it not for my persistent efforts, doctor, my determination to keep on searching for that which would give me back my own health and strength, I, too, like many who have tried to keep up on narcotics and stimulating drugs, might now be resting five feet beneath the sod. I had taken blood-iron-salts only a short while, when lo and behold! a remarkable change in my whole organism began to take place; my bowels began to act daily without the usual purgative; my appetite increased, and I was hungry between meals; my cheeks began to fill out, and that careworn, haggard appearance and hollows under my eyes began to disappear as if by magic. I gained 12 pounds of good, solid flesh, and again feel like a boy bubbling over with vital energy and endurance. In fact, I feel as though it were my second time on earth. Before taking it I could not walk up a flight of stairs without feeling exhausted; I could not hold my arm out straight one minute without its tiring and my hand shaking. Nor could I walk very far without feeling tired, nor sleep all night without terrible nervous dreams or awakening. But after taking blood-iron-salts a while, I could run up any flight of stairs or walk five miles without tiring, hold my arm out straight several minutes, and sleep like a major. It would be a good thing, doctor, if everyone would make one of these tests; then try taking blood-iron-salts for a while and see the difference.'

"Being much impressed with the remarkable reports of the effects of blood-iron-salts upon the human body I decided to try it on myself being somewhat run-down from overwork and travel. I began by taking two 5-grain blood-iron-salts tablets after meals as directed, and must say that this remarkable substance was just what my enervated nerves, blood, and body needed. It is needless to say that I now advise its use in a vast number of cases, and it would be a good thing if all men and women who suffer or feel themselves beginning to 'slow up' would take blood-iron-salts."

NOTE—Blood-Iron-Salts above referred to is not a secret remedy. The demand for it is increasing so rapidly and the manufacturers have such confidence in it that physicians are urged to prescribe it on a refund the money basis if it does not increase strength, healthy tissue and power of endurance in four weeks' time. Any person may obtain Blood-Iron-Salts in tablet form in this city from Forney, Kennedy, Gorgas and other good druggists, without a doctor's prescription. The usual dose is two 5-grain tablets with a swallow of water after meals, three times daily, but where only strength, nerve energy, and endurance are desired, and not added flesh and weight, only one tablet should be taken after meals. It is guaranteed not to injure the teeth or stomach, is pleasant to take, and must not be confounded with other preparations containing salts, iron or phosphate. The ingredients in Blood-Iron-Salts are so compounded as to aid Nature in regulating a more normal-like action of the stomach, liver, and bowels, and cannot cause constipation. On the contrary, it aids the digestive functions and aims to bring about regular daily defecation and the elimination of congested conditions and poisonous toxins.

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The Atlas—No. 26 ..... 47¢
The Atlas—No. 29 ..... 67¢
The Atlas Nasal Spray No. 20, 57¢

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50c Caldwell's Pepsin ..... 34¢
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25c Goff's Cough Syrup .... 17¢
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75c Mellin's Food ..... 53¢
35c Pluto Water ..... 27¢
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60c Pinex ..... 37¢
35c Peroxide ..... 19¢
$1.75 S. S. S. $1.10
50c Vick's Salve ..... 39¢
$1.00 Pain's Celery Compound, 71¢
$1.00 Beef, Iron and Wine .. 69¢
75c Bell-Ans ..... 45¢
$1.00 Phelp's Rhumatic ..... 65¢
$1.00 Absorbine ..... 73¢
$1.00 Horsford's Acid Phosphate, 73¢
50c Sloan's Liniment ..... 29¢
50c Horlick's Lunch Tablets .. 37¢

$1.00 Nuxated Iron 57c
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100-Grain 5 Aspirin Tablets 89c
75c Jads' Salts 53c
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60c Doan's Kidney Pills 39c
60c Sal-Hepatica 35c
35c Fletcher's Castoria 23c

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$1.00 C. C. Hot Water Bottle, Saturday ..... 69¢
$1.00 Trident Fountain Syringe, Saturday ..... 73¢
75c Advance Atomizer, Saturday, 48¢
$1.00 Favorite Atomizer, Saturday, 68¢
$1.50 De Vilbiss Atomizer No. 31, Saturday $1.10
$2.00 Higrade Molded Water Bottle, Saturday $1.39
$1.25 Hub-hot Water Bottle, Saturday ..... 89¢
$1.50 Velvet Fountain Syringe, Saturday ..... 98¢
$1.75 Seamless Fountain Syringe, Saturday ..... 98¢
$2.50 Velvet Combination Fountain Syringe, Saturday .. $1.79

$1.00 S. S. S. 57c
25c Sassafola 15c
25c Gingerole 15c
30c Mustero'e 18c
$1.00 Ever-Ready Safety Razor 79c
$1.00 Caldwell's Syrup Pepsin 67c
25c Beecham's Pills 15c
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25c Mentholatum 16c
$1.00 Bliss Native Herbs 67c

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Sanitol Tooth Powder ..... 15¢
Kalpheno Tooth Paste ..... 15¢
Colgate's Tooth Powder .... 15¢
S. S. White Tooth Paste .... 15¢
Euthymol Tooth Paste ..... 14¢
Grave's Tooth Powder ..... 17¢
Pinaud's Lilac ..... 67¢
Mavis' Toilet Water ..... 89¢
Violet Ammonia ..... 21¢
Doris' Toilet Water ..... 73¢
Mavis' Talcum ..... 19¢
Mennen's Talcum ..... 15¢
Williams' Talcum ..... 14¢
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Johnson's Baby Powder .... 13¢
Kalpheno Tooth Powder .... 15¢

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