

HOW THE SCALES TELL OF HEALTH OR SICKNESS



The majority of people get weighed occasionally at the corner grocery or on the penny in the slot scales in the railway station. If they happen to miss these two points which always seem to be conveniently equipped with scales, they are apt to go from one year's end to another without giving their weight consideration. As a matter of fact, it is an exceedingly important indication of one's physical condition. A continuous decrease in one's weight should be regarded with suspicion.

One of the first things which is recorded at the State Tuberculosis Dispensaries when anyone calls for examination is their weight. At each subsequent visit they are weighed and a record kept. The same thing is done with patients at the State Tuberculosis Sanatoria. Each week patients in charge of the various nurses are weighed and the figures recorded. In taking their position on the scales, the nurses always face them away from the balance in order that they may not be depressed if the showing is not satisfactory.

Remarkable increases in weight are common with patients at Mont Alto, Cresson and Hamburg Sanatoria and the records in the office of Dr. Samuel G. Dixon, Commissioner of Health, at Harrisburg, show that individuals have gained as much as seventy-five pounds after three months' treatment.

THROUGHOUT THE COUNTY

Somerset has not had a case of typhoid fever during the past year, which fact is ascribed to the purity of the water supply.

Miss Laura Good of Somerset has been employed to teach the Lavansville school, formerly presided over by Mrs. Merle D. Long. There were six applicants for the position.

H. T. Snyder of Stoyestown has been appointed Supervising Foreman of the Lincoln Highway for section No. 119, extending from Bedford to Ligonier.

Last week a corps of engineers began staking off the grounds for the new passenger station of the P. R. R. at Windber, this county, the contract having been let to the Penn Lumber Co., of South Fork. The structure is to cost \$25,000 and is to be completed in ninety days.

The railroad company has placed a passenger coach at Cairnbrook, which will serve the purpose of a station or waiting room. A discarded box-car has been fitted up for a freight station. Cairnbrook is taking on all the airs of a town. It has a newspaper, a national bank and will probably after February court, have a saloon.

The County Commissioners have appropriated \$1,200 for the purpose of defraying the office and traveling expenses of a Farm Agent, who will be supplied by the federal and state governments jointly. The name of the agent who will be located at Somerset is unknown at this time, but he will be a graduate of one of the prominent agricultural institutions, with not less than two years' experience subsequent to graduation. His salary will be defrayed by the federal and state governments. Owing to the fact that the fiscal year of the Department of Agriculture starts July 1, the Farm Agent will not report before that time but it is expected that early in July the work he will have to do will be well underway.

After 35 years, the route of the Somerset & Cambria branch of the Baltimore & Ohio railroad, between Johnstown and Somerset, is to undergo important changes. The distance from Somerset to Johnstown will be shortened by seven or eight miles, it is said. The heavy grade will be materially reduced and most important of all, a new coal field in the Benscreek basin will be tapped, which will increase the rapidly growing tonnage of the Somerset and Cambria. The change in route will mean the construction of a new line from Ferrelton, near the operation of the Consolidation Coal Co., in the Jenner field to Hogback tunnel, only a few miles on this side of Johnstown. From Ferrelton to Somerset the new Boswell cut-off will form the main track.

FAKE CANNING COMPOUNDS BEING EXPOSED.

Fake canning compounds have made their appearance in some of the western counties of the State and the analysis by the chemists of the Dairy and Food Division, of the Department of Agriculture show that the compound consists entirely of boric acid.

The Pure Food Law prohibits the addition of boric acid to any compound to be used as food, and the labelling of the canning compounds stated that it was valuable in preserving fruits and vegetables. The Department brought a prosecution against a merchant in Meadville selling the compound and secured a verdict of guilty. The word "added" has brought a new trial for the convicted merchant as the compound he sold consisted wholly of boric acid and no other ingredient.

Dairy and Food Commissioner James Foust declares that the canning compounds are direct frauds, and in addition to being boric acid, the use of which is prohibited by law, the packages are misbranded. The preparation cannot be sold in Pennsylvania labelled as a canning compound, or in any other way except as boric acid and then it cannot be sold as a compound for preserving fruits and vegetables.

Commissioner Foust says, "Boric acid is conceded to be injurious to the health and its use as a preservative is prohibited."

ROCKWOOD

W. G. H. Day has been discharged from the Mercy hospital at Pittsburgh and returned to his home in this place. He recently underwent an operation for appendicitis.

Mrs. Frank Otto and little daughter Thelma has returned from the country, where they visited Mrs. Otto's parents.

Miss Lillian Thompson was hostess recently to members of the Willing Workers' class of the Reformed church Sunday school.

Miss Clara Coleman has returned from Johnstown and Merlin, where she visited friends.

Mrs. Sarah Rhodes returned to her home here a few days ago after passing several weeks at Tampa, Florida. She was accompanied by her son-in-law and daughter Mr. and Mrs. W. B. Conway, on the trip which was made primarily for the benefit of Mr. Conway's health.

Miss Edna Bridgum of Rockwood, daughter of Mr. and Mrs. A. S. Bridgum, is convalescing from an attack of appendicitis for which she underwent a surgical operation at the Memorial Hospital, Johnstown.

POLEY KIDNEY PILLS
FOR RHEUMATISM KIDNEYS AND BLADDER

VIM.

Mesdames Isaac Neimiller, Jacob Klingaman, Pearl Boyer of Berkeley's Mill and Irvin Fike of Hay's Mills recently enjoyed the hospitality Mrs. Bruce Fike.

Mr. and Mrs. W. W. Nicholson and son Cyrus enjoyed a Sunday in Cumberland.

Mrs. C. W. Tressler, accompanied by Miss Winnie May of Meyersdale were recent Sunday visitors at the home of the former's parents, Mr. J. W. Miller at Woodlawn.

Misses Margaret and Carrie Weller of Meyersdale enjoyed a Sabbath day lately at the home of Mr. and Mrs. Eugene Weller.

Mrs. Henry Meyer has been very ill.

Dr. and Mrs. A. E. Truxal enjoyed the hospitality of the C. W. Tressler home on Tuesday evening of last week.

Robert F. White of Johnstown, was a welcome business caller at Vim last week.

Miss Nellie Walker of Larimer township, visited her parents, Mr. and Mrs. Henry Meyer last week.

Miss Amanda Martin of Salisbury was a welcome Vim caller last Thursday evening.

Born to Mr. and Mrs. Asa Hoar last Friday a little girl.

Mr. and Mrs. Robt. Lee of Meyersdale were here on Sunday.

Misses Grace and Margaret Fike spent last Sunday afternoon at the home of Howard Miller.

Mr. and Mrs. Lawrence Gisbert spent Sunday at Keystone Mines with the former's parents, Mr. and Mrs. D. F. Gisbert.

Mrs. Elizabeth Schrader of Greenville township spent Monday and Tuesday at Vim with relatives.

WITTENBERG.

The institute was largely attended and the debate was decided in favor of the negative side.

Mrs. Alice Baer is employed at the home of James Kerrigan at present.

Mrs. Howard Ravenscroft, who attended a funeral at Frostburg, arrived home Wednesday evening.

Mr. and Mrs. Kifer are visiting relatives at Listie.

Misses Irene and Naomi Lenhart of Glade City attended the institute Friday evening.

Mr. and Mrs. John Hochstetter, "The Newly Weds," are visiting the bride's parents, Mr. and Mrs. F. Webreck of Glencoe.

CASTORIA

For Infants and Children
In Use For Over 30 Years
Always bears the Signature of *Dr. J. C. Watson*



Give the Children their Chance



Can't expect the children to stand high in their classes unless they get their lessons done properly. And they can't do night study without proper light.

The best light to study by is that which beams from a Rayo Lamp filled with slow-burning Atlantic Rayolight Oil. It gleams soft, white and mellow—doesn't flicker. It's a wonderful light for studying. Won't strain the children's eyes and so they study the better. And they learn the quicker.

And you'll sew with less effort, and father will enjoy his paper the more if you keep the house generously lighted with Rayo Lamps.

Rayo Lamps are handsome—add to the appearance of any room. They're easily cleaned and last a lifetime. Your dealer can show you a full assortment of Rayo Lamps priced from \$1.50 up. But to get the best light from a Rayo Lamp, you should burn

ATLANTIC Rayolight OIL

That's the kerosene that neither smokes nor smells, that burns brightly and yields a great heat, but always at a low cost; use it in every lamp in the house, in your heaters and in your oil stoves.

Atlantic Rayolight Oil is the one kerosene you can ask for by name—that never varies in quality. And so it is especially desirable for domestic purposes—for polishing furniture, for keeping away moths, for removing rust and the many other uses hundreds of housewives tell us they have found for it.

Ask your dealer for ATLANTIC RAYOLIGHT OIL by name, you can buy it at any store that displays the sign:



—costs no more than the unknown kind

ATLANTIC REFINING COMPANY, Philadelphia and Pittsburgh

Take a Tumble to MASTER Scrap

Flop over a nickel and fall in with the best chew on earth—**MASTER Scrap!**



That Fruity Flavor is a pippin, a peach and a plum, all pressed together and their ripe, juicy taste soaked into large, choice cigar-cuttings from the world's biggest cigar factories. No ends and no stems.

You've got a date to meet a big, Sanitary Package full of this real Scrap at your dealer's right away. Chew hearty!

The Scrap with Fruity Flavor

MASTER WORKMAN