

FAT AND LEAN FOLKS.

A List of Sugar, Starch and Fat Meat Produces Compulsory.

Here are some remarks from Dr. Yerke Davies on fat, which may be of interest to the corpulent section of the community, says the Chicago News.

"My experience is this, that in cutting off fat-forming ingredients from the dietary, that is, sugar, starch and fat, the decrease in weight is just twice as rapid as if sugar and starch are cut out and fat not.

"It may simplify matters to say that the use of fat in the system is to supply heat. It is chemically decomposed to this end in the operations of life.

"No doubt your correspondents will thank you for teaching them how to become lean, but my experience is that those who try to diet themselves fail somewhere, as they make their own rules and break them, and cannot distinguish the difference between a diet that reduces fat and a diet that does not.

"Sometimes parts of the history of interesting relics are enveloped in mystery, and the satisfaction of their proud possessors may depend on this mystery to a greater extent than they are aware of.

"What is that?" inquired the visitor. "Why, that is a piece of the famous Martha Washington dinner-set. It is one of the very few pieces now in existence. I bought it at an auction sale in Philadelphia."

"How much did you pay for it?" asked the expert, meanwhile examining it carefully.

"I paid twenty-five dollars for it, and it was a bargain. The agent had an offer of three hundred dollars for it immediately after I bought it."

"My friend," said the expert, solemnly, "I am sorry for you. That dish was made by Brown & Co. in 1876, and we sold it for one dollar and forty-seven cents."

BANANAS AS FOOD.

Nutritious and Healthful if Eaten Sparingly and if Not Overripe.

The history of bananas as an article of food is a good deal like that of tomatoes. In that much discussion as to their wholesomeness or the reverse has been had. Not long ago, says the New York World, a well-known resident of a western city died after a meal at which he had partaken of wine and bananas.

"The consumption of bananas is increasing every year, and their nourishment and wholesomeness are practically undoubted. The only caution necessary is that the fruit should be ripe, but not overripe, and perhaps, in the case of children, should not be eaten after midday.

Legal Advertisements.

ELECTION NOTICE.

The annual meeting of the stockholders of the Farmers' National Bank of Bloomsburg, Pa., for the election of a board of directors for the ensuing year, will be held in the directors' room of the bank on Tuesday, January 9, 1894, between the hours of two and four P. M.

ELECTION NOTICE.

There will be an election of a Board of Directors for the Bloomsburg Banking Company at the Banking House in Bloomsburg on Tuesday, January 9th, 1894, at two o'clock in the afternoon, to serve for the ensuing year.

NOTICE.

In the matter of the division of the school property of Catawissa Township, No. 25, May Term, 1893.

NOTICE.

C. H. Campbell, Register and Recorder of Columbia County, gives notice that his office opens on Monday, the first day of January, 1894, that all papers in his possession at and through his office will be received and paid for by him at an office of the Justice of the Peace for collection, and after that time they will be notified and neglected to return, they will be sued and an effort made to collect them.

DISSOLUTION NOTICE.

Notice is hereby given that by virtue of a resolution of the stockholders of the Silver Spring Quarry Company an application will be presented to the Court of Common Pleas of Columbia County on Saturday the 16th day of December A. D. 1893 at 10 o'clock A. M. praying for the dissolution of said Corporation.

CHARTER NOTICE.

Notice is hereby given that an application will be made to the Governor of the State of Pennsylvania on Monday, December 18, A. D. 1893, by George E. Saul, Charles W. Hoffman, Pierre Houlliet, Wm. J. Greenough, Wm. Hill and others, under Act of Assembly of the Commonwealth of Pennsylvania, entitled an Act to provide for the incorporation and regulation of certain corporations, approved April 29th, A. D. 1871 and the several supplements thereto for the charter of an intended corporation to be called the Penn. Elevator Engineering Company, the character and object of which is for the manufacture of elevators and special machinery and for these purposes to have, possess and enjoy all the rights, benefits and privileges of the said Act of Assembly and its supplements.

AUDITOR'S NOTICE.

The undersigned, an auditor appointed by the Orphans' court of Columbia county to make distribution of said estate, will sit at his office in Bloomsburg, on Friday January 12th, 1894, at 10 o'clock A. M., to discharge the duties of his appointment, when and where all parties interested therein, will sit at his office in Bloomsburg, Pa., Friday, January 12th, 1894, at 10 o'clock A. M., to discharge the duties of his appointment, when and where all parties interested must present their claims, or be debarred from coming in for a share of said fund.

AUDITOR'S NOTICE.

Notice is hereby given that the undersigned Auditor, appointed by the Orphans' court of Columbia county, to distribute the funds in the hands of George D. Edmondson, Administrator of the estate of Hiram Reese, late of Bloomsburg township, deceased, to and among the parties entitled thereto, will sit at his office in Bloomsburg, Pa., Friday, January 12th, 1894, at 10 o'clock A. M., to discharge the duties of his appointment, when and where all parties interested must present their claims, or be debarred from coming in for a share of said fund.

COUNTY BONDS FOR SALE.

The Commissioners of Columbia County will offer at public sale at their office in the Court House, Bloomsburg on Tuesday, December 26th, 1893 at 1 o'clock P. M. coupon bonds of Columbia county, with interest payable annually at four and four tenths per centum. These bonds are in denominations of \$200.00 and \$500.00 and mature as follows: \$500 in January 1895, \$200 in January 1897, \$100.00 in January 1898, \$100.00 in January 1899 and \$100.00 in January 1900. No bids will be received at less than par.

ORPHANS' COURT SALE.

Pursuant to an order of the Orphans' Court of Columbia County, Pa., the undersigned will sell at public sale on the premises of Jesse Johnson, late of Beaver twp., Col. Co., dec'd on SATURDAY, JANUARY 20, 1894, at 12 o'clock noon, the following described piece or parcel of land bounded and described as follows: On the south by a public road leading from Shumantown to Mt. Grove, on the north by lands of Miles Kelly and others, on the east by land of Allen Mann, on the west by lands of Samuel Johnson and Wm. Smith, containing

249 ACRES

LOG DWELLING.

Bank Barn, Shed, Cider Press, Water Power, a good Orchard, 120 acres, more or less, are cleared, the balance about 115 or 120 being

FINE OAK AND WHITE PINE TIMBER LAND.

TERMS OF SALE—One-third of the purchase money to be paid at the striking of the property, one-third in six months after confirmation and the balance in six months thereafter with interest on deferred payments from confirmation and the same to be secured from the premises until the purchaser shall first have given independent security for payment of unpaid purchase money, to be approved of by the Court.

Attention of lumbermen is hereby called to the fact that the timber tract mentioned above is a most desirable one, lying as it does within about two miles of the S. H. & W. Railroad, and a church, has remained uncorrupted, unless the Indians may have called it otherwise.

1894.

Harper's Weekly. ILLUSTRATED.

HARPER'S WEEKLY is beyond all question the leading journal in America. In its splendid illustrations, in its corps of distinguished contributors, and in its vast and varied reading matter, it stands at the highest order of talent, the men best fitted by position and training to treat the leading topics of the day. It is the most popular story-writer's column to its columns. Superb drawings by the foremost artists illustrate its special articles, and every notable event of public interest; it contains portraits of the distinguished men and women who are making the history of the time, while special attention is given to the Army and Navy, Amateur sport, and Music and the Drama, by distinguished experts. In a word, HARPER'S WEEKLY combines the news features of the daily paper and the artistic and literary qualities of the magazine with the solid critical character of the review.

HARPER'S PERIODICALS

PER YEAR: HARPER'S MAGAZINE..... \$4.00 HARPER'S WEEKLY..... \$4.00 HARPER'S YOUNG PEOPLE..... \$4.00 HARPER'S TALKING PEOPLE..... \$4.00

Postage Free to all subscribers in the United States, Canada, and Mexico.

The Volumes of the WEEKLY begin with the 1st Number of January of each year. When no time is mentioned, subscriptions will begin with the Number current at the time of receipt of order.

Bound Volumes of HARPER'S WEEKLY for 3 years back, in neat cloth binding, will be sent by mail, prepaid, or by express, free of charge, provided the freight does not exceed one dollar per volume, for \$7.00 per volume.

Remittances should be made by Post-Office Money Order or Draft, to avoid chance of loss.

Advertisements are not to copy this advertisement without the express order of HARPER & BROTHERS.

Address: HARPER & BROTHERS, New York.

Epps's Cocoa

BREAKFAST-SUPPER.

"By a thorough knowledge of the natural laws governing the operations of digestion and nutrition, and by a careful application of the fine properties of well-selected Cocoa, Mr. Epps has prepared this breakfast and supper delicacy, a favored beverage which may save us many heavy doctor's bills. It is by the judicious use of such articles of diet that a constitution may be gradually built up until strong enough to resist every tendency to disease. Hundreds of subtle maladies are floating around us ready to attack wherever there is a weak point. We may escape many a fatal shaft by keeping ourselves well fortified with pure blood and a properly nourished frame. -Civil Service Gazette."

Made simply with boiling water or milk. Sold only in half-pound tins, by Grocers, labeled thus: JAMES EPPS & CO., Ltd., Homoeopathic Chemists, London, England.

12-29-94.

Pennyroyal Pills

Original name, Pennyroyal Pills. A safe, reliable, and effective remedy for all cases of Catarrh of the Bladder, Prostatitis, Gonorrhoea, Stricture, Hemorrhoids, and all other ailments of the Urinary System. Sold by all Druggists.

12-29-94.

\$3,000.00

A YEAR FOR THE INDUSTRIOUS.

If you want work that is pleasant and profitable, send us your address immediately. We teach men and women how to earn from \$5.00 per day to \$25.00 per week without previous experience, and furnish the employment at which they can make that amount. Nothing difficult to learn or that requires much time. The work is easy, and the hours are short. We have taught thousands of both sexes and all ages, and many have laid foundations that will surely bring them riches. Some of the most successful in this country owe their success in life to the start given them while in our employ years ago. You, reader, may do as well, if you consent. No capital necessary. We fit you out with something that is new, solid, and sure. A book full of advice is free to all. Help your self by writing for it to-day - not to-morrow. Always as costly.

E. G. ALLEN & CO.,

Box 420, AUGUSTA, MAINE.

PHILADELPHIA & READING RAILROAD.

AFTER NOV. 19, 1893.

Trains leave Bloomsburg as follows: Sundays excepted. For New York, Philadelphia, Reading, Pottsville, Tamaqua, etc., 11.15 A. M. For Williamsport, 7.45 A. M., 3.15 P. M. Sunday, 7.55 A. M., 2.25 P. M. For Danville and Milton, 7.15 A. M., 3.32 P. M. For Catawissa, 7.45 A. M., 12.15 P. M., 5.00 P. M., 8.30 P. M. For Sunbury, 10.30 A. M., 7.15 P. M. For Rupert, 7.45, 11.15 A. M., 12.15, 3.15 P. M., 6.30 P. M. Sunday 7.25, 10.30 A. M., 4.35 P. M.

ATLANTIC CITY DIVISION.

Leave Philadelphia, Chestnut Street Wharf and South Street Wharf.

FOR ATLANTIC CITY.

Weekdays—Express, 9.00 A. M., 4.0, 5.00 P. M. Accommodation, 8.00 A. M., 4.15 P. M. Sundays—Express, 9.00 A. M., Accommodation, 8.00 A. M., and 4.30 P. M. Returning leave Atlantic City Depot, corner Atlantic and Arkansas avenues. Weekdays, Express, 7.30, 8.30 A. M., and 4.00 P. M. Accommodation, 8.20 A. M., and 4.30 P. M. Sundays—Express, 4.00, 5.15 P. M. Accommodation, 7.15 A. M., and 4.15 P. M. Parlor cars on all Express trains.

I. A. SWEIGARD, C. G. HANCOCK, Pres. & Gen'l Superintendent. Gen'l Pass. Agt

BLOOMSBURG & SULLIVAN R. R.

Taking effect MONDAY, NOV. 17, 1893.

Table with columns for SOUTH and NORTH STATIONS, listing times for various routes like Bloomsburg, Main Street, Pottsville, etc.

RAILROAD TIME TABLE

DELAWARE LACKAWANNA & WESTERN RAILROAD.

BLOOMSBURG DIVISION.

Table with columns for STATIONS and NORTH, listing times for routes like Northumberland, Catonsville, etc.

STATIONS.

Table with columns for STATIONS and SOUTH, listing times for routes like Schuylkill, Pottsville, etc.

Connections at Harport, with Philadelphia & Reading, for Tanamoc, Pottsville, W. Hamsport, Sunbury, Pottsville, etc.

W. F. HALSTEAD, Gen. Man., Schuylkill, Pa.

Pennsylvania Railroad.

P. & E. R. R. DIV. AND N. C. RY.

In effect Nov. 19, 1893. Trains leave Sunbury EASTWARD.

9:45 A. M. Train 14 (Daily except Sunday) for Harrisburg and intermediate stations arriving at Philadelphia 3:00 P. M.; New York 5:31 P. M.; Baltimore 3:10 P. M.; Washington 4:30 P. M. connecting at Philadelphia for all intermediate points. Passenger coaches to Philadelphia, Baltimore, Parlor car to Philadelphia.

1:30 P. M. Train 8 (Daily except Sunday) for Harrisburg and intermediate stations, arriving at Philadelphia at 6:50 P. M.; New York 10:38 P. M.; Baltimore 7:30 P. M.; Washington 8:37 P. M. Pullman sleeping cars from Harrisburg to Philadelphia for New York and Baltimore. Passengers remain in sleeper undisturbed until 7 A. M.

5:25 P. M. Train 19 (Daily except Sunday) for Harrisburg and intermediate stations, arriving at Philadelphia 11:15 P. M.; New York 2:54 A. M.; Baltimore 10:40 P. M.; Passenger coach to Philadelphia.

8:15 P. M. Train 4 (Daily) for Harrisburg and all intermediate stations, arriving at Philadelphia 3:30 A. M.; New York 7:33 A. M. Pullman sleeping car from Harrisburg to Philadelphia for New York and Baltimore. Passengers remain in sleeper undisturbed until 7 A. M.

1:00 A. M. Train 4 (Daily) for Harrisburg and intermediate stations, arriving at Philadelphia 6:50 A. M.; New York 10:38 A. M.; Baltimore 7:30 A. M.; Washington 8:37 A. M. Pullman sleeping cars to Philadelphia and Baltimore.

4:30 A. M. Train 16 (Daily) for Harrisburg and intermediate stations arriving at Baltimore 8:55 A. M. and Washington 10:16 A. M. Pullman sleeping cars to Baltimore, Washington, and passenger coaches to Baltimore.

WESTWARD.

4:30 A. M. Train 9 (Daily except Sunday) for Catawissa, Buffalo and Niagara Falls, with Pullman sleeping cars to Buffalo and passenger coaches to Rochester.

6:15 A. M. Train 1 (Daily) for Erie, Canandaigua and intermediate stations, Rochester, Buffalo and Niagara Falls, with Pullman palace cars to Erie and Canandaigua, and passenger coaches to Erie and Rochester.

8:56 Train 15 (Daily) for Look Haven and intermediate stations.

1:30 P. M. Train 11 (Daily except Sunday) for Kane, Canandaigua and intermediate stations, Rochester, Buffalo, and Niagara Falls with Pullman sleeping coaches to Kane and Rochester and Parlor car to Rochester.

5:41 P. M. Train 1 (Daily) for Erie, Canandaigua and intermediate stations, Rochester, Buffalo and Niagara Falls, with Pullman palace cars to Erie and Canandaigua, and passenger coaches to Erie and Rochester.

8:25 P. M. Train 13 (Daily) for Williamsport and intermediate stations.

THROUGH TRAINS FOR SUNBURY FROM THE EAST AND SOUTH.

Train 15—Leaves New York 12:15 P. M., Philadelphia 4:30 A. M., Baltimore 4:40 A. M., Harrisburg, 5:10 A. M., daily arriving at Sunbury 9:55 A. M.

Train 11—Leaves Philadelphia 6:50 A. M., Washington 9:50 A. M., Baltimore 8:45 A. M., (daily except Sunday) arriving at Sunbury, 1:35 P. M. with Pullman sleeping cars from Philadelphia and Baltimore.

Train 12—Leaves New York 9:00 A. M., Philadelphia 12:50 P. M., Washington 1:40 P. M., Baltimore 1:40 P. M., (Daily) arriving at Sunbury 5:35 P. M. with Pullman sleeping cars from Philadelphia and Baltimore.

Train 13 leaves New York 2:10 P. M., weekdays 1:30 A. M. Sunday, Philadelphia 4:40 P. M., weekdays, 4:30 P. M. Sunday, Harrisburg 3:15 P. M., Baltimore 4:23 P. M. daily, arriving at Sunbury 9:25 P. M. Through Coach and Parlor car from Philadelphia.

Train 9 leaves New York 6:00 P. M., Philadelphia 9:50 P. M., Washington 7:30 P. M., Baltimore 7:30 P. M., (Daily) arriving at Sunbury 1:35 A. M. with Pullman sleeping cars and passenger coaches from Washington and Baltimore.

Train 3 leaves New York 8:00 P. M., Philadelphia 11:50 P. M., Washington 10:40 P. M., Baltimore 1:40 P. M., (Daily) arriving at Sunbury 5:35 P. M. with Pullman sleeping cars from Philadelphia and Baltimore.

Train 10 leaves New York 8:00 P. M., Philadelphia 11:50 P. M., Washington 10:40 P. M., Baltimore 1:40 P. M., (Daily) arriving at Sunbury 5:35 P. M. with Pullman sleeping cars from Philadelphia and Baltimore.

Train 10 leaves Sunbury 10:00 A. M., arriving at Bloom Ferry 10:45 A. M., Wilkes-Barre 12:10 P. M., Hazleton 12:15 P. M., Pottsville 1:25 P. M. Train 11 leaves Sunbury 2:47 P. M., arriving at Bloom Ferry 3:32 P. M., Wilkes-Barre 5:00 P. M., Hazleton 5:05 P. M., Pottsville 6:05 P. M. Through Coach Williamsport to Wilkes-Barre.

Train 8 leaves Sunbury 7:25 A. M., Pottsville 8:04 A. M., Hazleton 7:10 A. M., arriving at Bloom Ferry 8:47 A. M., Sunbury 9:35 A. M. Through Coach Wilkes-Barre to Williamsport.

Train 10 leaves Sunbury 8:00 P. M., Hazleton 8:04 P. M., Wilkes-Barre 8:00 P. M., Pottsville 8:04 P. M., Wilkes-Barre 8:15 P. M., arriving at Bloom Ferry 9:31 P. M., Sunbury 9:55 P. M.

SUNDAY TRAINS.

Train 7 leaves Sunbury 10:00 A. M., arriving at Bloom Ferry 10:45 A. M., Wilkes-Barre 12:10 P. M., Hazleton 12:15 P. M., Pottsville 1:25 P. M. Train 10 leaves Sunbury 6:05 P. M., Sunbury 7:00 P. M.

S. M. PRESTON, Gen'l. Manager. J. R. WOOD, Gen. Pass. Agt.

GET YOUR JOB PRINTING DONE AT THE COLUMBIAN OFFICE.

PROFESSIONAL CARDS.

N. U. FUNK,

ATTORNEY-AT-LAW, Mrs. Ent's Building, Court House Alley, BLOOMSBURG, PA.

A. L. FRITZ,

ATTORNEY-AT-LAW, Post Office Building, 2nd floor, BLOOMSBURG, PA.

C. W. MILLER,

ATTORNEY-AT-LAW, Wirt's Building, 2nd floor, BLOOMSBURG, PA.

GEO. E. ELWELL,

ATTORNEY-AT-LAW, Columbian Building, 2nd floor, BLOOMSBURG, PA.

W. H. SNYDER,

ATTORNEY-AT-LAW, Office 2nd floor Columbian building, BLOOMSBURG, PA.

ROBERT R. LITTLE,

ATTORNEY-AT-LAW, Columbia Building, 2nd floor, BLOOMSBURG, PA.

THOMAS B. HANLY,

ATTORNEY-AT-LAW, Mrs. Ent's Building, BLOOMSBURG, PA.

W. V. WHITE.

ATTORNEYS-AT-LAW, Wirt Building, Court House Square, BLOOMSBURG, PA.

H. A. MCKILLIP,

ATTORNEY-AT-LAW, Columbian Building, 2nd floor, BLOOMSBURG, PA.

FRED IKELER,

ATTORNEY-AT-LAW, Office back of Farmers' National Bank, BLOOMSBURG, PA.

JOHN M. CLARK,

ATTORNEY-AT-LAW AND JUSTICE OF THE PEACE, Moyer Bros. Building, 2nd floor, BLOOMSBURG, PA.

J. H. MAIZE,

ATTORNEY-AT-LAW, INSURANCE AND REAL ESTATE AGENT, Clark's Building, cor. Main and Centre Sts., BLOOMSBURG, PA.

B. FRANK ZARR,

ATTORNEY-AT-LAW, Clark's Building, cor. Main and Centre Sts., BLOOMSBURG, PA.

W. H. RHAWN,

ATTORNEY-AT-LAW, Office, corner of Third and Main Streets, CATAWISSA, PA.

J. B. MCKELVY, M. D.,

SURGEON AND PHYSICIAN, Office, North side Main St., below Market, BLOOMSBURG, PA.

DR. J. C. RUTTER,

PHYSICIAN AND SURGEON, Office, North Market Street, BLOOMSBURG, PA.

DR. M. J. HESS,

Graduate of the Philadelphia Dental College, Office 2nd floor front, Lockard's Building, corner of Main and Centre Streets, BLOOMSBURG, PA.

DR. J. R. EVANS,

PHYSICIAN AND SURGEON, Office corner Third and Jefferson streets, BLOOMSBURG, PA.

HONORA A. ROBBINS, M. D.,

Office, West First Street, BLOOMSBURG, PA.

J. J. BROWN, M. D.,

Market Street, BLOOMSBURG, PA.

THE EYE A SPECIALTY.

Eyes treated, tested, fitted with glasses and Artificial Eyes supplied. Hours 10 to 4. Telephone Connection.

S. B. ARMENT M. D.,

Office and Residence No. 18, West Fifth St.

DISEASES OF THE THROAT AND NOSE A SPECIALTY.

OFFICE HOURS: 10 to 12 A. M. Bloomsburg OFFICE HOURS: 3 to 4 P. M. (7 to 9 P. M.) Pa.

DR. ANDREW GRAYDON

PHYSICIAN—AND—SURGEON.

Office and residence in Prof. Waller's House \* MARKET STREET \* TELEPHONE.

SPECIAL ATTENTION TO DISEASES OF CHILDREN

H. BIERMAN, M. D.

HOMEOPATHIC PHYSICIAN AND SURGEON OFFICE HOURS: Office & Residence, 208 W. 3d St. Until 9 A. M., Bloomsburg, Pa. 1 to 2 and 7 to 8 P. M.

DR. W. H. HOUSE,

SURGEON DENTIST, Office, Barton's Building, Main below Market BLOOMSBURG, PA.

All styles of work done in a superior manner, and all work warranted as represented.

TEETH EXTRACTED WITHOUT PAIN,

by the use of Gas, and free of charge when artificial teeth are inserted.

To be open all hours during the day.

C. WATSON MCKELVY,

FIRE INSURANCE AGENT. (Successor to B. F. Hartman.) Represents twelve of the strongest Companies in the world, among which are:

CASH TOTAL SURPLUS CAPITAL ASSETS OVER ALL: Franklin of Phila., \$400,000 \$3,198,529 \$1,000,000 Penn'a. Phila., 400,000 3,828,170 1,419,228 Queen of N. Y., 600,000 3,528,915 1,021,228 Westchester N. Y., 300,000 1,723,301 525,725 N. America, Phila., 3,000,000 9,730,689 2,567,725