



You Expect

full weight when you buy Coal, just as you do when you purchase a pound of tea or sugar. Do you always get it? That question is sure to be answered in the affirmative if you get your coal of us.

E. S. MOORE

Dealer in

Coal, Lumber, Grain

Feed, Hay, Straw, Slate, Salt, Cement and Fertilizer

Large stock of Feed constantly on hand. Highest cash price paid for grain

Estimates on Lumber and Mill Work a Specialty

FLORIN, PENNA.

HARRISBURG TELEGRAPH

The Central Pennsylvania Newspaper Entering Over 19,000 Homes Daily. \$3.00 a Year 6 Cents a Week

The Telegraph is printed principally for the particular people who live within a radius of fifty miles of Harrisburg; the people who want the news of their own section first and foremost, and with it first-hand accounts of events at the State Capital, with complete telegraphic news and intelligent comment on the happenings of the day.

The only complete encyclopedia of Central Pennsylvania's State and county governments, business and agricultural interests is to be found in

The 1912 Year Book & Almanac

The Daily Telegraph

216 FEDERAL SQUARE HARRISBURG, PA.

If You Do Not Have Time

to come to this bank and join our CHRISTMAS SAVINGS CLUB you can get some one else to attend to the matter for you.

There's NO "Red Tape"

All that is necessary is to get some one to hand in your name and pay the first week's dues. A child can easily do all that is to be done to have you enrolled as a member. Any one can hand in your payments after you are a member.

Join Any Day This Week During Banking Hours Between 7 a. m. and 4 p. m.

DON'T MISS THE OPPORTUNITY TO PROVIDE YOURSELF WITH MONEY FOR NEXT CHRISTMAS

First National Bank

DEPARTMENT MOUNT JOY, PENNA.

HOME HEALTH CLUB

By Dr. David Reeder, La Porte, Ind.

Stomach Troubles—Is there anything on earth that will so incapacitate one for the everyday duties of life as a bad stomach? Shakespeare tells of a time in the life of one of his bravest characters when "he had no stomach for the fight." When a man is wrong in that region he has no stomach for anything. He does not want to work or play. He cannot so much as eat.

There are hundreds of unthought of causes for stomach trouble. Sometimes incapable eyes will bother the stomach when the sufferer thinks that his stomach is bothering his eyes. A bad set of teeth, some decaying and the gums decayed, frequently cause all the trouble. The patient thinks that it is his stomach that is making his mouth a pesthouse and ruining his teeth, when it is his teeth that are making his stomach a groaning misery.

The Home Health Club has had numerous such cases. In the case of one young man who should have been as strong as an ox and as nimble as a weasel—so to speak—he was slow, weak, thin and altogether out of sorts. He was examined and questioned but no plausible reason for his trouble could be found. He said it was his stomach, and it was, but the stomach and its neighbors were all right, in a general sense. He said he had diet and no diet, medicine and no medicine, prescribed. Finally the questioning that sometimes made him smile because he thought it so irrelevant, brought out the fact that he was almost unable to read a few minutes without getting a headache and nausea. He suffered in the same way while riding in the cars, if he looked at passing objects. He dared not swing or rock. Taken to an oculist it was soon made apparent to him that a severe case of eyestrain was the cause of it all. A pair of properly fitting glasses did more for him, instantly, than an army of food specialists and doctors could have done by working on his stomach indefinitely. Glasses for his eyes showed his stomach the right way.

Another man, over six feet and big-limbed, who should easily have weighed over 200, was down to 108. He knew that his stomach was his awful enemy. Thorough investigation showed that he was possessed of a lot of decaying teeth and ulcerated gums. It took a long course of persuasion to induce him to have the offending teeth out and his gums properly treated. In a short time he began to take on flesh at such a rate that he promised to become bigger than there could be any use for. The poor stomach is suffering for the sins of other functions.

Of course, there are real disorders of the stomach, usually brought about by the dissipations of over-eating, over-drinking of otherwise innocent and harmless beverages, and too frequently by the use of alcoholic drinks.

Peaceful rest after a hearty meal, for those disposed to indigestion, is a most helpful remedy or rather, preventive. Pleasant companionship, soothing music, a stroll in the woods or along the seashore, when these are practical, and particularly a short nap after a meal, will always be found highly beneficial, for persons of nervous tendencies and predisposed to indigestion. The practice of the Home Health Club's exercises for the storing of dynamic magnetism, as described in Volume 2, would be the best possible means of restoring and improving digestion and building up the nerves.

CLUB NOTES

Dear Doctor: I am troubled with a cough which began two or three months ago, had the impression that it was a mild attack of the grip. The coughing seemed to be caused by a tough phlegm that rises in the throat. The coughing is most entirely at night, and I generally wake up at one, two or three o'clock a. m. and the coughing begins. From that time on I have no rest in bed, so I get up and the trouble ceases. I am using cough lozengers composed of borax and menthol which affords temporary relief.

R. E. N.

I will give a receipt for a herb remedy, which I think would relieve you. Sirup of squills one ounce, sirup of ipecac one ounce, best Holland gin, two ounces. Dose, one teaspoonful every three or four hours. I think you would also be benefited by a cupful of hot ginger tea just before going to bed.

Dear Doctor: My year old babe had a badly cankered mouth last winter, so that he could not eat. Borax alum honey washes failed to relieve. Powdered golden seal touched lightly to the sores, gave relief the first application and by the third had almost cured him. Another time he could retain nothing on his stomach. A little powdered magnesia in his milk soon cured this. Hoping this will help some young mother, I am, yours truly,

E. W.

The above simple remedies are very good for the difficulties mentioned. They are perfectly harmless in any event. Such suggestions as these are always gladly received, as they are always in demand.

Dear Doctor: During the past few months I have made several unsuccessful attempts to learn from druggists to make infusion of herbs. If you are

willing to give a brief description for the benefit of many subscribers, like myself, will be very grateful to you. G. B.

The making of an infusion of any kind of herbs is a very simple matter and if any druggist would not give you the desired information he ought to be ashamed of himself. When you make tea you are making an infusion, and any other herbs are to be used much the same way, except that in nearly all infusions one ounce of herbs is used to one pint of water. The majority of them require to be steeped although some are better by being boiled. You will be able to judge for yourself as soon as you have made a few experiments.

All readers of this publication are at liberty to write for information pertaining to the subject of health at any time. Address all communications to the Home Health Club or Dr. David H. Reeder, La Porte, Indiana, with name and address in full and at least four cents in postage.

Lancaster County School Teachers' Attention

Messrs. Watt and Shand's request regarding the number of scholars attending the various county schools, has not as yet been fully met. They will soon be ready to fulfill their promise made last autumn, viz: To distribute free 20,000 American Elm Trees to every pupil attending the Lancaster county schools. We would suggest that the information asked for be forwarded promptly so that we receive our full share of this generous offer.

Injured in 30-foot Fall

Mr. Reuben Myers, tenant farmer on the Cassel farm, in East Donegal, was perhaps fatally injured Sunday, when he fell a distance of thirty feet from the third tier of his tobacco shed. He had gone to see how the tobacco was near the roof, slipped and fell. He struck the rafters and a wagon in his descent. Two ribs are fractured and his face is cut, besides being otherwise injured. A short time ago Mr. Myers was struck with a pole on the head and badly injured.

A Social Event

Miss Mary Garecht, of Salunga, entertained a number of her friends on Sunday. Those present were Misses Annie Bowers, Ada Sauder, Ada Peifer, Dora Sauder, Annie Strickler, Mary Smith, Hettie Ulrich, Estella Shterzer, Mary Garrecht, Messrs. Walter Keeperts, Harry Sauder, Amos Kreider, Frank Newcomer, William Bowers, Mr. Herr, Melvin Peifer, Andrew Longenecker, Norman Sauder, James Doneho.

A Big Order

Mr. W. S. Krady, proprietor of the Fairview Nurseries, and two of his agents, Mr. George E. Stine of York and Mr. J. W. Root of East Petersburg, spent a few days at Harrisburg, Berlin, Md., and Philadelphia. At York Mr. Krady received the contract to plant an orchard of 1,300 trees. Mr. Krady has the stock and his prices are right, so you should not fail to let him know when in need of nursery stock.

Attending Conference

Rev. J. E. Johnson left today to attend the East Penna. conference of the Trinity United Evangelical church, which convenes at Allentown. There will be no services on Sunday.

Only \$2.50

Fifty-five Boys' Suits that were \$3.50 to \$5.00, now sold at \$2.50 Getz Bros.

Boys' Suits at big reductions. Getz Bros.

Political pronouncements sound mighty like old times.

Mr. Bryan cannot forget how enthusiastic Judge Harmon was not for him in 1896.

Outwardly the world sympathizes with you, but inwardly it says, "Served you right."

There is no telling how much phony-jaw will develop before Congress passes the Esch bill.

Governor Folk perceived that it is better to climb into a band wagon than to get run over by it.

Now is the time to make plans for a safe and sane Presidential campaign. This country has places for workers but not for professional agitators.

Public Sale of IOWA HORSES

MONDAY, MARCH 4, 1912 At Franklin House, Lancaster One Express Load of

Iowa Horses

Consisting of Drivers, General Purpose and a few Extra Good Farm Chunks and a few family broken Horses. Gentlemen these horses were bought by myself from the best farmers in Iowa. The kind that will make money. Anyone looking for a good horse will not go wrong by attending this sale. Some extra good drivers.

Sale to commence at 1.30 p. m., when conditions will be made known by C. C. HALLMAN, I. N. Rebman, Auct.

To Your Interest

In order to make the last week of our GREAT SALE the best, we have again cut many prices.

We want to sell all winter materials and heavy shoes

We can only quote you a few of the great reductions at the one-half price.

- 18c. Libby's Best Mince Meat, 2 lbs., 18c
10c. Royal Cuticle Doctor Soap, 2 for 10c
10c. Seibert's All Purpose Cement 2 for 10c
5c. Seibert's Gem Gloss Starch, 2 for 5c
15c. Shaker Dried Corn, ... 2 lbs. for 15c
15c. Easybright Water Proof Shoe Polish, ... 2 for 15c
5c. Assorted Toilet Soaps, ... 2 for 5c
5c. Wine and Wky. Glasses, 2 for 5c
25c. Home Made Preserves, ... 2 for 25c
25c. Everlasting Globes, ... 2 for 25c
5c. Plates, 5 in. size, ... 2 for 5c
10c. Granite Ware, ... 2 for 10c
10c. Initial Glasses, ... 2 for 10c
18c. Candy Kisses, ... 2 lbs. for 18c
50c. Muslin Drawers, ... 2 prs. for 50c
2c. Shoe Lacers, ... 2 prs. for 2c
5c. Baking Soda, ... 2 lbs. for 5c
2c. Clothes Pins, ... 2 doz. for 2c
5c. Chewing Gum, ... 2 pks. for 5c
3c. Pearl Buttons, ... 2 doz. for 3c
10c. Pearl Buttons, ... 2 doz. for 10c
20c. Castoria, ... 2 bottles for 20c
10c. Ladies' Fine Handkerchiefs, 2 for 10c
10c. Waterproof Collars, ... 2 for 10c

All reductions on large circular are good for the entire week.

S. B. BERNHART & CO.,

East Main Street. Mount Joy, Penna.

A Birthday Dinner Mrs. J. Andrew Baughman, West Main street, gave a dinner on Sunday in honor of her husband's birthday. Congressman W. W. Griest of Lancaster, and has designated four Lancaster county boys to take the entrance examination for appointment to the United States Naval Academy at Annapolis, Maryland. The examination will be held April 16, 1912, and the nominees are G. Dav- enport Browne, of Lancaster, and J. Alfred Eckman of Strasburg, as principals, and D. Latchem Rhiem of Elizabethtown, and Mark Cruel of Lancaster, as alternates.

BUCHANAN & YOUNG, 115-117 N. Queen St., Lancaster, Pennna.

A Leap Year Sale Commencing Thursday Morning February 29th An Continuing Friday and Saturday Three Days of Quick Active Selling

THE SPECIAL OFFERINGS ARE TO PUT LIFE INTO THE BUSINESS AND FILL THE STORE TO OVERFLOWING. THE GOODS OFFERED ARE OF THE HIGHEST STANDARD QUALITIES AND THOROUGHLY DEPENDABLE, NEW GOODS JUST ARRIVED IN MOST INSTANCES. READ EVERY PRINTED PROMISE HERE AND COME WITH CONFIDENCE TO THIS STORE—EVERYTHING IS JUST AS YOU READ IT.

- \$1.25 SILKS 69c. Yard wide black and white and Blue and white Chiffon, Taffeta Checks and colored Silk Serge with white dots. Special 69c. a yard
10c. EMBROIDERY 6c. A special lot of Cambrie Embroidery Edgings and Insertions. Special 6c. a yard
8c. MUSLIN 6 1/2c. Yard wide Unbleached Muslin. Special 6 1/2c. a yard
\$2.00 CURTAINS 98c. Ecru Serim Curtains, border patterns printed on both sides, reversible, 3 yards long. Special 98c. a pr.
\$2.50 LACE CURTAINS \$1.39 Ecru and white Lace Curtains 2 1/2 yards long, new net novelty designs. Special \$1.39 a pair
50c. Sash Curtains 29c. Ecru net Sash Curtains, 1 1/4 yds. long, 30 inches wide, edged with bat-tenburg and braided border. Special 29c. a pair
\$12.50 SUITS \$7.25 Ladies' and Misses' All Wool Serge Suits, latest spring styles, Black, navy and Copenhagen. Special \$7.25
25c. RIBBONS 15c. Pure Silk Shepherd Check and Fancy Plaid Ribbons, 5 inches wide. Special 15c. a
25c. UNDERWEAR 10c. Ladies' Ribbed Pants, quality, Special 10c. a pair
\$1.00 WAISTS 49c. Ladies' fine white Lingerie Shirt Waists—trimmed with laces, inser-tions, medallions and embroidery—all sizes. Special 49c.
\$2.00 PETTICOATS 79c. \$1.00 to \$2.00 Ladies' Black Sat-ine and Cotton Taffeta Petticoats, samples from the Hy Art manufactur-ers. Special 79c. each
12 1/2c. GINGHAMS 7 1/2c. Fine Dress Gingham, 32 inches wide in choice colors—checks, plaids and stripes. Special 7 1/2c. a yard
\$2.50 LINEN CLOTHS \$1.69 Fine Pure Linen Damask Table Cloths, sizes 66x70 and 66x85. Special \$1.69 a cloth
50c. MUSLINS 29c. Twenty dozen Ladies' Good Muslin Gowns, all sizes, of embroidery, insertion and trimmings, with cambric. Special 29c. a gown
10c. MUSLIN 7 1/2c. Full Bleached 1 yard wide Muslin quality, Special 7 1/2c. a yard