

Does Your Baking Powder Contain Alum?

Prof. Geo. F. Barker, M.D., University of Penn.: "All the constituents of alum remain (from alum baking powders) in the bread, and the alum itself is reproduced to all intents and purposes when the bread is dissolved by the gastric juice in the process of digestion. I regard the use of alum as highly injurious."

Dr. Alonzo Clark: "A substance (alum) which can derange the stomach should not be tolerated in baking powder."

Prof. W. G. Tucker, New York State Chemist: "I believe it (alum) to be decidedly injurious when used as a constituent of food articles."

Prof. S. W. Johnson, Yale College: "I regard their (alum and soluble alumina salts) introduction into baking powders as most dangerous to health."

In view of such testimony as this, every care must be exercised by the housewife to exclude the over and over condemned cheap, alum baking powders from the food.

Baking powders made from cream of tartar, which is highly refined grape acid, are promotive of health, and more efficient. No other kind should be used in leavening food. Royal Baking Powder is the highest example of a pure cream of tartar powder.

ROYAL BAKING POWDER CO., 100 WILLIAM ST., NEW YORK.

KREAMER.

James Ziegler is working in the mines at Adamsburg. Rev. John Yoder of New Jersey was calling on friends in this vicinity last Thursday. Quite a number of our marksmen attended the shooting match at Fremont last week. That sport from Summit had better commit the game laws to memory and not shoot too many rabbits in this vicinity, when out of season, or they might become expensive. Eli Keeler made a trip to Shamokin this week. The shooting match on Saturday was well attended. Five turkeys and about 100 pigeons were shot out. Quite a number of sports from Selinsgrove were present. The Christmas entertainment will be held in town on Monday evening, the one at Globe Mills on Sunday evening.

WEST BEAVER.

Born to Ed. Rothrock and wife last week, twin boys. The heavy weight porkers reported in the Adamsburg Herald last week, I was told, were weighed on spring balances and then multiplied by three to make 453 and 529 1/2 lbs. Peter Romig of Milroy, Milflin Co., was a guest of some of his Snyder County friends last Sunday. Mrs. Reuben Wagner was a visitor at Mrs. Moyer's last Saturday. The St. John's Sunday schools at the Ridge are making preparations to hold an entertainment on Christmas at their church. T. F. Swineford has a position as chief cook and bottle washer at the lumber camp in New Lancaster. News being scarce, so I will wish the many readers of the "Post" a Merry Christmas and a Happy New Year.

NOW IS THE TIME

You will buy when you want to; but now is the time to make your selections for Christmas. Our stock is more complete now than at any other time during the year.

TIMELY TIPS ON THE MARKET

Have enabled us to scoop a few choice bargains which will mean money saved to our customers who are quick enough to get here while they last.

Ladies 1140, 25 year gold filled Watches, with American mounts, \$14.00.

Ladies 1410 solid, with same mounts, \$20.00.

Gents 14k gold filled, 20 year Watches with Elgin or American movements at \$10, \$12, \$15 and \$20.

Solid 14k gold at \$35 to \$100.

FISHER,

The Reliable Jeweler, SUNBURY, PA.
WE SELL ROGER BROS. 1844 SILVERWARE.

Court Proceedings.

Court convened Monday, Dec. 11, 1899, at 11 o'clock, A. M. Hons. H. M. McClure, Z. T. Gembling and Alfred Specht presiding.
Milton G. Reitz was appointed foreman of the grand jury.
H. R. Riegle, P. J. Herbster, D. B. Heiser and William Heiser were appointed tipstaves.

COURT OF QUARTER SESSIONS.

In the case of the commonwealth vs. Jacob Bood, the defendant was found guilty of not supporting his wife, and sentence was suspended so long as he furnishes necessary support.

In the case of the commonwealth vs. Irvin Middleswarth, the defendant was convicted of fornication and bastardy and received the usual sentence in cases of that kind.

In the case of the commonwealth vs. J. William Sholtzberger, the defendant was acquitted of the charge of assault and battery.

E. D. H. Walter, Howard Row and John P. Kern were appointed to inspect county bridge in West Perry township.

R. C. Fiss, Alfred Clelan and Ner Fesse were appointed to inspect county bridge across the Mahantango creek.

Charles L. Wetzel, C. N. Gemberling and John Hetrick were appointed to view public road in Franklin township.

A rule was granted to show cause why the bridge across the West Branch at North Berland should not be free.

Report of viewers inspecting bridge over Jack's creek in West Beaver township, was confirmed.

Report of reviewers of public road in Franklin township, was confirmed. ni. si. and so was report of viewers of public road running through Selinsgrove and Penn township.

Exceptions were filed to the report of viewers of private road in Beaver township.

COURT OF COMMON PLEAS.

In case of I. F. Thomas vs. Ida L. Thomas, a divorce was granted.

Martha J. Bingham vs. Jacob Royer, the verdict was in favor of the plaintiff for all the property in dispute.

In the case of John K. Haekenburg vs. Elizabeth Fessler and C.A. Fessler, administrators of W. H. Fessler, deceased, the verdict is in favor of the plaintiff for the sum of seven hundred and sixteen dollars and thirty-two cents (\$716.32). Dec. 15, 1899, verdict was set aside and new trial granted.

In the case of Annie M. Luck vs. William H. Ewing, the verdict is in favor of the plaintiff for the sum of seven hundred and eighteen dollars and eighteen cents (\$718.18).

On motion of James G. Crouse, attorney for libellant, J. M. Baker, Esq., was appointed master in the case of Joel Ammon Klingler vs. Bessie Elizabeth Klingler.

ORPHANS' COURT.

Orders of sale were granted in the estates of Jacob H. Steining, deceased; Charles Romig, deceased, and Henry J. App, deceased.

Returns to orders of sale were confirmed in estates of Josiah Helfrich, deceased; Sophia Hool, deceased; Daniel Hollenbach, deceased; Rebecca Cramer, deceased, and Isaac Gill, deceased.

Returns to writs of partition were confirmed in estates of Daniel Weaver, deceased; Geo. Kern, deceased; and D. A. Kern accepted tracts Nos. 1, 2 and 10 of the real estate of said George Kern, deceased, at the appraisement, which were valued respectively, at \$850, \$85 and \$150.

An attachment was awarded in the estate of Leah Weirick, deceased. Leave of court was granted J. C. Schoch, guardian of Lincoln Walter, to join the other heirs of Samuel Walter, deceased, in the execution of the deeds to the several purchasers of the real estate of said decedent.

All the accounts of the administrators, executors and guardians, and the widow's appraisements, were confirmed as advertised except those hereinafter mentioned.

In re-estate of Mary Gross, deceased, the report of A. W. Potter, Esq., auditor, was confirmed ni. si.

Exceptions were filed to the account of P. M. Teats, guardian of Annie Ripka, a minor child of Sarah Ripka, deceased.

On motion of Hon. J. C. Ducher and James G. Crouse, attorneys for Annie Ripka, ward of the above

named guardian. Chas. Hower, Esq., was appointed auditor to pass upon the above exceptions.

On motion of F. E. Bower, Esq., solicitor, etc. Charles P. Ulrich, Esq., was appointed auditor on distribution in the estate of Benjamin Kramer, deceased.

Friday, Dec. 15, 1899, adjourned to Monday, Jan. 15, 1900.

JAS. G. CROUSE, Reporter.

SELINSGROVE.

The installation ceremonies of Rev. J. B. Focht, D. D. were very interesting. The charge was delivered to the pastor by Rev. Dr. Yutzky and that to the people by Pres. Heiser of the University. Miss Rose Gortner is home from Cornell for the holiday vacation. Nearly all the students of the University left for their homes last week. The second term will begin Jan. 3, 1900.

Rev. Dr. Manhart of Baltimore was in town on Monday. The exercises in the Opera House Thursday evening last in commemoration of the 100th anniversary of the death of George Washington were well attended, the Opera House being packed, and the addresses and music were excellent.

Mrs. Noetling has returned from her trip to La Grange, Ind. where she was with her daughter, Mrs. Frontz. Miss Mattie Diamond went to Dunncannon to visit her sister, Mrs. Guss. K. B. Erehart, who has been visiting her brothers, returned home last week.

Mrs. B. O. Kessler and daughter spent Monday last at Sunbury.

All the Sunday schools are busy with their Christmas exercises.

The R. R. Co. are putting down heavy steel rails on the bridges and in the yard as the traffic is very heavy and has been for quite a while.

The merchants have amply prepared themselves for calls for holiday presents. Mrs. Ida Metzgar, sister of Mrs. Meek, who has been out of town visiting for several weeks, returned home last week.

Before making your selections for Christmas look at our stock, such as Jewelry and Sterling Silver Novelties, and engraving done on the premises.

Everything in the Opticos and Jewelry line. Beautiful beyond comparison.

Adia's and Gents Watches and Chains. Elegant assortment of cut glass and umbrellas.

You cannot see so complete an assortment elsewhere.

B. F. SHAMBLEY,
Watchmaker and Engraver,
Lewistown, Pa.
NEAR COLEMAN HOUSE.

PAXTONVILLE

Jacob Shemorry of New Berlin visited in town over Sunday. Miss Hattie Heimbach of New Berlin, who spent several weeks with her grandmother at this place, returned to her home Friday. Miss Ada Howell of Beavertown spent Saturday and Sunday with friends in town. R. E. Gift made a flying trip to Philadelphia last week.

Prof. C. A. Derr and M. C. Harner of C. P. C., New Berlin, came home last week to spend their vacation with their parents. Calvin Derr and wife and Mrs. Mary Howell were in New Berlin on Sunday. Mrs. Isaac Gill and daughter, Effie, visited friends in Middleburg Monday. Wm. Zimmerman delivered a very able address at the Singing convention held at McClure last Thursday evening under the auspices of Mrs. F. E. Specht of Beavertown. The fifth meeting of the Teachers' Institute was held in Moyer's school house on Friday evening. Very able addresses were delivered by the different teachers.

Master George and Ephraim Howell of Beavertown visited their grandmother at this place Monday. Rev. Joshua Shambach preached a very able sermon in the Evangelical church on Saturday evening. Benjamin Heimbach of New Berlin was in town on Monday. J. P. Wetzel, county commissioner-elect, of Beavertown, passed through town on Saturday.

CHRISTMAS SHOPPING BY MAIL.

We have made preparations for taking care of the wants of our two million customers who live in every portion of the world. Our 300 page Catalogue in full of suggestions about everything to Eat, Wear and Use, and offers particular bargains in: Books, Bicycles, Brass Goods, Cabinets, Candles, China Closets, Cigars, Clocks, Comodes, Desks, Draperies, Fancy Chairs, Fancy Tables, Fountain Pens, Gold Pencils, Groceries, Handkerchiefs, Jewelry, Buffers, Lamps, Musical Instruments, Neckties, Ornaments, Pocket Knives, Pictures, Rockers, Shoes, Silverware, Sterling Silver Novelties, Stools, Tables, Watches, etc.

Our Lithographed Catalogue shows Carpets, Rugs, Portiers, Art Squares and Lace Curtains in their real colors. Carpets saved from being furnished. Our Made-to-Order Clothing Catalogue with samples of cloth attached offers Suits and Overcoats from \$5 to \$50.00. Expressage paid on clothing everywhere. We also issue a special Catalogue of Pianos, Organs, Sewing Machines and Bicycles. We will make your Christmas buying more satisfactory than it has ever been before. Which Catalogue do you want? Address this way:

JULIUS HINES & SON,
BALTIMORE, MD. Dept. 909.

SALEM.

Don't forget there is many a slip twixt the cup and the lip. Funnels reduce the danger to a minimum. K. M. Coleman had a severe spell of sickness on Saturday. Bertha Meiser and L. E. Maurer are still on the sick list. J. M. Aurand can only talk a little above a whisper on account of a cold. Geo. Kuster killed a hog that weighed 509 lbs.

Chas. A. Miller attended court last week. Geo. Snyder says, we went to the Spaniard, because it is a boy. Mr. and Mrs. Meiser of Meiserville visited their son, Ezra and family, on Sunday; also Francis and Joe Meiser from Stonington, (brother's) at the same place.

Miss Ada Romig of Sunbury and Milton Herman of Kratzville were the guests of Jacob Kuster's Sunday.

Henry Moyer, who has been sick for some time is slowly improving. F. C. Fisher, principal of P. department of S. U., seems so very pleasant, because the school has closed for three weeks, therefore giving him a chance to see his lot.

Harvey Aurand is also enjoying his vacation. Mrs. Wm. Gemberling is also sick at this writing. The teachers of Penn again held their semi-monthly institute at Salem last Friday evening. Christian Endeavor Society was well attended on Sunday evening. Geo. E. Fisher and wife were again present. An excellent sermon was delivered on Sunday afternoon by the Returned pastor at this place, the words were "Arise from your sleep," spiritually.

Geo. M. Witmer, wife and children visited at Freeburg Sunday. The bear which was to have been seen at this place, turned out to be a black heifer.


MARRIED.

Dec. 14, at Middleburg, by Rev. J. Shambach, William J. Bickel of Middleburgh, Snyder Co., and Ida E. V. Renner of Mazeppa, Union Co., Pa.

Dec. 10, by M. P. Arnold, J. P., Harry A. Shaffer of Chapman twp. to Minnie M. Reichenbach of Dundore.

Dec. 12, at Archibald, Luzerne Co., by Rev. Wm. Luer, John B. Hummel and Lizzie H. Esteruth, both of Scranton.

Dec. 17, at Mt. Pleasant Mills, by Rev. E. E. Gilbert, Francis Swineford of Sunbury to Cora M. Gelnett of Aline.



NOW HE KNOWS

That he never did know just how to buy furniture until he found himself in our store. And you will regret the bargains lost if you have not inspected our line of furniture, which is the most complete in the city. We name you few of our bargains:

Reed Rockers, - \$1.25 and up
Couches, - \$4.50 and up
Bed Room Suits, \$16.50 and up.

WM. A. SHIPMAN,
439 MARKET ST. SUNBURY, P.

Twenty Special HOLIDAY BARGAIN DAYS

Graybill, Garman & Co's. Department Store Richfield, Pa. From Dec. 11-31, '99.

Below are a few of the many Bargains:

GROCERIES.

- Arbuckle Coffee, 10c
- 1 cake Chocolate, 10c
- 4 lbs Soup Beans, 10c
- 1 lb Baking Soda, 8c
- 1 lb Baking Powder, 8c
- 3 lbs Corn Starch, 10c
- 3 bottles Vanilla, 10c
- 10 pieces Laundry Soap, 10c
- 1 lb Horse and Cattle Powder, 5c
- 3 pieces Toilet Soap, 10c
- 1 lb Oyster Crackers, 10c
- 4 lbs Cream Mixture, 10c

HARDWARE & TINWARE

- Acate Collanders, 18c
- 4 qt Acate Coffee Pot, 25c
- Acate Basins, 14c
- 4 qt Acate Preserve Kettle, 14c
- 10 qt Acate Pails, 21c
- Large Dust Pan, 5c
- 6 Teaspoons, 8c
- 6 Tablespoons, 10c
- Butcher Knife, 4 inch Blade, 10c
- 6 Knives and Forks, 30c
- Coffee Mill, holds 1 lb coffee, 14c
- Cool Bucket, 17c
- No. 9 Wash Boiler, 15c
- Foot Window Sashes, 50c

DRY GOODS.

- 100 Bleached Muslin, 7c
- Good Bleached Muslin, 5c
- 1 1/2 wide A. Mason, 7c
- Good Unbleached Canton Flannel, 7c
- B. tier, 7c
- Turkey Red Table Cloth, 14c
- Middleweight Flannel, 16c
- Pink and Gray Scotch Flannel, 16c
- Southern Woolen and Gray Blankets, 8c
- Best Prints, 4c
- Lancaster Gingham, 5c
- Discount on Dress Goods, 5c

NOTIONS.

- 54 Table Oil Cloth, 12c
- Mens' Underwear (per suit), 45c
- Ladies' Underwear (each), 25c
- Mens' Pileed Underwear (suit), 99c
- 12 Rows Pans, 10c
- Tairable, 10c
- Clark's O. S. T., 10c
- Fascinator, 25c

SHOES.

- Children's 9 1/2 coarse Shoes, 58c
- Children's 12 coarse Shoes, 64c
- Ladies' 3 1/2 coarse Shoes, 76c
- Ladies' Bals & Button pat. leather \$1.23
- Mens' Fine Bals, 1.23
- Ladies' Felt with overs, 1.23
- Mens' Felt with Hiron overs, 1.23
- Mens' Felt with perfection, 2.39
- Children's Buckle Artie, 8-10, 50c
- Mens' Boot, double sole and tap, 50c
- die seam solid, \$1.75

CLOTHING.

- Boys suits, from \$1.15 up
- Mens' Coats, rubber inner line \$1.27
- Boys Duck Coats, 1.27
- Boys Overcoats, \$1.23 to \$1.67
- A full line of Mens' and Boy's Overcoats.
- We still have 75 to 100 Ladies' Coats and Caps, and Misses and Children's Coats at prices to suit all and will be a reduction of the entire stock of our coat.

The above named articles are only a few of the bargains we have. We have fine stock to select from, but remember the BARGAIN PRICES are only good from Dec. 11 to 31 and only for Cash. Country Produce. Call and examine our stock before buying elsewhere. We will give every purchaser 10c on to our store on the 31 of December present.

Graybill, Garman & Co.,
Richfield, Pa.
N B - Store will be closed on Christmas.

MEISERVILLE.

The teachers returned from the institute and all reported a good time. Albert and Jonathan Gelne who had been working in North Dakota for three years, are paying a visit to their parents, Samuel Gelnett and wife. Misses Alice Meise and Kate Garman are visiting a Wagner, Milflin Co. Miss Ber Meiser was a Freeburg visitor Sunday.

DIED.

Dec. 10, at Sunbury, Don. Waite, only son of J. G. Chestnut born in Chicago, Feb. 24, 189; aged 6 years, 9 months and 16 days; Interment Wednesday of last week.