

Over-Work Weakens Your Kidneys.

Unhealthy Kidneys Make Impure Blood.

All the blood in your body passes through your kidneys once every three minutes.

The kidneys are your blood purifiers. They filter out the waste or impurities in the blood.

If they are sick or out of order, they fail to do their work.

Pains, aches and rheumatism come from excess of uric acid in the blood, due to neglected kidney trouble.

Kidney trouble causes quick or unsteady heart beats, and makes one feel as though they had heart trouble.

It used to be considered that urinary troubles were to be traced to the kidneys, but now modern science proves that nearly all constitutional diseases have their beginning in kidney trouble.

If you are sick you can make no mistake by first doctoring your kidneys. The mild and the extraordinary effect of Dr. Kilmer's Swamp-Root, the great kidney remedy is soon realized.

It stands the highest for its wonderful cures of the most distressing cases and is sold on its merits.

by all druggists in fifty-cent and one-dollar sizes. You may have a sample bottle by mail.

Home of Swamp-Root, free, also pamphlet telling you how to find out if you have kidney or bladder trouble. Mention this paper when writing Dr. Kilmer & Co., Binghamton, N. Y.

LEGAL ADVERTISING.

ADMINISTRATOR'S NOTICE. Letters of Administration to the estate of John M. Haskelberg, late of Adams County, Pa., deceased, having been granted.

NATHAN HACK, NBUIG, Administrator, C. P. A. B. P. No. 100, Adams Co., Pa.

EXECUTOR'S NOTICE. Notice is hereby given that letters testamentary upon the estate of George Campbell, late of Union town ship, Snyder Co., Pa., deceased, have been granted.

H. W. CAMPBELL, Executor, Wakefield, Pa., March 14, 1922.

EXECUTOR'S NOTICE. Notice is hereby given that letters testamentary upon the estate of Jesse Starnes, late of Adams County, Pa., deceased, have been granted.

JOSIAH S. MACH, Executor, Middleburg, Pa., May 15, 1922.

Agents Wanted

LIFE OF DEWITT TALMAGE. By his son, REV. FRANK DEWITT TALMAGE and associate editors of Christian Herald. Only book published by Talmage family.

Call Me Up His Savings. A leather wallet, containing \$150, when Farmer Denmore, of Vestal, N. Y., was about to pay on a mortgage.

"I am using a box of Chamberlain's Stomach & Liver Tablets and find them the best thing for my stomach I ever used."

Cats and Their Toilet. Cats make the most careful toilet of any animals, excepting some of the opossums.

Cut this out and take it to the Middleburg Drug Store and get a box of Chamberlain's Stomach & Liver Tablets.

Dress Reform. Once upon a time a certain woman, who had been much pestered by a dress reformer, was shot at by a frenzied suitor.

DR. FENNER'S RHEUMATISM BACKACHE DROPS. All Bladder and Urinary Diseases CURE.

SECRETS IN CIPHER.

How Diplomatic Transactions Are Guarded in England.

Dispatches Are Carried by King's Messengers Who Are Shadowed by Government Detectives While en Route.

It says much for the integrity of government officials, comments London Tit-Bits, that all knowledge of our recent important treaty with Japan was successfully withheld from foreign nations until the compact had been actually sealed.

No government secret when first born is ever committed to paper, except on the rare occasions when minutes of a cabinet meeting are taken and forwarded to the sovereign.

Once the government has decided upon an important piece of foreign policy it has to be transmitted to our representative abroad, and for the first time the secret is put in writing in the form of intelligible cipher.

The dispatch having been prepared, it is given into the care of a king's messenger, who wears attached to his person a bag fitted with a secret lock.

The journey between this country and abroad is a risky one, because the messenger is beset with spies, and although he travels incognito and well armed, there is always the chance of his being set upon and robbed.

When traveling by rail he engages a special compartment, and if called upon to do so he will have to lose his life before sacrificing the dispatch.

On arrival the messenger goes to the embassy and hands over the bag either to the ambassador personally or his secretary, who has had verbal orders from his chief to receive it.

Instructions being accepted as genuine, the messenger is permitted to enter the embassy. Every night two attendants watch outside the door with loaded revolvers, having orders to shoot down any intruder.

Occasionally great care has to be taken that no information shall leak out from the officials themselves, and with the exception of Britain and Italy, no European nation will permit any member of an embassy to marry a woman of the country in which they are employed.

Prisoners Play Football. It didn't seem right to spoil a day's sport, so the jailer at Fort Scott, Kan., temporarily liberated a couple of prisoners to make up the full quota of a local football team.

Victim of Hard Work. A lazy man in Holbrook, Neb., spent a day in cleaning up a filthy cellar.

Then the baby is most likely nervous, and fretful, and doesn't gain in weight.

Teething

Then the baby is most likely nervous, and fretful, and doesn't gain in weight.

Scott's Emulsion is the best food and medicine for teething babies. They gain from the start.

Send for a free sample. SCOTT & BOWNE, Chemists, 409-415 Pearl Street, New York, N. Y.

SPRING POULTRY NOTES.

The sitting hen should have a daily dust bath.

Keep the hen-hatched chicks dry and warm.

Be sure that your poultry has comfortable quarters.

Ducks and geese should never be kept with chickens.

Early pullets are the profitable winter egg chickens.

Young chicks should have an abundance of coarse sand.

The hen and her chicks should be protected from the wind.

If an old rooster is not fit for the table, kill him and bury him.

Hens will lay as well without the attention of the male as with it.

Filthy quarters produce sickness, and sick hens will not produce eggs.

It is a good plan to have a board floor for the coop which holds the hen and chicks.

It has been proven by experiment that it pays better to feed milk to chickens than to pigs.

Some Very Swift Swimmers. Recent experiments show that the dolphin, when pursued, can go through the water at the rate of about 22 miles an hour.

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Six Million Boxes a Year. In 1922, about 12,000,000 boxes of Hart's Cascarets Candy Cathartic's jump into popularity.

To Save the Cranberry. The department of agriculture is planning a half-acre bog on the Arlington farm near Washington, recently turned over to it as an experiment station.

Reduced to FIFTY CENTS A YEAR. New Idea Woman's Magazine. Formerly One Dollar.

THIS is the cheapest and best Fashion Magazine now before the American public.

Send Five Cents To-day. THE NEW IDEA PUBLISHING CO., 528 Broadway, New York, N. Y.

Canvasser - WANTED - to sell PRINTERS' INK - a journal for advertisers - published weekly at five dollars a year.

Russian Eggs in England. Eggs to the value of \$15,000,000 are annually sent to England from Russia.

FAMOUS IN ENGLAND.

Father Dolling Who Preaches Amid Glitter and Splendor.

Yet He Lives and Works in the Midst of the Utmost Squalor and Most Grinding Poverty in the City of London.

It is rather hard to say for what Rev. Father Dolling, of London, who celebrated his fifty-first birthday the other day, is most famous.

His church down in grimy Poplar is like a palace inside, and its altar blazes with crosses and candles and golden utensils and is decorated with rare flowers.

Before Father Dolling came to London to begin his good work among the

destituents of Poplar he was in charge of a mission in Portsmouth. The rough men with whom he came in contact despised him at first on account of the dress he wore, but before he left them they loved him for a man.

He aims to teach them manual work first of all, and so he has them march to the music of life and run, and there is a youthful rifle corps in connection with the school.

Father Dolling's pulpit denunciation occasionally is rather startling. Recently at one of his Portsmouth sermons he was in the midst of a prayer when two women entered the church.

Before the frightened women had time for flight the clergyman was on his knees again and reasoning his prayer.



REV. FATHER DOLLING. (He is Preaching in the Most Popular Church in London.)

CASTORIA for Infants and Children.

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years.

The Kind You Have Always Bought Bears the Signature of

Chas. H. Fletcher In Use For Over 30 Years.

Liberal Adjustments. Prompt Payme

H. HARVEY BOGUCH, GENERAL INSURANCE AGENCY

SEELING GROVE, PA.

Only the Oldest, Strongest Cash Companies. Fire, Life, Accident and Tornado.

No Assessments. No Premium Notes.

The Aetna Founded A. D. 1819 Assets \$1,000,000

The Standard Accident Insurance Co. The New York Life Insurance Co. The Fidelity Mutual Life Association

Your Patronage is Solicited.

DURING HOT WEATHER USE

BLUEFLAME COOK STOVES.

"New Rochester" WICKLESS SAMPLE SAFE

COOKING under these circumstances is a pleasure. The Rochester Lamp Co. stake their reputation on the stove in question.

Send for literature, both for the "New Rochester" Cook Stove and the "New Rochester" Lamp.

The Rochester Lamp Co., Park Palace and 33 Barclay St., New York.

New-York Tribune Farmer

FOR EVERY MEMBER OF THE FARMER'S FAMILY

Established in 1871, by over sixty years it was the NEW-YORK WEEKLY TRIBUNE FARMER.

PRICE \$1.00

Sample Copy free. Send your address to NEW-YORK TRIBUNE FARMER, New York City.

SPECIAL SALE OF

CARPETS, MATTING, RUGS and FURNITURE

THE LARGEST AND MOST COMPLETE LINE EVER DISPLAYED IN LEWISTOWN.

Marked attractiveness in design and color and excellent quality of fabric, combined with the reasonable prices, make our carpets conspicuous.

Our stock of new FURNITURE is especially pleasing. We also have a fine line of baby Carriages!

W. H. FELIX, Lewistown, Pa.

Valley Street, Lewistown, Pa.