

# The Dallas Post

Established 1889

An independent paper, of the people, devoted to the great farming section of Luzerne and other counties.

Trucksville, Shavertown, Lehman, Dallas, The Greater West Side, Shawanese, Alderson, Centermoreland, Fernbrook, Laketon, Sweet Valley, Harvey's Lake, Huntsville and Tunkhannock are circulated by The Dallas Post.

Also 100 copies for Wilkes-Barre readers; 150 copies outside of Luzerne and Wyoming Counties, but within the boundaries of Pennsylvania; 200 copies to friends far away.

Entered as second-class matter at the Post-Office at Dallas, Pa., under Act of March 3, 1879.

Subscription \$1.00 per year Payable in advance

Address all Communications to

**THE DALLAS POST**

Lehman Avenue Phone Dallas 300 Dallas, Pa.

## THE DALLAS BANK

The First National Bank of Dallas, though a small institution, is in a decidedly healthy financial condition from the viewpoint of both the depositors as well as the stockholders.

The public has on deposit with the bank a little over one half million dollars—to be exact, \$509,037.42. The bank has in turn loaned a little over one-quarter million dollars (\$276,041.69) and has purchased \$326,609.19 in government and other securities. And has cash in vault and on deposit with other banks an amount virtually equal to the amount it has in rediscount and outstanding certified checks, leaving then to the protection of the depositors all the amount they have deposited and an additional sum of \$150,000. The stockholders feel good, naturally because the book value of their stock is double the par value. Any business or financial institution such as this is in a position to carry its share of the community leadership opportunities and to give in direct proportion to the growth of the community which it serves.


## DALLAS TOWNSHIP SCHOOLS

The finances of Dallas township schools are in good condition, as revealed in the auditors' report published in July 20th issue of the Dallas Post. The township schools, including real estate, school equipment, cash in treasury and uncollected 1928 taxes are worth in round dollars \$76,000. The township taxpayers owe \$62,662.33 for their school affairs of which \$50,000 are for bonds and the balance short term financing. The factor that puts their school finances in a healthy condition is not the debt of \$62,662.33, but the amortization of this debt. On the basis of the 1928-29 school year audit this debt could be reduced nearly \$9,000 annually, as revealed by the income of approximately \$37,000 and expenses nearly \$28,000. Debts in themselves mean nothing—it is the nature of the debt and payment of it that really determines a sound financial policy and a sound financial condition. This holds true of private and business affairs as well as public institutions. The township school debt is a real estate debt. The continued financial policy will completely wipe this debt out in less than seven years. The Dallas township taxpayers have every reason to be satisfied with the business management of their school affairs in that they have a good institution, plenty of ground, good buildings and good equipment, a splendid corps of teachers and as the relationship of the income and expense of 1928, will be out of debt in seven years.

HEALTH AND HAPPINESS

## GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



### WHY YOU SHOULD LEARN TO SWIM

If I were asked to name the one sport which man could least afford to give up, I should unhesitatingly say: "Swimming." Swimming is the one form of exercise in which every muscle of the body is brought into play, and also of the major internal organs. As a beautifier of the human form, it has no equal, for it takes off flesh in the wrong place and puts it back again in the right place. It gives symmetry and grace to the figure and carriage.

Aside from its highly beneficial results, I consider swimming indispensable to the prolongation and safety of human life. If I had my way it would be taught in all schools right from the beginning—along with the three R's. The time to learn to swim is before some older person has a chance to tell you that you may sink.

If you have any choice in the matter, learn to swim in fresh water rather than salt. Also it is better to learn to swim in warm water, because in warm water the muscles relax—and relaxation is one of the chief essentials to good swimming and endurance.

Don't learn the breast stroke first. It is an awkward position for the body and forces the beginner to screw up his face, squint and "ship" an unnecessary quantity of water. The first stroke to learn—the easiest and the simplest—is the "crawl." And of course it is beautiful to look upon.

The side stroke, in which the arms are never raised above the water is also graceful and good for one who tires quickly. Back swimming and floating are also important because they afford an opportunity for rest.

Once you have gained confidence and do not take fright at every drop of water that gets in your mouth, the next important thing to remember is that the really good swimmer does not hammer and pound the water. His arms cut the water with surprising rapidity and few splashes. Really scientific swimming involves swimming with the head under water—inhaling through the mouth on the level of the water and exhaling through the nose, below. Man is a land animal and sometimes he experiences discomfort when trying to adjust himself to a different element. If the submersion bothers your ears, use small rubber plugs, which can be bought at all athletic and drug stores.

Swimming holds out one of the few encouraging inducements to fat people; they learn more easily than people because their flesh is more buoyant, and while they are learning they are reducing. So if you have not already learned to swim—do so now this summer. You will be well repaid in increased vigor, bald and general health—and I might add in social attainment, for the man or woman who doesn't swim nowadays isn't well, he just isn't "in the swim."

## International Sunday School Lesson

### BELSHAZZAR'S FEAST

Rev. Samuel D. Price, D. D.

Serious elements of weakness were operating among the Chaldeans, and Medes from the north were campaigning against the capital. At this very time they were encamped about the city. But Belshazzar was intent on his self gratification. In this he was in accord with the courtiers all of whom have been alert to drive back the invading army.

As an expression of their indifference a royal banquet was arranged, and it was participated in by 1,000 lads, with their wives and concubines. When the brain of the king ceased to function normally as its action was distorted by alcohol, always a poison, he tried to think of some excess in ribaldry that would surpass the last occasion. Then he ordered that the gold and silver vessels be brought, which had been taken as booty when the Temple of Jerusalem had been destroyed about 49 years before. These were filled with wine and the already intoxicated crowd was invited to drink there from as they followed the king's example. It would be hard to think up a grosser act of flagrant impiety. Rivalry broke loose in wilder manner than ever.

Sobering came suddenly, however, as in consternation they saw what appeared like just a man's hand writing on the wall. When money could interpret the meaning, the wise men and magicians were called in. They, too, were helpless, though the king promised great wealth for the meaning of those three words. In this plight the queen, possibly the widow of Nebuchadnezzar, reminds that Daniel had been able to give the meaning of dreams, and once when the king could not ever recall the dream itself.

Daniel is summoned. It is interesting to note that he was not participating in the licentious wild banquet. Not for the sake of reward but as the spokesman of God he will announce the interpretation, though it will not be pleasing to the great audience assembled. It is of value to know various languages but it is of decidedly greater importance to understand the language of God in whatever tongue the utterance may be given. Our Great Teacher is always seeking to speak to his children through the very routine of life as well as by special approaches.

Three words stood out on the plaster. They referred to time, weights and measures. The interpretations indicated utter failure of Belshazzar's rule.

## -Alderson-

Rev. and Mrs. M. C. Frick of Pike's Creek, Mrs. Eva Williams and Mrs. Ezra Williams visited Mr. and Mrs. O. A. Allen and family on Wednesday.

Mr. and Mrs. V. Rosengrant and son, Richard, Harry Ruggles and daughter, all of Waterbury, Conn., and Mrs. Alpha Smith and children of Brooklyn, N. Y., are visiting at the home of A. J. Garinger.

The Alderson Junior League held a picnic last Wednesday. It was held in the woods and the eats, games and all other things that go with a picnic were "Johnny-on-spot." All those present declare themselves ready for more picnics.

Mr. and Mrs. Panzi of Philadelphia visited the latter's parents, Mr. and Mrs. F. A. Searfoss over the last week-end.

Mrs. Robert Kollmar of Newark, N. J., and Mrs. Wendell Woodside of Summit, N. J., spent the week-end with Mr. and Mrs. O. A. Allen and family.

Mr. and Mrs. J. E. Altemus and grandchildren, Elliot and Phyllis Enders, of Alderson, and son, J. E. Altemus, Jr., of Shavertown, spent Sunday at the home Calvin Arnold at Saylorburg.

Mrs. John Baer and children of Hunlocks Creek spent the past week with her parents, Mr. and Mrs. F. A. Searfoss.

Mr. and Mrs. Ernest Moyer and Mrs. Peter Reiner of White Haven spent Wednesday with Mrs. Harriet Rauch.

Mr. and Mrs. Warren Crispell and family and Melvin Crispell, all of Wilkes-Barre, spent Thursday visiting here at the lake.

Mr. and Mrs. George Gwilliam are entertaining Mrs. T. M. Gwilliam and Mrs. Stiff of Plymouth at their summer home here at Alderson.

Miss Emma Odenkirchen spent Wednesday visiting friends at Dallas. Peter Delaney spent last Sunday and Monday in New York City.

Mr. and Mrs. Earl Richards of Noxen were visiting friends here on Tuesday.

## Office Dog

I dare not say this of Dallas school, Or some one will think I'm a nule, Or maybe they'll say I'm a fool. But you old geezers will remember when, (And it's just the same now as then), The cranky teacher said children's heads are hollow And we must cram it in; cram it in. Then there's more to follow.

History, botany, algebra, Latin, Etymology, Greek and trigonometry, But slam it in; jam it in, Cause children's heads are hollow.

Jane said, "Mother, all this learnin' is bunk;" Mother said, "Jane, don't you dare to flunk."

So she told the teacher to ram it in, Cram it in, scold it in, whip it in. All that they can swallow, Everyone knows children's heads are hollow.

Frank says, "Readin' and writin' and 'rithmetic, enough," And I'll tell the world it's mighty tough.

When a boy wants to play Some old teacher will say: "Now get your geography, your writing, Or you'll know what will follow."

And they rub it in; club it in— Just because children's heads are hollow.

Rap it in, tap it in, What are teachers paid for? Bang it in; slam it in— What are children made for? Pretty soon there will be physics, Rhetoric, geology, geometry, Greek and trigonometry;

And oh, dear or, dear, oh! All because their heads are hollow.

Scold it in; mold it in— All that they can swallow. Fold it in; mould it in— Still there's more to follow.

Faces pinched, and sad and pale, Tell the same undying tale; Tell of moments robbed from sleep, Meals untasted, studies deep.

Those who have passed the furnace thru With aching brow will tell you How the teacher crammed it in, Rammed it in, jammed it in, Rubbed it in, clubbed it in, Pressed it in, caressed it in, Rapped it in, slapped it in, When their heads were hollow.

## WEDDING ANNIVERSARY

Mr. and Mrs. Preston Gallup and daughter, Alice, of Kunkle, and Mr. and Mrs. Joseph Sickler of Beaumont, motored to Delano on Saturday to visit their relatives, Mr. and Mrs. Frank Bretz, it being their twenty-ninth wedding anniversary. The other guests present were: Mr. and Mrs. Walter McFarrol and son and grandson, Mr. Figley, Mrs. Bretz, Mrs. daughter, Miss Annie Bretz, Mrs. Mowery and Miss Vera Mowery, Mrs. Ruth Fullerhouse and Mr. and Mrs. Frank Bretz, of Delano.

### HEADACHE RELIEVED

**CARTER'S LITTLE BLUE PILLS**

This Purely Vegetable Fill quickly corrects the digestive disturbances, removes the intestinal poisons, and sick headache quickly disappears. Your whole system enjoys a tonic effect, constipation vanishes, and you feel a renewed vigor. Avoid bromides and dope, they are depressing and harmful.

All Druggists 25c and 75c red pkgs.

## A Good One—To Pass Up

Albert T. Reid



## -Kunkle-

Miss Myrtle Bulford of Trucksville is visiting her aunt, Mrs. W. H. Conden for a few days during her vacation.

Mr. and Mrs. Ira Steele and son, Junior, of Westnoor, were the guests of Mr. and Mrs. C. W. Kunkle and family on Sunday.

Mrs. Olin Kunkle, who underwent an operation for appendicitis at Nanticoke State Hospital on July 10, was discharged from the hospital on Saturday last and is spending a few days with Mr. and Mrs. S. R. Durland of Wyoming and Mrs. Fred Mackinson of Forty Port before returning to her home.

Miss Gertrude Smith and Miss Eloise Nulton called on Mrs. Olin Kunkle at Nanticoke State Hospital on Friday last.

Mr. and Mrs. W. O. Washburn of Wilkes-Barre were the guests of Mr. and Mrs. C. W. Kunkle for an overnight visit Wednesday night and Thursday.

Mrs. C. W. Kunkle and Mrs. William Brace recently entertained the teachers and Bible Class of the Sunday school, the purpose being a get-together meeting for the advancement of Sunday school work. At the close of the meeting a social evening was enjoyed and lunch was served to Mrs. Gideon Miller, Mrs. Joseph Shoemaker, Mrs. Russell Miers, Mrs. Frank Hess, Mrs. Leroy Hess, Miss Frances Hess, Miss Gertrude Smith, Miss Eloise Nulton, Edwin Shoemaker, Roannah Shoemaker, Jean Miller and the hostess and family.

A large number from here attended the Larkin picnic at Fernbrook Park on Wednesday last. Philip Kunkle furnishing transportation for about twenty-five in his large school bus.

Mr. and Mrs. W. H. Conden spent Sunday with Mr. and Mrs. Edward Conden of Alderson.

Mr. and Mrs. Henry Isaacs of Shavertown were callers at the John Isaacs home on Wednesday evening.

Mr. and Mrs. W. S. Kunkle and Mr. and Mrs. Ralph Ashburner and son Bobbie visited friends in and near Tunkhannock on Sunday.

Mr. and Mrs. Stanley Price and children, Stanley, Jr., and May, were callers at the C. W. Kunkle home on Sunday evening.

Mr. and Mrs. Alvin Scott entertained Mr. Scott's brother, Fred Scott, of Yorkers, N. Y., and Ferris Belles of Meeker on Tuesday evening.

Mrs. John Isaacs, Mrs. Ralph Elston and Miss Dorothy Elston visited Mrs. Charles Heidenreich of Wilkes-Barre on Wednesday. They were accompanied by Mrs. S. J. Woolbert of Shavertown.

Mrs. Arthur Smith of Beaumont visited Leroy Hess on Tuesday.

Mr. and Mrs. Wheeler Hess of Shavertown spent Sunday with the former's parents, Mr. and Mrs. S. J. Hess.

Billy Mann of Trucksville is visiting his uncle, Cragg Herdman.

Mr. and Mrs. William Conden spent Sunday with Mr. and Mrs. George Bulford of Huntsville.

## POLITICAL COMMENTS

Tom Higgins is out for burgess. Monday being the last day for filing, it looks as if Tom would have the field all to himself.

Roland Stevens will be a candidate for reelection to council. We believe Roland will have trouble regaining his old seat. He is well qualified and his past experience will be most valuable in his service to the taxpayers in another term.

Donald Frantz announces his candidacy for tax collector. His papers are now in circulation for both the Republican and Democratic parties. Donald would make a good collector and is popular with the voters.

## SPECIAL STAMPS FOR JUBILEE

The golden jubilee anniversary of the invention of the electric light by Thomas A. Edison is being celebrated in an unique manner. Special postage stamps are being issued by the United States Government. This is a distinct honor to be paid to any living American and shows well the appreciation and esteem of the American people for the famous eighty-year-old wizard of Menlow Park.

## Music Without Notes

In playing music by ear the player is guided by sound alone. He keeps the melody of tune in mind and his fingers are guided up or down the scale by a sort of instinctive knowledge which enables him to obtain the tones desired. In such playing no attention is paid to written music and often no thought is given to names of notes struck.—Exchange.

## TO PICNIC JULY 31

A chicken dinner, sports, games and contests will feature the annual picnic of the court house officials and employees this year. The picnic will be held July 31 at Ambrose West's farm.

## REVEREND C. H. FRICK CELEBRATES ANNIVERSARY

Thirty years ago Rev. C. H. Frick preached his first sermon in Howard, Pa. In celebration of this fact, Rev. Frick will speak at the Huntsville Christian Church at 9:30 Sunday morning on the subject, "Thirty Years Ago. John the Baptist, Prophet of God."

## Ambitions Fade

The bright ambitions of youth are modified somewhat by the inexorable flight of time, and the man who started out some thirty years ago to conquer the world is now fairly well satisfied if he can keep from spilling the beans.

## FREE BOOK OF INFORMATION

fully explaining our courses. Enrollments now being made. Our graduates secure positions. New term, September 3, 1929.

## WILKES-BARRE BUSINESS COLLEGE, Inc.



## ALWAYS AT IT

"Where bees are there is honey".

That's because bees have a fixed routine by which they store up supplies.

People who save some fixed part of their income will have plenty in later years.

Save with us.

## Tanners Bank of Noxen NOXEN, PA.

## Housework and Headache

When lack of fresh air working over a hot stove and the odor of cooking make your head throb, your back ache, take

## DR. MILES' Anti-Pain Pills

They'll relieve you quickly and safely.

