



IN THE SPRING

will be the great test of a life and death struggle on the Western front. In the everyday walks of life, it is the spring time that brings ill health. One of the chief reasons why the run-down man finds himself in a bad state of health in March or April, is because he has spent nearly all his hours for the past four or five months penned up within the walls of house, factory or office. It is the reason for our diminished resistance—that is, lack of out-door life, coupled with perhaps over-eating, lack of good exercise, insufficient sleep, and constipation. In other words, we keep feeding the furnace with food but do not take out the "clinkers," and our fire does not burn brightly. Always keep the liver active. There is nothing better for health than taking an occasional mild laxative, perhaps once a week; such a one as you can get at any drug store, made up of May-apple, jalap, aloes, (sugar-coated, tiny, easily taken), which has stood the test of fifty years of approval—namely, Dr. Pierce's Pleasant Pellets. But for the "Spring Fever," the general run-down condition, the lack of ambition, the "blues," one should take a course of treatment every spring; such a standard tonic as Dr. Pierce's Golden Medical Discovery, now to be had in tablet form in sixty-cent vials. Watch the people go plodding along the street. There's no spring, no vitality. A vitalizing tonic such as this vegetable extract of Dr. Pierce's gives you the power to force yourself into action. The brain responds to the new blood in circulation, and thus you're ready to make a fight against stagnation which holds you in bondage. Try it now! Don't wait! "TODAY is the day to begin. Gain a little 'pep' and laugh and live. 'Vim and vitality are the natural out-pouring of a healthy body. It does not spring up in a night. Try this spring tonic, and you gain the courage that comes with good health."

Don't Use Any Other Than Cuticura Soap To Clear Your Skin

HELP WANTED to sell \$1.00 Menthol Inhalers. Sample and particulars free. Address: **Common Supply House, Box 212, Lowell City, Pa.**

Send for Free Samples—Cold Cream, Corn Cure, Post Hair, Menthol Inhaler, Laboratories, Cornell Company, Inc., 12, Great Barrington, Mass.

W. N. U., BALTIMORE, NO. 13-1918.

Heavy Editorial.

Alexander H. Stephens, vice president of the Southern Confederacy, who after the Civil war was repeatedly elected to congress from Georgia, was an exceedingly thin man. One day there fell under his observation a newspaper item saying that he weighed 90 pounds. In reply to this he wrote a letter to the editor of the offending journal demanding an immediate retraction. "I will not be slandered in this manner," he protested, "my weight is 94 pounds." The former vice president was himself an editor, with a habit of writing very long articles for his paper in Georgia, and the contemporary which had made the unwelcome statement regarding his weight refused to retract it for the reason, he said, that "Mr. Stephens must have had one of his editorials in his pocket when he last tried the scales. This would account for the difference of four pounds between the two figures."

Fate of the Duck.

Two women were gazing on Saturday at the whole display made by a poultier in Smithfield—two ducks, blackened and dried by long hanging in cold storage. "If yer arks me," remarked one, pointing an accusing finger at one of the birds, "that feller's been gassed."—Westminster Gazette.

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE. HALL'S CATARRH MEDICINE is taken internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 50c. Testimonials free. F. J. Cheney & Co., Toledo, Ohio.

Yet It Bored.

First Elder—The preacher's sermon had no point to it.
Second Elder—And yet though it had no point it greatly bored me.

Aid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 372 Pearl St., New York. Adv.

It's faith in something and enthusiasm for something that makes life worth looking at.—Holmes.

Garfield Tea is Nature's laxative and blood purifier; it overcomes constipation and its many attendant ailments. Adv.

A prophet is a person who expects the unexpected.

PENNSYLVANIA BRIEFS

Sunbury council signed a contract with the state highway department for one and eighth miles of vitrified brick paving on Front street, a part of the Lincoln highway.

Orders went out from the offices of District Attorney Light for the removal of all punch boards and other gambling devices from Lebanon barber shops and cigar stores.

Abundance of food staples at Harrisburg is shown by an official food survey.

For permitting his dogs to chase deer, Simon Keiffer, of White Deer, was fined \$25 and costs.

Rundown by a freight train at Sylvan Dell, Bernard L. Strausser, of Milton, was fatally injured.

Girl elevator operators are proving a success in many Altoona office buildings and department stores.

The famous interstate picnic of Grangers at Carlisle has been abandoned for the duration of the war.

Falling between cars of a freight train, Brakeman Charles F. Thomas, a well-known athlete of North York, was killed.

A six-weeks-old infant was found abandoned in an alley in a driving rainstorm at Altoona and taken to the county home.

Runover by a hand car at Middleburg, and apparently dead, Lewis Hoffman, a section hand, soon regained consciousness and resumed work.

Stealing dog tags and selling them at reduced rates to owners of canines on whom no tax has been paid, is a new form of theft reported at Free-land.

Dead in her home at Greensburg, where she lived alone with seventeen cats, Mrs. Abby Trauger, eighty-five years old, was found with one of the cats asleep on her breast.

Although 465 lots have been assigned to Allentown's juvenile war gardeners, fully 1000 must be found to meet the demand.

A gold watch has been presented to William Jones, of Hazleton, by the State Council of Junior Mechanics for winning the membership contest for 1917, for the third consecutive year, with forty new members.

Although John Yasha, aged fifty-five years, of Tamaqua, lost his right foot under car wheels at the Lehigh Coal & Navigation Company's No. 12 colliery, he traveled unaided to the Coal-dale hospital, nearly one mile away, where he lies in a critical condition from the loss of blood.

Street car traffic was held up in West Scranton by a mine cave over workings of the D. L. & W. Coal company. Gas and water mains were broken and properties along North Main avenue for a distance of 300 feet were affected.

Thomas Duffy, of Meadco, first president of the United Mine Workers of the seventh district, nearly twenty years ago, forsook the mines and took a job at the Jeaneville Iron Works. Duffy for years was a confidential lieutenant of John Mitchell, then head of the union.

Because they were kind to Mrs. Mary Whitmer, eighty-one years old, Mr. and Mrs. Philip Nance, of Hummel's Wharf, were made the sole heirs to her \$2600 estate. The old woman lived in a hovel, and when she fell and broke her leg last Thanksgiving day they took her into their home. She died Saturday night, and the will was read later.

Charles P. Adams has been elected to Camp Hill to fill a vacancy caused by the resignation of C. W. Hardt.

Officials of the Jeaneville iron works will encourage the organization of a brass band among the 5000 employees.

The organization of a State bank at York Haven is assured as the proposed capitalization of \$25,000 has been over-subscribed.

The Columbia county commissioners elected James A. Herman registry assessor for Berwick to succeed O. E. Sutton, resigned.

Rev. Conrad Spenger has resigned as pastor of the Salem Evangelical church, Columbia, having accepted a call to Rome, N. Y.

Union members and core makers of Hazleton and vicinity submitted a demand to their employers for a wage increase of from \$4 to \$5 a day, starting April 1.

Mr. and Mrs. Isaac L. Spotts, of Sharptown, celebrated their golden wedding anniversary with a reunion of their children and great-grandchildren.

Contractor Riebe, of Lansford, is getting ready to complete his street paving contract at East Mauch Chunk, which was started last fall.

Carbon county game wardens have received instructions from the state game commission that hereafter scalps must be sent to Harrisburg before any bounty will be paid.

The Berks County P. O. S. of A. camps expect to subscribe for \$25,000 worth of war savings and thrift stamps.

Thomas G. Hoskins was appointed justice of the peace for Avoca, Luzerne county.

By rendering a playlet, employees of the State Sanatorium at Hamburg netted \$80 for the benefit of the local Red Cross.

Services were held in Ebenezer Evangelical church, Reading, in memory of Sergeant Paul H. Ludwig, recently killed in France as a member of the Rainbow division.

The Mauch Chunk Knights of Columbus have organized a club to vigorously promote the sale of war savings stamps.

THE TRUTH ABOUT ECZEMA AND PILES

Thousands and thousands of people, says Peterson, are learning every week that one 30 cent box of Peterson's Ointment will abolish Eczema and banish piles, and the grateful letters I receive every day are worth more to me than money.

I had Eczema for many years on my head and could not get anything to do it any good. I saw your ad and got one box and I owe you many thanks for the good it has done me. There isn't a blotch on my head now, and I couldn't help but thank Peterson, for the cure is great. Mrs. Mary Hill, 429 Third Ave., Pittsburgh, Pa.

I have had itching piles for 15 years and Peterson's is the only ointment that relieves me, besides the piles seem to have gone. A. B. Ruger, 1127 Washington Avenue, Racine, Wis.

Use Peterson's Ointment for old sores, salt rheum and all skin diseases. It banishes pimples and blackheads in less than 10 days and leaves the skin clean, clear and pleasant to look upon. Druggists guarantee it. Adv.

The Cockney's Tact.

Watkins, a cockney private, was lecturing his mates one day on the need of employing tact in their dealings with the French people.

"Now, I got in a bit of a fix the other day," said Watkins. "I was billeted with a French family, and after I'd been shown to my room I started out for a walk. Well, I 'appened to open the wrong door. It was a bathroom and there was a lady in the tub. She let out a scream, and it might 'ave been a decidedly embarrassing situation, but my tact saved the day."

"Well, wot did ya do?"

"I jes' backed out an' said: 'Par-donc, monsieur.'"
—New York Tribune.

Boys Wanted to Be Sure.

"I'll give one of you boys a dime to carry my bag to the station," said a cross-eyed man, pausing before three ragged little fellows.

"Which one, mister?" piped the boys in chorus.

"You," said the cross-eyed man.

"Which one?"

"You."

There was a pause. Finally one little fellow said: "Fair do, mister; close one eye and look at the kid you want, will you?"

GREEN'S AUGUST FLOWER

has been a household remedy all over the civilized world for more than half a century for constipation, intestinal troubles, torpid liver and the generally depressed feeling that accompanies such disorders. It is a most valuable remedy for indigestion or nervous dyspepsia and liver trouble, bringing on headache, coming up of food, palpitation of heart and many other symptoms. A few doses of August Flower will immediately relieve you. It is a gentle laxative. Ask your druggist. Sold in all civilized countries.—Adv.

Government Control.

Even the children are imbued with the idea of government control. Bettie, while eating her evening meal, had her knife in her hand and putting it to her mouth, said: "I was at Richards' yesterday and a girl was there eating with her knife."

"With a knowing look she continued: 'I pretty near said to her, 'You better look out, the government will get after you—that's against the law.'"

A Valuable Iron Tonic for the Blood GROVER TASTELESS CHILL TONIC Purifies and Refreshes the Blood. It restores the liver, drives out malaria and builds up the whole system. General Strengthening Tonic for Adults and Children. 50c.—Adv.

Most people would rather blame a man for what he doesn't than give him credit for what he does.

About \$500,000,000 a year is being spent on education in the United States.

Dr. Pierce's Pleasant Pellets are the original little liver pills put up 40 years ago. They regulate liver and bowels. Ad.

You often miss the best fishing when you move from one stream to another. Don't be a mover.

Infections or inflammations of the Eyes, whether from external or internal causes, are promptly healed by the use of Roman Eye Balsam at night upon retiring. Adv.

Philadelphia is the greatest ship-building center. In her yards 50 ships are building at one time.

To The American People

There is no foundation for the alleged violations of law attributed to our Company by agents of the Federal Trade Commission and I want to say emphatically that Swift & Company is not a party to any conspiracy to defraud the Government. Nor has Swift & Company been guilty of improperly storing foods or of making false entries or reports.

Conferences of packers, where prices have been discussed, have been held at the urgent request and in the presence of representatives of either the Food Administration or the Council of National Defense. And yet the packers have been accused of committing a felony by acting in collusion on Government bids!

We have done our best, with other packers, large and small, to comply with the directions of the United States Food Administration in all particulars, including the furnishing of food supplies for the U. S. Army and Navy and the Allies, now being handled through the Food Administration.

We will continue to do our utmost, under Government direction, to increase our production and assist the Food Administration. We consider that the opportunity to co-operate whole-heartedly and to our fullest powers with this branch of the Government is our plain and most pressing duty.

The Trade Commission Attorney has, by false inference and misplaced emphasis, given to disconnected portions of the correspondence taken from our private files and read into the Record, a false and sinister meaning with the plain purpose of creating antagonistic public opinion.

The services of the packers of the United States are most urgently needed, and I regret exceedingly that we should at this time have to spend our efforts in defending ourselves against unfounded, unproved, and unfair assertions such as are being daily made public.

L. F. Swift, President

Swift & Company, U.S.A.

CASTORIA
For Infants and Children.
Mothers Know That Genuine Castoria Always Bears the Signature of *Chas. H. Fletcher* In Use For Over Thirty Years **CASTORIA**

Win the War by Preparing the Land Sowing the Seed and Producing Bigger Crops

Work in Joint Effort the Soil of the United States and Canada

CO-OPERATIVE FARMING IN MAN POWER NECESSARY TO WIN THE BATTLE FOR LIBERTY

The Food Controllers of the United States and Canada are asking for greater food production. Scarcely 100,000,000 bushels of wheat are available to be sent to the allies overseas before the crop harvest. Upon the efforts of the United States and Canada rests the burden of supply.

Every Available Tillable Acre Must Contribute; Every Available Farmer and Farm Hand Must Assist

Western Canada has an enormous acreage to be seeded, but man power is short, and an appeal to the United States allies is for more men for seeding operation.

Canada's Wheat Production Last Year was 225,000,000 Bushels; the Demand From Canada Alone for 1918 is 400,000,000 Bushels

To secure this she must have assistance. She has the land but needs the men. The Government of the United States wants every man who can effectively help, to do farm work this year. It wants the land in the United States developed first of course; but it also wants to help Canada. Whenever we find a man we can spare to Canada's fields after ours are supplied, we want to direct him there.

Apply to our Employment Service, and we will tell you where you can best serve the combined interests.

Western Canada's help will be required not later than April 5th. Wages to competent help, \$50.00 a month and up, board and lodging.

Those who respond to this appeal will get a warm welcome, good wages, good board and find comfortable homes. They will get a rate of one cent a mile from Canadian boundary points to destination and return.

For particulars as to routes and places where employment may be had apply to: **U. S. EMPLOYMENT SERVICE, DEPARTMENT OF LABOR**

22 Million Families in the United States

4 CUPS OF WHEAT FLOUR TO THE POUND

If each family used 4 cups of flour less per week, the saving would be 22 million pounds or 112,244 barrels every week.

The greatest help housekeepers can give to win the war is to make this saving and it can be done by using this recipe in place of white flour bread.

Corn Meal Biscuits

- 1/2 cup scalded milk
- 1 cup corn meal
- 2 tablespoons shortening
- 1/2 teaspoon salt
- 1 cup white flour
- 4 teaspoons Royal Baking Powder

Save 1/2 cup of the measured flour for board. Pour milk over corn meal, add shortening and salt. When cold, add sifted flour and baking powder. Roll out lightly on floured board. Cut with biscuit cutter and bake in greased pan fifteen to twenty minutes.

Our new Red, White and Blue booklet, "Best War Time Recipes," containing many other recipes for making delicious and wholesome wheat saving foods, mailed free—address

ROYAL BAKING POWDER CO., Dept. W, 135 William Street, New York

FOOD WILL WIN THE WAR