

The Columbian.

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NO. 12.

WHEN YOU WANT TO

Open a Bank Account Have a Check Cashed
Borrow Money, or Make an Investment

CALL ON THE OLD RELIABLE -

The Farmers National Bank
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Capital, \$60,000

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3 Per Cent. Interest Paid on Time Deposits.

THE MOTHERS' MEETING.

The following is in part the address delivered by Dr. A. W. Baker, at the Mothers' Meeting in the High School last Thursday.

The subject was "Hygiene as it relates to the Public School Pupils". After some preliminary remarks, Dr. Baker said:

Diet—The child's food should be plain and varied; not too much meat and rich pastry, but more vegetables, fruit, nuts, and olive oil; milk rather than tea and coffee. Meals should be regular, and a child should have plenty of time to eat. If you keep a horse I know you are particular to feed it regularly. It is even more important that your child should have the same consideration. You have been told that you should eat slowly and thoroughly chew the food. Why? Because man does not ruminate, as does the ox, the deer, and some other animals, but our food should be finely ground before swallowing, and thoroughly mixed with the saliva, which starts the process of digestion. To enable children to thoroughly masticate their food, give them plenty of time to eat and do not allow them to drink while eating; but water may be taken before and after eating. I think man is the only animal that washes his food down with liquids.

Children should not be allowed to eat too often between the regular meals, as that keeps the stomach at work all the time. The stomach needs rest just as much as the body does. Cheerfulness at the table is a great aid to digestion. Let the children laugh and talk at their meals; join them in agreeable conversation. A disordered digestion makes a cross and disagreeable child; and perfect digestion produces a happy disposition.

Pure water should be the principal drink. Tea and coffee are more or less harmful to growing children, as they contain alkaloids which affect the nervous system and irritate the kidneys.

Stimulants. Alcoholic liquors should not be given children. They contain no nourishment which cannot be supplied by harmless foods. They are positively harmful to young growing children. Besides, many a man or woman can trace his or her downfall to the indulgence of thoughtless parents.

Sunshine is one of our best disinfectants. Many people keep their houses shut up tight, particularly the "spare room" or the "parlor" for fear the sunlight will fade carpets or furniture. Better have faded carpets than faded children. Let the sunshine in, even though it keeps the doctor out.

Cleanliness. It has been truly said that "cleanliness is next to Godliness". Cleanliness is conducive to health; uncleanness invites disease. Teach children to use the toothbrush after meals, and always to start to school with clean hands and faces. No doubt you teachers have some pupils who come to school with a "high-water mark" upon their wrists and necks.

Bathing.—Where possible a child should have a warm bath at bedtime and a cool sponge-bath on arising in the morning. This keeps the skin in a clean, healthy, active condition, helps the circulation of the blood, induces sleep, aids digestion, growth and development. We breathe more or less through the skin, hence the importance of keeping the pores open, by frequent bathing. Don't be afraid to wash the hair; it will do no harm; unless frequently washed, the hair becomes too oily. Discourage the habit among children of putting

Continued on page 5.

NEWSPAPER ENTERPRISE.

An eight year old boy, son of James P. Whilta Esq., of Sharon, Pa. was called out of the school room by a stranger one morning last week, and has not been seen since. He was kidnapped. His father offered to pay a ransom of \$10,000, the amount demanded by the abductors, the latter having written a letter to the father to that effect.

Detectives and the constabulary were at once put in motion, and but for a large overdose of what is called "newspaper enterprise," the criminals would probably have been apprehended, and the boy safely at home, ere this.

The city papers have contained columns each day, going into the minutest details of every movement made by Mr. Whilta and the authorities, and have thus kept the kidnappers thoroughly informed at every step, thus enabling them to elude capture. It is to be regretted that this style of journalism is so prevalent in such cases. It has often happened that newspaper men have ferreted out crimes, and led to the apprehension of criminals, but they have not done it by publishing daily every clue, and every step taken.

It would seem as though the papers that fill their columns with such matter, do it for the sake of making sales for their publication, by gratifying that morbid desire of so much of the public that yearns for the sensational, but losing sight of the fact that they are thereby putting obstacles in the way of those who are seeking to apprehend the criminals, and to restore the lost child to his parents.

LATER. Since writing the above the Whilta boy has been recovered by the father, not through the help of the newspapers, but by paying the ransom, and by keeping his movements unknown to the reporters.

CONCERNING A FORMER BLOOMSBURG LADY.

Miss Margaret Laubach, formerly of Bloomsburg, but for some years past residing in Philadelphia, was married to Mr. Harry E. Woodman in November, 1907, in New York city. He is President of the Franklin Trust Company, of Philadelphia, President of the Union Railway Supply Company, with offices in the Real Estate Trust Company building, Broad and Chestnut streets, and is extensively engaged in the construction of gas and electric light plants, and is one of the owners of the gas plant at Lewistown, Pa.

Mr. Woodman is a member of the following clubs: Union League, Art Club, Columbia Club, Yacht Club, and the Quaker City Motor Club. He is also President of the Good Roads Company.

Their residence is at 1200 Spruce street, Philadelphia. Mrs. Woodman has many friends here who will be glad to learn of her happiness and prosperity.

GELB'S OPENING.

The opening of Gelb's store in its new location, the Clark building, last Thursday, was largely attended. The store was crowded all day and evening. The goods are attractively arranged, and he is showing a very fine line of millinery, women's and misses' suits and coats, lingerie, waists, and a general assortment of desirable goods. Mr. Gelb's progress since he came here, shows him to be an up-to-date business man.

"American Banks are most carefully managed."
—Harrison.
On the character of the directorate of a Bank and its management rests public confidence necessary to its success.
Moral: The directors of this Bank are forever devoted to its interests.

SAFETY

WOULDN'T IT BE WELL
FOR YOU TO CAST IN YOUR LOT
WITH THIS BANK.

THE BLOOMSBURG NATIONAL BANK
BLOOMSBURG PENNA

PROPOSED NEW FISH LAW.

A new fish bill is before the legislature. It was drafted at a meeting of a lot of fishermen held a few months ago at Allentown. It is a fair, rational bill, and its passage would be welcomed by all true sportsmen.

It classes as game fishes all the trout and salmon family, black bass, Oswego green or yellow bass, crappie, grass, strawberry or calico bass, white bass, rock bass, blue pike, pike perch, pickerel, pike, muscallonge, etc, except bass or rock fish.

It classes as food fishes all white fish, herring, shad, alewife, sturgeon, striped bass or rock fish, and classes as common fishes all other fishes found in the waters of this commonwealth, including "bait fish," which is held to cover the small fishes of all species excepting those classed as game fishes.

It permits the catching of common fishes at all times of the year with rod, hook and line or hand-line; the catching of game or food fishes in the open season by the same means; defines "rod, hook and line or hand-line" to cover bobs and tip-ups and limits hand-lines to five hooks, and designates "rod, hook and line or hand-line" as the manner and method and not prescribing or limiting the number to be used; permits the taking of bait fish by any means except explosives or poisons.

It makes the trout season April 15th to July 31st, limits the number to be caught to 40 and does away with the size limit.

It makes the season for other game fish June 15th to January 31st, limits the catch of black bass to 15, pickerel and pike to 20. Susquehanna salmon to 15 and muscallonge to 5, per day, and does away with the size limit.

No persons shall be liable to any penalty for violations unless the fish have actually been illegally caught, taken or killed, or had in possession, and permits an appeal from the justice's decision.

It compels the hatcheries to retain one-half the fish produced until they are 1 1/4 inches in length, and the remainder until they are 3 inches in length, before distributing them.

It permits the use of hoop nets of any mesh for catching all but game fishes during the months of March, April, May, September, October and November.

Permits outline or night-line fishing from 5 o'clock p. m. to 8 o'clock the next morning, and prohibits the use of a gig or spear for taking any kind of fish.

It permits the use of dip-nets that do not span over eight feet for catching fish during the same months that the use of hoop nets is permitted.

It says nothing about eel walls, nor does it permit setting hooks for eels in waters inhabited by brook trout, but Representative Creasy has introduced an amendment permitting this latter time honored custom.

There are numerous other provisions relating to the enforcement of the law and the penalties for the violation of the law are about the same as under the old law.

It will no doubt be amended by the Fishery Commission representatives until its sponsor will not recognize it, but nevertheless it is the nearest to a sensible fish law that has yet been presented to the legislature.

APRIL SECOND ARBOR DAY.

Governor Stuart Urges Planting of Trees All Over State.

Governor Stuart has issued the following Arbor day proclamation: "The annual observance of Arbor day has fostered public sentiment in favor of the preservation of the forests, their protection from fire and other enemies, and their intelligent use for commercial, industrial and other purposes. It has emphasized in the public mind the value of trees—for shade, for fruit, for timber, for holding the soil and conserving the streams. It has made the rising generation familiar with the best methods of planting trees, and for promoting their growth. It has led to the beautifying of the public parks and the grounds about homes and school-houses.

"The custom of observing Arbor day, which is now almost universal throughout the civilized world, should be encouraged and perpetuated. Wise legislative enactment has made it the duty of the chief executive to name one or more days as Arbor days for the State of Pennsylvania.

"Therefore, in furtherance of this laudable custom, and by authority of law, I, Edwin S. Stuart, Governor of the Commonwealth of Pennsylvania, do hereby issue this my proclamation, designating Friday, April 2, and Friday, April 23, 1909, as Arbor days throughout the Commonwealth.

"Two days have been designated so that every section of the State may find a day for tree planting suited to its climatic conditions."

MARRIED AT ESPY.

Miss Bessie M. Robison, daughter of Mrs. J. Boyd Robison, was married at her home in Espy on Wednesday, to Dr. John Decker Butzner of Virginia. Owing to the recent death of her father, the wedding was a quiet one, only members of the family and a few invited friends being present.

The ceremony was performed by Rev. H. E. Harman of West Berwick. After a wedding journey to the south, the young couple will reside in S. ranton.

The bride is a graduate of the Normal School, and of the Poly-clinic Hospital, Philadelphia, where she took a course as a trained nurse. Dr. Butzner graduated at the University of Virginia.

FROM JAMES MAGEE.

A postal received from Mr. Magee at this office yesterday says: "I am writing this on the deck of the steamer, and it is rolling so, I can hardly keep my seat. I have not lost a meal since I left home."

It was mailed March 10th, but the post mark is indistinct. As it has a Panama postage stamp on it, we judge that he was in that vicinity at the time.

LAFAYETTE CLUB COMING.

The Lafayette College Glee and Mandolin Club will give a concert in the Normal Auditorium on Tuesday, March 30th, at 8:15 p. m. A large number of Bloomsburg ladies have consented to act as patronesses, and a big audience will greet the Lafayette students.



Bring Her With You!

WOMEN know better than men what is good quality in cloth. They know a pure wool fabric when they see it, and they have good taste too in the selection of fabric, design and color. That is why we like you to Bring Her With You when you want to buy a new suit or overcoat. Ask for the International genuine all wool line, and put the question of worth to her. International quality can stand the severest test—aye—the test even of a bargain-hunting lady.

BRING HER WITH YOU.

A large and choice selection of woollens to choose from. You can have any style cuff on the sleeve, any style pocket in the coat, and any style trouser you may want. Prices range from \$12.00 for a Business Suit to \$40.00 for a Dress Suit. Every piece of cloth used guaranteed all wool.

Come in, Look Over This Line

TOWNSEND'S
CORNER
CLOTHING STORE,
BLOOMSBURG, PA.