

# The Dallas Post

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**THE DALLAS POST**

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## YOUR TOWN

It's your town! Are you boosting or knocking it? Are the things which you do and which you say about your town a help or a hindrance? Do you welcome visitors or freeze them? You reflect your town. Do your out-of-town acquaintances and for that matter your in-town acquaintances know that your town is a go-getter because of you? If there is a cancerous growth in your town, do you, by chance, contenance covering it up or completely airing it and in so doing cure it? You are either for the town or against it. Your town is either better because you live for it or it lives in spite of you.

## CHAMBER OF COMMERCE

The newly organized down-town Chamber of Commerce, while still young, is nevertheless showing very definite earmarks that it is truly a Wyoming Valley Chamber, rather than just a Wilkes-Barre Chamber. The aim of the Wyoming Valley Chamber of Commerce is to better the conditions of the valley as a whole and of the sister towns individually, which includes Dallas and all the Upper West Side. Howard Strong, councillor of the Chamber, in talking to large groups of interested and active business and professional men of this section, in essence said: "The world is progressing so fast that every individual, every town and city must be in high speed gear just to maintain its relative position." Any business or professional man or woman of this section is welcome to membership in the Wyoming Valley Chamber of Commerce. There are many citizens who are searching for light and truth, who honestly want their community to grow both larger and better. The Chamber would very willingly co-operate in such a search and would carry the weight and approval of more than a quarter million people in whatever activity it endorsed. The Chamber is truly a Wyoming Valley institution, a sisterhood of some twenty distinct communities co-operatively blended.

## International Sunday School Lesson

FOR AUGUST 4

**DANIEL AMONG THE LIONS**

Daniel 6:10, 11, 16-23

Rev. Samuel D. Price, D. D.

Stories from Daniel's life have a fascination for children and continue to give great teaching lessons also to those of older years. As a book of romance the Bible reveals the truth that is stranger than fiction.

Joseph became prime minister in Egypt because of his innate worth and the same is true of Daniel in Babylon. As he had been a marked man under the Chaldean rule so he was preferred by DaWrius the Mede, who became the conqueror. The government organization consisted of 120 satraps with three presidents. Daniel was the leading president. The fact that he was a Jew led to much jealousy by the other officials and they planned to do away with him if possible.

Religion offered the one sure ground of attack, for these evil men were certain what Daniel would always do in his relationship with God. With Daniel's dependable habits in mind it was agreed at the caucus to appeal to the king's pride and propose that a decree be promulgated forbidding anyone to pray during thirty days except as Darius was the object of their approach. The penalty for disobedience was to be cast into the den of lions.

Syphers were watching Daniel who had the known habit of praying to Jehovah at least three times a day. He would open the windows in the direction of Jerusalem, 500 miles away as the airplane now flies, and kneel devoutly in his approach to the Throne of Jehovah. The decree did not change his heart attitude in any way, and when the next prayer time came, he just prayed "as he did aforesaid." God was continuously gracious to him and he naturally "Gave thanks before his God." Prayer was an essential part of his life and not a spasmodic when in fear because of some special need. Then the plotters forced the king to order Daniel to the den of lions.

Daniel was the coolest in the crowd. He feared to dishonor God far more than to face the lions. Here was but another place for prayer. He entrusted himself to his Father, then said, "Amen," and was ready for sleep. He may have used a lion's shaggy skin for a soft pillow. Meanwhile the angel watched through the night between these creatures of the Most High. Read chapter 6 to full for all the familiar details.

## GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



### ARE VACATIONS HARMFUL OR BENEFICIAL?

Summer vacations are here. This is the time of year that your employer has set aside to give his office workers a chance for complete relaxation and rest. Every wise employer realizes the truth in the words: "All work and no play make Jack a dull boy." And so he says to you: "Take and enjoy these two weeks and forget everything connected with the office." How are you going to spend that vacation? Will it be a well balanced period of rest and play, giving your mind and body a chance to rebuild the worn and broken down tissues? Or will it drain you mentally and physically so that you return to your duties exhausted and irritable because your time is up? Which is fair—both to employer and yourself? And which is really most fun in the long run?

With a little forethought it is entirely possible to combine the pleasure you seek with the right kind of living. There is no better tonic or medicine in the world than good, wholesome, clean fun. And there is no more destructive poison than that type of enjoyment that saps your vitality and weakens your physical and moral resistance. Here are a few dos and donts that will help you to get the most out of your vacation and will in no way spoil your good time:

Don't choose a place simply because it is popular and someone has told you will have a "wonderful time" there. Don't gauge its desirability by its costliness. There are many unostentatious summer resorts that are much more desirable and less expensive. Don't go to a place unless you know beforehand that they serve fresh vegetables and plenty good milk. A great many summer hotels and boarding houses buy up quantities of canned foods. Don't go to a place where they are overcrowded and where your accommodations will be cramped and uncomfortable.

The ideal vacation is the one spent out of doors, although camping should not be considered unless you are well equipped against inclement weather. If you are unaccustomed to violet exerciser and athletics don't overdo. Beware of fatigue! Make it a point to lie down for at least an hour during the afternoon. Get to bed every night by eleven o'clock; if you can make it ten, all the better, for it is during our sleeping moments that Nature does her most valuable reconstruction work.

Take daily baths, but take them gradually and avoid severe sunburn. Don't keep thinking about how many more days you have before you must return to work. It will make you restless and dissatisfied. Don't get the idea that you can exercise all day and dance all night day after day for two weeks and not be a physical wreck at the end of that time.

Above all: Don't let your vacation cost you in lost energy and health what you could never buy with dollars and cents. The prime purpose of your vacation is to bring you the greatest amount of happiness and the highest degree of physical benefits. It is an arrangement designed for the mutual benefit of employer and employee. It is your playtime, but he has every right to expect that you will come back from your vacation fresh and in splendid condition for the next year's work.

## -Huntsville-

Rev. and Mrs. Frick are again on the faculty at Kueka Park, N. Y., where the Eastern Young People's Conference of the Church of Christ will be held from August 5th to 12th. The ladies of the Christian Church held an all-day quilting session at the church Wednesday.

Misses Evelyn and Hannah Culp will leave Monday for Camp Onawandah. Miss Elma Major will attend the Eastern Young People's Conference at Keuka Park, N. Y.

The monthly meeting of the men's and women's Bible Classes of the Christian Church was held Friday evening. Luncheon was served by Milton Culp, Herbert Major, William Graser and Lewis Culp. Rev. Frick furnished entertainment following the business meeting.

Miss Ella Frantz is spending two weeks at Camp Onawandah. Miss Ruth Miles of Forty Fort is spending some time with her aunt, Mrs. Milton Culp.

Mrs. Mary Siperko and daughters, Edna, Martha and Mrs. Edward Morgan of Wilkes-Barre spent Sunday with Lewis Siperko.

Mrs. Herbert Major and Elmer and Mildred Major and Mary Ellen Clark visited Mr. and Mrs. L. E. Girton of Pittston on Sunday.

Wilson Garinger is spending his vacation with his aunt, Mrs. Lewis Shaver.

Mr. and Mrs. Milton Culp motored to Montrose Bible Conference on Sunday.

The condition of Mrs. Alice Martin, who has been confined to her bed for some time, is slightly improved.

Miss Arline Frantz with friends motored to Lake Carey recently.

Mrs. Ralph Shaver entertained the following at supper on her lawn last Monday evening: Dr. and Mrs. Goddard and family of New York City and Rev. and Mrs. Harry Henry and son Ellsworth of Shavertown.

The Woman's Home Missionary Society of M. E. Church will meet with Mrs. Ralph Shaver next Thursday evening. The meeting will be in the form of a party, the husbands of the members being guests. Reports will be given from the girls who attended Camp Hiawatha. Mrs. Shaver will have charge of the program. Committee on refreshments, Mrs. George Lamoreaux, Mrs. Albert Perrego, Mrs. Frank Johnson.

Mr. and Mrs. George W. Jones and daughter, Marilyn, of Wilkes-Barre; Mr. and Mrs. Richard Castner, of Forty Fort, visited Mr. and Mrs. Frank Bulford on Thursday.

Miss Edna Sutton has returned home after spending some time with relatives in New Jersey and New York. Mr. and Mrs. C. M. Pettibone entertained Sheldon Pettibone, Mr. and Mrs. William Washburn of Elizabeth, N. J., Miss Maurey and Miss Austin of Luzerne over the week-end.

Mr. and Mrs. S. P. Frantz motored to Sidney, N. Y., on Saturday, returning Sunday accompanied by Misses Jane Keener and Katherine Laidler, who had spent the week at the Epworth League Institute.

Donald Zimmerman of Kingston has returned home after spending two weeks with Mr. and Mrs. Albert Perrego.

Mrs. Andrew Sebolka is ill. Mr. and Mrs. A. J. Hadsall entertained Mr. and Mrs. Bruce Hadsall and daughter, Louise, of Kingston, on Sunday.

Mr. and Mrs. Michael Wallo and children have moved from Kingston to their home at this place, which has been remodeled.

Mrs. George Lamoreaux entertained Mrs. Bryant, John Bryant and Miss Loretta May of Dorranceton on Sunday.

Miss Ruth Creasy of Franklin street, Dallas, entertained the Intermediate Girls' Class of M. E. Sunday school on Thursday evening. After the regular business meeting various games were played. Prizes were won by Mrs. Gordon Johnson and Miss Margaret Girvan. A dainty lunch was served to the following Mrs. Gordon Johnson, teacher; Misses Ida Warmouth, Olive Evans, Mary Wilcox, Gertrude Warmouth, Dorothy Wilcox, Margaret Girvan, Ruth May Hazel, R. Elizabeth Breckenridge, Ruth Creasy, also Gordon Johnson, Mr. and Mrs. Harry Stoeckel, Mrs. Frank Bulford, Mr. and Mrs. Clarence R. Elston and son Harold, Mr. and Mrs. Ollie L. Harvey, Helen Stoeckel.

Mr. and Mrs. Charles Walborn recently visited the former's parents, Mr. and Mrs. George W. Walborn.

Mr. and Mrs. Richard Castner of Forty Fort and Miss Marion Young of Scranton visited Miss R. Elizabeth Breckenridge on Tuesday.

Dr. Goddard of New York preached at the morning service in the M. E. Church last Sunday. Services next Sunday: Sermon, 9:30 a. m. by Rev. Clinton B. Henry; Sunday school, 10:30 a. m.

Mr. and Mrs. Albert Perrego entertained Mr. and Mrs. Frank Lauderbaugh of Dallas Saturday evening.

Mrs. A. J. Hadsall entertained Mrs. Joseph Levine and Mrs. Marjorie Banks of Wilkes-Barre at a 7 o'clock dinner on Saturday.

Mr. and Mrs. G. A. Learn recently entertained Mrs. Harry Edwards, Miss Bertha Randall, Miss Louise Bertram, Paul Johnson, Alfred Rogers, Paul Eckert.

Mrs. Alle L. Harvey and Miss R. Elizabeth Breckenridge spent Tuesday in Wilkes-Barre.

The B. A. Class of the Methodist Episcopal Sunday school gave a party in the basement of the church on Wednesday evening in honor of Mr. and Mrs. Kenneth Terry. The tables were pretty with summer flowers. Mr. and Mrs. Terry were presented with a picture from the class. Luncheon was served to the following: Mr. and Mrs. Kenneth L. Terry, Mr. and Mrs. Kenneth Conway, Mr. and Mrs. G. A. Learn, Mr. and Mrs. James Davis, Mr. and Mrs. Clarence R. Elston, Rev. and Mrs. H. F. Henry, Mrs. Harry Edwards, Misses R. Elizabeth Breckenridge, Louise Bertram, Jane Keener, Mildred Bertram and Clara Hunt, also Alfred Rogers, Jaul Johnson, Harold Elston, Ellsworth Henry Paul Eckert, Walter Palmer.

Miss Mary Bulford has returned to

## Too Many Stowaways

By Albert T. Reid



## -Orange-

Mr. and Mrs. Walter Drum and children have returned to their home in Hazleton after spending their vacation here.

Norma Agnew is home for the summer.

The young people of Orange gave a vaudeville entertainment in the parish house Wednesday evening. It was enjoyed by many.

Mr. and Mrs. David Emmanuel have moved into Ira Whitlock's house. Mr. Emmanuel recently sold his farm to Harry Sickler of West Pittston.

Harry Sickler of West Pittston has moved his family to his newly purchased farm.

The members of the Ladies' Aid Society met last week and cleaned the parish house.

Mrs. H. B. Schooley and children are spending August with Mrs. Schooley's mother at Cape May, N. J. Mr. Schooley visited them over the week-end.

Mr. and Mrs. Channing Sickler of Wyoming visited the former's parents Saturday.

Robert Eaton entertained about 150 of his friends Tuesday night at a barn dance in his new barn. The music was furnished by Harry Tripp of Sullivan Trail. Refreshments were served at a late hour.

Roy Dymond has returned to Pittsburgh after visiting his parents.

The following Boy Scouts are camping along the Susquehanna river near LaGrange: Harold Bedford, scoutmaster; Robert Snyder, Glenn Sickler, James Mitchell, Ernest Gay, Malcolm Baird, Donald Perry, Francis Brown, Gerald Perry, Emil Lewis, Robert Harris, Wesley Harris, George Woolver, Charles Snyder and Kenneth Daddrell.

The young people of this section are enjoying the bathing at Schoonover's Landing, Perrin's Marsh.

Mr. and Mrs. Leo Dymond and son, Leland, Mrs. Nancy Berlew, Melvin Marcienavitch, Evelyn Dymond, Mr. and Mrs. Ray Larish and Kenneth Larish spent Sunday at Cummins' Pond.

Mr. and Mrs. Hahn Love and nephew, Ira Belle, of Mehoopans, visited Mr. and Mrs. Horton Bell Saturday.

Mr. and Mrs. J. W. Gay, Mr. and Mrs. Floyd Gay and sons of Wyoming and Mr. and Mrs. G. E. Gay of Orange were pleasantly entertained by Mr. and Mrs. Paul Brace on Sunday.

Mr. and Mrs. Elmer Agnew spent Sunday with the latter's brother at Inkerman.

The Gay reunion is being held at Fernbrook today.

Capitola Boston is ill at the home of her aunt, Mrs. G. M. Ferry.

Harry Kline has returned from a business trip to Pittsburgh.

Ira Whitlock is having his house wired.

Mrs. Huey Williams is entertaining her sister and family from Detroit.

Mr. and Mrs. Roy Woolver and sons of Wilkes-Barre recently visited the former's parents here.

Melvine Warciencavitch of Exeter and Evelyn Dymond of Berwick are visiting Mrs. Leo Dymond.

Dallas Post Classified ads get results and they cost only two cents a word for each insertion.

weeks' vacation with her parents, Mr. and Mrs. George Bulford. Wilkes-Barre after spending a two

**Feen-a-mint**  
The Laxative  
You Chew  
Like Gum  
No Taste  
But the Mint

## -Carverton-

Miss Louise Webb of Bunker Hill spent a few days as the guest of Miss Elizabeth Jones.

The Queen Esther Society held a meeting at the home of Miss Catherine Gay on Saturday. On August 9th they will meet at the home of Miss Gertrude Engle. Each member is to make an apron which will be sold at a bazaar to be given in the near future.

A Ladies' Aid business meeting was held at the home of Mrs. Hugh Jones on Thursday. Lunch was served to a nice number.

Herbert Small, son Paul, M. J. Heff, Mrs. Mary Knorr, son Herbert, Mrs. Bertha Anderson and daughter Ida, Mr. and Mrs. Charles Brown, Jack Dana and Miss Genevieve Heff, Mr. and Mrs. Ray King, sons Kenneth and James and daughters Alberta and Betty, motored to J. L. Heff's farm recently.

Mrs. William Engle and Mrs. Norman Pace called on Mrs. Bertha Anderson recently.

Mr. and Mrs. Charles Gensel and Miss Gertrude Engle motored to Philadelphia recently.

Church services are not being held in Carverton church for a few Sundays in the absence of Rev. E. Greenfield, who is away on his summer vacation.

Mr. and Mrs. Will Allen and daughters, Jessie and Beatrice of West Pittston, Mr. and Mrs. Charles Gensel and Billy, called at the home of Mr. and Mrs. William Engle recently.

Mrs. I. L. Coursen, who has been suffering with rheumatism at the home of her mother, is slightly improved.

Want to buy something? Want to sell something? Use the Post's Classified ad section and get results.

## PAGE, LINE AND PARAGRAPH

During the summer the heifer needs no supplementary feed if the pasture is good. Late in the season she may need a little hay and grain to keep growing steadily.

The wise livestock feeder soon learn that the proper use of all farm by products, waste, and surplus crops for feed often constitutes the main difference between profit and loss in feeding.

A horse at hard work in the summer needs from one and one quarter to one and three quarters of grain and one and one quarter pounds of hay to each 100 pounds of his weight. The working horse should be fed at regular intervals during the summer.

The average yearly loss in transit of livestock from "shipping fever" and similar ailments is estimated at fully a million dollars, and in some years run as high as three or four million, according to the U. S. Department of agriculture, which has recently published leaflet 38L, Maintaining the Health of Livestock in Transit. This leaflet can be secured free from the Department of Agriculture, Washington, D. C.

## HEADACHE

RELIEVED QUICKLY

This Purely Vegetable Pill 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.

**CARTER'S LIVER PILLS**



## HAY MAKING TIME

Nature planned that hay be made under summer sun.

The sunshine time of human life is the early period when it's possible to work, earn and accumulate something for those later seasons when we want to take it easy.

**Tanners Bank of Noxen**  
NOXEN, PA.