

WHAT HAPPENS TO THE FOOD YOU EAT?

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

A strong stomach is the source of an health, strength, vigor and physical perfection. And it follows, that a weak, disarranged, overworked stomach; one that lets the food lie and ferment within its walls, causing heartburn, sick headache, sour food upheavals, bilioussness, belching of gas and other untold miseries of indigestion, is a menace to your well being.

to take thought of what he can eat, and when, can leave 50 cents deposit at H. C. Kennedy's or any drug store and take home a box of MI-O-NA and if this remedy does not do all it is advertised to do, he can withdraw his money. This is the strongest proof that can be offered as to the merit of the medicine.

MI-O-NA is not simply a food digester; it is a medicine that puts all of the digestive organs into normal condition and gives ruddy, glowing, vigorous health. A change for the better will be seen after the first few doses of MI-O-NA and its continued use should soon give the power to eat most anything at any time and not suffer distress afterward.

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.

Don't suffer a day longer with stomach misery. Get a box of MI-O-NA and commence its use immediately. It's inexpensive if it helps you and your money back if it fails. What fairer proposition could be made? Sold by H. C. Kennedy and leading druggists everywhere on this liberal plan.

Use Booth's Pills (MI-O-NA Laxative) for Constipation. A gentle little pill that never fails to regulate the bowels. Only 25c.—Advertisement.

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 King, the Kaiser and Irish Freedom," by the same author, which appeared last winter, nine editions, and selling abroad in several languages.

Irvin Cobb, and they are but a selected few. Taken all in all, it is a striking exposition of the value of a practical knowledge of shorthand in the carving of a career. Its essential importance as a business asset to an ambitious young man or woman is realized by a brief glance at the testimonials of the big men to whom its lesson has proven invaluable.

Anthracite. By Scott Nearing, dean of the College of Arts and Sciences, University of Toledo. (Published by the John C. Winston Co., Philadelphia.)

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

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.

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!

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.

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.

Elm Tree Believed to Be 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 Church of the Brethren, near Waynesboro, has been cut down.

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.

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, forms toxins and poisons which are then sucked into the blood.

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.

Advertisement for various services including FIRE INSURANCE, BEST LIFE INSURANCE, GROCERIES, MUSIC, and W. STUART FOX.

OUTDOOR SLEEP VERY ESSENTIAL

It Has Passed the State of Being 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.

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 25 cent box of Pyramid Pile Treatment. It 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, 688 Pyramid Bldg., Marshall, Mich. Kindly send me a Free sample of Pyramid Pile Treatment, in plain wrapper.

RHEUMATIC CRIPPLES NOW REJOICE. No Matter If You Are Crippled, Can't Use Arms, Legs or Hands, If Rheuma Doesn't Help You Nothing To Pay.

Series of Union Services Started by Newport Churches. 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 Incarnation.

VETERAN STILL MISSING. Marietta, Jan. 27.—To-day it is one month since the sudden disappearance of Benjamin F. Rhoads, of Marietta. He was last seen crossing the Pennsylvania Railroad company's tracks going toward the river, and it is believed that he was drowned or met with foul play.

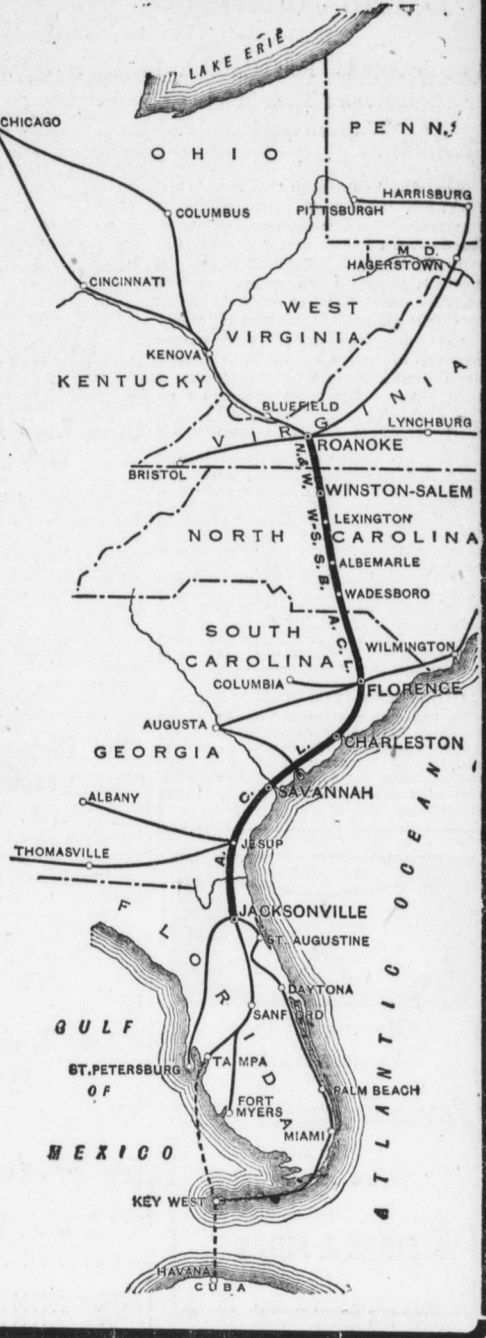
NUXATED IRON. Increases strength of delicate, nervous, run-down people. 200 per cent. in ten days in many instances. 100¢ per bottle. Full explanation in large article soon to appear in this paper. Ask your doctor or druggist about it. C. W. Croft, Druggist, G. A. Guggs always carry it in stock.

Norfolk and Western Railway

Pullman Sleeping Car To Jacksonville, Fla. Via Winston-Salem, Charleston and Savannah

Table listing train routes and departure times for Pullman Sleeping Car to Jacksonville, Fla. via Winston-Salem, Charleston, and Savannah.

For further information, reservations, &c., call on or address agents of the Railway Company. W. B. Beville, W. C. Saunders, Passenger Traffic Mgr., Gen. Passenger Agent, ROANOKE, VA.



DODGING THE LIGHTNING By Frederic J. Haskin

honor of being the most tempting mark in sight. The danger of the open plain is strikingly shown in the annual deaths of scores of sheepherders, who the thunderbolts hurl to an unrecorded doom on the treeless mesas of the West. As the only speck for miles around that rises ever so slightly above the general flatness, they present the natural point for the straining electrical connection between earth and cloud to break through.

Victims of Grippe and 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.

Advertisement for Goff's Bitters and Goff's Cough Syrup, featuring an illustration of a man and a woman.

Game Protector to Talk to Alricks Men Tomorrow

Dr. Joseph Kalbfus, chief State game protector, will be the speaker at to-morrow night's meeting of the Alricks Association in St. Andrew's Parish House, Nineteenth and Market streets. Dr. Kalbfus will talk on "Pennsylvania in the Lead" and tell how game conservation and propagation in this State compares with Western States which are commonly considered as having game in greater abundance.