

LIGHTNING'S QUEER FRANKS.

A Roaring Creek Farmer's Home Almost Ruined by the Mysterious Current.

The home of Thomas Watkins at Roaring Creek was struck by lightning last week, and the remarkable pranks of the electric fluid has caused considerable discussion among the people in that vicinity.

How Our Presidents Died.

George Washington died from a cold which brought on laryngitis; buried on his estate at Mount Vernon Va.

AVOIDABLE ERRORS IN DIET.

Cause Half the Ills Which Afflict Middle-Aged People.

The nature and quantity of an appropriate diet, says a writer in Youth's Companion, must depend largely upon one's age, individual constitution, occupation, habits of life, and to some extent upon the climate in which one lives.

In health, the appetite may be taken as a fair guide, and the child will seldom eat too much if he is taught to eat slowly, and thoroughly chew each mouthful.

Throughout the school years the growth of the body is continually going on, and therefore, if a proper development is to be maintained, the food must be abundant and of a character to furnish new tissue, and to yield energy in the form of heat and muscular activity.

The full adult weight is not usually attained before the twenty-fifth year, although in some instances it is reached earlier.

When the growth of the body and the development of the vital organs are completed, the use of food consists simply in maintaining the proper equilibrium of the tissues by replacing waste with new material, and in furnishing fuel for the development of force.

As men advance in life, become prosperous, and perhaps acquire more luxurious habits of living, they are apt to take less exercise, and at the same time to be constantly tempted to indulge in food which is not needed and which is imperfectly consumed in the body.

On the other hand, quite as much ill may result from eating too little as from over indulgence. In either case the difficulty is made serious by long continuance.

So great is the force of habit over the different organs of the body that the stomach and intestines will usually reject undigested the contents of an occasional excessive meal, whereas with habitual overeating they become accustomed to appropriating large quantities of food, which are absorbed but which cannot be eliminated without severely taxing the organ of excretion.

Frequently the excess is stored up in the body and goes on accumulating until the system rebels, and a violent bilious attack, by vomiting and purging, brings relief.

It is no exaggeration to say that avoidable errors in diet are responsible for more than half the disease which embitters the middle and latter part of life.

Are You Tired

All the time? This condition is a sure indication that your blood is not rich and nourishing as it ought to be and as it may be if you will take a few bottles of the great blood purifier, Hood's Sarsaparilla.

Local Items.

People in these towns will naturally subscribe for the paper because they want to see in print the doings of their neighbors and of people in the adjoining towns. It is the fashion for larger city newspapers, and especially for the comic papers, to poke fun at local editors because they print such items as the following:

"Our popular Boniface, Doddridge Darlington, has entertained three disciples of Izaak Walton since last Thursday. They came up from the city, and have had good luck. Of course all the two-pounders got away, but they will carry back some good fish all the same.

"Uncle Jehu Shultz is conversing

from his attack of quinsy sore-throat. When it comes to quinsy, Dr. Fitts is a hard man to beat. Consultations with high-priced city physicians are not in our popular Galen's lexicon."

The fact that such items appear daily and weekly all over the United States proves that they are wanted, and that a local journal must have them. They tend to increase circulation; increased circulation inevitably induces, and in fact compels, advertising; and these two factors not only create success, but are success. No newspaper was ever carried to genuine success which neglected the news of its own town and neighborhood.

OVERCROWDED INSANE ASYLUMS.

Efforts will be made to have the Legislature Provide Additional Accommodations.

The crowded condition of the insane hospitals of Pennsylvania is causing much concern to Governor Hastings and the authorities of these institutions. Superintendent Curwen, of the Warren Hospital, reports nearly 1,000 inmates in that institution, more than 300 in excess of the number originally intended to be accommodated.

With a view of relieving their distress Dr. Curwen has begun an active and systematic canvass for the erection of another insane hospital in the central portion of Pennsylvania, to cost about \$1,000,000, which would afford substantial relief to the other insane hospitals. He has in contemplation the preparation of a bill to be submitted to the next Legislature, having this end in view, but before he will press its passage he proposes to see enough members of the Legislature to ensure the success of the movement, and to have a thorough understanding with the Governor as to his views of the necessity of the building, which is intended to be for the treatment of the insane in thirteen counties, including Centre and Clearfield.

Dr. Curwen seems to have no doubt that the Legislature will not hesitate to authorize the erection of the building, and to vote the money that may be required to complete the enterprise.

LIKE THE PITTSBURG SQUEEZE.

An Extensive Cave-in of the Van Wickle Mines near Hazleton.

An extensive cave-in occurred at Van Wickle's Coleraine mine near Hazleton, last week, which threatened to destroy the colliery. At 2 o'clock in the morning the pump runners and five miners were at the bottom of the slope when a heavy squeeze was noticed. A few minutes later the pillars of the gangway began to chip, and a heavy fall followed. The concussion was terrific, sending clouds of smoke and dust up the slope, and spreading the alarm on the surface.

The miners were quickly gotten out. Later the fall extended to the surface, taking down the Lehigh Valley railroad for 800 feet.

The mine is still squeezing, and a general collapse is anticipated, in which event the village will be abandoned and the mine ruined.

When your stomach begins to trouble you, it needs help. The help it needs, is to digest your food, and until it gets it, you won't have any peace. Stomach trouble is very distressing, very obstinate, very dangerous. Many of the most dangerous diseases begin with simple indigestion. The reason is that indigestion (not digestion, not-nourishment) weakens the system and allows disease germs to attack it. The antidote is Shaker Digestive Cordial, strengthening, nourishing, curative. It cures indigestion and renews strength and health. It does this by strengthening the stomach, by helping it to digest your food. It nourishes you. Shaker Digestive Cordial is made of pure herbs, plants and wine, is perfectly harmless and will certainly cure all genuine stomach trouble. Sold by druggists, price 10 cents to \$1.00 per bottle.

Potatoes are Rotting.

Down in Chester county the farmers in some sections are complaining that their potatoes are rotting, and they are at a loss to discover the cause. The weather has been very dry, and therefore the rain cannot be charged with the damage, but some of those who are losing the tubers say the rotting is due to the warm weather which prevailed in that section for the last two weeks.

The Curfew Law at Topeka.

The City Council of Topeka has enacted a curfew law. It provides that all children under sixteen years of age who are found on the streets or in public places unaccompanied by guardians after 9 p. m. in summer and 8 p. m. in winter shall be arrested and fined not less than \$5 nor more than \$25. The fire bell will ring every evening fifteen minutes before the hour fixed by law.

Americans Get the Preference.

Following the recent order of Supt. Connor came the announcement that the mine officials at Shamokin are issuing orders that Americans are to be given the preference over foreigners as to work, and in consequence the latter are leaving the neighborhood. It is estimated that by October 1st fully 1,000 foreigners will have taken their departure.

Testing Their Ability.

The employees of the various stations along the Lehigh road have received a book containing 100 questions that are to be answered by them and returned to the superintendent. The questions asked are in regard to the running of trains, the kind of signals used, and what is done when a train order is countermanded. The test is a severe one especially on a number of new employees, who have never answered any questions like them before.

OH! WHAT A RELIEF.

"I suffered with terrible pains in my left ovary and womb. My back ached all the time.

"I had kidney trouble badly. Doctors prescribed for me, and I followed their advice, but found no relief until I took Lydia E. Pinkham's Vegetable Compound. Oh! what a relief it is, not to have that tired feeling day after day, in the morning as much as at night after a hard day's work, and to be free from all pains caused by Ovarian and Womb troubles. I cannot express my gratitude. I hope and pray that other suffering women will realize the truth and importance of my statement, and accept the relief that is sure to attend the use of the Pinkham Medicine."

Mrs. JAMES PARRISH, 2501 Marshall St., N. E., Minneapolis, Minn.

WRIGHT'S PILLS. For all Bilious and Nervous Diseases. They purify the Blood and give Healthy Action to the entire system.

PENNYROYAL PILLS. Largest circulation of any scientific paper in the world. Splendidly illustrated. Not intelligent man should be without it.

Scientific American Agency for PATENTS. TRADE MARKS, DESIGN PATENTS, COPYRIGHTS, etc.

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BLOOMSBURG PAVING CO.

OHIO FLAG, BEAVER VALLEY FLAG CURB, STEP AND CAPS. Artificial stone paving in all its branches, including Mellick's patent arch pavement. All work guaranteed.

FRANK WETH & MATT DOYLE, Foremen. O. B. MELLICK, Manager. WINT BUILDING, Bloomsburg, Pa.

E. A. RAWLINGS.

All Kinds of Meat, Beef, Veal, Lamb, Mutton, Pork, Hams, Bacon, Tongues, Bologna, &c. Free Delivery to all parts of the town.

ENTRE STREET, BLOOMSBURG, PA. Telephone connection.

A REMARKABLE OFFER.

For a short time Ralph G. Phillips, the photographer, is making one life size photograph, value \$5.00, and thirteen cabinet photographs all for \$3.00.

All work guaranteed. Ralph G. Phillips, Ground Floor Gallery, Opposite Central Hotel BLOOMSBURG, PA.

MEAT MARKET

For home dressed meat, call at JERRY FREDERICK'S, Successor to J. L. WOLVERTON

We sell for cash but our prices are the lowest in the town. Goods delivered to all parts of the town.

READING RAILROAD SYSTEM

In effect May 17, 1896. TRAINS LEAVE BLOOMSBURG. For New York, Philadelphia, Reading, Potomac, etc.

For Williamsport, weekdays, 1.35 a. m., 3.30 p. m. For Danville and Milton, weekdays, 7.35 a. m., 12.30 p. m.

For Catonsville, weekdays, 7.35, 11.45 a. m., 12.30, 5.00, 6.30 p. m. For Rupert, weekdays, 7.35, 11.45 a. m., 12.30, 5.00, 6.30 p. m.

For Baltimore, Washington and the West via B. & O. R. R., through trains leave Reading Terminal, Philadelphia, 3.30, 7.55, 11.30 a. m., 3.45, 7.27, 11.24 p. m. Sundays 3.30, 7.55, 11.30 a. m., 3.45, 7.27, 11.24 p. m. Additional trains from 24 and Chestnut street stations, weekdays, 1.35, 5.41, 8.33 p. m. Sundays, 1.35, 5.33 p. m.

TRAINS FOR BLOOMSBURG. Leave New York via Philadelphia 8.00 a. m., and via Easton 9.10 a. m. Leave Philadelphia 8.00 a. m., 4.30, 6.30 p. m. Leave Reading 11.55 a. m. Leave Potomac 1.20 p. m. Leave Tamaqua 1.27 a. m. Leave Williamsport weekdays 10.30 a. m., 4.30 p. m. Leave Catonsville weekdays, 7.00, 9.30 a. m., 11.30, 3.24, 6.15. Leave Rupert, weekdays, 7.05, 9.27, a. m., 1.30, 1.37, 3.21, 6.23.

FOR ATLANTIC CITY. Leave Philadelphia, Chestnut Street wharf and South Street wharf for ATLANTIC CITY. WEEK-DAYS-Express, 8.00, 9.00, 10.40 a. m. (Saturday only, 1.30), 2.00, 3.00, 3.40, 4.00, 4.30, 5.00, 5.40 p. m. Accom. 8.00 a. m., 4.30, 6.30 p. m. \$1.00 Excursion train, 7.00 a. m. SUNDAY-Express, 7.30, 8.00, 8.30, 10.00, 10.40 a. m. Accom. 8.00 a. m., 8.00 a. m., 4.45 p. m. \$1.00 Excursion train, 7.00 a. m. Ret.-return, leave Atlantic City, depot, corner Atlantic and Arkansas Avenues. WEEK-DAYS-Express, (Mondays only, 6.45), 7.00, 7.45, 8.15, 9.00, 10.15, 11.30, 12.30, 3.30, 5.30, 9.30, 9.30 p. m. Accom. 6.35, 7.55 a. m., 4.32 p. m. \$1.00 Excursion train (from foot Mississippi Avenue only) 6.00 p. m. SUNDAY-Express, 3.30, 4.00, 5.00, 6.00, 6.30, 7.00, 7.30, 8.00, 9.30 p. m. Accom. 7.15 a. m., 3.05 p. m. \$1.00 Excursion train (from foot Mississippi Avenue only) 6.10 p. m. Parlor cars on all express trains. Parlor cars on all express trains. I. A. SWEIGARD, C. G. HANCOCK, Gen'l Superintendent, Gen'l Pass. Agt

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Pennsylvania Railroad

Time Table in effect June 14, '96

Table with columns for stations (Scranton, Pittston, Wilkesbarre, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Pottsville, Tompkins, Fern Glen, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Nesquehanna, Sunbury, Lewisburg, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Sunbury, Harrisburg, Philadelphia, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Harrisburg, Philadelphia, Washington, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Pittsburg, Harrisburg, Philadelphia, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Washington, Baltimore, Philadelphia, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Harrisburg, Sunbury, Erie, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Sunbury, Danville, Catonsville, etc.) and times for A.M., P.M., and F.M. services.

Table with columns for stations (Nesquehanna, Sunbury, Pottsville, etc.) and times for A.M., P.M., and F.M. services.

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DR. BULL'S BABY SYRUP. Cures dysentery, flatulency, griping, colic, and all the ills of baby-hood. Mothers, do not let your child suffer when a bottle of Dr. Bull's Baby Syrup will give instant relief. Price only 25 cts.

I RESTORE LOST MANHOOD. Young and middle-aged men who suffer from errors of youth, loss of vitality, impotency, sexual weakness, etc., can be cured by my new method of treatment. Some other like it, immediate improvement. Consultation and book free. Add. DR. SMITH, Lock box 635, Phila. Pa.