

CONSTIPATION

Munyon's Paw-Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods, they do not scour; they do not gripe; they do not weaken; but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. Munyon's Paw-Paw Pills are a tonic to the stomach, liver and nerves. They invigorate instead of weaken; they enrich the blood instead of impoverishing it; they enable the stomach to get all the nourishment from food that is put into it. Price 25 cents. All Druggists.

DISFIGURED BY SKIN ERUPTION

If That Is Your Plight, Let Resinol Clear It Away!

Pimples, blackheads, rashes, ringworm and, worst of all, that red, itching, scaly torment, eczema, vanish when you use Resinol Ointment and Resinol Soap. There is no doubt about it. Even though your skin is so unsightly with eruption that you shun your friends and your friends shun you, Resinol makes it clear and healthy, quickly, easily and at trifling cost. When you are sick of wasting time and money on tedious, expensive treatments, get Resinol Ointment and Resinol Soap from the nearest druggist and you will quickly see why it has been prescribed for eighteen years for just such troubles as yours.

The Resinol treatment works so gently, and is so absolutely free from anything that could injure even the tenderest skin, that it is perfect for healing the skin troubles of infants and children. You can test Resinol Ointment and Resinol Soap at our expense. Write to Dept. 5-K, Resinol, Baltimore, Md., and we will send you a generous trial. Resinol Ointment (50c and \$1) and Resinol Soap (25c), by parcel post on receipt of price.

HIS WIFE.



"What do you do for a living, Sambo?"
 "I 'se de manager ob a laundry."
 "What's the name of the laundry?"
 "Eliza Ann."

URGING GREAT SALE OF CANNED FOODS

Dealers, grocers, jobbers and manufacturers all over the country are joining hands during the week of March 21st to April 5th in an effort to acquaint housewives with the economy and quality of canned foods.

It is now a well known fact that heat is the only preservative used in preparing these economical foods. The cans are sealed and sterilized at a temperature of 250 degrees, which prevents any contamination and keeps the contents fresh and wholesome as the day the tins were filled in the canneries.

National Canned Foods Week, during which dealers and grocers will make canned foods their sales-features, is for the purpose of demonstrating to housewives that the cost of living can be cut with such foods, and that they may be served in hundreds of delightful ways, and thus served daily without monotony. The farmer's wife especially finds it advantageous to relieve herself of all the cooking possible and Canned Foods enable her to do this and at the same time improve the quality of her meals.

Women in every community should observe National Canned Foods Week by going to the dealers and putting in a supply. The saving and general satisfaction in the use of Canned Foods is entirely worth while.—Adv.

Not Much.
 "My feelings have been lacerated."
 "Did it take?"

RUN BASES PROPERLY

About One Player in Every 100 Capable of Feat

Cincinnati Reds' Trainer Holds but Two Men Proficient in This Department in National League —Bescher and Kelley.

Only one ball player in a hundred runs properly, and the average player could cut a half second off his time from the plate to first base by a change in style of running, according to George Hoskins, trainer of the Cincinnati Reds, who trained track athletes for years at Bucknell University and for the Pittsburg Athletic club.

A half second in favor of each runner going to first base would mean hundreds of more base hits in a season.

A majority of close plays at first base are decided by less time than a half second, and, according to the view of the Cincinnati trainer, the mere turn of the toes of the average runner is enough to beat him out of the advantage that would make "beating out" hits comparatively easy.

Hoskins says only two players in the National League run nearly perfectly—Bob Bescher and Bill Kelley, the Pittsburgh catcher. Even Vin Campbell, the Boston outfielder, and Hans Lobert, the Philly's third baseman, rated among the fastest men in the majors, could increase their speed.

There are two faults that runners have that Hoskins calls attention to. One is shortening their stride by not getting the forward foot down without a pull back. The other is failure to land the feet out straight, toes in front, instead of a side spread.

"Ball players, as a rule, cut their stride," says Hoskins. "They pull back their feet as they are about to put them on the ground instead of shooting them forward."

The distance from the plate to first base is ninety feet, and the average players covers six feet at a stride, which means he takes fifteen strides to reach first.

Hoskins says the runner who puts his feet down sideways loses two inches

at a stride, a total of two feet six inches between the plate and the base.

Bob Bescher runs up on his toes, keeps his body well forward to carry his feet along and uses his hands to pull his body, which is the style taught by sprinters, Hoskins says. The line of Bescher's body is straight, he lifts his knee to shoot his foot forward, and he does not lift his other foot high enough in the back as he takes it from the ground to cause "drag."

"Bescher, by running on his toes all the time, bounces along as though on springs," says Hoskins. "Flat-footed runners don't have that spring and don't get up as much speed."

Cost of Baseball Going Up.

The cost of baseball managers is going up with the cost of living. Not many years ago a leader who received \$5,000 was a rarity, but now there are some who are getting five times that amount. The yearly salaries paid to some of the well known managers, so far as can be fairly estimated, follows:

McGraw, Giants	\$25,000
Chance, Yankees	20,000
Mack, Athletics	15,000
Jennings, Detroit	15,000
Clark, Pittsburg	12,000
Stahl, Red Sox	10,000
Tinker, Cincinnati	10,000
Griffith, Senators	10,000

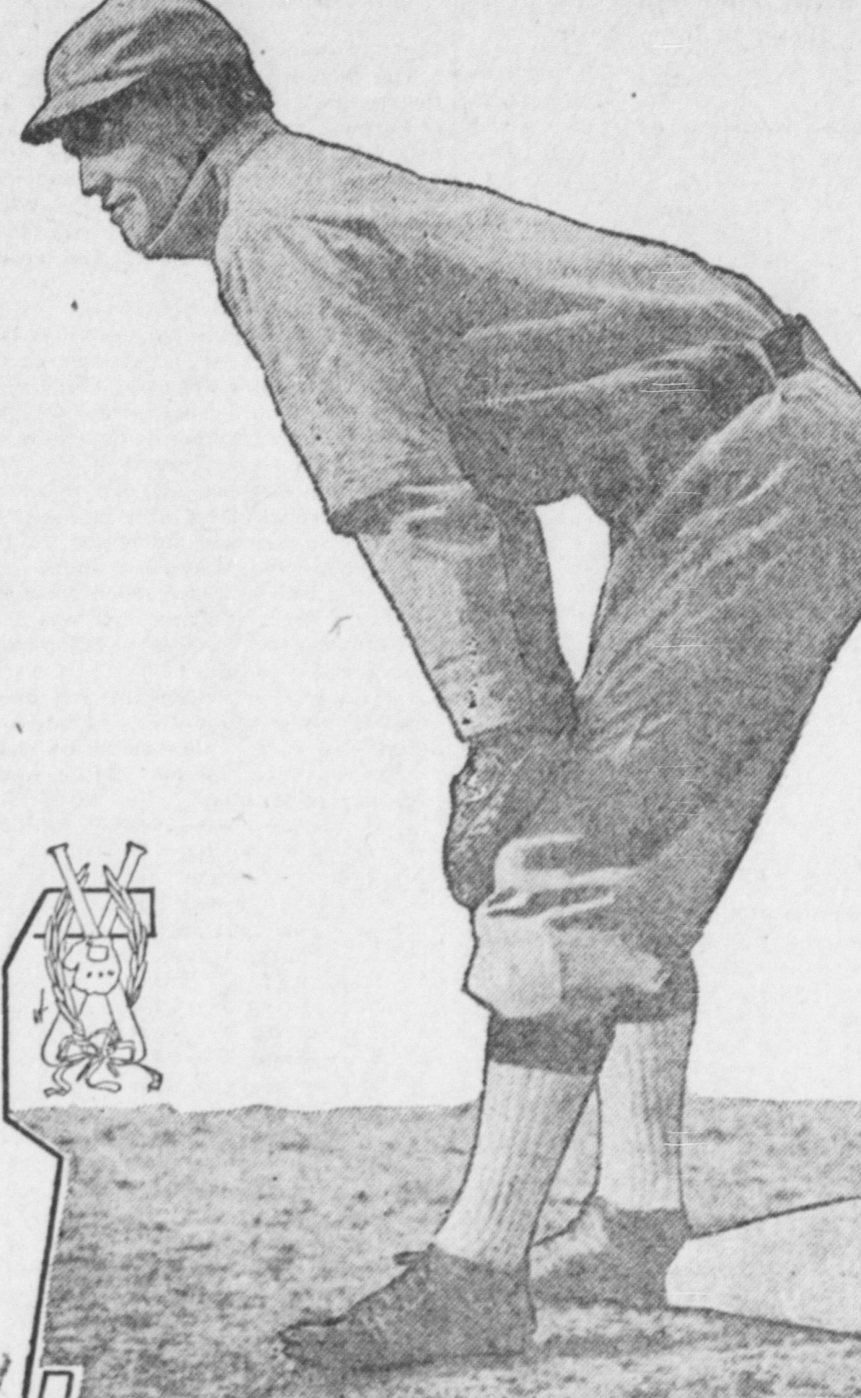
Besides his salary, Chance will receive five per cent. of the net receipts of the Yankees, bringing his total income, no doubt, up to \$50,000, or even more, a year. Connie Mack of the Athletics, Jake Stahl of the Boston Red Sox and Clarke Griffith of the Washington Senators, own big blocks of stock in their respective clubs, and receive dividends in addition to their salaries.

PLAN TO BEAT THE YANKEES

European Athletes Say They Will Give Americans Surprise at Next Berlin Olympic.

European athletes, especially those of Sweden, Germany and Finland, are all determined to give the American athletes a surprise in the next Olympic at Berlin, according to Ernie Hjertberg, the former trainer of the New York Athletic club, who is here from Stockholm, where he is training the Swedish athletes. "The United States ought to begin molding her team now if she expects to win the Olympic in 1916," he said, "and it will have to be a wonderful team, because continental athletes are developing rapidly."

PECULIAR INCIDENT OF BROTHERLY LOVE



George Stovall, Manager of St. Louis Americans.

"Talk about brotherly love," murmured Jess Stovall. "Why, I can tell you a story that you can't beat, that shows this with the reverse English on it, and it is a real true one, too. It shows how one brother made his debut into the American league by knocking his own brother out of it."

"In 1904 I was pitching for the Detroit team and my brother, George, was playing first base for the Cleveland club. The Naps had just got him from the team at Burlington, Ia., where he was manager."

"In the particular game to which I refer I was pitching and in a critical part of the game, with two men on bases, I walked the dangerous Lajoie in order to take a chance with my own brother, George, who was the next batsman."

"Come on, you big busher," I yelled at him as he stepped to the plate. 'Just take three swings at the ball

and sit down on the bench, where you belong, and go back to Burlington tomorrow."

"Well, I hate to tell you, but the first ball I pitched to him he hit for a home run past the center fielder, and four men naturally scored."

"This swat won him a berth in the league and knocked me out of it. I put him in the big league and he put me out of it. In the same game, two innings later, I accidentally hit him on the elbow and he did not play any more that season after July 4."

Athletics for the Poor.

Philadelphia is endeavoring to form a settlement house athletic league section of the Amateur Athletic Union. There are in that city 32 settlement houses and boys' clubs with an aggregate membership of over 10,000 boys and young men, under 18 years of age.

Stiff Joints Sprains, Bruises

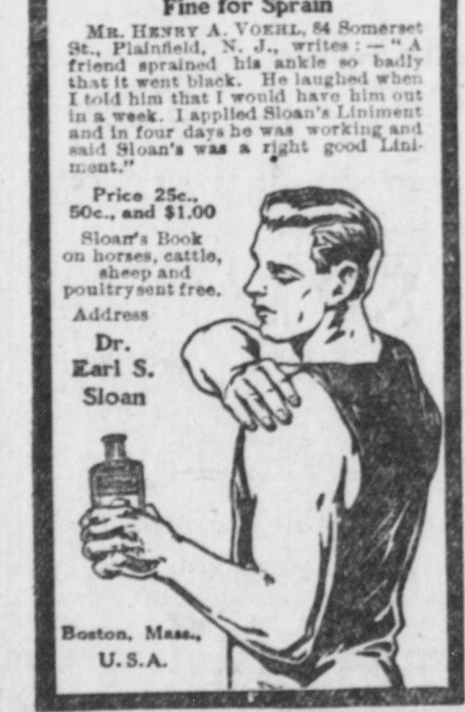
are relieved at once by an application of Sloan's Liniment. Don't rub, just lay on lightly.

"Sloan's Liniment has done more good than anything I have ever tried for stiff joints. I got my hand hurt so badly that I had to stop work right in the busiest time of the year. I thought at first that I would have to have my hand taken off, but I got a bottle of Sloan's Liniment and cured my hand and said Sloan's was a right good Liniment."

WILTON WHEELER, Morris, Ala.

Good for Broken Sinews
 G. G. Jones, Baldwin, L. I., writes: "I used Sloan's Liniment for broken sinews above the knee cap caused by a fall and to my great satisfaction was able to resume work in less than three weeks after the accident."

SLOAN'S LINIMENT



Dr. Earl S. Sloan

Boston, Mass., U.S.A.

Make the Liver Do its Duty

Nine times in ten when the liver is tight the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating.

SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature.

Brewer's Wood

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

Relieve Feverishness, Constipation, Colds and correct disorders of the stomach and bowels. Good by Mothers for 22 years. At all Drug stores 25c. Sample mailed FREE. Prevents hair falling.

Address A. S. Olmsted, Le Roy, N. Y.

PARKER'S HAIR BALM

Changes and beautifies the hair. Promotes a luxuriant growth. Never Falls to Rest. Gray Hair to its Youthful Color. Prevents hair falling.

50c and \$1.00 Glass Bottles.

PISO'S REMEDY

Best Cough Syrup. Tastes Good. Use in time. Sold by Druggists. FOR COUGHS AND COLDS

OFFICIAL AMERICAN ASSOCIATION SCHEDULE, 1913

City	Start	End	Notes
AT ST. PAUL	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Columns.
AT MINNEAPOLIS	April 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	In These
AT KANSAS CITY	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Printed
AT MILWAUKEE	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	News
AT LOUISVILLE	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sporting
AT INDIANAPOLIS	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Live
AT TOLEDO	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Real
AT COLUMBUS	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	All the
AT COLUMBUS	April 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	Sept. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	
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SNAPSHOTS AT STATE NEWS

All Pennsylvania Gleaned for Items of Interest.

REPORTS ABOUT CROPS GOOD

Farmers Busy in Every Locality—Churches Raising Funds for Many Worthy Objects—Items of Business and Pleasure that Interest.

There is an epidemic of measles in Lower Makefield and Falls townships.

The new tuberculosis sanitarium north of Warren is finished.

Of a class of 45 confirmed in the First Lutheran Church at Warren, 25 were young men.

Altoona's Select Council killed a gas merger ordinance by neglecting to print it.

Edward Auman, 66 years old, one of Reading's oldest policemen, has resigned.

George Transue, aged 22, of Allentown, is repenting in jail, having stolen a beer wagon for a joy ride.

Mrs. Mary Gordon, of Schirmerstown, while blackening the kitchen stove was severely burned.

Falling from the hay-loft of his barn, Harry Buckwater, near Spring City, fractured several ribs.

Miss Laura Rothermel, of Molltown, while in Reading was robbed of her mileage book, 10 dozen eggs and \$19.

The Reverend William Wleand, of Allentown, has moved to Maplewood, Wayne county, and accepted a new pastorate.

There are 48 patients crowded into the Panther Creek Valley Hospital, which is far in excess of its accommodations.

Allentown Councils have decided adversely on a proposition to donate one of the city's parks to the State for an armory.

The triennial assessment of Allentown shows an assessed valuation of \$45,400,000, a gain over last year of \$9,000,000.

Rafaelo Andriotti, charged with the murder of two men in Indiana county, was taken from the Lehigh county prison to Indiana county.

The State Police have given warning that unless all slot machines in Carbon county shall be removed at once they will raid every such place.

The Lehigh Valley Transit Company has started a new through trolley service between Allentown and Easton without change at Bethlehem.

Officials at Hazleton have announced their intention to enforce the curfew law, which has been a dead letter for some time.

The Rev. Joseph Peters, of York, has been chosen pastor of the new St. James' Reformed Church at Allentown.

Charles D. Wolfe, former mayor of Williamsport, has been appointed assistant State Fire Marshal at \$4,000 a year.

After many delays the new half-million dollar Schuylkill County Insane Asylum will be opened for patients about May 1.

A Nevin Pomeroy of Chambersburg has been reappointed superintendent of the Department of Public Printing and Binding for four years.

Former Congressman Sibley and General Chas. Miller have given their Prospect Hill stock farm to Franklin for athletic field and playgrounds.

Thomas Thomas, mine superintendent of the Lehigh Valley Coal Company, was born in Wales in 1860. At 14 he was a driver boy and worked in the Twin shaft at Pittston. He became a runner, a mine laborer, and finally a miner. In 1880 he took a course at Lewisburg Academy. In 1885 he entered Lehigh University, and graduated in 1890. During his vacation periods he worked in the mines. In 1891 he was made outside foreman of the Enterprise Colliery, and four years later was appointed division superintendent of the Lehigh division. He was transferred to the Wyoming division in 1907, where he became superintendent.

The fire company at Sanatoga, a Pottstown suburb, realized \$115 at a chicken and waffle supper.

A visit to the Billmeyer elk reservation at Washingtonville last summer by the senior class of the Lewisburg High School began a courtship between Harry C. Biehl, son of County Treasurer G. T. Biehl, of Union county, and Miss Edith Ruhl, which culminated in their marriage, the ceremony being solemnized by the Rev. R. Leighton Gearhart, D. D., pastor of the Lewisburg Reformed Church.