

The Clubby Smoke—"Bull" Durham

You start something lively when you produce "Bull" Durham in a crowd of live-wires and start "rolling your own". That fresh, mellow-sweet "rolling your own". That fresh, mellow-sweet fragrance of "Bull" Durham makes everyone reach for "the makings". A hand-rolled "Bull" Durham cigarette brims over with zest and snap and the sparkle of sprightly spirits.

BULL DURHAM SMOKING TOBACCO

DURHAM

HOW MODERN SHIPS SINK.

cancer, or at least its discovery in the early stages, when a cure is possible.

Made of rich, ripe Virginia-North Carolina leaf, "Bull" Durham is the mildest, most enjoyable tobacco in the world.

in the world.

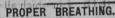
No other cigarette can be so full of life and youthful vigor as a fresh-rolled cigarette of "Bull"

a fresh-rolled cigarette of Buil Durham. "Roll your own" with "Bull" Durham and you'll discover a new joy in smoking.

FREE An Illustrated Booklet, showing correct way to "Roll Your Own".

Cigarettee, and a package of cigarette papers, will both be mailed, free to any address in U. S. on request. Address "Bull" Durham, Durham, N. C.

THE AMERICAN TOBACCO CO.



ven

the han ase who ect-

city ; it erin

rith

PROPER BREATHING.

It Plays a Large Part in the Prometion of Good Health.

Proper breathing is one of the great big factors in promoting and retaining good health.

It is no great number of years since the subject of deep breathing has engaged not only the attention of physicians, but trainers of athletes and the public generally. Recent authorities give special emphasis to the efficacy of deep breathing for asthmatics and for children and young adults who are predisposed to tuberculosis.

Professor Arnold Hiller in the Bertin Clinical Weekly notes that it increases the passage of blood through the liver; that it increases the secretion and excretion of bile; that the stomach when filled with food may likewise be favorably influenced because the movement of the stomach contents through the pyloris is facilitated.

"Deep breathing," says the New York Medical Record, "is the most scientific resource for the prevention of uric acid disease. One must begin with diaphragmatic breathing, which naturally precedes rib breathing, which naturally precedes in breathing contents through three daily periods of affeen or twenty minutes each. The position of the breather is immaterial. He may do his forced breathing while standing or walking.

"In some individuals a very deep breath that appears to arrest the pulse be-

ed of bread dough raised overnight.
with hop meal cakes, or "emptins,"
sweetened with brown sugar, shortened a little and fried to a rich brown ened a little and fried to a rich brown in leaf lard and were somewhat larger than a goose egg and about the same shape. These were known among the old Dutch New Yorkers and are de-scribed in Barber's "History of New

York," published about 1840.
"Wonder cakes" were similar, with a little more shortening and sweetening.
The dough was rolled about three-The dough was rolled about three-quarters of an inch thick, cut into squares of three inches, with three slits, which were pressed apart into a fantastic shape, and were the idol-ized Sabbath day lunch, eaten under the maple tree or the horse shed be-tween the morning and afternoon serv-ices.

the maple tree or the horse shed between the morning and afternoon services.

I first remember crullers twisted and with holes when I came to New York in 1854. The very name of doughnut is suggestive of a round or oval shaped article.—C. P. Benedict in New State of the state of

TWO AMERICANS ON LACONIA DIE

Chicago Women Are Victims of German U-Boat

VESSEL WAS NOT WARNED

Survivors Arriving at Queenstown Report Deaths-Vessel Carried Unit-

drowned.

Queenstown between the first and the results of the standard broaden that he first and the probable that he first about the first cabin.

The year of the first cabin.

The names of the American passengers and their addresses, as given by the line, and confirmed in part by relatives in the United States, follow.

Floyd P. Gibbons of the Chicago Tribune.

Floyd P. Gibbons of the Chicago Tribune.

Mrs. F. E. Harris, wife of Lieutenant Colonel Frank E. Harris, United States coast artillery corps.

Arthur T. Kirby, Bainbridge, N. Y. Mrs. Mary E. Hoy, Chicago.

Miss Elizabeth Hoy, Chicago.

Rev. James Wareing, said to be from Norfolk, Va.

While details of the cargo of the Laconia are withheld under a recent ruling of customs officials, it was learned at the office of the company that the following items were among the principal commodities carried:

One thousand bars of silver, 40,000 bushels of wheat, 2,843 bales of cotton, 1,408 boxes of fresh fruit, 3,000 tons of shell castings and other war supplies, and 9,000 tons of provisions. It was positively stated by officials of the line that there were no explosives on board.

In addition to cause and bassengers

of the line that there were no explosives on board.

In addition to cargo and passengers the Laconia carried 5,000 bags of United States and Canadian mail, 1,300 sacks of which had been transferred from the American liner St. Louis. The Laconia, sailing the day the Holland-American liner Ryndam returned to port after being turned back from the ryoyage to Rotterdam by the submarine menace, had on board nine of the Ryndam's passengers.

The Laconia, when she left here, was armed with one defense gun, mounted aft. The report that the ship was torpedoed at night and without warning indicates that no opportunity was given to make use of the defense gun, according to officials of the line.

Warding Off Cancer.

Nurses, particularly those engaged in public health work, can do much to prevent unnecessary deaths from cancer, according to a bulletin of the American Society For the Control of Cancer. Many patients, especially women, it is pointed out, speak to a nurse steers, \$6.50@7.25; choice heifers. \$7.25@8.50; light heifers, \$7.25@8; good to choice butcher bulls, \$7.50@8; bologna bulls, \$6.75@7.50; good to choice cows, \$7@8; fair to good cows, Cancer. Many patients, especially women, it is pointed out, speak to a nurse about the danger signals of this disease, such as lumps, persistent sores, ulcerations and other irregularities when they would hesitate to call a doctor. Attention to these apparently trivial conditions, says the bulletin, often means the actual prevention of specific or at legat its discovery in the

\$4@5. Calves—Good to choice, \$13@13.50; foir to good, \$11@12.50; heavy and mix d and Yorkers, \$12.90; p.gs. \$10.75; roughs, \$11.90; stags, \$11.

Hogs - Missid and Latthern, \$1.00 p13; good havy, \$12.00 p13; some cavy, \$12.00 p13; some cavy, \$12.00 p13.70; Hoht, \$12.100 cattle - Boover \$7.00

KEYSTONE PARAGRAPHS

A flour and sugar famine virtually prevails in Pittsburgh. It was said unless a supply reached the city soon conditions leading up to food riots, similar to those in New York, Philadelphia and Chicago will prevail. Local agents of the large western milling companies frankly admitted that their supply of flour was exhausted and said they had no information concerning the date of the arrival of shipments from the mills. Several other foodstuffs are also rapidly disappearing from the market. City officials are preparing for any emergency.

port Deaths—Vessel Carried United States Mail.

The big 18,090-ton Cunard liner Laconia, bound from New York for Liverpool, was sunk off the Irish coast Sunday night. Among the 75 passengers and a crew of 216, 26 passengers and a crew of 216, 26 will be brought into the market by a railroad which will run up Ten-Mile run off the Monogahela division. Undeveloped coal in Westmoreland county also will be made aggest, ble by an extrassion of the urite Creek Valley railroad, thus being Sate Luce In. It is reported that two great coal miles nearer to Pittsburgh by an al most direct route.

Pennsylvania's potato crop this year suffered a loss of about 4,500.000 bushels through preventable diseases, according to experts at the state college. The department of botany, t.pon whose records the statement is based estimates this loss to be 20 per cent of the normal annual output. Farmers planning to plant large acreage of potatoes this spring are advised by the college authorities to take preventive measures to control these diseases which have destroyed more diseases which have destroyed more than \$13,000,000 worth of tubers this

The National Council of the Naval and Military Order of the Spanish-American war, representing fifteen state commanderies, met in quarterly session in Philadelphia and arranged for the national convention of the order in Washington May 18. The order, composed of officers who served in the war of 1838, sent a telegram to President Wilson expressing its confidence in the president to uphold the honor and traditions of the country.

to President Wilson expressing its confidence in the president to uphold the honor and traditions of the country.

Suspected of being a German agent George Koob of Philadelphia, an inspector at the Eddystone Munition company, was arrested at the plant at Chester. Koob claims he is a native of America, but police say he was born in Germany and came sto this country shortly after the outbreak of the war. He had in his possession papers which justified his arreat, it is alleged.

EXPENSIVE FISHING.

Was Not Hires.

An ardent fisherman was President Cleveland, and a writer in the New York Sun says of him that he enjoyed angling for the fish that would not be desired in oliskins and a slouch hat. Chester. Koob claims he is a native of America, but police say he was born in Germany and came sto this country shortly after the outbreak of the war. He had in his possession papers which justified his arreat, it is alleged.

Plants of the Shenango valley are Plants of the Shenango valley are facing a serious coal shortage as a result of inability of railroads to make deliveries. Many mills have been forced to shut down. Railroads are said to have promised relief with the closing of navigation on the lakes. Threats are being made by manufacturers to take the matter before the public service commission.

Lawrence Staley, aged seven, was suffocated at his home in Pittsburgh when a piece of steak he was eating lodged in his throat. Despite the efforts of members of the family and a physician, who lives a short distance away, the steak could not be dislodged.

dry looking "What a "An example of the family and a physician, who lives a short distance away, the steak could not be disloged."

Net Contents 15 Fluid Drach For Infants and Children. [900 DROPS] **Mothers Know That** Genuine Castoria ALGOHOL-3 PER GENT. AVegetable PreparationforAs similating the Food by Regula-ting the Stomachs and Bowels of Always Bears the INFANTS CHILDREN Signature Thereby Promoting Digestion Cheerfulness and Rest Contains neither Opium, Morphine nor Mineral. NOT NARGOTIC Mineral. NOT NARGOLO
Recipe of Old Dr. SAMUEL PITCHER
Pemphin Seed
As Senne
Rockelle Sulls
Anies Seed
Peppermin Sede
Hengerman Sode
Carried Sode
Carried Sode
White Sode A helpful Remedy for Constipation and Diarrhoea, and Feverishness and Loss or SLEEP restitting therefrom in Infancy. Use For Over Fac-Simile Signature of Clat H. Hetcher! Thirty Years THE GENTAUR GOMPANE NEW YORK. At 6 months old 35 Doses - 35 Cents

EXPENSIVE FISHING.

ct Copy of Wrapper

Why the Angler Dressel in Oilskins
An ardent fisherman was President
Cleveland, and a writer in the New
York Sun says of him that he enjoyed
angiling for the fish that would not
bite quite as much as he did for those
that would. While fishing one day,
dressed in oilskins and a shouch hat,
he was addressed by an angler garbed
in the height of piscatorial fashion
with:

"Hello, boatman! You've certainly
got a good catch. What will you take
for the fish?"

"Tm not selling them," replied the
man in oilskins.

"Well," continued the persistent anagler, "what do you want to take me out
fishing tomorrow?"

Mr. Cleveland, who was plainly enyoing the joke, replied: "I can't make
any engagement except by the season.
Will you give me as much as I made
at year?"

"You're a sharp fellow," replied the
angler, "but a good fisherman, and I'll
actept your terms. What did you
make last year?"

"Oh," replied Mr. Cleveland, "about
a thousand dollars a week! I was
president of the United States."

The foundary with food may him out of the year, or cless also mind with food may him out of the year, or cless also mind with food may him out of the year, or cless also mind the foundary of the year, or cless also mind the foundary of the year, or cless also mind the foundary of the year, or cless also mind the foundary of the year, or cless also mind the foundary of the year, or cless also mind the foundary of the year, or cless also mind the foundary of the year, or cless also mind the foundary of the year, and the control of the shall be foundary of the year, and the control of the shall be foundary for the foundary of the year, and the control of the shall be foundary for the foundary foundary foundary for the foundary foundary foundary for the foundary foundary foundary foundary for the foundary foundary

dry looking volume.
"'What are you reading?' I asked.

"'An excellent work,' she replied,
'called "Happiness In Marriage."'
"'What advice,' I said, 'does it give

to wives?"
"'I don't know,' she answered. 'I'm
reading the advice to husbands.'"

Automobile license fees for 1917, as received by the Pennsylvania state highway department Monday, totaled \$1,677,000, or \$447,000 more than on the same day last year. Indications are that the total for the year will be close to \$3,000,000.

Indian Commissioner Cato Sells appointed John Francis, Jr., of Washington to be superintendent of Carlisle Indian school, vice O. H. Lipps, who will become a supervisor of Indian affairs on April 1.

SOWING MILES IN THE SEA.

How These Ship Destro, ers Are Laid

those. At any rate, those names do not sound in the least like what my husband called him when the bill came in."—Exchange.

An Ancient Clock.
The Tour de l'Horloge, a square tower which forms part of the Palais de Justice in Paris, the ancient palace of the French kings, has the oldest public clock in France. It dates from 1370.

Corrected His Veracity. James-Papa, I ain't got no sirup.

Father-John, correct your brother.

John (leaning over and peering into

James' plate)—Yes, you is.

Revenge is a kind of wild justice which the more man's nature runs t the more ought law to weed it out-Bacon.