Brighten The Cor-

ner where you are by eating a food that does not

clog the liver or develop poisons in the colon. Cut out heavy meats and starchy potatoes and eat Shrodded Wheat Piscuit with berries or other fruits. Try this diet for a few days and see how much better you feel. The whole wheat grain made digestible be steam - cooking, shredding

# U. B. CHURCH



You never had a head-

ache when you were To keep well is to keep

clean, inside. To relieve headache, and to prevent it, keep the liver active and industrious and

Two generations of healthy, vigorous people have done this by taking one pill at bedtime, regularly—a larg-

the bowels as regular as



Brentsood

Colorless faces often show the absence of Iron in the blood.

**CARTER'S IRON PILLS** will help this condition.

### WHEN YOU WAKE UP DRINK GLASS OF HOT WATER

Wash the poisons and toxins from system before putting more food into stomach.

Says Inside-bathing makes any one look and feel clean, sweet and refreshed.

Wash yourself on the inside be-fore breakfast like you do on the outside. This is vastly more import-ant because the skin pores do not absorb impurities into the blood, causing illness, while the bowel bores do.

reausing illness, while the bowel pores do.

For every ounce of food and drink taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste material is not eliminated day by day it quickly ferments and generates poisons, gases and toxins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only nourishment to sustain the body.

A splendid health measure is to drink, before breakfast each day, a glass of real hot water with a teaspoonful of limestone phosphate in it, which is a harmless way to wash these poisons, gases and toxins from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach.

A quarter pound of limestone phos.

the stomach.

A quarter pound of limestone phosphate costs but very little at the drug store but is sufficient to make anyone an enthusiast on inside-bathing. Men and women who are accustomed to wake up with a dull, aching head or have furred tongue, bad taste, nasty breath, sallow complexion, others who have bilious attacks, acid stomach or constipation are assured of pronounced improvement in both health and appearance shortly.

—Adv.

# WARNING GIVEN

MONDAY EVENING.

tine. It is too soon to decide about it yet.

"The sick should be quarantined. the State Health Department has always held, for two weeks.

"The discharges from the bowels, throat or nose should be disinfected. The nurse or the one in care of the sick should wear a gown and the face and hands should be washed or distinfected before mingling with those outside the sick room.

"If the conditions of a home are bad and the child cannot be isolated or kept alone, the hospital is the best place for it. This should be done very early in the sickness as quiet and rest are essential to recovery. A doctor experienced in treating the disease and a nurse with like experience add much to the chances of recovery.

"Traveling with children and con-

ence add much to the chances of recovery.

"Traveling with children and congregating them in groups should be discouraged. In fact, in an epidemic it should be forbidden under the police regulations. Cleanliness of the home and person are essential. All animal and insect life should be kept out of the same. Screening of all windows and doorways is essential. Food should not be eaten raw, with possibly the exception of milk known to be clean."

#### Great Patriotic Parade Held at Hummelstown

Hummelstown, May 14.—Saturday

Hummelstown. May 14.—Saturday afternoon's patriotic demonstration was a great success. The town was crowded with visitors from the surrounding country and nearby towns. The parade started promptly at four o'clock and marched over the prescribed route, which covered almost all the entire town. Lieutenant Edgar C. Hummell was chief marshal and his aids were: Richard B. Ernest, Dr. M. L. Nissley, Professor W. A. Geesey, William F. Shoemaker, H. M. Horst, Frank C. Witmer, George P. Hocker, J. Landis Strickler, T. O. Witman, S. C. Stecher, W. L. Pike and William H. Earnest, Five bands—from Palmyra, Campbellstown, Hershey, Chamber Hill and Hummelstown—took part, as did Earnest's Drum Corps. The Red Cross Auxiliary was well represented by marchers on foot and by a float. Between four and five hundred school children marched, each grade differently decorated or representing some line of preparedness. The stonecutters' union, gardeners, ministers and all the orders of town were well represented. It was one of the best demonstrations the town has ever had. Automobiles carried all the Civil War veterans. The entire town was profusely decorated for the occasion and presented an intire town was profusely decorated for the occasion and presented an inspiring sight. The various bands gave concerts following the parade.

SCHOOL ENTERTAINMENT

SCHOOL ENTERTAINMENT
Dauphin, Pa., May 14. — The entertainment given on Friday and Saturday evenings in the gym room of the borough schoolbuilding, by the schoolchildren, under the direction of Miss Anna Houck, was a great success. Two splendid drills, "Dumb-bell" and "Luby-Lou," were done by the children, and an amusing play, "Whiskers," was given. Almost thirty dollars was cleared, which will go toward the benefit of the school.

### School Notes

The Technical High school Mandolin and Guitar Club has the stage set for its first annual concert in the school auditorium next Thursday. President Norman Todd has an-

set for its first annual concert in the school auditorium next Thursday, President Norman Todd has announced the program that will include vocal solos, renditions by the club, mandolin solos and impersonations. The entire club will play these selections: "Brooklyn Bells," "Brockmeyer," Alohaoe-Anon," Day in a Cotton Field," Smith and Zublin; "Sweet Melody," Stahl; "Sobre las O las," Seredy and Tocaben; "Surprise Party," Norwood.

Professor W. D. Moyer, director of the club will play one of his own compositions as a mandola solo, entitled, "Spanish Serenade," He will also render "Old Black Joe," as a mandolin solo. Lloyd Cole, of the junior class, and William Maurer will sing several duets during the evening. C. R. Kirk will give several impersonations. Many tickets have already been sold and a list of patronesses is being prepared for the event. The officers, all of whom play mandolins are: President, Norman Todd; vice-president, Sidney Kay; secretary, Robert Fager; treasurer, Lester Zimmerman. Other mandolin players are: Victor Snyder, Lloyd Reeves, John Keller, Musser Miller, Albert Michael, Fred Essig, Gustave Erdman, Harold Cassel, Raymond Baxter, Wilbur Nisley, William Gardner, Lloyd Cole, Henry Young, John Conner, Guitars, George Ricedorf, Kenneth Hoffman and Charles Johnson.

# FREE EGGS ARE

pression.

THE worst thing that could happen to the world these days would be a busi-

War in itself does not cause business de-

The billions of dollars of money to be expended in war preparations, will be put

into circulation in America and this vast

distribution will create new wealth for use

The one thing that might halt business

Business is going and it's up to all of us

War cannot be waged and won without

the sinews of war so do your part by buy-

ing the things you need and the things you

can afford. That will help you, and us,

and everybody else who lives under the

A Rich Showing of

Stripe Silks

Fifteen of the prettiest stripe patterns brought out this season included in this showing of popular stripe Taffetas for

sport skirts at ...... \$2.00 And—ten distinctive styles in satin stripe at .....

And—ten distinctive styles in satin stripe at ... \$2.25
Smart Block Taffetas—inch checks of black and colors; yd., \$1.75
Numerous other stripe patterns in Silk Serge and Taffeta, 36 inches; ard ... \$1.50 and \$2.25
La Jerz—a washable stripe silk, 32 inches; yard ... \$2.25
Roman Stripe Tussorah, extra heavy weight, oyster white and natral; yard ... \$2.75

Dainty Silks and Waists

Stars and Stripes.

to keep it going for our country's sake.

now is an unpatriotic psychological feeling

of panic and a false idea of patriotic econ-

in the world struggles for humanity.

ness depression in our United States.

Fishel, Dillsburg; Charles H. Ziegen-fus, Bethlehem, Pa.; George R. Oat, \*\*\*\*\*\*\*\*

U. B. CHURCH

AGAINST LIQUOR

Attitude of Conference Is
Strongly Set Forth at
Wichita, Kas.

Wichita, Kas. May 14. — The atRude of the chares rewards the
Health Authorities

Dr. Dixon Requests That All
People Co-operate With the
Health Authorities
Health Authorities

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THEY KNOW THEIR **COUNTRY NEEDS** 



George Bennethum, son of Mr. and Mrs. W. H. Bennethum, 2009 North Third street, a student of the Sheffield School, Yale University, is in

### Young Man Suspected of Killing Police Chief Released

Lykens, Pa., May 14.—On Friday afternoon Constable David Shamper, of Wiconisco, arrester a young man, who gave his name as E. W. Scott, but who answered the description of Frank Clark, of Pitts ton, who is charged with the murder of Chief of Police Swartz, of Lehighton, in the early part of last week. The young man's shirt was badly torn and there was a large blood stain on the front of it. He was captured in Shaffer's woods, east of town. The young man was detained in the Lykens lockup until Saturday evening, when Constable Jenkins, of Lehighton, came here to identify him, but said he was not the Frank Clark for whom a reward of \$700 was offered.

Constable Shamper is still of the opinion that the young man is guilty of some crime, but as there was no charge against him, he was released yesterday morning.

ASCENSION DAY SERVICES
Pligrim Commandery, Knights Templar, will hold annual Ascension Day services Thursday evening at the home on the Eagdnell, Phd., D. D., pastor, will make the address on "The Ascension." The Knights Templar services are always largely attended.

DELEGATE TO CONVENTION Mrs. George Parker of 1402 Bombush street left Friday for Wheeling, West Va., where she will at the Women's Foreign Missionary Society of the Memorial Lutheran Church.

Now York, May 14.—Alantes the first frings he murder of this city, Saturday won the "Evening Mall's seventh annual modefied marathon race of 12% miles in thour 7 minutes and 11 4-5 seconds. President Wilson started the men by pressing an electric signal button in Washington. There were 1500 compession started the men by pressing an electric signal button in Washington. There were 1500 compession started the men by pressing an electric signal button in Washington. There were 1500 compession started the men by pressing an electric signal button in Washington. There were 1500 compession started the men by pressing an electric signal button in Washington. There were 1500 compessions that the men by pression started the men by pression started the men by destion

#### Kolehmainen Shows His Heels in Marathon Race

Lykens, Pa., May 14. — On Friday afternoon Constable David lehmainen, the Finnish distance runser, of Wiconisco, arrester a ner of this city, Saturday won the

and baking.

ored 120 points, the Filipinos 80 and

Made at Niagara Fails, N. Y JAPS WIN OLYMPIC GAMES

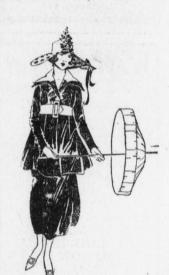
the Chinese 48.

The Japanese showed marked superiority in the long-distance swimming events and carried away the honors in the baseball contest. They also took both of the tennis matches, Kumagae winning the singles and Kumagae and Mikami the doubles.

## Dives, Pomeroy & Stewart









## Individualized Types of Suits ForWomen & Misses Now on Sale

So extensive is this assemblage of reduced suits that there is a particular style to satisfy each particular preference. The most distinctive of timely woolens are included in the assortment-ideal in every way for street and sports occasion. There are serges, gabardines, Poiret twills and poplins, in a score of splendid

Tailleurs with that delightfully youthful swing are included in this broad showing, presenting an extraordinary suitbuying opportunity.

The belted coats feature clever pocket effects, the button arrangements add a charming note and the pointed cuffs and deep shoulder collars give an irresistible finish.

Altogether a suit sale worth your time and attention.

\$20.00 suits of fine quality poplin made in a belted style with large envelope pockets; sailor collar of white faille silk; in Copenhagen, navy, sand and black. Final Clear- \$12.50 \$25.00 suits in wool faille and poplin; the coat is made with a box plaited back, semi-belted; fancy inverted pockets finished with stitching, large cape collar trimmed with bone buttons; in navy, Copenhagen and black. Final Clearance \$16.50

\$32.50 and \$35.00 suits of fine poplin and Poiret twill made in plain tailored or belted models: in sand, Copenhagen, navy and black. Final Clear- \$22.50 \$39.50 suits of French serge; the coat is made with a deep yoke and fine plaits front and back finished with a narrow belt trimmed with fancy gilt buttons; double sailor collar of self material and silk poplin in tan. Final Clearance

Price \$25.00

### Attractive Coats in Many New Styles

Coats for motoring, for travel or general utility service-fascinating designs which take note of most every desire and style. Gunniburls, gabardines, burrellas, serges and poplins, possessing all the little touches which delight the feminine eye.

All of them moderate in price as this list shows: \$15.00 sport coats of fine quality wool velour in rose, gold and Co-

penhagen; made in a belted style with a large cape collar and fancy inverted patch pockets trimmed with silk stitching. 

\$18.50 shepherd check cloth coats made in a loose model finished with a broad belt; large envelope pockets and cuffs trim-med with fancy bone buttons. Clearance Price....... \$14.50 \$22.50 coats in wool velour and poplin with a high waist line and full gathered skirt; semi-belted front; deep cape collar and patch pockets trimmed with stitching and small pearl \$18.50

### New Spring Underwear & Hosiery For Men

Style assortments as comprehensive as any we have shown heretofore are ready in the display for spring and summer.

Items that are moderate in price and full of quality include-

Egyptian balbriggan shirts and drawers; shirts white nainsook athletic shirts and knee draw-

### Underwear of Pink Lisle and Italian Silk

Pink lisle ribbed vests, low neck and sleeveless Pink lisle bodices ..... 50c 

WOMEN'S HOSIERY

Black silk boot outsize hose, fashioned feet, 75c

## Two-Trouser Suits For Active Boys

By the very nature of his sports and activities, a boy is harder on his trousers than on the rest of his outfit. It is well to plan ahead to allow for this in buying his suit.

Forehanded parents are requested to inspect our varied assortment of two-trouser suits -it's just like giving him two suits.

Here They Are at \$5.00, \$6.50 and \$7.50

The newest Norfolk, pinch-back and trench model coats—sizes 8 to 18 years—

Grey mixtures Grey and tan mixtures Brown tweeds Blue serges Blue unfinished worsteds Blue flannels

Carlton checks Grey overplaids Shadow stripes Black and white checks Green mixtures Fancy mixtures

Boys' Wash Suits, - - - - \$1.00 to \$5.00

### Wash Hats and Straw Hats For Boys

All the popular shapes are shown in fabric and straw.

Wash Hats
Straw Hats Dives, Pomeroy & Stewart—Second Floor, Front.