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 115 N. 10th St., PA.
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Gentlemen:
 We endeavor to reach you on the telephone several times, yesterday. You were busy every time and we were therefore compelled to give a push order elsewhere. We disliked to do this, but very much, as we have always



"You're Always 'Busy' When I Call You"

Has a valued customer ever made this answer when you called him too late for his order? If other subscribers on your party line use the telephone frequently, there are bound to be "blocks" in the calls. For this condition an Individual Line Telephone is the remedy; the additional cost is small. Call the Business Office to-day.

"Practice the Telephone Smile."

The Bell Telephone Co. of Pa.
 T. A. Garvey, Local Mgr.,
 Carbondale, Pa.

ARLINGTON.

ARLINGTON, Dec. 20.—The Arlington Sunday school scholars are preparing for a Christmas service which promises to be good. Mr. and Mrs. J. L. Noble made a trip to Scranton recently. Miss Esther D. Finley of Honesdale, passed a few days with her father, A. L. eve.

TO MAKE YOUR HAIR MORE BEAUTIFUL

To give your hair that gloss and lustre and wavy silky-softness, use Harmony Hair Beautifier. It takes away the dull dead look of the hair, and makes it bright—turns the stringiness into softness—overcomes the oily odors and leaves a sweet, true-rose fragrance—makes the hair easier to put up neatly and easier to keep in place. It is just exactly what it is named—a hair beautifier, and whether your hair is ugly now or beautiful, it will improve its appearance. You'll be proud of and delighted with the results, or your money back. Very easy to apply—simply sprinkle a little on your hair each time before brushing it. Contains no oil; will not change the color of hair, nor darken gray hair.

To keep your hair and scalp dandruff-free and clean, use Harmony Shampoo. This pure liquid shampoo is most convenient to use, because it gives an instantaneous rich, foaming lather that immediately penetrates to every part of hair and scalp, insuring a quick, thorough cleansing. Washed off just as quickly, the entire operation takes only a few moments. Contains nothing that can harm the hair; leaves no harshness or stickiness—just a sweet-smelling cleanliness.

Both preparations come in odd-shaped, very ornamental bottles, with sprinkler tops. Harmony Hair Beautifier, \$1.00. Harmony Shampoo, 50c. Both guaranteed to satisfy you in every way, or your money back. Sold in this community only at our store—The Rexall Store—one of the more than 7,000 leading drug stores of the United States, Canada and Great Britain, which own the big Harmony laboratories in Boston, where the many celebrated Harmony Perfumes and Toilet Preparations are made—A. M. Leine, Honesdale.

Finley, returning Monday. John Simons met with a very painful accident last Friday. The report is that he fell off the lumber wagon and the wheels passed over his hips, tearing the flesh loose from the bones.

Miss Cora A. Bidwell is teaching at the East school in place of H. C. Felton, resigned.

The annual masquerade ball will be held at the P. O. S. of A. hall New Year's eve.

FARMERS' INSTITUTE
 (Continued From Page Two.)

that brace roots, which hinder the growth of corn, disappear almost entirely. Mr. Groupe is also an enthusiastic advocate of spring plowing, principally in those districts where they have an early spring, and also where the soil is light. Where the soil is heavy, fall plowing should be recommended.

Monday Evening's Session. The first topic for consideration was Human Nutrition, by Prof. Wells W. Cook of the Biological Survey, Washington, D. C.

The greatest home problem facing the public to-day is not the high cost of living, but cost of high living," stated Prof. Cook. He also said that if we used the same economy with our food as we do with our cattle we would have to do away with many of our present table luxuries, such as tea, coffee, spices, relishes, salt, pepper, etc., which in themselves have no food value. Also salads, lettuce and other greens which appeal to the taste of many, contain very little nourishment and therefore their standing in food value is low. These are some of the products which help to build the great living problem.

It was found through test that 30 cents per day is sufficient to sustain one person. This of course, only covers the cost of the raw food. It was also found through experiment that flour contains all the elements needed by the human being. Corn meal may also be included.

The speaker continued and gave the relative food value and increased cost of beef, milk and eggs in comparison with flour and corn meal to equal the amount of nourishment needed by each and every person. The nourishment or food value of all food stuffs is decreased by the process of cooking and this is especially true in frying.

In conclusion Prof. Cook said that

if we would only adopt some of the methods used in feeding our cattle, meaning the practice of strict economy by eliminating those foods which have no food value, this problem which is among the greatest we are facing to-day, would be unknown.

"Some Mistakes I Have Made."

Fred W. Card, of Sylvania, Pa., gave a short talk on the above subject. His introduction was of interest. He told of his early experience on the farm and of how he has been benefited by the numerous mistakes he made. His first advice to prospective farm purchasers was not to buy a run down farm even though it was necessary to incur debt to avoid this. He made this error and said that he would buy the same place again but only because of the personal and family attachment it had for him.

Another mistake often made by the farmer of the present time, said Mr. Card, was "that he tried to do too much in cost cases and in some did not do enough." He said that it would be of great advantage to study this problem and try to regulate it so that the greatest results could be obtained with the least amount of effort.

He also spoke of the great importance of the labor question in the successful management of the farm.

Another mistake, quoted Mr. Card, was the desire of the farmer to save money and decrease the expense, which pinching does more harm than good. He advised the use of a day book for keeping a record of the time spent each day on each individual task, thereby being in a position to tell at a glance just how long it will take to accomplish any of the numerous tasks that fall to the lot of the farmer.

"Growing Potatoes."

The above subject was very ably discussed by J. Stuart Groupe, of Jersey Shore, Pa. In planting potatoes Mr. Groupe stated that he always made an effort to have each piece for planting contain two eyes and each to be about the size of an ordinary egg. He also advocates deep plowing, from 6 inches to 8 inches deep which has always brought the best of returns. Another feature in the cultivation of the soil for potato planting is to try and harrow it immediately after plowing.

One of the things that attributed to Mr. Groupe's success in the agricultural field was due to the fact that he is very particular and takes great pains in the preparation of the soil.

The question was asked which was the best kind of lime to use and it was found that in most every case, burnt lime proved best.

Tuesday Morning's Session.

Tuesday morning's session of the farmers' institute opened with a fairly good attendance.

J. Stuart Groupe was the first speaker and his subject was the Care and Handling of Stable Manure.

He said that farming should be conducted just the same way as any other business enterprise. Each detail should be looked after and especially that one—the handling of stable manure. It is one of the most important factors in the modern production of the farm.

The best plan in the use of all fertilizer is to plow it under. Brush, (Continued on Page Seven.)

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

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 Toledo, O.

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Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.

Take Hall's Family Pills for constipation.



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