POT-POURRI
THE LIMIT OF DEVOTION
Dear Heart, I'll dance with you all
night,
From eight to—any hour you please,
But this I swear with all my might,
I will not go to Dancing Teas!

Pale, slender youths whose brains ar slight
Can trot all afternoon with ease,
tut I don't class with them—not quite.
I will not go to Dancing Teas!

At night-time, when the lights ar

at night-time, when the lights are bright,
I'll one-step till I strain my knees;
By day, I've too much work in sight,
I will not go to Dancing Teas!
—Berton Braley, in Harper's Magazine for February.

WHERE'S THE OLD-FASHIONED WINTER?

Harrison Rhodes, author of "In Vacation America," says that he has at last given up belief in "the old-fashioned winter." It was at one time his rule, he says, not to start for his winter vacation in Florida until he had seen the skating in Central Park. He had to give this up, he declares, for he ran the risk during mild winters of never going South until "some blizzard of late March or early April froze the lakes."

VERY ESSENTIAL

ing a Fad and Is a Matter

of Health Now

Open-air sleeping, not necessarily in a tent, but on a sleeping porch or with all the windows nailed up and not

down, is the best thing for the man or woman or child who is in doors all

day. It enables them to get fresh air while resting.
Dr. Samuel G. Dixon, State Commis-

sioner of Health, gives these ideas or

at night, at least a portion of the out-door air that Nature intended us all

Series of Union Services

Started by Newport Churches

Special to the Telegraph

VETERAN STILL MISSING

Sleeping porches can be constructed

LYNCHBURG

VINSTON-SALEN CAROLIN

CHARLESTON

SOUTH CAROLINA

ACKSONVILLE

WHAT HAPPENS TO THE FOOD YOU EAT?

Does It Ferment, Causing Belching, Sourness, Biliousness, Nausea, Heartburn? Famous Stomach Prescription Quickly Ends Indigestion and All Such Miseries.

A strong stomach is the source of to take thought of what he can eat, and health, strength, vigor and physical and when, can leave 50 cents deposit

lets the food lie and ferment within its walls, causing heartburn, sick headache, sour food upheavals, bil-that can be offered as to the merit of headache, sour food upheavals, bitiousness, belching of gas and other untold miseries of indigestion, is a menace to your well being. For instead of giving nourishment to the system it passes a toxic poison into the blood, which is first indicated by that all-gone feeling, dullness, dizziness, loss of sleep, bad dreams, etc., and the sufferer is started on the road to a general breakdown or nervous prostration.

But, don't despair if you happen to be the unfortunate possessor of one of these poison factories. Just go to H. C. Kennedy or your nearest druggist right away and get that great stomach prescription—Mi-o-na.

Mi-o-na is not simply a food digesment in the medicine.

Mi-o-na is not simply a food digesment in the wide of the digestive organs into normal continuous new fields and the sufferer is that puts all of the digestive organs into normal continuous news results. According a first in an edicine that puts all of the digestive organs into normal continuous news results. According a first in a medicine.

Mi-o-na is not simply a food digesment in the medicine.

Mi-o-na is not simply a food digesment in the medicine.

Mi-o-na is not simply a food digesment in the medicine.

Mi-o-na and its continued use should soon give the power to eat most anything at any time and not suffer distress afterward.

Don't suffer a day longer with stomach misery. Get a box of Mi-o-na and the commence its use immedicine that puts all of the digestive organs into normal continuous news results. According and its continued use should soon give the power to eat most anything at any time and not suffer distress afterward.

To menero a first indicated by the digestive organs into normal continuous news results and the suffered as to the medicine.

Mi-o-na is not simply a food digesment in the medicine.

Mi-o-na is not simply a food digesment in the according to the digestive organs into normal continuous and the suffered as to the medicine.

Mi-o-na is not simply a food digester it is a medicine that puts all of the digestive orga

perfection.

And it follows, that a weak, disarranged, overworked stomach; one that if this remedy does not do all it is ad-

Hot Water Each Morning Puts Roses in Your Cheeks



To look one's best and feel one's best is to enjoy an inside bath each morning to flush from the system the previous day's waste, sour fermentations and poisonous toxins before it is absorbed into the blood. Just as coal, when it burns, leaves behind a certain amount of incombustible material in the form of ashes, so the food and drink taken each day leave in the alimentary organs a certain amount of indigestible material, which, if not eliminated, form toxins and poisons which are then sucked into the blood through the very ducts which are intended to suck in only nourishment to sustain the body.

If you want to see the glow of healthy bloom in your cheeks, to see your skin get clearer and clearer, you are told to drink every morning upon arising a glass of hot water with a teaspoonful of limestone phosphate in it, which is a harmless means of washing the waste material and toxins from the stomach, liver, kidneys and bowls, thus cleansing, sweetening and purifying the entire alimentary tract, before

There are smokers who must have

King Oscar 5c Cigars

They've smoked them for near a quarter of a century and they look to them for satisfaction with the same assurance that the veteran engineer looks for a clear track when he sees the white light ahead.

KING OSCARS clear the track for a quality smoke.

Regularly Good For 24 Years

CIRE INSURANCE Kough, Brightbill and Kline 307 KUNKEL BLDG. Both Phones

BEST LIFE INSURANCE ROCERIES-NEW STORE, NEW STOCK NEW PRICES

Most Sanitary Store in City. GIVE US A TRIAL D. O. HURSH 1334 N. Sixth Street

MUSIC loving people realize
the importance of having their Planos tuned and regulated by those who know.

SIGNS, Show Cards and Advertising Nove of EVERY DESCRIPTION Garner Sign and Advertise

WM. F. TROUP & SON PIANOS—PLAYER-PIANOS 908 N. Third St., City.

PATTERNS, models, handralls, stairs, and all kinds of wood jobbing. Harrisburg Pattern and Model Works

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POOL ROOM-

I have bought the pool room and cigar store at the corner of Market and Fourteenth streets where I will be glad to see my

W. STUART FOX 1323 MARKET STREET

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Our Library Table A Few Minutes with the Latest Books & Magazines

What Could Germany Do for Ireland? By James K. McGuire. (Published by the Wolf Tone Co., New York.)

This book is a sequel to "The Kins, the Kaiser and Irish Freedom," by the same author, which appeared last winter, nine editions, and selfing abroad in several languages. The author believes a Gaelic Renaissance will only come through the economic lessons which Ireland must learn from Germany and says: "If the industrial and economic system of Germany has brought industrial freedom and prosperity to all her states, the young men of Ireland can afford to borrow it and profit by her example. And her friends in other lands can afford to inquire into the causes which have made Ireland the weakest country on the continent and to embrace with courage and fearlessness the spirit and principles and the practical aid of a civilized state, the foremost in modern history.

Anthracite. By Scott Nearing, dean

Anthracite. By Scott Nearing, dean f the College of Arts and Sciences, niversity of Toledo. (Published by the John C. Winston Co., Philadel-

the John C. Winston Co., Philadelphia.)

Dr. Nearing in this book uses the private ownership of the anthracite coal fields to show the way in which consumers and workers may expect to fare at the hands of other monopolies of natural resources. He says that the price of coal is not based on the cost of production, but on the monopolistic principle of charging "all the traffic will bear"; he says that the miners receive scarcely living wages, while on the other hand the mine owners pocket enormous profits; and draws the conclusion that no one can have an interest in the continuance of the private ownership of natural resources except the private owners themselves —with the consumers footing the bill. The book is an incisive, stimulating analysis of a vital problem, one that is of particular interest to Pennsylvanians at this time, when there is so much publicity being given to the discussion of the whys and wherefores of the anthracite coal industry.

The Gregg Publishing Company,

A FEW THINGS THAT ENGLAND

HAS DONE FOR US

Granted us our independence.
Outdistanced us in the race for democracy.
Laughed at some of our jokes.
Conferred citizenship upon others.
Appreciated Walt Whitman.
Relieved us of Henry James.
Furnished the only noteworthy example of respect for the Monroe Doctrine.
Fought hard for the worthy ideals for which we whimper.

Life. The Gregg Publishing Company, New York city, has just issued a very attractive and well assembled little brochure containing sketches of some of the men and women who began life as stenographers and have since attained national and international prominence. Included among them are the names of President Wilson, George B. Cortelyou, John Hay, Charles Dickens, James Oppenheim,

Elm Tree Believed to Be OUTDOOR SLEEP 300 Years Old Cut Down

Special to the Telegraph Waynesboro, Pa., Jan. 27.—A big elm tree, believed to be 300 years old, at Price's Churrh of the Brethren, near Waynesboro, has been cut down, measured 5 feet and 3 inches in dian It It Has Passed the State of Be measured 5 feet and 3 inches in diameter at the stump, was about 75 feet high, and will make ten cords of wood. It was the last of several trees in front of the old church built in 1790 and dismantled 30 years ago, when the new church edifice was erected. There are several traditions concerning the old elm. One is that the first Price inhabitant of that section, after whom the church is named, was married under the tree.

GINSENG KILLS CHILD

Special to the Telegraph

Marietta, Jan. 27.—Joseph Harnley, aged three years, living near Manhelm, yesterday drank the contents of a bottle of ginseng, which was used for cow's medicine. The child evidently thought it was a bottle of milk. After suffering for two hours the child died, uffering for two hours the clespite efforts to save his life.

Don't Suffer From Piles

Send For Free Trial Treatment No matter how long or how bad—go to your druggist today and get a 50 cent box of Pyramid Pile Treatment. It



The Pyramid Smile From a Single Trial. will give relief, and a single box often cures. A trial package mailed free in plain wrapper if you send us coupon below.

FREE SAMPLE COUPON

PYRAMID DRUG COMPANY, 538 Pyramid Bidg., Marshall, Mich. Kindly send me a Free sample of Pyramid Pile Treatment, in plain Wrapper. Name

Street City..... State....

Sleeping porches can be constructed on the most modest home at a comparatively small cost and in the majority of instances they can be guaranteed to save their cost in doctor bills. The change from sleeping in closed warm rooms to outdoor sleeping must be brought about gradually giving Nature time to meet the new conditions. The very old or very young demand more protection than the adult in the prime of life. RHEUMATIC CRIPPLES NOW REJOICE

No Matter if You Are Crippled, Can' Use Arms, Legs or Hands, if Rheuma Doesn't Help You Nothing To Pay

Newport, Pa., Jan. 27.—A series of union evangelistic services was begun in the Methodist Episcopal Church last. evening at which the sermon was preached by the Rev. U. O. H. Kerschner, pastor of the Reformed Church of the linearnation. The services will be continued indefinitely and the pastors of the following churches: Methodist, Lutheran, Reformed, Presbyterian, United Evangelican, Church of God, which have joined in the movelen ment, will take turns in preaching. A large choir composed of members of the several choirs will lead the music, the several choirs will lead the music.

If you want relief in two days, swift, certain, gratifying relief, take one-half testporful and the season of the



wettle many must be sent against it.

Rheuma is the enemy of Rheumatists,
—an enemy that conquers it every time.
Judge John Barhorst, of Ft. Loranie.
Ohio, knows it. He was walking with crutches; to-day he is well. It has can the sudden disappearance of the sudden disappearance of the sudden disappearance of Eenjamin F. Rhoads, of Marietta, Salvertisement.

NUXATED IRON

Increases trength of delicate, nervous, rundown people 200 per cent. in ten days in the sudden disappearance of Eenjamin F. Rhoads, of Marietta, Salvertisement.

NUXATED IRON

Increases strength of delicate, nervous, rundown people 200 per cent. in ten days as brother in this place and a sister in Philadelphia. He was about 73 pear in this paper, ask your doctor of the Collikeler, G. A., Gorgas always carry it in stock.

Ask your doctor of the Collikeler, G. A., Gorgas always carry it in stock.

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" Riverton "		2.57 A.M.
" Luray "		3.48 A.M.
" Elkton "		4.37 A.M.
" Basic "		5.27 A.M.
" Buena Vista "		6.45 A.M.
" Natural Bridge . "		7.15 A.M.
" Buchanan "		7.45 A.M
" Roanoke"		9.00 A.M.
" Rocky Mount "		10.02 A.M.
" Martinsville "		11.14 A.M
Ar. Winston-Salem . "		1.10 P.M
Lv. Winston-Salem, W. S. S. Ry		1.25 P.M
" Whitney "		3.05 P.M
Ar. Wadesboro "		4.40 P.M.
Lv. Wadesboro A. C. Line		4.45 P.M
Ar. Florence "		7.15 P.M
" Charleston "		11.20 P.M
" Savannah "		2.15 A.M
" Jacksonville "		
		7.10 11.141.

For further information, reservations, &c., call on or address agents of the Railway Company. W. C. Saunders W. B. Bevill

Gen. Passenger Agent Passenger Traffic Mgr. ROANOKE, VA.

That which is looked upon as a fad to day becomes the necessity of to morrow. This is largely the case with morrow. This is largely the case with with the beginning of the active ampaign against tuberculosis but a few years or so ago, outdoor sleeping was recommended for those suffering was recommended for those suff was one a decade ago and it is no longer limited to those who are in ill health.

All who have tried open-air sleeping are enthusiastic about it and they constitute an ever-growing group.

A sleeping porch is coming to be looked upon as an essential part of the home. Whole families have taken to sleeping in the open and have been so beneficial by it that they would never consider anything else.

hTe proper garb to insure warmth despite the temperature is essential With a warm room for dressing accessible there is no reason why this invigorating and stimulating custom should not continue to grow in popularity.

Many men and women who of necessity must spend their working hours indoors can obtain during their rest at night, at least a portion of the out-

By Frederic J. Haskin

[Continued from Editorial Page.]
honor of being the most tempting mark in sight.

The danger of the open plain is strikingly shown in the annual deaths, strikingly shown in the annual deaths the fence at a point a quarter of a sale and rumbles instead of crashing may be admired in perfect security. The damired in perfect se

Victims of Grippe Pneumonia

You may be the next victim of the scourge of Grippe and Pneumonia now raging. Save yourself by prevention if possible. Counteract Grippe germ. Beware of Colds. Loosen phlegm in cases of colds without cough.

Get this Remedy FREE!

All drug stores will distribute FREE, bottle of GOFF'S BITTERS with each 25c. bottle of GOFF'S COUGH SYRUP sold.

Both these well known remedies are of unfailing value for the prevention and relief of all forms of Colds, Coughs and Influenza, or GRIPPE, and are wonderful aids for quick recovery. Don't take chance of getting pneumonia.

Act quickly. Fill in your name and address below, take this advertisement to your druggist or dealer with 25c., and get this old and valuable remedy FREE.

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