

MEYERSDALE COMMERCIAL
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Health: Keystone of the Arch of Preparedness.
 By Samuel G. Dixon, M. D.
 The perfect manifestations of life can only be had with a harmonious performance of all the functions of the body. This is so from the lowest forms of life up to the complex and wonderful creation of man.
 Now when we are confronted with war and its accumulated horrors, we must use every effort to throw off the insidious hold it gradually gets upon our nervous systems, destroying the harmoniousness of the vast number of active little cells that go to make up our physical and mental bodies.
 If the balance and harmony are once destroyed, our digestion weakens and this robs the body of nourishment which is followed by general loss of strength. The heart muscles consequently suffer and weaken and when this pump fails to send the exhausted blood cells through the lungs for purification and recharging the physiological process fails in its purpose.
 The break up of the general balance and harmony causes the body to lose its resistance to disease germs. The result is general weakening of the individual and often death, neither of which we can afford at any time let alone in time of war, when every preventable measure must be taken to guard against the inroad of disease.
 Today we cannot help but feel our great responsibilities and make sacrifices for that which has given us our national pride and freedom. We must, however, at the same time be careful not to break up unnecessarily the harmony of our social and other everyday occupations.
 The greatest measure to help us carry our burden during war is to keep busy in some well directed path of work that will produce those things most essential to a successful warfare and turn our minds from those horrors that otherwise would break up our nervous force.
 If war becomes long-continued it may be that a revolutionary state may occur, where our occupations will have to be changed; giving up the easier ones to the weak, and shifting those that are more laborious to the strong. These changes, however, at the present time can be effected more easily than ever before in the history of the world, because of the many kinds of modern occupations which permit of selection to accommodate those of different capabilities. Whatever may be the disturbance, we must keep busy. We must not think too much of "what might happen" and keep it ever before us, destroying that balance and harmony necessary for health.

Grange Notes.
 Remember this war may be won with bread bullets and bread preparedness.
 The farmer who doesn't make a little extra effort in a national crisis like this is a "slacker" in a certain sense just as is the man who seeks to evade service under the colors.
 One New York Grange is offering to loan its boys and girls a few dollars each to buy a pig. Now that's something worth while too.
 Just now the calls for picnic speakers for Grange events are coming in to the State Grange speakers. Plan your meetings early, as the demand for speakers is such that all will not be accommodated.
 State Master Chapman of Massachusetts says that he will not be able to give as much time to speaking this summer as usual as he wants to make his 160-acre farm do its bit in the cause and he will have to stay at home and practice what he is preaching.
 Most of the Granges of the country have received the bulletin from the International Institute of Agriculture entitled "An International Confederation of Democracies under a Constitution." Fairport Grange of New York gave this to its members in the form of a dialogue.
 This summer will be a season of big agricultural meetings and Grange rallies. We will be pleased to get a letter from you telling about meetings of this kind in your community. Let's have some Grange items of interest from all parts of the country. We'll appreciate them and it will help in a good cause.

Help your friend win the automobile.

SALISBURY SIFTINGS

Miss Harriett Maust spent from Wednesday until Saturday at Grantsville at the home of Mr. Ed Durst. The Knights of Elythias will hold a supper next Saturday in the McKinley building.
 J. W. Barber, the recruiting officer spent Friday in town.
 Mrs. Della Livengood and Miss Jennie Graves of Meyersdale spent Thursday in Cumberland shopping.
 Miss Ruth Shaw was a visitor in town on Saturday.
 Mr. Richard Jeffrys and wife of Connecticut are visiting at the home of the former's aunt and uncle, Mr. and Mrs. Wm. Alexander.
 Mr. N. B. Hanna who is holding a position with the Rock Island R. R. Co., at Kansas City has returned home for a short visit with his wife.
 Miss Freda Livengood returned to her home in Sewickley after spending a month with her grandparents, Mr. and Mrs. Peter Livengood.
 Mrs. John Miller has returned home after spending a week at Sugar Creek, Ohio.
 Misses Nelle Statler and Mary Reitz spent Sunday in Somerset.
 Mr. and Mrs. Ed Donges and little son spent Sunday with Mrs. Donges' parents, Mr. and Mrs. Silas Wagner.
 Mrs. Thomas Glodfety and Mrs. Rachael Garlets are spending the week at Selaysport.
 The W. C. T. U. held their memorial services in the I. O. O. F. cemetery to decorate the graves of the deceased members.
 The fraternal orders, K. of P., Odd Fellows and Red Men held their memorial services Sunday afternoon in the I. O. O. F. cemetery. Rev. Ira S. Monn was the speaker and some very beautiful music was furnished by the Meyersdale Band.
 The Salisbury Borough School Board elected the following teachers for the next school term. O. O. Saylor, Principal; Chas. Butler, Grammar School; Anna O. McKinley, Second Intermediate; Carrie Johnston, First Intermediate; Myrtle James, Second Primary; Dorothy Glodfety, First Primary.
 Mr. and Mrs. R. C. Fuller and family returned to their home in Jerome after spending a few days with friends in Elk Lick.
 Mr. and Mrs. John Harding and Mr. Charles Chandler, the latter's father, spent Wednesday evening in Meyersdale.
 Rev. Thompson and Dr. Patch, of Altoona, the Anti-Saloon ministers preached in the United Evangelical and the Methodist church on Sunday morning.
 Rev. G. Hetrick and family who motored to Franklin two weeks ago returned home Saturday.
 Mrs. Bert Statler entertained the Dorcas Thimble Club last Wednesday.
 Dr. Albert Haselbarth and family of Ohio and Mr. Karl Zobel, of Washington, D. C., are visiting the former's parents, Mr. and Mrs. C. R. Haselbarth.
 Mr. Richard Newman and family motored to Conneville last Sunday to spend the day with friends.

\$900 Per Acre Paid for Coal.
 Somerset county coal land is commanding fancy prices in these booming times. The latest instance occurred Monday morning when F. A. Harah, administrator of Jacob P. Hostetler, late of Casselman borough, in compliance with public notice by advertisement in the newspapers, applied to the court for an order and decree authorizing and approving a private sale of a tract of ten acres in Casselman borough for \$1,200. Objections being raised to the price Mr. Harah offered the piece at public sale, Court Stenographer J. J. Walker acting as auctioneer, and to the amazement of Mr. Harah and others it was bid up to -4,500 and sold at that figure to C. M. May and E. H. Miller, of Salisbury. Five acres of the tract sold are said to be underlaid with coal. The tract is accessible to the Baltimore & Ohio railroad, and the coal will be developed by the new owners as speedily as the necessary work can be done, it is reported.
 \$1,200 was considered by Harah a good price for the tract, and it is questionable whether it would have brought that price a year ago, but with the present soaring prices of coal \$900 an acre for property convenient to the railroad is said not to be remarkable.
 Mr. Harah had negotiated the sale with the Mountain Smokeless Coal company, and a representative of the company was a keen bidder for the property at the auction on Monday morning.
 Wool wanted, highest cash prices paid. Habel & Phillips

Card of Thanks.
 We desire to express our thanks, through the columns of the Commercial, to those people who were so good and kind to us during the illness and at the death of our grandson, George W. McGee, also to express our thanks to his Sunday school teacher, Mr. Ralph Phalar, and to his school friends who were so very kind to him, and to all who extended courtesies of any kind, and there were many.
 Mr. and Mrs. Peter Albright

Garrett GATHERING
 CHURCH NOTICES
 Lutheran—W. H. B. Carney, pastor, Sunday School at 10 A. M. There will be no church services until the first of July.
 Reformed—Vacant. Sunday School at 10 A. M. Children's Day, Services June 17 at 7 P. M.
 Evangelical—Rev. Hetrick, pastor, Sunday School at 10 A. M. Church Services at June 17 at 2 P. M.
 Brethren—B. F. Waltz, pastor. Sunday School at 10 A. M. Church Services at 11 a. m.
 Miss Mabel Swarner, of Cumberland, Md., is visiting her cousin Mildred Swarner.
 Mrs. Ida V. Brant and daughter, Verda, were Cumberland shoppers last week.
 Mrs. George Schmitt of Pittsburg, is visiting at the home of Mr. and Mrs. L. W. Pollard.
 Miss Mattie Younkin, of Rockwood, Pa., spent Sunday at the home of her friend, Frances Colbert.
 Miss Pauline Gaster of Hyndman, returned to her home, after spending several days at the home of Mr. and Mrs. McIntyre.
 Misses Estella and Mary Blanch Christener were Meyersdale shoppers on Monday.
 Mr. and Mrs. Frank Phennic and daughter, Anna, left for Baltimore, Md., on Tuesday, where they will visit the former's daughter, Mrs. Joe Byrne.
 Mr. Meyers Bittner who is employed in Pittsburg, Pa., is visiting his parents, Mr. and Mrs. C. T. Bittner.
 Miss Emma Liberty was visiting friends and relatives in Berlin last week.
 Miss Verda Brant is visiting friends in McKeesport this week.
 Mr. and Mrs. Charles Merrill left on Saturday for Monroe, N. Y., where they will spend several weeks visiting the latter's parents.
 Gladys Beck, of Rockwood spent Sunday at the home of Irene Rhoades.
 Elmer Walker, of Holsopple, spent Saturday and Sunday in Garrett visiting friends.
 Miss Amy Keiger, of Coalmont, Pa., is visiting at the home of Mr. and Mrs. McIntyre.
 Mrs. Ella Topper, of Johnstown, Pa., was calling on friends in this place on Monday.
 Mrs. John Habel, of Sandpatch, was visiting her sister, Mrs. D. F. Kinnel, last week.

THE CONTESTANTS
 In looking over the standing of the contestants for the Commercial's four prizes there are some startling changes that the friends of the workers should not overlook.
 Mrs. Phillips, of Meyersdale, by a very narrow majority displaces Miss Thompson, of Rockwood. Miss Rhoades, of Garrett, who entered the contest late, comes in third but by so small a lead that a couple of her friends could have placed her in first place had they given assistance this week, while Jack Dively drops from third to fourth place, but so well bunched are these four that a little assistance given him would easily have placed him in first place.
 Miss Beal, of Sand Patch and Miss Reiber, of Elk Lick, made excellent strides for the short time they have been in the game and either or both of them may be a force to be reckoned with next week, while Miss Lintz, of Meyersdale, who had but a few votes is engaged in a chase that may soon land her in the automobile class; and George Collins, when he gets going properly will develop speed that may make some high scores look like 30 cents. Don't forget that Miss Reiber, of Elk Lick had but two days actual work. Good hard work will be required by those in the lead now to hold those places, and good work on the part of those away down will put them on easy street next week if their friends will but "do their bit." Watch for surprises. Everybody now is had at work. The auto is here. Who will get it?

Schools to Get Larger Amounts
 Present Legislature Favors \$2,000,000 Increase.
 TOTAL REACHES \$18,000,000
 Senator Crow, Who Led Movement For More Money For Public Schools, Points Out Necessity For Maintaining High Standard—Republican Party a Strong Advocate For Better Schools.
 Harrisburg, Pa., June 19.—Pennsylvania's public schools seem to be coming into their own at last. The general appropriation bill calls for \$2,000,000 more than two years ago, or a total of \$18,000,000. As first reported the increase was for one million additional, but an amendment was inserted raising this another million.
 One of the most insistent advocates of the great-possible liberality towards the public schools was Senator William E. Crow, Republican state chairman and leader of the upper branch of the general assembly. The one thing he kept foremost in mind since the beginning of the session was to so shape matters that the appropriation committee might see its way clear to give the schools a substantial increase.
 Senator Crow fought for this not only because of his personal belief in the state lending every possible aid to the schools, but also by reason of the Republican party's consistent friendship towards the school system in Pennsylvania. The last Republican platform committed the party to an increased public school appropriation and the present action of the legislature is a decided step towards making good the pledge.
 "Pennsylvania schools stand as high, if not higher, than the public schools of any other state, but notwithstanding this fact it is the duty of the legislature to strive to increase their efficiency," said Senator Crow a few days ago. "If this is not done it will not be long before other states pass us. Aside from this commendable desire to stand at the head of the schools of all states, I feel that we owe to the rising generation the extending of every educational opportunity. The best is not too good for the children of Pennsylvania and it is a well-known fact that it requires money to secure what is best in schools. For that reason the 1917 legislature is performing a noteworthy act in increasing the school appropriation to the extent of two million dollars over 1915.
 Entitled to Credit.
 "The Republican party, by reason of its dominance of the politics of Pennsylvania for so many years, is justly entitled to share in the credit for the present high standing of the schools of this state. Though it has never attempted to link politics with the schools—and, I hope, it never will—the fact remains that session after session the Republicans are in control of the general assembly and it is under their direction that the appropriations to the schools have steadily increased.
 "Every Republican party platform within my knowledge has expressed its friendship to the schools of Pennsylvania. The last one was no exception. It became our duty, therefore, to do everything within our power to boost the school appropriation and I am glad that the committee has reported out an \$18,000,000 bill. This is not a cent too much. Our population is steadily increasing, the necessity for new schools is more acute now than ever before, and unless districts are given liberal aid from the state they will be greatly handicapped. Besides all this, the salaries of teachers have not been increased proportionately with those in other professions and trades and the willingness of the state to bear an additional financial burden naturally enables the respective districts to grant increases wherever needed."
 \$400,000 For Mothers' Pension.
 Another bill of state-wide importance reported out calls for \$400,000 for mothers' pension. This is over twice the amount appropriated in 1915. In addition there is in the state treasury about \$30,000 that reverted back by reason of certain counties failing to create a fund in accordance with the 1913 act.
 Those back of the mothers' pension movement asked \$800,000, but they are satisfied that the committee did the best it possibly could under the existing financial condition of the state.
 A bill appropriating \$100,000 for the manufacturing fund of the state prison labor commission has been reported out and will be passed. This money is to equip plants and buy machinery for penal institutions.
 Another bill to see the light of day with every chance of going through is to appropriate \$25,000 for the organization and work of a bureau of markets in the department of agriculture.

Your Eyes---Your Spectacles.
 If your eyes trouble you in any way you should have them carefully examined by a competent, experienced Optometrist.
 If your SPECTACLES need changing you should use good judgment and have expert work done on them.
 Our methods are different in many respects from others. A trial will convince you absolutely.
 Call in to see me about your Case.
Cook's Jewelry Store.

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 W. S. SHEERIN, NURSERYMAN, 10 RIVER ST., DANVILLE, N. Y.

Condensed Statement
CITIZENS NATIONAL BANK
 OF MEYERSDALE, PA.
 At Close of Business May 1st, 1917
 RESOURCES
 Loans and Investments..... \$802,589.96
 U. S. Bonds..... 70,000.00
 Banking House..... 30,200.00
 Due from Banks and Reserve Agents..... 313,887.79
 Cash..... 58,792.54
 Total..... \$1,275,470.29
 LIABILITIES
 Capital Stock..... \$ 65,000.00
 Surplus and Profits..... 146,787.88
 Circulation..... 65,000.00
 Deposits..... 998,692.41
 Total..... \$1,275,470.29
 You get two kinds of Interest at this bank
 PERSONAL
 COMPOUND
 We Give One and Pay the Other.
The Citizens National Bank
 "The Bank With The Clerk With The Million"

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 GOOD FOR 100 VOTES.
 The Commercial Automobile Contest.
 For
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 This coupon is good for 100 votes for the person named above when deposited at the Commercial or mailed before the expiration date below.
 This Coupon Not Good After June 22

Never Neglect A Cold.
 A chill after bathing, cooling off suddenly after exercise and drafts, give the cold germs a foot-hold that may lead to something worse. Safety requires early treatment. Keep Dr. King's New Discovery on hand. This pleasant balsam remedy allays inflammation, soothes the cough and repairs the tissues. Better be safe than sorry. Break up the cold with Dr. King's New Discovery before it is too late. At your druggist, 50c, \$1.00.