CELERY-MIST FINE FOR HEADACHE

Costs only 10c a Package at any Store

If you suffer from headache or neuralgia, it will cost you only 10c to buy one of the best remedies on the market. Don't judge the quality by the low price. "Cilery-Mist" is equal if not superior to the highest priced remedies. Gives relief and comfort in a few minutes. Every store sells "Celery-Mist." One trial will convince you of its merits.

AVOID FROSTED POTATOES

No grower will care to take a chance on planting his potatoes over again this spring, with prices at their present level.

The prudent farmer will delay planting until danger from frost is over and will see to it that his crop is supplied with an extra quantity of quick acting fertilizer to force the plants along to early maturity.

Many a potato crop has been saved from frost injury by use of the rather heroic emergency measure of throwing dirt on top of the young plants with a mold board plow when severe frost threatens.

J. A. SCHWAB, President **M. D. BEARER**, Cashier
Dr. J. I. VAN WERT, Vice President **M. G. DUMM**, Ass't

The Grange National Bank

OF PATTON, PA.

Capital	$60,000.00
Surplus	20,000.00

ORGANIZED AUGUST, 1906

Deposits Dec. 31st, 1906	$ 76,773.52
" Dec. 31st, 1907	201,963.10
" Nov. 27th, 1908	226,286.03
" Sept. 1st, 1909	279,279.00
" Sept. 1st, 1910	321,625.73
" Dec. 5th, 1911	421,612.64
" Nov. 26th, 1912	509,559.52
" Aug. 9th, 1913	576,741.96
" Sept. 12th, 1914	617,447.39

3 PER CENT Interest Paid on Time Deposits

SAFE DEPOSIT BOXES FOR RENT

Drafts Issued on All Parts of the World.. A General Banking Business Transacted.

We Solicit Your Account

The First National Bank

PATTON, PENNSYLVANIA

Capital paid up	$100,000.00
Surplus	75,000.00

ESTABLISHED 1893

The Oldest National Bank in Nothern Cambria

A general banking business transacted. We invite personal interviews or correspondence with firms and individuals wishing to establish or change their banking relations.

INTEREST PAID ON TIME DEPOSITS

Steamship Tickets for all the leading Lines; Foreign Draft payable in the principal cities of the world. Safe Deposit Boxes for use of our patrons furnished free. You should have one or more of our Saving Banks in your home. Will teach the children practical lessons of economy.

WM. H. SANDFORD, President — **FRANK L. BROWN**, Cashier

PAINT

Paint for every use, made of best pigments, colors and oils, and guaranteed for 5 years, sold direct to consumers where no agents or dealers are handling it, at a Remarkable Low Price. Many unsolicited testimonials from paint users. Mansfield weather proof paints—30 shades of house paint, 8 shades of roof, 5 shades of interior flat wall paint. Write and tell us your wants and we will send you entimates.

Mansfield Paint Co.

Mansfield — **Penna.**

On April 10th
The Spring Term Begins
at the
Pennsylvania State Normal School
of Indiana Pa.
The Practical School
Numerous Review Classes for Teachers.
For catalog or further information address the Principal,
Dr. James E. Ament, Indiana, Pa.

NO "DOPE" IN OLD BLACK JOE COUGH SYRUP

Not a single drop of dangerous drug is in Old Black Joe Cough Syrup. Yet it relieves coughs and colds in double quick time. That's why it becomes the biggest seller wherever introduced. Just as safe for children as for grown folks. A big bottle for 25c at any good store.

NEW HAMPSHIRE FARMER GROWS BEANS

The difference between beans "three quarts for a quarter" and beans at $4 per bushel up, makes the difference between a crop which hardly carries itself, and one which is a money maker for the farmer. One New Hampshire farmer, this last season, planted three acres of beans. The season was poor, and he only got sixteeen bushels per acre. But he sold these beans for $7 a bushel, and after paying for seed and labor for land rent and for fertilizers, he had $70 an acre or a little over $200 from his three-acre field.

LOWERING COSTS OF POTATO PRODUCTION

Fifty years ago an acre of potatoes yielding110 bushels required 55 hours of man labor. Now an acre yielding 220 bushels requires but 38 hours;—thanks to the potato planter and digger. One man with a good planter can open teh rows, distribute the fertilizer, drop the tubers and cover them over an area of three to five acres each day. Planters are now being used in many communities and a greater area covered. Best methods of cultivation and fertilization assist greatly in reducing the cost per bushel of growing potatoes by increasing the yields.

Coming Attractions

At The Mishler Theatre Altoona.

Three days commencing Thursday Matinee, March 22. Twice daily at 2:15 and 8:15 P. M. "A Daughter of the Gods." The picture beautiful with Annette Kellermann. Prices: Matinees, 25c and 50c, few at 75c. Evenings, 25c, 50c, 75c and $1.00. Seats now on sale.

Monday and Tuesday, March 26-27, Matinee Tuesday—Mr. Robert B. Mantell and his distinguished company in Shakesperean plays. Monday evening "Macbeth." Tuesday matinee "Merchant of Venice." Tuesday evening, "King Lear." Special Lenten season prices: Evenings, 25c, 50c, 75c, $1.00, and $1.50. Matinee Tuesday, 25c, 50c, 75c and $1.00.

Next Burlesque attraction, Wednesday, March 28, Matinee and Night—"The Temptters" burlesquers, with Zallah, the dancing princess. Secure seats early for this one. Matinee 25c, 35c and 50c. Evening, 25c, 35c, 50c, and 75c.

Friday March 30, Matinee and Night—Messrs. Shubert present the most captivating and delightful of Vienese Operettas "The Blue Paradise." First time anywhere at these special reduced prices. Matinee, 25c, 50c, 75c and $1.00. Evening. 25c, 50c, 75c, $1.00 and $1.50.

BETWEEN

friends, the gift that conveys the most of personal thoughtfulness—your photograph.

Make Appointment At

THE THOMAS' STUDIO

Commons' Building

BARNESBORO, PENNA.

AS BLACK AS YOUR HAT

YES—THAT'S OLD BLACK JOE COUGH SYRUP

Look for that good old colored man's face on the package and label. The syrup is as black as his face and just as kind and honest—not a drop of opium or habit-forming narcotic drugs in it, but my!—how it does get down to that sore spot. The phlegm loosens, the soreness disappears and relief is instant.

You can't afford to risk cough syrups that contain dangerous drugs. Just insist on Old Black Joe Cough Syrup and be safe. Good for children as well as for grown-ups. A big bottle for 25 cents.

"HEALTH NEWS" ISSUED BY THE UNITED STATES PUBLIC HEALTH SERVICE

"He died of typhoid fever on the 14th of ecember, 1861."

To be the consort of a queen, to be beloved by her people both high and low, to be the real but unobserved adviser of the affairs of an empire, these are achievements worth while. To be cut off from all of them at the prime age of 42 by a wholly preventable disease seems wanton. "The good Prince" Albert, skillful administrator and an upright man was sacrificed to a filth disease.

Typhoid fever is found only in man. It is caused by a short rod-shaped microscopic vegetable, which enters the body through the mouth and leaves it in human discharges to enter another human mouth to which it is carried by fingers, flies, fluids and food. It is essentially a disease of young adult life. Older people are less apt to have it probably because they have suffered from an attack of the disease in their youth.

Typhoid fever is known by various names, "slow fever," "low fever," but whatever name it is called by it kills about 8 per cent of those whom it attacks. A certain percentage of those who recover become carriers, that is, persons who though well excrete the organisms of the disease in discharges. Carriers are largely resposible for the perpetuation of typhoid fever, but the installation of proper sewer systems which not only take away noxious wastes but also do not deposit them in some one else's water supply, the abolition of flies, cockroaches, and other filth insects, the maintainance of a pure food supply, and the intelligent care of the typhoid patient, these are the measures which will rid us from this disease. Until very recently typhoid has been the scourge of armies but now the anti-typhoid inoculation has reduced this danger to a minimum.

The Prince-Consort was universally mourned. The grief of the queen was deep and lasting and the whole nation sympathized in the truest sense with her in her sorrow. How many other widows of less exalted position mourn also because of the rapacity of typhoid fever?

REAL ESTATE TRANSFERS

Alexander Manszernch and wife to Alexander Nagrant and wife, lot in Conemaugh; $3,350.

George D. Kurtz to Jacob Zimmerman, four lots in the fourth ward, Johnstown; $900.

Claire J. Shoff to George M. Long, lot in Cresson; $1.

George M. Long to Robert V. Cassidy, Jr., lot in Cresson; $3,000.

Francis Palliser to Alfred Head, lot in Upper Yoder township; $180.

William H. Burd and wife to Mrs. Mary Margaret Cornelius, lot in Cresson, $5,000.

The Barrett company to the Cambria Steel company, tract in the eleventh ward, Johnstown; $4,000.

Natele Passaro and wife to Nicola Visnofsky, lot in the eleventh ward, Johnstown; $6,000.

Jacob H. Rose and wife to George W. Swank, two acres in the seventeenth ward, Johnstown; $2,50.

Ada Reher to Albert Hunt, lot in East Conemaugh; $3,350.

Fred Smatik to Mary Smatik, lot in Ehrenfeld; $650.

Mary Fetika and husband to Mike Zurenko, lot in Spangler; $775.

Samuel B. Bickley and wife to Charles Weaver, 121 acres, 146 perches in Adams township; $4,000.

Henry Rose and wife to John S. Kenney, lot in Ferndale; $1,000.

Ada M. Williamson and husband to William E. Barkheimer, lot in Portage; $1,150.

Humphrey Leverknight to Hiram Custer, lot in Dale; $3,000.

Edward Hopfer and wife to Barbara B. Yearick, part of one lot in Portage; $5,000.

Maurice Fitzgerald to Peter E. Miller, lot in Hastings; $100.

Rachel Berkheimer and husband to school district of Conemaugh, lot in Conemaugh; $5,000.

Charles A. Leahy and others to William Kelly, lot in Lilly; $1.

The Johnstown Trust company (trustee) to the Johnstown Chemical company, lot in the fourth ward, Johnstown; $16,000.

Margaret Noll to John Brown, lot in Taylor township; $750.

Adam Leroy Gorman to Charles E. Martz, lot in Blandburg; $350.

Charles Everard and wife to Peter Plantic, two lots in Elder township; $475.

Joseph Defacio to Deamanti Defacio one-half interest in one lot in the ninth ward, Johnstown; $200.

Mary A. Cooney and others to the First National Bank of Conemaugh, lot in East Conemaugh; $7,500.

John H. Shevel and wife to Margaret Hunter, 16 acres 7 perches in Adams township; $1,300.

J. K. Rosetar and wife to Dominic lot in Susquehanna township; $125.

E. Mendenhall and wife to Antonio Spizio, lot in Summerhill township; $1.

Clyde C. Wertz and wife to William T. Thomas, Jr., lot in Westmont; $13,540.

Austin L. Lape and wife to Minnie Edith Lape Woodside, lot in the Eighth ward, Johnstown; $450.

William Polynik and wife to Joseph Weaber, lot in Dale; $1,850.

Daniel H. Bash and wife to Samuel E. Grove, 50 acres in Blacklick township; $1,000.

Daniel H. Bash and wife to Cleveland Mahan, 110 acres, 150 perches in Blacklick township; $4,250.

Martha Johnson and others to John and Mary Korona, lot in Portage; $550.

ESSENTIALS IN GROWING VEGETABLES

Nothing is more important in growing good vegetables than to have a fairly rich soil with which to work. The soil that does not need enriching to produce at its best is seldom found and success comes in proportion to the amount of fertilisers and manures applied when all other factors are given efficient attention. Make the soil rich, prepjare the seed bed properly, use good seed, keep down the weeds and supplement the natural supply of rainfall with sprinkling when necessary to secure good vegetables during the coming season.

Recruiting Officer Names Inducements

The recruiting officers of the United States Army at Harrisburg has sent out to all schools and colleges the following letter pusuant to instructions from the War Department:

Harrisburgh, Pa., March 13, 1917.

The War Department has sent to all recruiting officers a letter directing that they cause the following facts with reference to the army to be communicated to colleges, universities, high schools and to the public at large:

A thousand or more vacancies now exist in the grade of second lieutenant in the line of the army for which examinations will be held April 23, 1917 and July 23, 1917. Young men of good character between the ages of 21 and 27 years may make application for the examination to be taken now, or at a later date. A limited number of application blanks are in the hands of this office.

The base pay of a second lieutenant is $1700 per year. They receive an increase of ten per cent for each five years service. They are entitled to other considerations amounting to several hundred dollars per year, on acceptance of their commission as officers of the army they are assigned a lineal place on the list of officers of the army according to their standing as determined by the examination. They are afterwards promoted to first lieutenant, captain, etc., according to seniority.

About one third of the officers of the army are graduates of West Point one third from the ranks and one third from civilian life. No advantage is had by the West Point man except his previous training at the military academy. Men from civil life and from the ranks are to be found in all grades of the army, part of the general staff itself is composed of men who have entered from civilian life or from the ranks of the army.

Under the recent act of Congress increasing the size of the army, approved June 3, 1916 an enlister man of good character after one year's service in the army may compete for a commission on his own motion. This method is regarded by me as the easiest and surest road to a commission. It also better fits them for service as an officer.

In addition to the vacancies mentioned above there will be about three hundred additional vacancies in July 1917, three hundred in July 1918, three hundred in July 1919 and three hundred in July 1920.

Exceptional opportunities are offered the young men of today to make the army their profession and to take it up as a career.

A number of these letters are being sent to the schools and colleges in the Harrisburg district and it is requested that they be circulated among the student body. Any further information desired will be furnished from this office.

By direction: W. F. Harrell,
U. S. A. Recruiting Officer.

POMONA GRANGE MEETING

The Cambria county Pomona Grange will hold its Spring meeting in the Moose Hall at Cresson, on Monday April 2nd. There will be three sessions, Morning, Afternoon and Evening.

The program for the day is as follows:

Morning session—

7:00 A. M.—Meeting called to order. Song by the Grange. Reports of subordinate Granges. "Shall we have Grange exhibits at the County fair?" by H. M. Gooderham. Music. Conference of subordinate Grange lecturers lead by state lecturer, Harry G. Teagarden. Music by Excelsior Grange Choir. Appointment of Committees. 12:00 N. Adjournment.

Afternoon session—

1:15 P. M.—Music by Excelsior Grange Choir. "The Market Gardening Outlook for 1917" by Jos. O. Thomas, C. T. Settlemyer and James Davis. Recitation. Discussion of timely farm topics. Music. Address by State leader, Harry G. Teagarden. Reports of Committees and officers. Fifth degree session. Adjournment 4:15 P. M.

Evening session—

Open to the public.

7:30 P. M.—Music by Cresson male quartette. Greetings by Jas. A. Farabaugh. Recitation by Miss Lizzie Garrett. Addresses by Cresson business men. Reading, L. Strayer. Address "The Farm Wood List" by District Forester, Walter D. Ludwig. Music by Cresson male quartette. Address, by an officer of the State Grange. Adjournment.

URGING FARMERS TO PUSH 1917 CROP PRODUCTION

Farm papers throughout the country are urging farmers to increase their acreage and speed up their production during the coming season in order to profit from the unusually high prices being paid for farm products.

The American agriculturist says in part: "There is common sense and wisdom in putting in a generous acreage all along the line, looking towards the 1917 harvest; use plantfood with wise generosity; practice best cultural methods; utilize to the full farm machinery and labor-saving devices, even though at some additional initial cost; produce crops generously at a conservative outlay of money and muscle with full confidence in the market outlook at reasonably profitable prices."

CHILD DIES FROM INJURY

Martin, the three-year-old child of Mr. and Mrs. John Scheltis, died in the Miners' hospital on Friday night as a result of a most painful accident received at its home on Friday.

The child was carrying a crock when it fell, breaking the crock and driving a jugged part into its abdomen. When removed to the hospital, it was found that there was rupture of the intestinal organs and death occurred the same evening. The funeral of the child was held on Saturday with interment in the Barnesboro cemetery.

LITTLE TALKS ON HEALTH AND HYGIENE BY

Samuel G. Dixon

HOW TO AVOID PNEUMONIA

There is a great variety of lung congestions called pneumonias sometimes preceding the true infectious pneumonia which are caused by microscopic organisms or germs.

Another lung congestion or pneumonia is predisposed by the abuse of alcoholic drinks. This should never occur with those who are educated because it is well known by them that an excess of anything is injurious and interferes with the physical and mental development of man.

Inspiration of irritating substances breathed into the lungs causes a serious form of congestion of the respiratory tract often followed by true pneumonia.

We also have catarrhal or bronchial pneumonia. Traumatic congestion followed by a microorganic infection is caused by a blow over the area occupied by the lungs. The embolic form is due to an obstruction in the vessels of the lungs, while the hypostatic congestion is caused by the lungs filling up with fluid in those who are old and weak, that may end in an infectious pneumonia.

There are many other forms of lung congestions which are often serious within themselves yet frequently take on a definite true pneumonia.

The lesson much needed at this season of the year when the death rate from these various causes is leaping away above the normal level is how to avoid these different congestions of the lungs.

We should avoid excessive use of all alcoholic drinks.

Seek fresh air at every opportunity but keep the body comfortably warm at all times.

Those in civilized life should keep the feet warm and dry.

It is well to avoid an excess in starchy foodstuffs as they are apt to set up a catarrhal condition which may predispose to catarrhal pneumonia.

The habits of living should be regular, a normal number of hours being allowed for sleep and for eating and responding to the natural demands of nature.

We should avoid crowded rooms or vehicles for transportation. The greater number of people confined in a poorly ventilated room increases in proportion the chances of contracting influenza commonly called "colds."

The modern hot water or steam radiator without any provision made for the introduction of fresh air soon renders the human economy highly susceptible to pneumonia

We should never over exercise and exhaust the strength and then eat during the physical exhaustion. At the present day dancing is carried to great excess in confined atmospheres and with it has become a habit of eating and drinking when the entire body is demanding a free circulation of blood that cannot be spared for the digestion necessary to prepare the food for assimilation. This produces a fermentation or chemical process which develops toxins which depress the heart and interfere with the circulation and increases the liability to congestions which often end in pneumonia.

During this season when the animal diet is meat ro eggs, starchy foods and fats should be kept up so as to products sufficient heat to resist thermal changes.

Never take drugs excepting by doctor's advice as they often do more harm. For instance, the heart tablets and powders would interfere with the heart action, reduce the circulation, making the body's resistance less and more susceptible to pneumonia. When sick enough for drugs it is time to call in a doctor.

Avoid coming in contact with infectious pneumonia. Keep children away from measles and all other contagious and infectious diseases. Above all things avoid taking narcotics of any kind.

TURKEY RANCHING

Turkey ranching is a new industry born of the decreasing production of turkeys on farms, according to an article in the recently published Yearbook of the United States Department of Agriculture.

Exclusive trukey ranching is found practically in the unassisted hill regions of California and certain sections of Arizona and other Western States. In these states a few persons are engaged in raising a thousand or more turkeys annually. The establishments are located where the range is unlimited and where food of the turkey, such as grasshoppers and other insects, vegetation, and the seeds of weeds and grasses, are abundant. Advantage is also taken on the fondness of the turkey's relish for acorns and where these are plentiful no grain need be used for fattening in the fall.

The large flocks of turkeys are managed much like herds of cattle, being taken out to the feeding grounds in the morning and brought back to roost at night. They are herded during the day by men on foot or on horseback, and by specially trained for the work.

HAVE A GARDEN T

That the majority of people have heretofore overlooked the values of gardens is shown by the rapidity with which the vacant lot and backyard in cities has sprung up since the rapid rise in the price of food products. Vegetables especially canned goods are very high in price and gardens will do more than ever before to cut down the cost of living. Properly cared for, a small plot or garden will supply vegetables for the average family. Good seed, proper cultural methods, plantfood preferably in the form of both manure and fertilizers and garden tools are all that are needed to make a start in the garden industry for home use.

FOR RENT—Store room and apartment above the store, in good condition, near the Presbyterian church, Magee avenue. Inquire at the