

GAINING WEIGHT vs. LOSING WEIGHT.

If the majority of people were as much distressed about the sudden reduction in their weight as they are over an addition of a few pounds avoirdupois, the human race would be far better off.

Vanity unfortunately does not lead the average individual to look upon slenderness of figure as objectionable. If it did thousands of cases of tuberculosis might be discovered in their incipency.

One of the early symptoms of tuberculosis is a loss of weight. Any decided decrease should be watched with suspicion. It often means that the general bodily functions are not all that they should be. It is certain under any circumstances to demonstrate that one's physical resistance is being lowered and this in itself opens the way to unusual susceptibility to disease.

If the loss in weight is accompanied by failure of appetite, night sweats, or a persistent cough or cold, a physician should be consulted nourishing food, plenty of rest, long hours of sleep in the fresh air and such other measures as he may advise should be resorted to in the effort to build up the body.

An excess of weight, particularly when it means an increase of girth, is a danger sign. However, while people will wear rubber jackets, diet and resort to violent exercises to reduce, it is vanity that is responsible in the majority of cases. They will neglect themselves for months when decreasing weight should warn them as surely as the falling barometer denotes a coming storm, that their physical well being is in jeopardy.

A BILLION BUSHELS IN THE 1915 WHEAT CROP.

A billion bushel wheat crop, the greatest ever grown in the world's history, is indicated for the coming harvest in the recent forecast by the federal crop reporting board on the growing winter and spring wheat crops.

Should that enormous quantity be harvested, the United States would have upwards of 385,000,000 bushels of wheat during the coming year to supply the demands of the warring European nations which are expected to increase rather than diminish. Domestic consumption this year probably will reach 535,000,000 bushels for food purposes and about 80,000,000 bushels for seeding.

DEAD LETTER LIST.

Nicholas Bartlett, Miss Marion Brust, Jos. P. Curry, D. S. Martin, John Koontz, Richard Tressler, John Young, E. E. Thompson, Henry Young, Cards—C. H. Baum, I. Toolman. J. P. Naugle, P. M. Meyersdale, Pa., June 12, 1915

ANNUAL REUNION OF BALTIMORE & OHIO EMPLOYEES.

The thirty-fourth annual reunion of Baltimore & Ohio railroad employees and their families will be held at Harper's Ferry, W. Va., on Thursday, July 29, as announced by the committee which has the celebration in charge. Anticipating the largest gathering of its employees since the reunions were inaugurated, the railroad company will operate special trains from Baltimore, one of which will go by Frederick and the other by way of Washington; also from Mt. Airy, Martinsburg and Piedmont besides which special accommodations will be provided on regular trains.

The special from Baltimore by way of Washington will leave at 7:45 A. M. and the second special by way of Frederick will leave at 7:45 A. M. The other specials will leave Mt. Airy at 7:00 A. M., Piedmont at 6:10 and Martinsburg at 8:00 A. M.

6,000 railroad men and families are expected and it is assured that Miss Jennie Smith, the national evangelist of the railroad men, will be at the reunion as has been her custom for years. Miss Smith is known personally by these railroad men from one end of the system to the other, and many of the railroad families look forward to the reunion as an opportunity to renew their friendship with the little woman whose words of advice and encouragement are cherished memories.

HAD JOE JEFFERSON TO CARRY HIM

When he was a lad of nine years William Sterling Battis rode through the wings of McVickers Theatre on the back of Joe Jefferson. Little Bill was playing "Little Rip" in the biggest character mentally or emotionally than the great Joe Jefferson gave this man Battis his fundamental preparations and training for his career. After some years with Mr. Jefferson young Battis became a teacher, devoting himself especially to English and particularly in the field of English to the writings of Charles Dickens. The human, deep sympathies and marveled to this boy and he became ambitious to interpret the great English writer on the stage. His makeup is done on the platform in open view of the audience and he passes rapidly from one character to another, making each a vital memory in the life of every spectator. No person who aspires to understand the human family, and no one who possibly misunderstands the motives of his neighbors at times should fail to hear this most masterful series of interpretations the night of the third day of the Chautauqua, Meyersdale.

Song and Story

Across the fields of long ago
He sometimes comes to me,
A little lad with face aglow,
The lad I used to be.
And yet he smiles so wistfully
Once he has crept within—
I think that he still hopes to see
The man I might have been.
—Thomas S. Jones.

A Horse Laugh.
Motorist (blocked by load of hay) I say, there, pull out and let me by.
Farmer—Oh, I dunno ez I'm in any hurry.

Motorist (angrily)—You seemed in a hurry to let that other fellow's carriage get past.
Farmer—That's cause his horse wuz eatin' my hay. There hain't no danger o' yew eatin' it, I reckon.

Only One Kind of Weight to Him.
The young father was rejoicing visibly over the advent of his first son. Early in the morning he was proudly in evidence at the front gate when the iceman appeared.
"Twenty-five pounds?" inquired the iceman.
"No," said the excited parent, "eight and three-quarters."

His One Ambition.
"I hear, Mr. Wilson," said a lady at a dinner to Mr. Wilson, the actor, "that you are a man full of ambitions."
"Ambition, Madam," said the bored comedian. "One ambition."
"Yes?" gurgled the lady in rapture. "Oh, do tell me that ambition. It must be something splendid."
"It is," said Wilson. "I want to throw an egg into an electric fan."

Por lil brack sheep, don strayed away.
Don los in de win' an' de rain;
And de shepherd, he say, "O hirelin' Go find my sheep again."
An' de hirelin' frown, "O shepherd, Dat sheep am brack and bad."
But de shepherd he smile like de lil brack sheep
Wus de onliest lam he had.
An' he say, "O hirelin' hasten For de win' an' rain am col';
An' dat lil brack sheep am lonesom',
Out dar so far from de fol'."
But de hirelin' frown, "O shepherd Dat sheep am old and gray."
But de shepherd he smile like de lil brack shep
Wus fair as de break ob day!
An' he say, "O hirelin' hasten, Lo, here am de ninety an nine,
But dar, way off from de sheep fol',
Is dat lil brack sheep of mine."
De hirelin's frown, "O shepherd De res' of de sheep am here."
But de shepherd he smile like de lil brack sheep
He hol' it de mostest dear.
An' de shepherd go out in de darkness,
Where de night was cold and an' bleak;
An' dat lil brack sheep, he finds it,
An' he hirelin' frown, "O shepherd, Don bring dat sheep to me."
But de shepherd, he smile, an' he hol' it close.
An'—dat lil brack sheep—wus me!

Not What it Looked Like.
It was a very hot day and the fat drummer who wanted the 12:20 train got through the gate at just 12:21. The ensuing handicap was watched with absorbed interest both from the train and the station platform. At its conclusion the breathless and perspiring man wearily took his way back and a vacant faced porter came out to relieve him of his grip.
"Mister," he inquired, "was you tryin' to ketch that Pennsylvania train?"
"No, my son," replied the patient man. "No, I was merely chasing it out of the yard."

A Substitute for Medicine.
A mother of six children grew to be nervous and irritable, and with her constant faultfinding, her children grew away from her. Suddenly without any reason that was apparent to her friends, she seemed to change and was transformed into a bright and cheerful woman, with her children adoring her. Some one asked asked her how she worked the change.
The woman smiled brightly and said: "The explanation is very simple. The moment that I find myself getting cross or tired or irritable I immediately drop everything for an hour. If I cannot leave the house, I go up in my room, lie down and calm my nerves. If I can go out I put on my hat and go down town and call on a friend, or I take a brisk walk, or I take a trolley car, or I go into an art gallery and looked at a picture or two. It is just a break into the routine of the day and the change does the work, and I come back, always within the hour, a new woman!"



THE LYRIC GLEE CLUB.
The Lyric Glee Club a favorite national chautauqua attraction for more than seven years. This quartette has traveled extensively in Panama, South America and Canada, as well as in the United States. Francis Hendry is one of the celebrated readers and impersonators of the modern American humorist school. Afternoon and night of the fifth day of the chautauqua.



THE UNIVERSITY PLAYERS.
The University Players, a group of collegians who sing and play a varied and highly entertaining program the afternoon and night of the first day of the chautauqua. They carry a number of musical instruments, and in the evening give a reproduction of the old-fashioned "County Fair." This sketch has made the University Players famous in several states during previous chautauqua seasons.

CONFLUENCE.

The J. O. L. Class of the Methodist Church held a very successful ice cream and strawberry festival in the park on Saturday evening.
Miss Esther Black, who has been with her sister in New Castle for several months has returned to her home here.
Miss Emma Thomas who had been teaching school at Homestead, visited her sister, Mrs. E. R. Bender recently en route to her home in Markleysburg.

SUMMIT MILLS.

Farmers are busy plowing their crops.
The communion services of the Church of the Brethren were largely attended on Sunday evening.
Fannie and Preston Lindeman, who are making their home near Grantsville, were recent visitors of relatives here.
Mr. Frank Fike attended the Sunday School convention at Windber and gave an excellent report in the Brethren church on Sunday.
Mr. and Mrs. Paul Lepley, of Conneville, are visiting at the home of the latter's parents, Mr. and Mrs. H. H. Saylor.
Prof. C. J. Potts, of Altoona, spoke on "Intemperance" in the Brethren church on Sunday.
The Christian Endeavor will hold a "Lawn Fete" in Fike's Grove on Saturday evening, June 19.
Mr. Joe Weaver has returned to his home in Youngstown, Ohio. Mrs. Weaver is attending her mother-in-law, at Garrett, who dislocated her hip a few weeks ago.
Miss Margaret Witt and Mr. F. J. Fike are attending the church and Sunday School convention at Johnstown this week.
There are rumors of a wedding in Summit Mills in the near future.
Mr. Edward Suder, who is working for Irvin Fike, was a caller at the home of Wilso Saylor.

NEARBY COUNTIES

Items of Interest Culled from Our Exchanges.
It is said that State College will have this year a graduating class of 365, one for each day in the year.
A black bear weighing 200 pounds has been killed by Farmer J. F. Stouchell of East Mahoning township Indiana county.
A curfew for women of questionable character is Uniontown's latest law. Burgess Robt. D. Warman says such women must be off the streets by nine o'clock at night and orders have been issued to the police to arrest any of them seen in the streets after the curfew bell has been rung.
Miss Honore Whalen, of Erie, the first girl to be graduated from the school of agriculture at State College announces that she is going to undertake the management of her father's ranch in South Dakota. She completed the four-year course in agronomy this week.
His mind temporarily deranged, John A. Duke missing teller of the Clearfield National Bank, was found a few evenings ago wandering in the woods near Punxsutawney. He was taken back to Clearfield and is now under treatment in the hospital. Overwork is supposed to have unbalanced his mind. His accounts were found to be in good condition.
Begging and soliciting of money in Ebensburg will be tolerated no longer, says the borough council. An ordinance was passed at the last councilmanic session, providing that no person may solicit funds unless a permit is first secured from the burgess. Violation of the ordinance means a fine and imprisonment in the borough lockup.
The erection of a large ore plant at a point two miles west of Manheim, W. Va. for the purpose of treating a valuable ore which has been discovered in the Cheat mountains, has caused tremendous excitement among the residents of that section of the country, according to reports from Kingwood and other points in Preston county. The plant is being erected by the Manheim Stone Co., of Philadelphia, on the land of John F. Stoner, a wealthy business of Philadelphia.
Samuel Alcott, a Democrat, was appointed postmaster at Ursina, vice W. S. Kuhlman, a Republican.

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MAYNARD LEE DAGGY.
Maynard Lee Daggy, author, educator and orator of national repute, will speak the afternoon and night of the sixth day of the chautauqua.