



Buy Early and by Bell Telephone

Shop early and by Bell Telephone, and you will bring real Christmas joy into the hearts of the shop-girls, the delivery drivers and the other employees of the busy stores. YOU, too, will find real joy in the freedom from hurry and trouble.

All up-to-the-minute stores give telephone orders most careful attention.

By the way, if you haven't a Bell Telephone yet, you can't know what Christmas joy you're missing.

"Practice the Telephone Smile."



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

NATIONS' EYES ON LEWIS AERO GUN

American's Invention Promises to Revolutionize War.

FIRES 500 SHOTS A MINUTE

So Light That a Man Can Transport It Easily—Needs No Water Cooling. Army Officer's Graphic Story of Recent Tests of Wonderful Weapon at Bisley, England.

That the general adoption of the Lewis automatic machine gun will revolutionize warfare, sending the present day rifles and Maxims to the junk heap and rendering current military tactics antiquated at one stroke, is the opinion of a high army officer who was present at the recent trials at Bisley, England, of a new gun invented by Colonel Isaac N. Lewis, formerly of the United States.

The army officer, who stipulated that his name should not be mentioned for fear of a reprimand by his government, drew a vivid picture for the New York Times' London correspondent of the war of the future, if that one desire of all war officers—a portable automatic machine gun, not dependent on water for cooling—should prove no mere toy, but able to stand up under actual service conditions.

Squadrons of cavalry going into action armed with machine guns instead of the lance, saber or carbine; regiments of infantry carrying machine guns, each soldier having a potential deadliness of two or more companies armed with mere rifles; flocks of swift, light armored aeroplanes, each mounting one or two machine guns, swooping down on the enemy with a deadly hail of fire, were some of the military novelties that he prophesied for the not distant future if the Lewis gun, which was highly successful in the

FRESH OYSTERS

AT Henry Freund's

Our Oysters are always fresh; and solid meats. It's their freshness and salt sea flavor that will appeal to you.

Make any comparison you please—we know you will come back for more.

Suppers and Donations promptly supplied at lowest rates. CRACKERS—crisp and toothsome at all times.

Everything desirable and seasonable in the grocery line

AT HENRY FREUND'S

DIET FOR HEALTH CUTS LIVING COST

Federal Expert Gives List of Suitable Foods.

FAVORS HOME CANNING.

Rheumatism and Other Ills Would Be Largely Eliminated if Fruit and Vegetables Were Provided Every Day in the Year, Says Food Specialist—Would Be Cheaper Too.

The average American family may steer clear of the ordinary discomforts that afflict the body and thereby improve its health if the housewife will exercise more care in getting up the daily bill of fare.

A food specialist of the department of agriculture in Washington points the way. He says that the balanced ration of many Americans today is made up about as follows:

- | | |
|---------|----------------------------|
| Bread. | Meat. |
| Butter. | Fish. |
| Eggs. | Patent medicine laxatives. |

Many Americans suffer customarily from indigestion in its various forms and rheumatism, according to the government food specialist. He suggests that a simple change of the daily menu might go a long way to remedy these ailments. The specialist recommends a change to this menu as being more in keeping with nature's plans:

- | | |
|-------------|---------|
| Bread. | Meat. |
| Butter. | Fish. |
| Fruit. | Eggs. |
| Vegetables. | Greens. |

For Fruits and Vegetables.

The specialist recommends that every family provide a diet of fruit and vegetables for every day in the year. He argues that this would do much to eliminate the need for patent medicines that figure so prominently in the bill of fare of so many Americans.

"If every home," said the specialist, "kept on hand enough canned products so that there might be a can of fruit, a can of greens and a can of vegetables for every day during the winter there would be little need for the laxatives now so regularly purchased from the corner drugstore. There would also be great economy in the substitution of an inexpensive food for more expensive ones."

The food specialist suggests that housewives should do more home canning at the proper season. He thinks this would help to solve the problem involved in the cost of living.

"It is estimated," he said, "that over 50 per cent of all the vegetables, greens, fruit and berries that grow in this country go to waste and are actually lost to those who need them. This is simply because housewives have not learned to care for these surplus products efficiently and to make them available for the winter months by canning."

Economy in Home Canning.

"That home canning may reduce the cost of living is not generally appreciated. Even those who are accustomed to use a supply of canned goods in the winter do not realize that they sometimes pay transportation on goods from distant parts of the country when there is a surplus of the same product in their own vicinity during the summer months which might have been saved by home canning."

The food specialist then tells about the enormous economic waste that could be prevented by home canning.

"For example," he said, "a can of tomatoes is bought during the winter months in Colorado for 15 cents. This can was put up in Maryland. The people of the section where it was purchased live in an irrigated district where there is always a surplus of tomatoes in summer, yet they pay transportation on vegetables from Maryland when they might have put up a similar can during the season in their own district which would have cost 5 cents."

"When one considers the number of cans used which have been shipped great distances one realizes the enormous saving a little intelligent home canning might bring about."

AIR CURE FOR ADENOIDS.

When Surgical Operations Are Necessary—Schoolroom Temperature.

Adenoids will heal themselves in four cases out of five if the child suffering from them be given plenty of outdoor air, according to Dr. T. F. Harrington, director of school hygiene in Boston. In addressing a teachers' association recently in that city Dr. Harrington said:

"The knife is necessary only when there is a discharge from the ear and danger to the hearing or when the blood supply is cut off from the brain and feeble mindedness, flat chests and glandular trouble seem imminent."

"The air of the classroom should be down to 55 degrees, and the children should be allowed to wear their wraps when they cure to."

Chicken Thief Repents.

A man who stole three chickens years ago from L. Glass of Evansville, Ind., has become a conscience stricken man. Glass received an unsigned letter postmarked Evansville, in which was enclosed \$1.50 in money. The letter read as follows: "I herewith enclose \$1.50 for three chickens I stole from you fifteen years ago. I am a thief no longer."

THE CHRIST CHILD'S MANGER.

Pretty but Obsolescent Feature of the Latin Christmas.

All through the Italian and Hungarian quarters in New York city may be found traces of the manger at Christmas time. The Italians call it the "presepio," which means manger; the Hungarians the "Bethlehem."

The manger is an exceedingly old and interesting devotion in the Catholic countries of south Europe. St. Francis of Assisi, who was born in 1182, introduced it into Italy, and it is still the sign of Christmas in south Italy, as much as holly in the windows is the sign of it in New York. It is not many years since a carpenter could not be had for weeks before Christmas in Naples or Rome. They were all busy putting up mangers in the houses of the quality, while the poorer folk were busy fabricating their own.

This quaint old devotion is fading out of the cities of the mainland, but in conservative Sicily it remains in full force. Every family there still erects its presepio some time from the 1st to the 15th of December. It is not a manger alone, but a whole mountain side, made of the rough, flexible bark of the cork tree. Peaks and crags and precipices abound, with winding trails, houses and castles of colored cardboards, forests of evergreen twigs and sometimes tiny pipes to furnish brooks and lakes.

In the center is the grotto, with the holy family within, surrounded by the cattle. A sky of blue paper is stretched above, with the star of Bethlehem upon it. Over the hills come shepherds bearing gifts to the infant, and, though they are in Sicilian costume and carry good Sicilian cheese and wine upon their donkeys, they are all the more interesting for that.

Sometimes the presepio fills only a corner, sometimes the whole side of a room, according to the means of the family. It is kept year after year until worn out, but it needs to be freshened up each year, always a welcome task to the mother and daughters of the house.

FIRST CHRISTMAS FEAST.

The first feast to be celebrated on Dec. 25 was established by Commodus, emperor of Rome, who reigned about 185 years after the birth of Christ. After that there are many references in history to meetings of the new sect called Christians, who gathered on this day to celebrate the birth of the God-man. It is not until a century after the time of Commodus that we find a particular reference to the persecutions that the Christians underwent at the hands of the pagan emperors, culminating in a Christmas day massacre.

When Rome was no longer a pagan state the feast began to be celebrated in Christian style, and those who observed the birth of Christ in those days did so in widely separated countries and frequently at widely different periods of time and according to no set program. The ancients agreed on one thing, however—that the festival commemorating the birth of Christ should be the most magnificent of the year. In some cases it was kept up for days.

—The Citizen for 1914 will be better than ever.

HOW'S THIS?

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

F. J. CHENEY & CO., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo, O.

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.

EXECUTOR'S NOTICE.

Estate of CLAYTON, YALE, Late of Lebanon Township. All persons indebted to said estate are notified to make immediate payment to the undersigned; and those having claims against the said estate are notified to present them duly attested for settlement.

WILLIAM S. YALE, NORMAN TAYLOR, Executors. Cold Spring, Pa., Oct. 30, 1913.

—Bring your difficult job work to this office. We can do it.

AUDITOR'S NOTICE.

Estate of Fred E. Lawyer, Late of Honesdale, deceased. The undersigned an auditor appointed to pass upon the exceptions to account and to report distribution of said estate, will attend to the duties of his appointment, on TUESDAY, DEC. 30, 10 A. M., at his office in the borough of Honesdale, at which time and place all claims against said estate must be presented, or recourse to the fund for distribution will be lost.

WM. H. LEE, Auditor. Honesdale, Dec. 5, 1913. 99w3

DRIVE IT HOME!

Make this Christmas her Happiest!

Surprise Her With a Gift That Carries the Christmas Spirit Into Every Day of the Year.

Think of the long, tedious hours your wife, mother or sister spends in sweeping—brushing—dusting. Put yourself in her place. Consider the pleasure your gift of a light, compact, inexpensive Frantz Premier will bring.

FRANTZ PREMIER

Electric Suction Cleaner

Does away with dust-scattering brooms, brushes, dusters and dust-pans. Makes rug beating unnecessary. Can be carried anywhere in one hand. Won't fatigue a child.

Demonstration in Your Own Home—FREE

Electric Irons, \$2.00, \$2.75 and \$3.50
Electric Toasters, \$3.00
Electric Toaster-Stove, \$3.50

J. L. BEURKET 102 Seventh Street HONESDALE.

ABSOLUTE SECURITY

1871 FORTY-TWO YEARS OF SUCCESS 1913

WAYNE COUNTY SAVINGS BANK

Honesdale, Pa.

The Leading Financial Institution of Wayne County

THE PROOF

We lead in CAPITAL STOCK..... \$ 200,000.00
We lead in SURPLUS and UNDIVIDED PROFITS..... 372,862.00
We lead in TOTAL CAPITALIZATION..... 572,862.00
(Our CAPITALIZATION is the DEPOSITORS SECURITY)

We lead in Deposits..... 2,463,348.60
We lead in TOTAL RESOURCES..... 3,040,099.22
This year completes the FORTY FIRST since the founding of the WAYNE COUNTY SAVINGS BANK.

MANY BANKS have come and gone during that period. PATRONIZE one that has withstood the TEST of TIME.

OFFICERS:
W. B. HOLMES, President
A. T. SEARLE, Vice-President

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W. F. SUYDAM
H. S. SALMON
E. W. GAMMELL

**T. B. CLARK
C. J. SMITH
J. W. FARLEY**

THE OPENING OF TOYLAND

At the H. K. B. Store

A Charming Display of Gifts for Children of all Ages Consisting of

Books,	Dolls,	Chairs,	Doll Shoes,
Games,	Go-Carts,	Sleds,	Doll Stockings,
Trams,	Pianos,	Desks,	Doll Heads,
Wheel Barrows,	Trunks,	Drums,	Rocking Horses.

Tin, Wood and Iron Toys in Endless Variety

On the first floor we are showing a large line of Fancy China Open Stock, Dinner Ware, Patterns in China and Porcelain, Pocket Knives, Carving Sets, Silver and Glass Ware, Sweet Grass Baskets, Fruit Baskets, Shopping Baskets.

Shop Now, and Shop Early in the Day!