CENTRAL PENNSYLVANIA NEWS

Fire Destroys $75,000 Worth of Property at Quarryville

By Special Correspondence

Lancaster, Pa., March 13.—Early yesterday morning three business places and several dwelling at Quarryville, Lancaster county, were burned with a loss of $75,000. For a time the business section of the borough was threatened with destruction. The fire started in the clothing store of A. Lewitas, in Church street, and spread with great rapidity, taking the barber ship of John Wilson, the harness factory of Henry Weimer, the fine home of D. W. Mowrer and two other buildings owned by Mowrer. The handsome home of A. G. Fritz was badly damaged.

WIDOW'S HOME BURNED

Special to the Telegraph

Lewistown, Pa., March 13.—A fire at Lewistown Junction Saturday afternoon destroyed the frame house occupied by Mrs. Al. Messerman. A few of the household goods were saved from the burning structure. Mrs. Messerman is a widow with a large family.

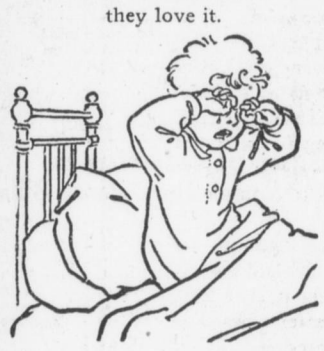
WORK OF DAUPHIN PASTOR

Dauphin, Pa., March 13.—The Rev. Francis J. S. Morrow, pastor of the Methodist Episcopal Church, has made the following statement of work for the past two years' pastorate, from March 24, 1914 to March 12, 1916: Traveled for all purposes, 8,270 miles, made 1,285 pastoral and sick calls, officiated at 65 baptisms, assisted and in charge of 30 funerals, solemnized six marriages, preached 225 sermons, made 31 addresses, gave 76 prayer meeting talks; accensions, 16; removals, 10; net increase, 6; amount of money raised for all purposes, approximately, $3,150.

CHILD GETS SICK, CROSS, FEVERISH IF CONSTIPATED

Look at tongue! Then give fruit laxative for stomach liver, bowels.

"California Syrup of Figs" can't harm children and they love it.



Mother! Your child isn't naturally cross and peevish. See if tongue is coated; this is a sure sign the little stomach, liver and bowels need a cleansing at once.

When listless, pale, feverish, full of cold, breath bad, throat sore, doesn't eat, sleep or act naturally, has stomach-ache, diarrhoea, remember, a gentle liver and bowel cleansing should always be the first treatment given.

Nothing equals "California Syrup of Figs" for children's ills; give a teaspoonful, and in a few hours all the foul waste, sour bile and fermenting food which is clogged in the bowels passes out of the system, and you have a well and playful child again. All children love this harmless, delicious "fruit laxative," and it never fails to effect a good "inside" cleansing. Directions for babies, children of all ages and grown-ups are plainly on the bottle.

Keep it handy in your home. A little given to-day saves a sick child to-morrow, but get the genuine. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Company."

CREME LILAS

Non-greasy Toilet Cream — Keeps the Skin Soft and Velvety in Rough Weather. An Exquisite Toilet Preparation. 25c.

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Call or send to-day for interesting booklet. "The Art of Getting Along in the World." Bell phone 694-R.

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300 rooms, 250 with private bath, each equipped with hot and cold fresh and sea water. Capacity 600. Orchestra of soloists. Private garage. Poultry, eggs and dairy products direct from own farm. Phone Atlantic City 1455.
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Illustrated Literature. Ownership management.

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THE UNDERTAKER
Sixth and Kelker Streets
Largest establishment. Best facilities. Near to you as your phone. Will go anywhere at your call. Motor service. No funeral too small. None too expensive. Chapels, rooms, vault, etc., used without charge.

Frank Cornman, Oldest 'Newsboy,' Drowns Himself in Creek Near Carlisle

FRANK CORNMAN

Special to the Telegraph

Carlisle, Pa., March 13.—In a fit of mental despondency, brought on by worriment over the condition of a brother and failing health, Frank Cornman, 57 years old, believed to be the oldest "newsboy" in the point of continuous service in the State, committed suicide yesterday by drowning himself in the Conodoguinet creek.

Man Falls Out of Boat and Is Drowned in River

Special to the Telegraph

Millersburg, Pa., March 13.—Washington Peiffer, aged about 50 years, living at Paxton, fell out of a boat while crossing the river to Liverpool on Saturday and was drowned. The body has not yet been recovered.

JAMES B. MOYER DIES

Special to the Telegraph

Millersburg, Pa., March 13.—The body of James B. Moyer, who died Saturday at the home of his sister, Mrs. William Hoke, at Elizabethville, with whom he lived was brought to Millersburg to-day and taken to the home of his son, G. Roy Moyer, in Pine street, from where the funeral, which will be private, will take place to-morrow afternoon at 2.30 o'clock. Mr. Moyer was a member of the Methodist Episcopal Church, of Millersburg and the Rev. Mr. Rhoads, of Elizabethville, will officiate. Mr. Moyer lived here for many years and is survived by two sons, Roy, of Millersburg, and Eugene, of Philadelphia. He was 76 years old and was a member of the Millersburg camp of the Modern Woodmen of America.

PARTY FOR YOUNG MEN

Special to the Telegraph

Wiconisco, Pa., March 13. — Students of Wiconisco High school gave a farewell party on Friday evening in honor of the Rev. William Kline's two sons, Harvey and William at the East End school room. After a pleasant evening of games and stories, refreshments were served to 45 guests. The young men will go to Nazareth, Pa.

PASTOR ACCEPTS CALL

Special to the Telegraph

Sunbury, Pa., March 13.—The Rev. John Lentz, of Chalfont, has accepted a call to the pastorate of St. John's Reformed Church, Milton, to succeed the Rev. H. G. Maeder, Milton.

EAT BIG MEALS! NO INDIGESTION OR BAD STOMACH

"Pape's Diapepsin" makes weak stomachs strong and healthy at once.

Instantly stops sourness, gases, heartburn, acidity, dyspepsia.

There would not be a case of indigestion or dyspepsia here if readers who are subject to stomach trouble knew the tremendous anti-ferment and digestive virtue contained in Pape's Diapepsin. This harmless preparation will digest a heavy meal without the slightest fuss or discomfort, and relieve the sourest, acid stomach in five minutes, besides overcoming all foul, nauseous odors from the breath.

Ask your pharmacist to show you the formula plainly printed on each 50-cent case of Pape's Diapepsin, then you will readily understand why this promptly overcomes indigestion and removes such symptoms as heartburn, a feeling like a lump of lead in the stomach, belching of gas and eructations of undigested food, water brash, acidity, nausea, headache, biliousness and many other bad symptoms; and, besides, you will not need laxatives to keep your stomach, liver and intestines clean and fresh.

If your stomach is sour and full of gas or your food doesn't digest, and your meals don't seem to fit, why not get a 50-cent case from your druggist and make life worth living? Absolute relief from stomach misery and perfect digestion of anything you eat is sure to follow five minutes after, and besides, one case is sufficient to rid a whole family of such trouble.

Surely a harmless, inexpensive preparation like Diapepsin, which will always, either at daytime or during night, relieve your stomach misery and digest your meals, is about as handy and valuable a thing as you could have in the house.—Advertisement.

FUNERAL DIRECTOR

HARRY M. HOFFMAN
(Successor to J. J. Ogelsby)
UNDERTAKER
310 North Second Street

"Village Band" Feature of Dauphin Musicale

Special to the Telegraph

Dauphin, Pa., March 13. — A delightful musicale was given on Saturday evening in the schoolhouse, by the Athletic Association. The room was packed with people and the following program was rendered: Music, Dauphin band; vocal solo, Miss Olive Douden; piano solo, Mrs. Lewis Heck; piano duet, Miss Anna Houck and Miss Carrie Elizabeth Gerberich; saxaphone duet, Charles S. Gerberich, and Daniel Roberts; vocal solo, Prof. Miles C. Hummer; piano duet, Mr. and Mrs. Frank E. Williams; selection, "The Village Band," Dauphin band; clarinet duet, "Auf Weidersehn," John L. Porter and Russell Reed; schottische, "Dance of the Wild Flowers," and "Old Lang Syne," band. The committee in charge consisted of J. D. M. Reed, O. W. Deibler, Charles S. Gerberich, and John L. Porter.

LADIES' AID ENTERTAINS

Special to the Telegraph

Dauphin, Pa., March 13. — The Ladies' Aid Society, of the Lutheran church, was entertained by Mrs. Elizabeth Weitzel, of Harrisburg, at the home of Miss Clare Poffenberger in North Erie street. The regular business meeting was held after which a victrola concert and refreshments were enjoyed by the Rev. Mr. and Mrs. J. B. Raub, and son, James, of Mechanicsburg, Mrs. William Ege, Mrs. Daniel Seiler, Mrs. A. C. Coble, Mrs. Harry I. Gerberich, Mrs. Kathryn Jackson, Mrs. William F. Reed, Miss Anna Hoffman, Miss Clara Bergstresser, Miss Mary Gailor, Miss Susan Long, Miss Ruth Long, Miss Eleanore Emmert, Miss Susan Jackson, Prof. Miles C. Hummer, Miss Poffenberger and Mrs. Weitzel.

ALLIGATOR FROM FLORIDA

New Cumberland, March 13.—Miss Eva Rhoades received an alligator from Sanford, Fla., on Saturday.

Witchcraft Book Being Sold Here by Thousands

The city police have unearthed what they believe to be a revival of the formerly well-known "pow-wowing" or "hex-doctoring," when they found small printed books on two chicken thieves, which they claim were "charms against evil."

Later it was learned that a book entiled "The Long Lost Friend," is being printed here and sold by the hundreds.

The book is full of spells, charms, and cures for any disease or injury prevalent among the human race, with several wonderful cures for various domestic animals. Even fishermen given helpful (?) aid in a spell to be used to have the fish collect about the nets.

The simplicity and childishness of some of the rules and charms is astonishing, some of them resembling the old Mother Goose rhymes and litpoems taught to youngsters. The book was originally published in 1828 and John George Hohman is the author. Dire threats are printed telling of the awful fate awaiting anyone who knowingly, refuses to use the charms in the book to "save the eye, leg or any other limb of his fellow-man."

Reserve Battleships Will Be Used For Navy Reserve

Washington, D. C., March 13.—August 15 was announced to-day as the opening date of the training cruise for civilians being planned by the Navy Department to arouse interest in the navy and pave the way for the formation of an efficient citizen reserve. Reserve battleships will be detailed for the cruise and will be apportioned among the coast districts according to the number of applicants accepted in each.

The tentative program names the starting points as Boston, Newport, New York, Philadelphia, Norfolk and possibly Charleston, S. C. The training course will occupy about four weeks. Three weeks will be spent at sea and about a week at the starting stations, where the recruits will be given general instruction, including an outline of their own naval districts and their defense problems.

Six Battle Cruisers May Be Put in Plans of U. S.

Washington, D. C., March 13.—Two important features of the naval appropriation bill will be:

First—Authorization for the construction of at least two, and possibly as many as six, battle cruisers of the dreadnaught type.

Second—Legislation that will enable the Navy Department to hurry the construction of the vessels now building and to set up a more efficient government industrial organization to back up the fleet and give it real fighting power.

Sentiment of the members of the House committee on naval affairs shows clearly that they have at least been impressed with the absolute necessity of constructing battle cruisers. It is an even bet that four battle cruisers will be authorized by the committee and sufficient appropriations will be provided to give the Navy Department an opportunity to build these cruisers faster and more powerful than any afloat.

Put Railroad Wheels on Auto to Escape Bandits

Mexican bandits roaming the province of Sonora on horseback will have to improve their means of transportation before they make any further demands upon R. L. Budrow, general manager of the El Tigro Mining Company, of Sonora. Duty having compelled him to remain at his post despite the danger of contact with bandits, Mr. Budrow purchased a White 45-horsepower touring car equipped with a set of flange wheels which can be quickly attached to the car and permit a hurried flight to the American border on railroad rails.

HENRY S. CATTELL IS DEAD FROM THE GRIP

Special to the Telegraph

Philadelphia, March 13.—Henry Sparks Cattell, a member of the Philadelphia Bar and one of the board of governors of the Law Association, died yesterday at his home, 2315 DeLancey street. He had been ill from the grip for three weeks. Mr. Cattell was well known as a practitioner in the Orphans' Court and as a corporation lawyer. He was born in this city, October 3, 1852, and was admitted to the bar in 1878.

BELL-ANS
Absolutely Removes Indigestion. One package proves it. 25c at all druggists.

"STAR POOL" NOT TO BE TOLERATED

Judge Kunkel Warns Proprietor Against Allowing Gambling in His Rooms

When Blair Cook lost his final dime shooting "star" pool in R. A. White's poolroom at Sixth and Emerald streets a few weeks ago, he confessed that he got "mighty mad" about it and picked up a loose pool ball and walked out of the emporium with it.

The theft of the pool ball got him into a heap of trouble, however, and to-day he was arraigned in court for the larceny of the ball. White who appeared against him incidentally had to answer some pointed questions by the court as to whether he was operating a gambling place or not.

The quizzing occurred when White attempted to go into some elaborate explanation as to the way "star" pool is played.

"That sort of a joint can't be tolerated," declared Additional Law Judge McCarrell emphatically.

"Do you permit people to go into your place and gamble?" President Judge Kunkel wanted to know. "If as you say you couldn't see just what was going on in your place, we want to say that this is a very dangerous practice. It's rather risky."

Cook's case was held over until further investigation is made.

Fish Would Have Smelled Same by Any Other Name

In pleading guilty this morning in Dauphin county court to nearly a dozen charges of stealing, Henry Baker, a 20-year-old negro, casually explained how he, too, had found that certain things aren't always what they seem.

Baker had been arrested by Corporal Curtis Davies of the State police department after the negro had lived pretty well for several months by filching butter, eggs, milk, cold meats, and so on from refrigerators all over Allison Hill.

In making the rounds one night, however, he stopped at the porch of Captain George F. Lumb, assistant superintendent of the State police. Several things were stored on the porch and one of them at least was such as to make Baker lift his head and sniff and sniff in the darkness. He thought it was fish. A little later he opened the box.

"Well, what was in it?" asked an attorney.

Whale-oil soap, sah," said Baker gravely.

President Judge Kunkel sent Baker to the Huntingdon reformatory.

STOLE POOL BALL

One of the pool balls in T. R. Mathews' pool emporium proved too attractive for Charles Johnson, a negro, and he yielded to temptation; consequently Johnson had to plead guilty in court this morning to the larceny of the ball. His case was continued while his friends make an effort to get him a job. Other cases disposed of this morning included: Louis Blough, furnishing liquor to 19-old Leonard Neely, $50 fine, cost and twenty days in jail; Stella Collier, keeping disorderly house, fugitive since her conviction, five months in jail; Tony Chiara, assault and battery upon Jacob Shlomberg, $10 and costs; Henry Green, chauffeur, who ran down and injured Jessie Gaither, of Gaithersburg, Md., sentence suspended, Green was driver for George W. Reily, who appeared on Green's behalf.

"Country" Smith, Once Accused of Murder, Is Sent to Penitentiary

The only man who trembled for a brief time within the shadow of the electric chair for the murder of Mrs. Ella Albright, was sent to-day to spend from one to two years in the Eastern Penitentiary. He has a jail record of four years and three months.

The man, Thomas, alias "Country" Smith, is a young negro who was picked up by the police as a suspect in the murder case. His indictment followed although the district attorney's office eventually asked for his dismissal from custody because it hadn't evidence to warrant his conviction. Against smith, however, charges were preferred by Mrs. Bessie Levin.

New York Sends a Weekly Budget of Interesting News

Special to the Telegraph

New York, March 11. — Secret service men from Washington, with local postal inspectors and police, are searching the city and suburbs for a clew to the most daring postal robbery New York has had in years. Four registered mail pouches were rifled on a ferryboat between New York and Jersey City, and close to $1,000,000 in cash stolen. The pouches were removed from an auto mail truck on the ferryboat and then replaced. A driver and two postal messengers seated on the front of the truck knew nothing of the robbery until the pouches were opened in the registered mail division of the main post office. There were several pieces of mail in each of the pouches which had not been tampered with, but everything else of value had been removed. Keys to pouches containing registered mail are kept in the registry divisions of the post offices and never carried outside, with the exception of the keys carried by railway mail clerks making long runs, where the mail is sorted during the trip. No driver of a motor truck is trusted with a key to the truck cage. Despite these precautions the valuable haul which the thieves made was accomplished so quickly and with such ease that it has thus far completely baffled the investigators.

In order to bring the universities of the United States into closer touch with the needs and demands of the large commercial institutions of our country, an arrangement has been entered into between Harvard, Columbia, Cornell, Yale, Princeton, Pennsylvania and New York universities and the National City Bank, of this city for co-operation in a practical course of education for foreign banking commerce. The main purpose of this arrangement is to help the university student to come to an early decision as to his life's work, and, at the same time, to assure him of an opening in a business for which he has been specially trained. This will also tend to provide the bank with well-trained men each year for its foreign and domestic service. It is proposed to pay the student $50 a month for the first year, with the opportunity of entering the permanent service of the bank at the end of that time, provided that there is an opening and that the student has satisfactorily passed the requirements of both the bank and of the university which he has been attending. Students selected by the universities will thus be enabled to spend one year in the employ of the bank during their four years or more in college, and in consideration of the pratical work obtained and the course of study pursued while at the bank, to graduate with their class and obtain their degree.

LONGACRE

SUPERIOR COURT IS IN SESSION

Judge Williams Sits For First Time; Local Attorneys Admitted to Bar

Superior Court Judge J. Henry Williams sat with the State Superior Court this city to-day for the first time. The court began its March session with Judge George B. Orlady presiding for the first time here. Judges Head and Porter were absent.

A distinguished group of Central Pennsylvania lawyers was present for the opening of the session and George L. Reed and William H. Earnest of this city were admitted to the bar.

Cumberland county cases were the first on the list and three were nonprossed, while one from Mifflin went the same way. The West Virginia Pulp and Paper Company case, a public service appeal, was transferred to Pittsburgh.

Governor Brumbaugh will entertain the court and a number of State officials this evening at dinner, at the Executive Mansion.

AMEND DIRECTORS' ACT

By Associated Press

Washington, D. C., March 13.—Collector Malone at New York, was instructed to-day to allow the Italian steamship America to clear from that port with the two guns mounted aft which she carried on her arrival several days ago. The Italian ambassador assured the State Department the guns were for defensive purposes.

LECTURE ON CHRISTIAN SCIENCE

Before a large audience in the Orpheum theater yesterday afternoon, Bliss Knapp, of Boston, Mass., member of the Christian Science Board of Lectureship, gave a lecture on the advancement and history of Christian Science. The lecture was given under the auspices of the Harrisburg Church of Christ, Scientist.

DON'T WANT WAR

By Associated Press

Washington, March 13.— President Wilson told a delegation of Scandinavians to-day that nothing was nearer his heart than keeping the United States out of war. He was assured by leaders of the delegation that his efforts in behalf of peace have been strongly approved throughout the country.

CAPTURE ESCAPED CONVICT

Pottsville, Pa., March 13.—William Jones, a prisoner at the county jail, was captured yesterday at Jalappa by State policemen.

Jones was stricken with appendicitis and was removed to the county hospital at Schuylkill Haven, where he was operated upon. While convalescent, but supposed to be too weak to go back to jail, he made a successful dash for liberty.

NEW PASTOR IN PULPIT

Special to the Telegraph

Marietta, Pa., March 13.—The Rev. H. C. Hivner, of Harrisburg, occupied the pulpit yesterday for the first time as pastor of the Washingtonboro Church of God. He was greeted with two large congregations.

PLANS FOR CELEBRATION

By Special Correspondence

Hummelstown, Pa., March 13.—On Thursday evening the general committee, composed of three representatives from the various lodges and organizations of the town, will meet for the purpose of formulating plans for the Fourth of July Celebration, which has become an institution in the town. The meeting will be held in the engine house at eight o'clock.

SAMUEL WILT BURIED

Special to the Telegraph

Blain, Pa., March 13.—The funeral of Samuel Wilt, whose death occurred at the home of his parents, Mr. and Mrs. Joseph Wilt, was held on Saturday with burial in the Union Cemetery. He was 17 years old and had been an invalid all his life.

Says She Was Saved From Operating Table

Brother and Sister Both Relieved by Simple Remedy Available to Any One.

In her gratitude for a remedy that saved her from the possible necessity for an operation, Mrs. Carrie Heflin, of Coats, Kans., writes: "Had it not been for Fruitola and Traxo I might have been on the operating table by now. It relieved me of at least one hundred and fifty gall stones. It surely does work wonders. My brother also had suffered for years and has been greatly benefited by Fruitola and Traxo."

Fruitola is a powerful lubricant for the intestinal organs, softening the congested masses, disintegrating the hardened particles that cause so much suffering and expels the accumulation in an easy, natural way. Traxo is a splendid tonic, acting on the liver and stomach with most beneficial results and is recommended for use in connection with Fruitola to build up and restore the weakened, run-down system.

Fruitola and Traxo are prepared in the Pinus laboratories at Monticello, Ill., and arrangements have been made to supply them through representative druggists. In Harrisburg, they can be obtained at Gorgas, the Druggist, 16 North Third St.; P. R. R. Station.

Recent Deaths in Central Pennsylvania

Columbia. — Mrs. Isabelle Stearn died at the home of her son-in-law, Joseph C. Miltenberger, aged 84 years. She was born at Five Mile Level, York county.

Columbia. — William Schlegelmilch died suddenly at his home here, aged 30 years. Death was caused by a hemorrhage soon after he retired for the night. He had been ill a year.

Martic. — Abraham Creamer, died Saturday after a long illness, aged 87 years. He served as supervisor of the township for many years and held many positions of honor and trust in public life and church circles.

Milton. — Newton E. Baylor, aged 23, died at his home here of a complication of diseases.

Sunbury. — James Lawley, Sr., aged about 75 years, died Sunday of a complication of diseases.

Mrs. Eva N. Neur, aged 82 years, died here of old age. Frederick Neur of Williamsport, and Luther Neur of Milton, are sons.

Mrs. Julia Leeser, 70 years old, died while seated in a chair sewing at her home here. Paralysis was given as the cause.

Man Found Dead Along Railroad Tracks at Sunbury

Special to the Telegraph

Sunbury, Pa., March 13.—Walter F. Beck, 31 years old and married, was found dead along the Philadelphia and Reading Railway tracks here early yesterday morning by a crew on a pushing locomotive. A rooster he carried was still held in his arms, it, too, being dead. It is the accepted theory that he was struck by passenger train No. 97, which passes the point where the body lay a few minutes after he was last seen alive. The accident occurred a quarter of a mile east of where David Fasold, 73 years old, of near Sunbury, was killed by a train twelve hours earlier.

Court Fines Grocer For Selling Jamaica Ginger

Special to the Telegraph

Lewistown, Pa., March 13.—At a special session of court here on Saturday Porter Calderwood, convicted at the regular January session of court of selling Jamaica ginger as a beverage, was sentenced to pay the costs of the prosecution, amounting to $76, and the rest of the sentence was suspended. Calderwood conducts a grocery here.

75 Little Children of Penbrook Sunday School in 'Tom Thumb Wedding'

Special to the Telegraph

Penbrook, Pa., March 13.—An unique entertainment will be given in the Penbrook United Brethren Church on Friday evening next under the auspices of Class No. 12 of the intermediate department and Class No. 6 of the primary department of the United Brethren Sunday School. The entertainment is called "The Marriage of the Midgets, or the Tom Thumb Weddinfi," and is produced by about seventy-five children between the ages of 3 and 10 years. All the boys will be dressed in long pants, low-cut vests and full dress coats, while the girls will appear in low-necked and short-sleeved dresses, with full train; the bride in the usual white silk dress with veil and flowers. The characters are the bride and groom, best man and maid of honor, four bridesmaids, two ushers, aunties of the groom and cousins of the bride, minister and wife, fathers and mothers of bride and groom, two grandfathers and grandmothers, two sisters of bride and bachelor friends, several couples of guests, twelve waiters and six couples of flower girls.

The entertainment lasts from one to one and a half hours and is one continuous performance. It is interspersed throughout with songs by the little people. The preacher has a catchy little ceremony—not in any sense like the real one, but a funny little piece made up for the occasion. On the whole the entertainment is one continuous round of such clean, wholesome fun as only children can furnish, and everyone witnessing it will go away pleased and satisfied.

This will be the greatest treat ever given the people of Penbrook. The proceeds will go toward the new church building fund.

REVIVAL AT WICONISCO

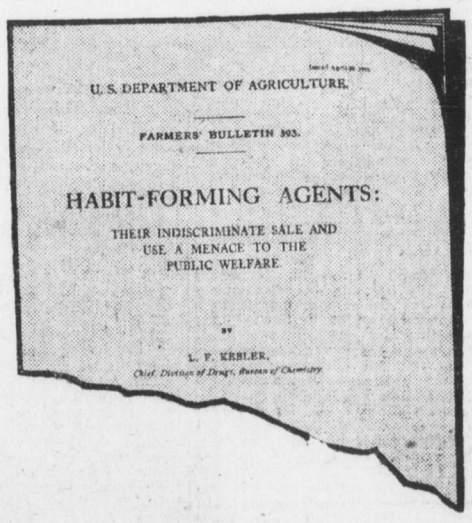
Special to the Telegraph

Wiconisco, Pa., March 13.—Revival services began yesterday in Calvary Evangelical Church, conducted by the Rev. William M. Davis, Evangelist of Akron, Ohio, assisted by the pastor of this church, the Rev. R. I. Yergey.

SCHOOL PRINCIPAL RE-ELECTED

Hummelstown, March 13. — At a meeting of the Board of School Directors, Walter A. Geesey, who has been supervising principal of schools for the past three years, was re-elected for another term of two years.

The Drug, Caffeine, In Coffee Is A Habit-Forming Agent


U. S. DEPARTMENT OF AGRICULTURE.
FARMERS' BULLETIN 393.
HABIT-FORMING AGENTS:
THEIR INDISCRIMINATE SALE AND USE A MENACE TO THE PUBLIC WELFARE
BY
L. F. KEBLER,
Chief, Division of Drugs, Bureau of Chemistry

Bulletin 393, U. S. Department of Agriculture, entitled "Habit-Forming Agents," referring to caffeine and other ingredients used in the manufacture of certain soft drinks, headache mixtures, etc., says:

"Until recently it was claimed by some that these agents were harmless and did not belong to the habit-forming group. Later investigations, however, clearly show that this position is unwarranted."

The average cup of coffee contains about 2½ grains of caffeine. Mothers give it to their children and wives give it to their husbands—unconscious of the harm coffee does to health.

When the nerves cry out, or indigestion, biliousness, headache or heart flutter begin to trouble, it's time to look to the cause.

An easy, sure way out of coffee troubles is to quit coffee, and use

POSTUM

—the pure cereal food-drink.

There are two forms of Postum. The original **Postum Cereal** must be boiled; **Instant Postum** is quickly soluble in hot water, more convenient to prepare, and has the same rich flavour as the original Postum. Some prefer one form, some the other; both are free from the habit-forming drug, caffeine, or any other harmful substance, and the cost per cup is about the same.

"There's a Reason" for POSTUM