

CONTROLLER'S OFFICE.

Ebensburg, Pa., February 21, 1930
SEALED BIDS: Up until 11 o'clock a. m., Monday, March 17, 1930, sealed bids will be received at the office of the County Controller for the furnishing of sixty-five hundred (6500) Controller's Reports for the year 1929, in Booklet form. Same to be delivered to the office of the County Controller, Ebensburg, Pa.

All information to be had at the office of the Cambria County Controller, Ebensburg, Pa.
 The right is reserved by the County Commissioners to reject any or all bids.

Envelopes containing bids should be plainly marked "BOOKLETS FOR CONTROLLER".

Henry L. Cannon,
 County Controller.

SEALED PROPOSALS

Pennsylvania Department of Highways Harrisburg, Pennsylvania. Sealed proposals will be received at the State Capitol until 10:00 a. m., March 27th.

1930, when bids will be publicly opened and scheduled and contract awarded as soon thereafter as possible for the reconstruction of approximately 2,269 linear feet of one course reinforced cement concrete pavement, 23' - 5" wide, being situated in Loretto Borough Cambria County, State-aid Application No. 7166. Bidding blanks and specifications may be obtained free; a charge of \$2.50 a set is made for construction drawing and a charge for cross-sections will be according to length of project as following: 3 miles or less \$7.50, 3 to 5 miles \$10.00, 5 to 8 miles \$15.00, all over 8 miles \$20.00. Both can be obtained upon application to the Pennsylvania Department of Highways, Harrisburg, Upper Darby, 65-56 Water Street, Pittsburgh, and Stultz Building, 225 Allegheny Street, Hollidaysburg, Pennsylvania. James L. Stuart, Secretary of Highways.

WEEKLY HEALTH TALK

"Among the excavations at Pompeii is the figure of a man who stood at his post at the front of a building which it was his duty to guard. Refusing to leave his station, he preferred to remain loyal to his obligation rather than flee and was consequently destroyed. In this manner he exhibited the one quality which above all others has obtained the plaudits of men," said Doctor Theodore B. Appel, Secretary of Health.

"As against this magnificent and heroic exhibition of loyalty may be placed the recent instance of a middle aged man who for twenty years held a confidential position in a large organization and who was convicted of selling trade secrets to a competing firm.

"Two days ago one of his fellow townsmen berated that unfortunate man for his traitorous conduct and then immediately began a ten minute oration on the subject of loyalty; incidentally crediting himself with his fair share of this much valued characteristic.

"Nor can it be denied that in matters of business the eloquent gentleman did display loyalty to a marked degree, but unfortunately that is where it stopped. Forgetting the fundamental principle that not only charity but loyalty begins at home, he had turned his back upon it, so far as his own body and health were concerned, by disregarding the basic requirements of nature. Today he lies in a hospital a very sick man—a sad example of one who was loyal to everything but himself.

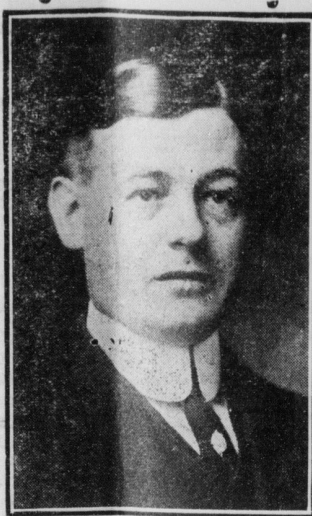
"It is indeed difficult to understand so many persons imagine that loyalty is circumscribed by friendship and business. And conversely, that one is not being disloyal when day in and day out he outrages his own body by the practice of unwise and devastating habits. The facts are quite opposite, as the near sick half sick and totally sick thousands who have got themselves in that fix through careless living, most emphatically attest.

"It would thus appear to be an excellent thing for many persons who are now entirely satisfied with their present method of expressing loyalty to take stock, and in this way discover whether they are loyal to their own well being. Loyalty to the government, to one's friends and to business represents a high degree of citizenship, but the first obligation in this regard is being loyal to one's self. Health, happiness and longevity demand no less."

MRS. FRANCES PALONE

Mrs. Frances Palone, aged 90, a native of Italy and one of the oldest residents of northern Cambria county, died Saturday night at the John Roberts home, at Spangler. Her husband died many years ago. Mrs. Palone is survived by two daughters, Mrs. Theresa Ramatta, Spangler, and Mrs. Michael Tronzo, Niagara Falls, N. Y., and 15 grandchildren, 83 great-grandchildren and two great-great-grandchildren.

SEE GARDNER TO SEE MORE!



Properly fitted and correctly ground Lenses are not expensive. They will aid in the protection of nature's priceless gift, YOUR SIGHT.

Dr. M. H. Gardner,
 Optometrist
 Patton, Pa.

How One Woman Lost 20 Pounds of Fat

Lost Her Double Chin—Lost Her Prominent Hips—Lost Her Sluggishness

Gained Physical Vigor—Vivaciousness—a Shapely Figure

If you're fat—remove the cause! KRUSCHEN SALTS contain the six mineral salts your body organs, glands and nerves must have to function properly.

When your vital organs fail to perform their work correctly—your bowels and kidneys can't throw off that waste material—before you realize it—you're growing hideously fat!

Try half a teaspoonful of KRUSCHEN SALTS in a glass of hot water every morning—in three weeks get on the scale and note how many pounds of fat have vanished.

Notice also that you have gained in energy—your skin is clearer—your eyes sparkle with glorious health—you feel younger in body—keener in mind. KRUSCHEN will give you any fat person a joyous surprise.

Get an 85c bottle of KRUSCHEN SALTS (lasts four weeks). If even this first bottle doesn't convince you this is the easiest, safest and surest way to lose fat—if you don't feel a superb improvement in health—so gloriously energetic—vigorously alive—your money gladly returned.

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 We Invite You To Come To Booster Stores For The Needs Your Home Merchants Cannot Supply.

Tune In For The High Class **MUSICAL PROGRAM TO BE BROADCAST OVER STATION WFBG**
TUESDAY, MARCH 18, 7 to 8 P. M.
 BY **JAFFA CHANTERS**
 Altoona's Outstanding Musical Organization
 This Program Is Dedicated To The **ALTOONA BOOSTER STORES' SPRING STYLE SHOW**

ALTOONA'S

Greatest Spring Style Show

WILL BE HELD BY
BOOSTER STORES
 STARTING

Wednesd'y, Mar. 19

Continuing Over Thursday, Friday and Saturday.

You Are Invited

To Visit Booster Stores and Inspect The

Wonderful Display

OF

New Merchandise

FOR

PERSONAL AND HOME NEEDS

That Will Be Featured During The Spring Style Show

Style Show Window

Will Be Unveiled

Tuesday Evening At 6

Booster Merchants always make extensive preparations for their Style Shows, gathering large quantities of merchandise of the very latest styles and dependable quality, so that their patrons may have no difficulty in making satisfactory selections.

This 1930 Event to which you are invited will surpass all previous efforts!

Wednesday

The First Day of the Spring Style Show will also be

SUBURBAN

IN

ALTOONA BOOSTER STORES

The Special Features that are offered by Booster Stores "Suburban Days" will make the first day of the Style Show all the more attractive and interesting.

Arrange to visit Booster Stores on Wednesday and take advantage of this double trade event!

Take Lunch In A Booster Restaurant!
 Visit A Booster Theatre For Entertainment!

ALTOONA BOOSTER ASSOCIATION

It's What You Wear UNDERNEATH that gives you the Correct Figure Lines for 1930

The correct lingerie for 1930 is here — in these lovely **GOLDETTES** that are very specially priced.



SILK CREPE DE CHINE — In all the Popular Pastel Shades
PYJAMAS DANSETS GOWNS CHEMISES
SLIPS PANTIES — Trimmed with Imported Laces and Rich Embroidery.

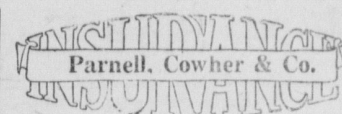
Fashion has turned feminine! Slim fitting lingerie . . . with flares and godets . . . replaces the straightline garments of yesterday. Pastel crepe de chine emphasizes unusual values at

\$1.95 to \$5.95

SLIPS . . . sleek with no bulges . . . CHEMISES . . . with fashionable flares . . . GOWNS . . . cut on straight lines . . . PYJAMAS . . . you'll know are new by the width of their trousers . . . PANTIES . . . lovely and feminine . . . DANSETS . . . have flared panties with fitted yoke or elastic top and newest bandeaux creations.



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CARROLLTOWN PENNA.



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- HOUSEHOLD EXPENDITURES, IT EN- —
- ABLES HER TO HAVE AN ACCURATE —
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 TOTAL RESOURCES OVER \$3,240,000.00
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 HONING, BRAKES LINED, ETC.

SPECIAL PRICES ON VALVE GRINDING UNTIL MARCH 31.

Buick	\$8.00
Dodge Victory	\$8.00
Dodge Four	\$4.50
Dodge Senior	\$8.00
Ford, Model A	\$5.00
Ford, Model T	\$3.50
Chevrolet, Four	\$4.00
Chevrolet, Six	\$8.00
Whippet, Four	\$4.00
Hudson	\$8.00
Whippet Six—Star Six	\$7.00
Chrysler	\$8.00
Studebaker	\$8.00
Any Six-Cylinder Motor	\$8.00

AS A SPECIAL INDUCEMENT WE WILL GIVE A FREE CAR GREASE WITH EVERY VALVE JOB.

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 PATTON, PA.

AT HARVEST TIME IF YOU HAVE USED LIME-MARL You Will Have

CROPS OF BETTER QUALITY
 BIGGER YIELDS PER ACRE
 RICHER SOIL
 MORE MONEY FOR YOUR WORK

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J. Edward Stevens
 FUNERAL DIRECTOR AND EMBALMER

Phone Office and Residence CARROLLTOWN, PENNA.