

Don't Neglect Kidneys

Swamp-Root, Dr. Kilmer's Prescription, Overcomes Kidney Trouble

It is now conceded by physicians that the kidneys should have more attention as they control the other organs to a remarkable degree and do a tremendous amount of work in removing the poisons and waste matter from the system by filtering the blood.

The kidneys should receive some assistance when needed. We take less exercise, drink less water and often eat more rich, heavy food, thereby forcing the kidneys to do more work than nature intended. Evidence of kidney trouble, such as lame back, annoying bladder troubles, smarting or burning, brick-dust or sediment, yellow complexion, rheumatism, maybe weak or irregular heart action, warns you that your kidneys require help immediately to avoid more serious trouble.

An ideal herbal compound that has had most remarkable success as a kidney and bladder remedy is Dr. Kilmer's Swamp-Root. There is nothing else like it. It is Dr. Kilmer's prescription used in private practice and it is sure to benefit you. Get a bottle from your druggist.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper. Adv.

Preserving a Sense of Security. "Do you think the electoral college should be abolished?"

"No," replied Senator Sorghum; "now and then a few men should be permitted to take part in an election with no fear of heckling and with absolute confidence in the result."

If your eyes smart or feel scalded, Roman Eye Balsam applied upon going to bed is just the thing to relieve them. Adv.

Envy a Loser. "Dat man done made an election bet dat leaves him 'bliged to eat a gallon of 'lasses wif a toothpick," remarked Mr. Erasmus Pinkly.

"Well," remarked Plickaninny Jim, "de toothpick makes it slow work, but 'e 'lasses is wif it."

Dr. Pierce's Pellets are best for liver, bowels and stomach. One little Pellet for a laxative—three for a cathartic.—Adv.

The Main Object. "Pa, what's meant by party affiliation?"

"That's a term used by diplomatic persons to conceal the real motive which prompts them to hang together in the hope of sharing the spoils of office."

MOTHER'S JOY SALVE for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists. GOOSE GREASE COMPANY, MFR'S., Greensboro, N. C.—Adv.

JUST MATTER OF PERCENTAGE

Legislator Had Figured Out Method by Which He Voted Right in Majority of Cases.

During the last session of a western legislature one member, a tall, angular man with a white mustache of the walrus pattern and the faculty of being able to throw both his thumbs out of joint at will, made himself conspicuous by voting "No" on every bill, resolution, or other form of business that came up. However innocent a measure might be, this man voted against it stentoriously.

Finally a legislator weakened under the strain and approached the gentleman with the walrus whiskers.

"Why is it?" asked the man, "that you vote 'No' on everything?"

"I'll tell you," said he of the walrus mustache, with a confidential air. "Seventy-five of those bills and resolutions are bad and ought never to be passed. And I figure that any man who votes right 75 per cent of the time is a pretty darned good legislator."

To Avoid Trouble. "There's no particular reason why you shouldn't take a cheerful view of life."

"Yes, there is," answered the pessimistic person. "I complain in self-defense."

"I don't understand."

"If I appeared happy and contented all the time reformers would accuse me of not having the interests of my fellow men at heart, so I frown and growl occasionally just to show that I belong to the progressive element." —New Haven Journal.

Food Product They Overlooked. This year the South is producing the largest rice crop in its history, and although all other chief food products now enjoy much higher range of values than normal, rice is the exception, it selling this season, due to large crop and limited demand, only about on a level with the average of the past ten years.—Vicksburg Herald.

The cheerful feeling you possess after a drink of something hot and flavory should be only the beginning of your satisfaction.

For this very reason more and more people are turning from coffee to

Instant Postum

A lessened tendency to such annoyances as nervousness and sleeplessness repays them

A ten-day trial of this delightful, flavory hot drink has assisted so many to health and comfort that your friend, the Postum drinker, will tell you its well worth while.

"There's a Reason"

KEYSTONE STATE IN SHORT ORDER

Latest Doings in Various Parts of the State.

PREPARED FOR QUICK READING

Capital Stops Disinfection. Harrisburg.—The Harrisburg City Council refused to operate its temporary sewage disinfection plant any longer.

Miner Killed Under Cars.

Tamaqua.—Caught under a trip of runaway cars at the No. 5 colliery, John Darko, aged thirty-one, was so badly squeezed that he died shortly afterwards.

U. G. I. Pays \$366,000 State Tax. Harrisburg.—The United Gas Improvement Co., of Philadelphia, paid the State \$366,000 in a single payment as State tax. It was the largest payment of the week.

Swallows Pin, Dies Of Paralysis.

Plymouth.—Charles Sapko, nine years old, died from infantile paralysis. A pin that he swallowed while at his school brought on the disease according to doctors.

Veteran Killed In Fire.

Washingtonville.—John Rotzwell, seventy years old, a Civil War veteran, was burned to death in his home here. He was alone and it is believed a lamp exploded as he slept.

Milkmen Plan Another Rise.

Carlisle.—A recently formed organization of milk dealers in this section, who raised the price of milk one-half cent a quart two weeks ago is contemplating a further advance to make the product 20 cents per gallon, wholesale.

Lack Of Cars Stops Mine.

Shenandoah.—William Penn Colliery, of the Susquehanna Coal Company, was compelled to suspend for want of railroad cars, throwing over one thousand men and boys out of employment.

Girl Kills Self With Gun.

Scranton.—Annie Romanofsky, twenty years old, a pretty young woman of Mahanoy City, while visiting friends here, fired a bullet into her brain, dying shortly afterwards. The cause of the suicide is unknown.

Students Forego Ices For War Relief.

Bethlehem.—The girls of the Moravian College for Women have decided that twice a week for the next three weeks they will forego the use of ice cream at meals in order that the money thus saved may be turned over to a fund for work in prison camps in Europe.

Boy Dies Of Lockjaw.

Catawissa.—Stepping on a rusty nail that penetrated his foot two weeks ago, Robert Texler, eighteen years old, of West Catawissa, treated the wound with home remedies, but when he became ill and a physician was summoned it was found that he was suffering from lockjaw. His death followed several hours later.

Kills Bear With Knife.

Gilberton.—Joe Norcavage brought home a two hundred and fifty pound bear that he killed in Sullivan county after a desperate battle. The sportsman says he fired three shots, the last of his ammunition, at his bearship, when the maddened brute savagely attacked him. After a fierce struggle he finally vanquished the bear by plunging the blade of a large hunting knife into his neck.

NEWS NOTES.

The banks of Lehigh county have \$23,098,000 on deposit, a gain of five millions during the past year.

Blinded by the glare of the big electric lamp, Joseph Rockel, of Hoffman, near Allentown, was struck by a trolley car, his head lacerated and severely bruised about the body.

Carl Allgrum, of Bethlehem, who has just resigned as head foreman of No. 2 machine shop of the Bethlehem Steel Company, after seventeen years of continuous service, was presented with a gold watch by his fellow-employees.

The canvass of the vote for Representative in the Bucks-Montgomery District, completed by E. C. A. Moyer, of Montgomery, and W. S. Schlichter, of Bucks, showed the following official figures: Watson, R., 28,952; Heacock, D., 20,232; Whiteside, Soc., 954; Rambo, Pro., 467; Dix, Single Tax, 128.

While he was dressing a Thanksgiving pie out in the back yard thieves entered the home of Emery Chuck, of South Bethlehem, and stole forty-five dollars.

The two-year-old daughter of Mr. and Mrs. Cyrus J. Campbell, of Harrisburg, was burned to death when a spark from the furnace fell on the baby's crib.

The Harrisburg Hospital will purchase a new ambulance with \$2,000 provided by State appropriation and a similar sum donated by the Harrisburg Pipe and Pipe Bending Company.

The Palmetto Board of Trade has decided to erect large electrical signs along the railroads and on the highest elevation in the town, inviting people to make their home there and prosper.

The high swinging bridge between East Mauch Chunk and Pleasant Hill, across a deep ravine, is being rebuilt at a cost of \$500, which amount is being raised by local residents.

Harry Alexander, of Allentown, bought two old autos for \$90 and when he found they would not run, stopped payment on the check. He was arrested and forced to pay.

AMERICAN ATHLETES WIN HONORS ABROAD



BRILLIANT PERFORMERS IN SWEDEN.

American athletes have again shown that they retain their place at the head of track and field sports by the brilliant performances of the chosen few who crossed to the Scandinavian countries at the invitation of Sweden. With only five men on the team, four of them selected officially and the other, Ward of Chicago, going because his fellow citizens thought he deserved the trip, the representatives of the United States have won nearly every event in which they have competed.

In the two days at Christiania the Americans were victorious in every event but one, and in that Ted Meredith was beaten only by a yard by J. Bolin, the Swedish champion, at 800 meters. The performances of the men at Stockholm were remarkable when it is taken into consideration that they had disembarked from the steamship only a day or two before their first meeting with the Scandinavian champions. In the stay of a week before the Stockholm and Christiania meetings the Americans had a chance to train, and the result was apparent, particularly in the cases of Meredith, Loomis and Ward. Loomis recovered his spring in the high jump and defeated Kullerstrand, the Swede, who had beaten him in the first meeting. Ward scored his first victory of the tour when he won the 200 meters on the opening day at Christiania and Meredith got close enough to Bolin at 800 meters to make matters uncomfortable for the man who had easily conquered him a week previous.

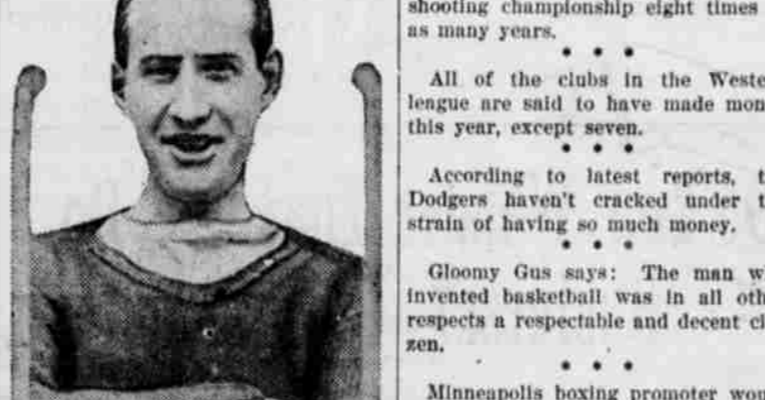
Bob Simpson, the University of Missouri hurdler, has been invincible in all the competitions over hurdles, and already has placed on the books a new world's mark for 110 meters. Besides showing his superiority in hurdling, Simpson has acquitted himself well on the flat, and the same may be said of Murray, who has beaten the Scandinavians with great regularity in both hurdle races and at sprinting distances. Loomis has been victorious in all the short-distance races, and now that he has evened up with Kullerstrand in the high jump, has established his supremacy in that department of sport.

The Scandinavians were delighted with the work and sportsmanship of the Americans and promise to send a representative lot of athletes to the United States next year to compete in various tournaments.

COAKLEY IN NEW CONTRACT

Veteran Pitcher Signed by Columbia University—Has New Duties and Increased Salary.

Andy Coakley, veteran pitcher, who has been baseball coach of Columbia university for three years, has signed a new long-term contract, with more duties.



Coach Andy Coakley.

Important duties assigned him and more pay attached.

He has had great success with the Columbia baseball teams.

HOLDS MANY CHESS TITLES

Lasker Is Now Champion of New York and Chicago and Recently Won English Emblem.

Edward Lasker, winner of the recent Western States Chess association meet, holds a number of titles, all of which he has won by a narrow margin.

He holds the championship of New York, the championship of Chicago, and during his stay in England won the championship of London.

Club Made Money. The financial statement of the Washington American league baseball club shows the profits for the recent season will amount to between \$25,000 and \$30,000. Although there were reports of light attendance early in the summer, comparisons show that the total attendance of spectators was greater than in 1915.

Harry Gaspar Deposed. President T. J. Hanlon of the Sioux City Western league club announces that he has "accepted the resignation of Manager Harry Gaspar and that he will go to the big leagues for a successor to Gaspar. He says the former manager can remain with the team as a pitcher, but Gaspar, it is said, objects to that.

A revised version of the sale of the Red Sox shows the club went for \$750,000 instead of \$675,000. Yet Charles Ebbetts had nerve enough to ask a million and a half for the Dodgers.

All of the big league parks now seem comparatively quiet and deserted and melancholy, except Shibe park, Philadelphia, where the attendance continues about the same as it was in September.

John L. Collier is coaching Cornell university oarsmen, assisted by former Coach Charles Courtney, in an advisory capacity. The early workouts attracted 150 candidates for the varsity and freshman eights.

YACHTING BOOMING IN CUBA

Amateurs Have Outgrown Smaller Craft and Place Orders for Several Larger Yachts.

With the growing prosperity of Cuba, yachting has developed into one of the leading sports of wealthy Cubans, and the Havana Yacht club races are now a feature of the season. Many of the amateur yachtsmen feel that they have outgrown the smaller type of racing craft, and orders have been placed in this country for several of the larger racing yachts. When these are launched it is hoped that some of the American yacht owners may be induced to visit Cuba and participate in a series of international races. If the outcome of these races warrants, several of the wealthy Cuban enthusiasts may combine and challenge for the America's cup within the next few years.

DEPENDS ON "PULLED DRIVE"

Success of Ichiya Kumagee, Japanese Tennis Champion, Uses One of Rarest Strokes.

Tennis experts who have been studying the style of Ichiya Kumagee since the recent victories of the Japanese champion showed him to be a formidable contender for the national title, say that Kumagee's success is due largely to his use of the "pulled drive," one of the rarest strokes in the game. The stroke, they say, corresponds to the pull in golf. Its effect is to make the ball spin upon an axis tilted away from the player at an angle



Ichiya Kumagee.

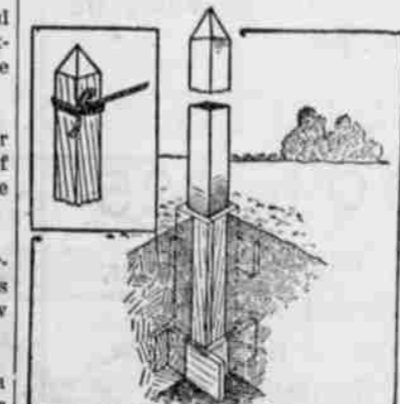
of about 35 degrees. The ball is heavily cut sideways, upward and outward, and the effect is a wide curve in flight and a very puzzling bound or break after it strikes the ground.

It is said that this stroke was successfully used by the late Anthony F. Wilding, the British and Australian champion, but it is virtually unknown in the United States.

POSTS ARRANGED FOR COURT

Desirable to Have Them Removed When Lawn is Being Cut or in Winter—Good Plan Shown.

It is sometimes desirable to have tennis-court posts arranged to be easily removed from the lawn or the court when the grass is being mowed, or during the winter. The method of fixing the posts in the ground, as shown in the sketch, makes it convenient to remove the posts and still gives the necessary stability, writes Edward R. Smith of Walla Walla, Wash., in Popular Mechanics Magazine. A square wooden box, tarred to resist moisture, is placed in the ground, and the post is fitted into it. The upper end of the



Removable Posts.

box is level with the surface, and when the post is removed a wooden block is fitted into the opening. Removal of the posts permits the mowing of the grass close to them and leaves the place free from obstructions when the court is not in use.

WOMEN SELECT GOLF DATES

First Time in History of United States Golf Association Fair Sex Have Had Privilege.

A committee of women will select the course and dates for their next national golf tournament. An announcement at headquarters of the United States Golf association says the committee has been asked to choose three clubs and the date which they consider best for the women golfers, so that their selection can be voted upon, which is to be held in New York next January.

This is said to be the first time in the history of the organization that the women have been permitted to select the course and the dates.

Australian Fighter Is Anxious.

On behalf of Les Darcy, the Australian middleweight champion, a challenge has been issued to the world for a match to take place at Sydney some time within three months. Mike Gibbons, the St. Paul fighter, is the one boxer the Australians believe is entitled to a bout with Darcy.

INDIAN NAMES FOR WARSHIPS

Suggestion Made That Vessels of the United States Navy Be Called After Famous Red Men.

A correspondent of the New York Times advocates Indian names for United States warships. "How to name the ships of our vastly extended navy is an interesting question. A glance down the list of the names of our naval ships does undoubtedly give the impression that they had been accepted by a weary man as a choice of evils."

"It seems to me that from the men of the race longest identified with our history—the noble red men—and from their tribes, most befitting titles could be found for applying to our warships. From early childhood the lives of the foremost Indian chieftains have inspired intense admiration in Americans. They are the ideal embodiment of the greatest naval battle prowess of their time."

"What names could imply the idea of indomitable fighting force in the American mind equally with Powhatan, the powerful sachem of Virginia; or Pontiac, 'the Red Napoleon,' chief of the Ottawas; or Tecumseh, chief of the Shawnees, or (Shawanoes) and celebrated fighter, diplomat, and orator; or Black Hawk, noted warrior chieftain of the Sacs and Foxes?"

YOU MAY LOOK YOUNG

By Keeping Your Complexion Young With Cuticura. Trial Free.

The Soap to cleanse and purify, the Ointment to soothe and heal. These super-creamy emollients do much to keep the skin clear, fresh and youthful, as well as to keep the hair in a live, healthy condition and the hands soft and white.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Needles Made of Bone.

The needle is one of the very old domestic instruments. The earliest were probably of bone. Steel needles, close upon the modern style, were made by the Moors at a very early period, and there is a record of their introduction into England in the fourteenth century that the needle-making industry became quite an important one in England, and companies were formed for making them. Needles made of fish bone, bone of other animals and also ivory, sometimes having an eye at one end and sometimes having an eye in the middle, have been found among the refuse of the cave-dwelling peoples of Europe. The machinery now employed in making needles of the many kinds used in sewing is quite as wonderful as the machinery used in making the pins that the world uses so recklessly.—Washington Star.

Important to Mothers

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of Dr. J. C. Fletcher In Use for Over 30 Years. Children Cry for Fletcher's Castoria

Teaching and Learning.

There is more than a verbal difference between "learn" and "teach." There is a vital difference. Education comes by learning, not by teaching. And what is learning? It is the experience of the spirit. We learn by doing, is an old saying, and it is true. It is the only way to learn. One can teach till doomsday and not make a scholar, a real man, a true citizen out of a boy. Teach is a misnomer in the truth of education. Such a one is a guide, a friend, a leader. Telling a child a fact should be undertaken with great caution, for when the child loses the relation, he loses the truth. Education is really absorption and the duty of the teacher is to put the child where the absorption proceeds. This may not be professional, but it is to be commended because it isn't.

Studying Patience.

The rich old uncle from whom much was hoped was standing by his niece, who had been telling him how dearly his little great-nephew and namesake loved his school and how well he was getting on with his studies.

"Well, Teddy," said the uncle, jovially, upon the return of the little boy, "what do you do in school all day?"

Teddy pondered. "Well," he said gravely, "mostly I wait until it's time to go home."

Wright's Indian Vegetable Pills are not a "cool-tar product" nor a "confection," but a good, old-fashioned dose of medicine for regulating the stomach, the liver and the bowels. Get a box and try them. Adv.

Attar of Roses.

While Bulgarians are fighting so hard it is interesting for women to remember that in that country are raised 20,000 acres of roses from which the celebrated attar of roses is distilled. Only half as much was distilled this year as last, on account of the war, which means of course, that the precious stuff will be much more expensive. Germany makes an attar out of coal tar.

An easy-going man is sometimes difficult to get rid of.

Uric Acid Poisoning?

The most eminent physicians recognize that uric acid stored up in the system is the cause of rheumatism, that this uric acid poison is present in the joints, muscles, or nerves. By experimenting and analysis at the Inveralls' Hotel and Surgical Institute in Buffalo, N. Y., Dr. Pierce discovered a combination of native remedies that he called Anuric—which drives out the uric acid from the system, and in this way the pain, swelling and inflammation subside. If you are a sufferer from rheumatism, backache, pains here or there, you can obtain Anuric at any drug store and get relief from the pains and ills brought about by uric acid; or send Dr. Pierce 10c for trial pkg.; Anuric which you will find many times more potent than lithia and eliminates uric acid as hot water melts sugar. A short trial will convince you.

That Knife-Like Pain

Have you a lame back, aching day after night? Do you feel sharp pains after stooping? Are the kidneys sore? Is their action irregular? Do you have headaches, backaches, rheumatic pains,—feeling tired, nervous, all worn-out? Use Doan's Kidney Pills—the medicine recommended by so many people in this locality. Read the experience that follows:

A Pennsylvania Case

S. A. Gensery, 125 Ave. St., Sunbury, Pa., says: "The excruciating pain in my kidneys passed on to my bladder, and I was obliged to get up night and day, the pain was so terrible. I had a severe, knife-like pain through the small of my back and they bothered me worse in the morning than in any other time. Finally I used Doan's Kidney Pills and found relief. The pain left my back and I haven't suffered since."

Get Doan's Any Store, 50c a Box

DOAN'S KIDNEY PILLS

FOSTER-MILBURN CO., BUFFALO, N. Y.

Stops Neuralgia Pains

Why suffer from excruciating neuralgia pains when an application of Yager's Liniment will give quick relief? This liniment is good, too, for rheumatism, sciatica, headache, pain in chest or side, sprains, cuts and bruises. The large tin contains a month's use. Liniment contains four times as much as the small bottle of liniment sold at that price.

YAGER'S LINIMENT

GILBERT BROS. & CO. Baltimore, Md.

Surface Judgments.

President T. V. O'Connor of the International Longshoremen was talking to a reporter about a labor dispute. "You are judging too much by surface conditions," he said. "Judging a labor dispute by surface indications is as bad as judging a man by his clothes—and, as to that, an aviator just back from France said to me the other day: 'The handsomest uniforms and richest medals are always to be found farthest back from the firing line!'"

Dr. Perry's "Dead Shot" is powerful and prompt but safe. One dose only is enough to expel Worms or Tapeworm. No castor oil necessary. Adv.

Brought It On Himself.

"What is the difference?" began the Cheerful Idiot.

Everybody but the grim-looking man arose and left.

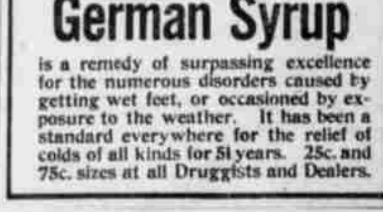
"What is the difference," he went on undeterred, "between somebody placing wearing apparel in a Saratoga, and a bloodhound with a bad cold?"

The grim-looking man said nothing, but drew a pistol stealthily from his pocket.

"One is a trunk packer and the other is a punk tracker."

(He drew a veil over the sickening details.)—Farm Life.

He who sings drives away sorrow.



He who sings drives away sorrow.

Boschee's German Syrup

is a remedy of surpassing excellence for the numerous disorders caused by getting wet feet, or occasioned by exposure to the weather. It has been a standard everywhere for the relief of colds of all kinds for 51 years. 25c. and 75c. sizes at all Druggists and Dealers.

IF YOU HAVE

no appetite, indigestion, flatulence, Sick Headache, all run down or losing flesh, you will find

Tutt's Pills

just what you need. They tone up the weak stomach and build up the flagging energies.

FLORIDA FARM FACTS

Write for Booklet to J. HENRY STROHMEYER SARASOTA, FLA., BALTIMORE, MD.

PATENTS

Watson E. Coleman, Washington, D. C. Books free. Write today. Give name, address, and business. Best references.

Ladies-Girls-Boys

Send name and address and receive free booklet. Give name, address, and business. Write today. Give name, address, and business. Write today. Give name, address, and business. Write today.

GALLSTONES

W. N. U., BALTIMORE, NO. 50-1916.

A PROMINENT RICHMOND WOMAN

Richmond, Va.—"Dr. Pierce's Favorite Prescription was recommended to me by my mother-in-law, who had great faith in its efficiency, and after using it I was an equal advocate of it. I have given birth to eight children, and as a precaution to guard against many of the unpleasant features and the many discomforts that accompany this period, and to give me tone and strength, I took it all through my delicate state with four of my children, and I am happy to relate I received the full benefit of the medicine and could not have been more comfortable."—MRS. A. M. EASTMAN, 1700 W. Carry St.—Adv.