

HEALTH OF THE BUSINESS WOMAN.

Little Talks on Health and Hygiene
By Dr. Samuel G. Dixon.

There are more than eight million women wage earners in the United States. They are represented in almost every branch of commercial activity.

The question of the health of women workers is one of the utmost importance, not alone on account of the efficiency of the individual, but because the future welfare of the race may be materially effected by the health of these potential mothers.

A woman's nervous organization is more sensitive than that of a man. In many trades, occupations and employments, this very fact has been responsible for woman's success. Good taste, tact and deftness are qualities which should be cultivated to secure the greatest value from the services of female employees.

The maximum number of hours of labor may not bring the maximum of production. Scientific efficiency experts have proved that shorter hours and reasonable rest periods often result in increased production. Nearly all corporations and large employers of women workers have learned that by making adequate provision for the care of their employees, their efficiency is increased.

The woman in business should remember that within certain limitations her well-being rests largely in her own hands.

There are four essentials to good health—

- Eight hours sleep in the fresh air.
- Regular exercise
- Sensible clothing
- Wholesome food.

Without these neither men or women can maintain their physical well-being for any lengthy period.

No woman should try working on her nerves. This may be kept up for quite a while when pleasure or the demands of business tempt one to rob themselves of the necessary amount of rest. Invariably one must foot the bills, so in the end the reaction is apt to prove dangerous.

At this season of the year thousands of women are working under a continual strain. They should recognize this and for the time being cut pleasures and devote themselves to getting sufficient rest outside of working hours to carry them through the stress of the holiday business conditions. Better too, a few personal preparations for Christmas neglected than to risk a breakdown after the holidays.

GREAT DEER SEASON.

The deer season which opened on December 1 and continues until December 15, promises to be the greatest in years. State Game Commissioner Phillips expects between 1,200 and 1,500 bucks to be killed and he would not be surprised if the number to fall victims of sportsmen would reach 2,000. Wildcats, too, are being brought down in large numbers. The cats are always in season and real sportsmen are killing them off as rapidly as they spot them. The wildcat is a natural prey to smaller animals. It kills more game than a half dozen huntsman, doing away with rabbits every day, and with ruffed grouse in startling numbers. It is well worth the hunter's while to wipe out the wildcats. The state pays a \$6 bounty for each one trapped, and the skin is worth upward of \$2, making each catch worth approximately \$8.

GOLDEN WEDDING

Mr. and Mrs. Daniel Miller, of near Forwardstown, Jenner Township, who are past three-score and ten, celebrated their golden wedding in an appropriate manner on December 7. The aged couple were married by the Rev. Tobias Blough at Stanton's Mill at the close of the Civil War, of which Mr. Miller is a veteran.

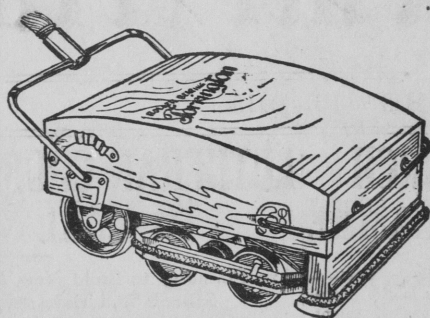
The following were present to partake of a turkey dinner and delicacies of the season: The Rev. I. B. Ferguson and wife, Mr. and Mrs. Fred. Trexel, Mr. and Mrs. Ammon Croyle, Mesdames Jacob Speidel, Joseph Miller, Earl Berkley, J. G. Berkley, David Cindlesberger, Allen Hoffman, Mahlon Blough, Joseph Saylor, E. E. Figge, Chauncey Kaufman, Joseph Blough, Misses Blanche and Mabel Croyle, Agnes and Mary Kaufman, Nora Berkey and A. G. Heckman.

HUNT-KIMMELL.

Miss Minnie Kimmell of Friedens, Somerset county, and Harry K. Hunt of Johnstown were united in marriage Dec. 6, at the Trinity Lutheran church parsonage in Johnstown, by Rev. S. N. Carpenter. Mr. Hunt is an employee of the P. R. R.

Through the showing of the African game pictures of Lady Grace McKenzie throughout the United States the Wild Life League of Pennsylvania hopes to secure sufficient funds to enable them to purchase the Cook forest in Clarion county, the largest tract of virgin timber yet remaining in the state.

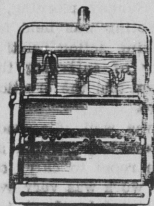
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An easy running, long wearing combination vacuum cleaner and carpetsweeper, that goes after dirt like a chicken after corn.

It sucks and sweeps a clean streak ten inches wide, and operates so easily that a ten year old girl can get good results with it

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that shows the all-bristle brush, easily adjusted to different kinds of carpets, the steel and fiber crank shaft that operates the three strong sucking bellows, and the rubber tired wheels that won't scratch floor or furniture.

They are reasonable in price too, and a real saving in health and time.

SEE LUKE HAY, MAIN ST.

CHRISTMAS TREES FOR THE BIRDS.

A Christmas tree for the birds is proposed to the children of America by the National Association of Audubon Societies, at 1794 Broadway, New York. T. Gilbert Pearson, Secretary, who is back of the movement, says the society hopes the holiday spirit will result in a special effort to attract song birds about American homes and to keep the birds from starving. American children, he declares, have opportunity to save the lives of thousands of song birds this winter.

"Birds forage bravely for themselves during the temperate seasons," says Mr. Pearson, "but in severe and ice-bound weather they fall in great numbers from weakness brought about by hunger. Another cause of great fatality among birds is that a snow crust forms over them when they burrow to find shelter from the biting wind and they cannot break out again.

"The birds' Christmas tree need not be of the regular variety. Any kind of branch which can be attached outside a window and to which food can be attached will serve to attract the feathered songsters who will continue the singing of Christmas carols throughout the winter in exchange for a few cents worth of suet.

Suet, obtained at any meat shop, is said to be the best food to place on the tree, for while it provides the birds with the heat and energy they need, they are still obliged to hunt constantly for insect food to secure their daily allowance of protein or muscle-forming material. In this quest they clear the hibernating insects and insects' eggs from trees and shrubs. Small pieces of suit should be wound on the limb or its twigs, the bird experts say, so that no one piece is within a foot of any other. If this direction is observed, they say there will be little quarreling several birds having often been seen feeding at once at the same window.

Mr. Pearson will tell any boy or girl who writes him how to attract winter birds about the home.

MARRIED IN CUMBERLAND.

Mr. Jesse C. Moore, son of the late Elmer E. Moore of Milford township, and Miss Ruth Mosholder, daughter of Mr. and Mrs. Herbert Mosholder of Black township.

Miss Daisy Heinbaugh and James Galco, both of Marketon.

John Slesman of Bakersville, and Edna Shaulis of Trent.

A marriage license was issued Dec. 8, to Harry Nightengale and Gertrude Edith Burkholder, both of Garrett, at Cumberland.

WILLS PROBATED.

The will of James H. Moore, deceased, late of Paint Borough, was probated last week. He appointed his son, William C. Moore, the liquor dealer of Windber, and Attorney Frank P. Martin, of Johnstown, as executors to settle the estate. He bequeathed his residence property in Paint Borough and the household goods to his wife and the remainder of his property, consisting of real estate, money, stock, etc. is to be equally divided between his wife, son William, Mary Meyers, and Margaret Moore, with the provision that if any of the heirs are not satisfied and attack the will, they shall be cut off with \$100.

Miss Hattie Morrell of Delaplans, Va., is visiting relatives here.

STANTON'S LOOSE COFFEE AT 15 CTS. PER LB., BETTER ONES 20 & 25 CTS. PER LB., GRINDING FREE AT HABEL & PHILLIPS.

ROCKWOOD.

A large number of the teachers in this vicinity have been stricken with an epidemic of measles, which seems to be scattering through the county. It is the opinion of several of the local physicians that the disease was contracted while attending teachers' institute at Somerset.

Baltimore & Ohio Relief Agent P. E. Weimer, who has just returned home after spending several weeks at Point Marion as agent, has been stationed at Somerset of Agent Carter. Miss Grace McClellan has returned to Pittsburg, where she is pursuing a course at the University of Pittsburg, after a pleasant visit of several days with her parents, Rev. and Mrs. W. A. McClellan of Rockwood.

Mr. and Mrs. Robert Miller of Connelville, have returned home, after spending several days as the guest of their relatives and friends here.

Charles Shoyer has moved into the E. E. Dull Main street property. He was recently married to a young lady of Meyersdale.

D. H. Miller of Buffalo Mills, Pa., spent Sunday last as the guest of his brothers and their families and other friends of Rockwood.

J. R. Barron of Rockwood is spending several weeks in Mobile, Ala., looking after his interests in the south.

The following couples from Rockwood were married in Cumberland on Sunday, December 5: Jesse C. Moore, son of the late E. E. Moore, and Miss Ruth Mosholder, daughter of Mr. and Mrs. Herbert Mosholder; D. Z. Critchfield, son of Mr. and Mrs. M. W. Critchfield, of Glade, and Miss Effie Marker, daughter of Mr. and Mrs. John Marker. The newly wedded couples will make their home at New Centerville, Pa.

Dr. C. T. Saylor recently accompanied Byron Kretschman, of Black township, to the Cottage State Hospital at Connelville, where he is receiving special treatment for an infected eye.

Pure Food Agent E. D. Miller, of Rockwood has returned home after spending several days attending a conference of Dairy and Food Commissioner Foust's forces.

Mrs. W. K. Baker, of Connelville, has recently been the guest of Mr. and Mrs. C. C. Burnsworth at their residence on Highland addition.

MRS. LYDIA CROUSE.

Wife of Superintendent Samuel S. Crouse of the Western Union Telegraph Company, at Somerset, died recently. She had suffered for the past two months with acute indigestion, but the gravity of her ailment did not seem to be appreciated by people in general who were close friends of the family and therefore they were greatly shocked to learn of her sudden death. Mrs. Crouse was the daughter of Mr. and Mrs. James H. Shafer of Somerset and she is survived by two brothers, John and Arlington Shafer, the following sisters—Mrs. M. W. Rigdon, Mrs. E. H. Phillips and Miss Ruby Shafer; and also by the following children: Edger Lynn, Frederick James and Marie Etta. The deceased was a woman of the highest character, a devoted wife and mother. Interment was made at Husband.

BEAUTIFUL DINNER AND TOILET SETS. ALSO LAMPS, FANCY CHINA PIECES etc., AT HABEL & PHILLIPS.

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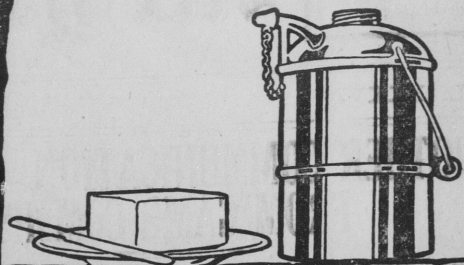


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With the Perfection there is no smoke, ashes, soot or odors. Burns kerosene, the most economical fuel you can use. Sold by dealers everywhere. Ask to see the

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Butter and Kerosene

YOU appreciate the deliciousness of good, wholesome butter. You are willing to pay a high price for it. If the butter is the least bit "off" in taste you resent it and register a kick to your grocer.

Now, why not give the same attention to the kerosene you buy? Why buy an inferior quality when you can get a better one? At no increase in price to you, you can get the best kerosene sold today if you will ask for

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33 x 4	15.75	4.20
34 x 4	16.70	4.35
36 x 4	17.45	4.55
35 x 4 1/2	21.20	5.60
36 x 4 1/2	22.50	6.75
37 x 4 1/2	23.60	6.90
37 x 5	26.30	6.80

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