

# BIG BARGAINS

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# EVANS' SHOE STORE

BLOOMSBURG, PA.

## THE COLUMBIAN.

BLOOMSBURG, PA.

THURSDAY, MARCH 25, 1909.

Entered at the Post Office, Bloomsburg, Pa., as second-class matter, March 1, 1888.

Dr. R. E. Miller and C. W. McKelvy have purchased new Pullman automobiles.

Mrs. Dora LaTourette has charge of the cloak and suit department of the Hartman store.

Mr. B. O. Ellis, general manager of the Columbia Light, Power, and Railways Company, has leased the Titman house on Main street, and will occupy it about April 1st.

Revs. P. F. Eyer, W. R. Whitney and E. R. Heckman are attending the annual sessions of the Central Pennsylvania M. E. Conference at Harrisburg this week. L. T. Sharpless is in attendance as a lay deputy.

### Here is Relief for Women

If you have pains in the back, Urinary, Bladder or Kidney trouble, and want a certain pleasant herb cure for woman's ills, try Mother Gray's AUSTRIAN-LEAF. It is a safe and never-failing regulator. At Druggists or by mail 50 cents. Sample package FREE. Address, The Mother Gray Co., LeRoy, N. Y.

The following letters are held at the Bloomsburg, Pa., postoffice: A. N. Baer, Mr. Chas. Trogietz, Cards: Elizabeth M. Hope, Mr. Wm. Johnston.

### MEN'S GOSPEL MEETINGS.

The series of meetings being held this week in the Presbyterian Church, under the auspices of the Men's Bible Union, are being well attended, and are very interesting and impressive. Hon. Fred Ikeler was the speaker on Monday night, and Rev. E. A. Lonx of Berwick on Tuesday, and Mr. Ikeler again on Wednesday. The services are interspersed with musical selections. The meetings will be continued tonight and tomorrow night.

### Spend Easter at Atlantic City.

There is no day like Easter Sunday at Atlantic City. Round trip tickets via "THE READING" sold only on April 10th, good for 15 days at \$5.05. Stopover allowed at Philadelphia. 3-25-2t

### MARRIAGE.

Jones and Yost—on the 20th inst. at the Reformed parsonage in Orangeville by Rev. A. Houtz. Mr. Sheldon Jones of Wilkes-Barre and Miss Emily Irene Yost of Fishing creek Township.

### NOW A GRANDFATHER.

Ex-Prothonotary C. M. Terwilliger is now a grandfather, as his son, Reber and wife, are the parents of twin daughters.

### DEATH.

Culp—Died at the home of her son near Forks, Mrs. Elizabeth Jane Culp, age 84 years, 5 months and 21 days.

Towanda is to have a trolley road at last. George W. Kipp, former Congressman from that district; George R. Hill, E. F. Kizer, O. L. Haverly and Edward Whalen, five of the wealthiest and most prominent business men in Bradford county, have organized what is to be known as the Bradford County Traction Company, and made application to the Governor of the State for a charter for the intended corporation. Not only have these gentlemen already formed the company and applied for a charter, but they have also secured a franchise to build a railway system in Towanda borough.

### CASTORIA.

The Kind You Have Always Bought

### MOTHERS' MEETING.

Continued from 1st page.

coins or pencils in the mouth; many diseases are contracted in this way. Just here let me say a word about the infection of little injuries, such as cuts, scratches &c. In dressing an injury be very sure to thoroughly cleanse it with clean water—preferably boiled water—before tying it up. Free bleeding helps to cleanse a cut. Don't dress it with mud or salves, but just with clean, sterilized or baked linen or muslin bandages. One never "catches cold" in an injury, but one does catch "bugs" or microbes in it, from dust, dirt or careless dressing or from rust or dirt on the article inflicting the injury. Tetanus or lockjaw is caused in this way; the bad effects of vaccination are nearly always due to carelessness in performing the operation or afterward in caring for the sore.

Never use cobwebs to stop bleeding; they are very liable to be laden with disease germs, dust and dirt. Learn to locate and press upon the artery above or toward the heart from the bleeding point. Of course, if the injury is severe, send for the doctor. If you dress it yourself, be sure that it is clean, and you will not "catch cold" in it. A child should have one or two movements of the bowels every day. Parents often neglect their children in this matter, until they become ill. It is very important that the "sewer system" be kept in good order. All children should be encouraged to romp and play in the open air as much as possible. Where means will allow, a large airy, comfortable room should be provided for their use when the weather is too bad for them to play out doors. Let me emphasize the importance of plenty of pure air at all times—day and night.

Some diseases are much more prevalent in winter, not because of exposure to cold, but rather because of exposure to the vitiated atmosphere of over-heated houses, especially where they are not sufficiently aired and sunned. Bronchitis is one of these diseases. Wraps or overshoes should not be worn indoors. The little close-fitting caps the boys wear are injurious to the hair, and are likely to cause it to fall out. The hair and scalp need air. Wrapping up the neck is a bad practice; there is no necessity for it except when rain or snow blows down the neck. I do not approve of chest protectors—they only make one "delicate". Daily bathing the chest with cold water is a better chest protector and costs nothing. Children should never sleep in the underwear worn during the day.

**Breathing**—Teach your children to walk and sit erect; with head up, shoulders thrown back and chest out. Try to touch their pride and make them grow straight rather than be obliged to try to straighten them by the use of mechanical appliances. Have them practice deep breathing. Perhaps breathing exercises are taught in the schools. I think they should be. Deep breathing expands the lungs, opens up the air cells, takes in more air and consequently more oxygen, and throws off more carbonic acid gas. The more oxygen we breathe into our lungs the better blood we have, and the better we can resist disease. While upon the subject of breathing, let me say that one should always breathe through the nose. That organ is provided with fine hairs to sift the air and remove dust and irritating particles, and it warms and moistens the air before it passes into the lungs, thus protecting the latter. The mouth is not intended for breathing, except in case of emergencies, as injuries or diseases of the nose. When a child habitually breathes through the mouth there is a reason for it; a swelling or thickening of the lining membrane of the nose or the presence of growths, as adenoids, &c. Mouth breathing produces loss of facial beauty and purity of voice; causes snoring, and is a cause of throat troubles. Have your physician attend to this before the habit of

month breathing becomes confirmed. *Neatness* may or may not have any relation to health, but is worth cultivating, and is essential to a well-ordered home or school. Children should early be taught to have a place for everything and keep it there. Clothing should not be thrown promiscuously about the room when undressing for the night, but should be neatly hung up or laid over a chair. These little habits will follow them through life. Parents should remember that children are very apt to follow their examples in these things.

**Tobacco.** I should be derelict in my duty if I did not say a word against the use of tobacco. Here, too, the example of the parent will go far toward influencing the child for good or bad. Tobacco is injurious to growing children; it stunts the growth of mind and body; it weakens the heart by destroying the elasticity of muscular fibre. The law is trying to take care of the cigarettes, for which let us be thankful, and hope the manufacture and sale of them will soon be prohibited entirely. Keep tobacco from children until they are fully grown. I am aware that many physicians and clergymen use tobacco, but they would be better off without it. Ask them. You must agree with me that it is disgusting to see a small boy puffing a cigar or pipe or spitting tobacco juice about. Gum chewing is also a disgusting habit, and is harmful for the reason that it unduly excites or stimulates the salivary glands. The benefits derived from chewing gum are more imaginary than real.

**Carrying Contagion by Domestic Animals.**—It may not be generally known that the common household pets, cats and dogs, are often responsible for the spread of contagious diseases, such as scarlet fever and diphtheria. Parents should be very careful to exclude all domestic animals from the house during the prevalence of any contagious or infectious disease, and until after the house has been thoroughly fumigated. Some years ago I saw three cases of scarlet fever that were positively traced to a pet dog. The children in the house where the dog belonged were allowed to play with the animal during their convalescence, and the dog was permitted to leave the house, and being a favorite with the children in the neighborhood, carried the disease to the three other families. I once traced the origin of a fatal case of scarlet fever to a cow. I was called to see a boy of five years of age, who was suffering from a severe attack of scarlet fever. The boy had not been away from home for a long time, and there was no history of exposure. Finally I learned that the boy's father had purchased a fine Jersey cow about a week before the boy became ill; the boy, being very fond of animals, was about the cow a great deal. Upon making further inquiry I learned that the family from whom the cow had been purchased had been careless enough to allow their children to go out and come in contact with the cow—which was a pet—when they were recovering from scarlet fever, and there had been no proper fumigation.

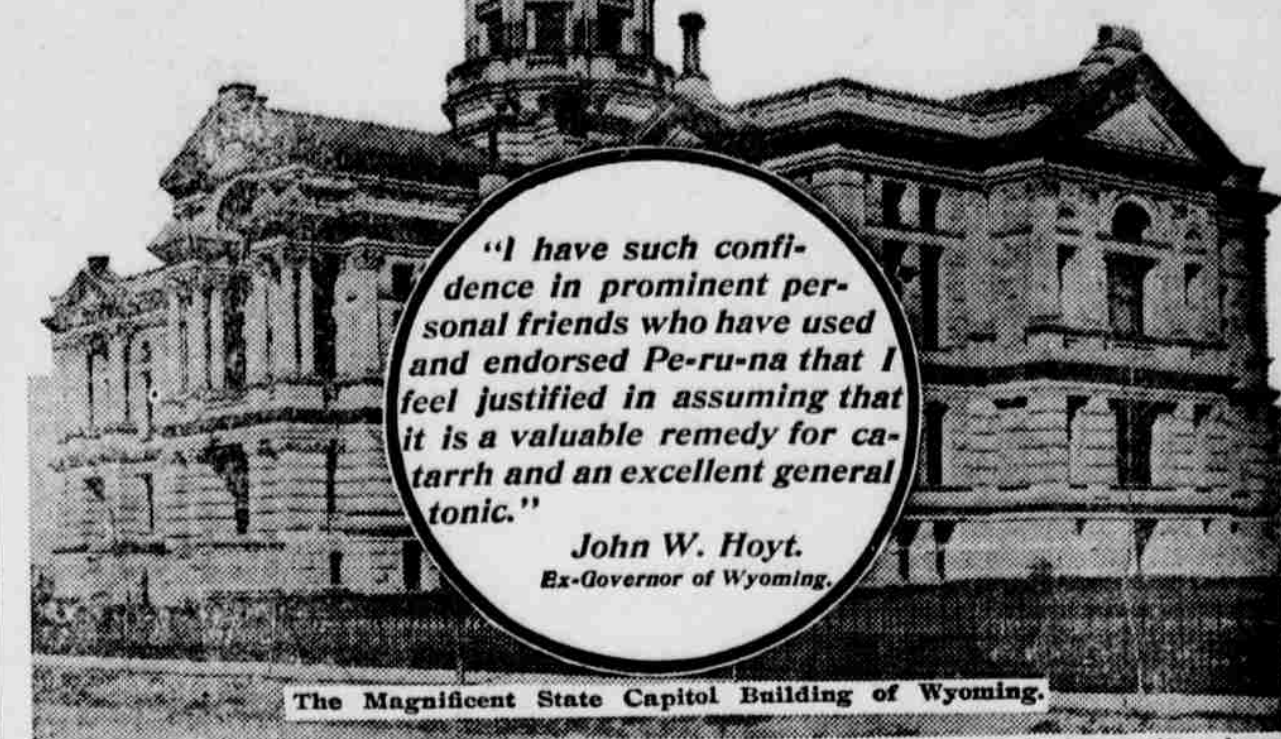
Such carelessness is criminal, and fortunately is not often heard of in these days. This occurred about fifteen years ago. Not only do cats carry contagion, but they have been known to contract diphtheria themselves and give it to children with whom they came in contact.

Just a few words as to the *moral health of school children*. This should not all be left to the Sunday school. Set them the example in the home. Avoid profanity at home and everywhere else, for children are everywhere, and quick to learn things they should not learn. Of course this applies more particularly to fathers and older brothers—mothers never use profanity. Avoid the dirty stories which are often indulged in even among some women. Try to gain and hold the confidence of your children, so they will tell you the things they hear, and you can explain them correctly. Or better still, teach and explain to them things they ought to know before they learn them on the streets. You may thus be enabled to save them from pitfalls and future trouble. I would commend to your perusal the article in the January number of the *Ladies' Home Journal*, by Helen Keller, entitled "Must Speak; a Plea to the American Woman," as well as one in the same journal by Mr. Crittenton, entitled, "From Lips Usually Sealed to the World."

See that your children read good wholesome books, rather than the cheap, slangy, trashy novels, which poison their minds and render them nervous and unfit to study. I fail to see any good in the silly comic supplements of the Sunday newspapers, and hope they will be short lived. One can pick out a boy who is a constant reader of trashy literature almost as readily as one can the cigarette fiend.

# EX-Governor of Wyoming Endorses Pe-ru-na.

Other Prominent Americans Give Pe-ru-na Great Credit.



"I have such confidence in prominent personal friends who have used and endorsed Pe-ru-na that I feel justified in assuming that it is a valuable remedy for catarrh and an excellent general tonic."

John W. Hoyt.  
Ex-Governor of Wyoming.

The Magnificent State Capitol Building of Wyoming.

### LIST OF PROMINENT AMERICANS.

Gen. W. H. Parsons, Confederate Army, ex-State Senator, Texas.  
Col. Bailey, of Washington, D. C., Labor Organizations and U. V. L.  
Col. Patten, of Washington, D. C., Military and Masonic Orders.  
Hon. R. S. Ryan, of Alaska, Ex-Member English House of Parliament.  
Congressman Cale, of Alaska, well known on Pacific Slope.

### Gen. W. H. Parsons.

Gen. W. H. Parsons is ex-State Senator and ex-Special Judge of the Supreme Court of Texas, also Brigadier General in Confederate Army. In a recent letter from 925 H St., N. W., Washington, D. C., this prominent gentleman says:

"Upon the recommendation of personal friends and many strong testimonials as to the efficacy of Peru-na in the treatment of the numerous symptoms of the *la grippe* with which I have been afflicted for four months past, I have been induced to undergo a treatment with this justly celebrated formula. I feel a decided change for the better after using it only one week. It is especially good in *toning up the stomach* and has had a *decided effect upon my appetite*. I therefore feel much encouraged that I am on the road to complete restoration."

"My numerous friends in Texas, where I have had the honor to command a brigade of her Veteran Cavalry in a four

years' war, may accept this voluntary testimonial to the *merits of Peru-na* as a sense of obligation on my part for its wonderful efficacy."

### Col. Wm. Bailey.

William Bailey, 581 St., N. E., Washington, D. C., Past Col. Enc. No. 69, Union Veteran Legion, and prominently identified with many of the great labor protective associations in Chicago and New York, and Secretary of one of the largest associations in the former city, had for nearly thirty years been afflicted with kidney troubles.

Within a short period he has been persuaded to try Peru-na, and his present healthy condition is attributed to his judicious use of that great remedy. Washington climate is notoriously bad for kidney and liver troubles, yet by a judicious use of the remedy he is now quite cured and in excellent physical condition.

This brief statement of facts, without exaggeration or hyperbole, appears to tell the whole story, which the Peru-na Com-

pany is authorized to use, if it so chooses. believing, as I do, that by so doing it will be for the general good.—Wm. Bailey.

### Col. C. L. Patten.

Col. C. L. Patten, 509 T St., N. W., Washington, D. C., a Lieutenant in the Old Guard, an exclusive organization composed of soldiers of distinction who fought in the civil war, and a Thirty-second degree Mason, writes as follows: "I have used Peru-na, and desire to recommend your remedy as an invigorating *spring tonic*; also one of the best remedies that I ever tried for coughs, colds and catarrhal complaints."

### Hon. R. S. Ryan.

Hon. R. S. Ryan, now residing in Nome, Alaska, was formerly a member of the English House of Parliament, and Secretary to the late Irish patriot, Charles Stewart Parnell. His Washington address is New Willard Hotel, Washington, D. C. He writes: "I have used Peru-na and can recommend your remedy as a very effective cure for colds and catarrhal complaints."

### Hon. Thomas Cale.

Hon. Thomas Cale, elected to Congress from Alaska, is well known on the Pacific slope, where he has resided. His Washington address is 1312 9th St., N. W., Washington, D. C. He writes: "I can cheerfully recommend Peru-na as a very efficient remedy for coughs and colds."

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PERSONALLY CONDUCTED  
Via the

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Will leave on  
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A SPECIAL TRAIN

will be run from Wilkes-Barre to Washington and return, and will leave East  
Bloomburg at 9:59 a. m. A stop will be made at Harrisburg  
for luncheon on going trip.

Round-Trip  
Rate \$13.80

Covers transportation to and from Washington and hotel accommodations  
from dinner on date of tour until after luncheon the  
following Thursday—three days.

### SEE CONGRESS IN SESSION

For detailed itinerary and full information apply to Ticket Agents, or address  
Tourist Agent, 50 Public Square, Wilkes-Barre, Pa.

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