

# ROYAL BAKING POWDER

## Adds Healthful Qualities to the Food

Prof. Prescott, of the University of Michigan, testified before the Pure Food Committee of Congress, that the acid of grapes held highest rank as an article of food and he regarded the results from baking with cream of tartar baking powder as favorable to health.

Royal is the only Baking Powder made from Royal Grape Cream of Tartar.

### Fall Planting of Trees

State Zoologist H. A. Surface receives many inquiries at his office in Harrisburg, concerning the fall planting of trees. To these he has replied as follows:

"I have had opportunity to examine one thousand apple and peach trees planted last fall, and several thousand planted in the spring and must say that there was a far larger percentage of the fall planted trees alive and growing during the summer than of the spring planted trees. This applies to both peach and apple. In planting trees in the fall I recommend that the earth be tramped very firmly about their roots when it is neither wet enough to cake, nor so dry as to fail to cohere slightly. Set the tree two or three inches deeper than it grew in the nursery; tramp the earth firmly about its roots; and after this is tramped fill in the earth about the trunk until it is covered to a height of six inches above the level of the ground. This mounding of the trunk of the tree helps to protect it from injuries by mice as well as from winter freezing, and is also of special value in keeping the wind from swaying the tree and making a hole in the earth beside its trunk.

All the branches should be cut back to some extent, or about half their length. It is not necessary to prune carefully to an outer bud as would be done in the spring, as there is liable to be some drying and dying back and even tip-freezing during the winter. In the spring, when the buds are swelling, the trees should be pruned again more carefully, cutting back half of the remainder of the top. At least a partial pruning at the time of fall setting prevents drying of the twigs, and makes it impossible for a heavy load of sleet or ice to accumulate on the branches and thus break them."

"I recommend planting a few trees of different varieties selected for home use, but I do not recommend further extensive commercial planting at present. A great many recently planted young orchards are sure to prove disastrous failures. What we need in this country is better care of the trees that we have rather than the reckless planting of so many more. Our aim should be quality rather than quantity, and this can be obtained only by concentration of skillful effort in fruit production rather than by the attempt to grow a greater number of trees."

### Foresters to Hold Boom Sessions

The Foresters of Lancaster county will hold boom sessions, the first being held here on Monday evening. The work was exemplified by the degree team of Court Susquehanna, of Columbia, in their new uniforms.

### EXECUTOR'S NOTICE

Estate of Dr. Henry F. Breneman, late of East Donegal township, Lancaster county, Pa., deceased.

Letters testamentary on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment, and those having claims or demands against the same will present them without delay for settlement to the undersigned, residing on R. D. 4, Mount Joy, Pa.

HARRIET H. BRENEMAN, W. U. Hensel, Atty. Executrix Oct 9-6t

### EXECUTOR'S NOTICE

Estate of Christian Seitz, late of Rapho township, deceased.

Letters testamentary on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment, and those having claims or demands against the same will present them without delay for settlement to the undersigned, residing at Mount Joy, Pa.

EZRA NEY, Executor Coyle & Keller, Attorneys.

### AUTO CLUB MET

Quite a Number of New Members Added to the Roll

The Lancaster Automobile Club made a large acquisition to its membership at the October meeting held at New Holland on Friday evening where nineteen new members were received. Dr. Wm. A. Wolf, president, was in the chair and the meeting was the best of the season. The committees presented reports showing an earnest activity along all lines of club work. Chas. M. Kelling, chairman of the good roads committee, presented a complete report of the road activity in the county for the past month. He also presented the report of Mr. Magee and himself, who had attended the American Road Congress at Atlantic City as delegates of the club. They secured valuable information which will be helpful to them in their work of local road improvement. Geo. D. Brentnall presented the report of the committee on pushmobile races for the boys, and Martin Rudy the report of the sociability run committee. The latter event will be held on October 26, at York to witness the races on the York Fair Grounds under the auspices of the York Motor Club, some of the speediest drivers and handsome prizes for those participating in the run. Mayor McClain, of Lancaster, will be asked to fix a secret running time for the trip and those coming closest to the time set will be awarded the prizes. Walter R. Markley in charge of the recent essay contest of the club reported that the judges, who were Prof. Daniel Fleisher, superintendent of public schools; Martin E. Brenner, superintendent of State highways; and Dr. William A. Wolf, president of the club, awarded first prize, fifteen dollars to Robert R. Buch, of Lititz, and second prize, ten dollars to D. E. Mellinger, of Ephrata.

President Wolf stated that he had some danger signs which supervisors can secure from him for posting at dangerous curves. A communication was received from the executive committee of the Lancaster County Supervisors Association requesting the club to co-operate in making a success of the supervisors convention in the Lancaster court house on December 12, when anybody interested in roads can attend. Addresses were made on the subject by Dr. A. E. Leaman, president. Dr. Donald McCaskey, secretary, and John F. Weaver, treasurer of the supervisors' association. They urged harmonious action between motorists and supervisors claiming that more road improvement can be secured in that manner than by holding the law club over the road official's head.

### Colonial Theatre

Week after week the Colonial Theatre at Lancaster, continues to delight large crowds. The entertainments are tiptop, and with many people a visit to the Colonial is a fixed event for every week. A new show opens every Monday and Thursday, and the bill for the latter part of the present week is especially strong, with such excellent features as the famous Yocanny Japs, W. Stanley James & Co. in the funny farce, "Bixby's Baby," Alf Rippon, the Scotch ventriloquist; Doncourt & Mack, the eccentric comedians, and new moving pictures.

A Paleolithic painting has been discovered under a transparent stalagmite in a cave in England. Here's at least an old master that no American millionaire will ship to New York.

### HOME HEALTH CLUB

By Dr. David Reeder, Chicago, Ill.

### THE OUT-OF-DOOR WOMAN

This is the month of October,—are you women of the country and country towns—yes, and of the cities enjoying it?

When you got up this morning did you notice how fresh and crisp the air was, and did you dress hurriedly and get out of doors and breathe in deeply once, twice, yes a dozen times that crisp, pure air? Perhaps you slept in a closed bedroom, and got up feeling drowsy, and more tired than when you went to bed. Did you? If you did you dressed slowly and drowsily and shuffled out to the kitchen and got a breakfast of fried meat, fried potatoes, fried eggs, and a batch of nice greasy gravy and strong coffee, and you sat down and helped eat that breakfast before you had so much as even stuck your nose out doors. Did you do that? Why did you do it?

Have you noticed and admired the beautiful colorings of the foliage this month? Have you noticed how beautiful are the late autumn leaves; the goldenrod and the golden glow? Have you invited one, or three or four of your neighbor women and made it a party of four to go to the woods with you and enjoy the day to its fullest? If you haven't, do it, not only once, but as often as you can. Store up a little surplus energy and some pleasant recollections for the gloomy days that are coming.

Nature is doing her utmost now to make you happy, to show you that life is worth living, and you have deliberately and repeatedly turned your back upon her, have scorned her advances, even insulted her.

Do not deceive yourself with the idea that you can do this with impunity. Nature is gentle and kind, and even lavish with her favors, but she is exacting; even as Shylock will she demand her pound of flesh. Excuses and promises she detests, but she will harken to the gentle wooing of those who know and love her. Now is the time to make her acquaintance. This will serve you as an introduction; meet her in her magnificent reception room. Health in contrast to wealth cannot be inherited, it must be merited. What have you done to earn it?

Someone has said, "For the out-of-door woman, October is the crowning month of the year. Not to the woman who must be accompanied by a fish-rod or a rifle, but to her who loves the out-of-door world alone for its beauties."

Now have arrived these mystic, hazy days when barred windows cannot shut out the brightness of the October world. Now the nature-loving woman of all ages dons a short skirt and stout shoes and walks forth—not on the city pavements, but out into the country. Every woman knows the joyous freedom of the short skirt and the hat which will stay on without urging, and find her way among the yellows and reds and browns of the October country.

Remember, if you are an out-of-door woman, but these joys, like Christmas, come but once a year, and the time for them is October.

### CLUB NOTES

Dear Doctor:—I am writing to you to ask if you can tell me the cause and give me a remedy for a distressing itching. It commences on my back, but now has moved to other parts of my body. I spend half the night rubbing and bathing, but can get no relief. An immediate reply will be greatly appreciated.

Mrs. E. S. This severe itching in your case is undoubtedly caused by a nervous disorder. It is known that persons frequently suffer from such itching of the skin without any apparent cause and it often baffles every effort to overcome it. Sometimes it is caused by tight clothing and woolen or rough garments, harsh soaps, poisonous dyes in garments, skin diseases, intestinal and stomach disorders, kidney and liver diseases.

As a general rule itching can be greatly relieved by washing in warm water containing sulphurates of potash and borax in liberal quantities. Likewise spirits of camphor in a previously heated mixture of borax and glycerine is excellent. Equal parts of rose water and distilled extract of witch-hazel will prove a fine preparation in many cases. Bathing in warm water should be done frequently but hard rubbing should be avoided.

In many nervous disorders I have found the internal use of asafetida pills or powders of benefit. Be sure to keep the bowels freely open.

It depends very much upon the individual case what further steps should be taken in order to gain permanent relief. The measures mentioned can all be tried to advantage.

Dear Doctor:—I am a young woman, twenty-three years of age. Have a splendid appetite, but eat little meat, no pork. Am constipated, easily

# A Rug Sale Without a Precedent

## \$30,000 Worth of Carpets and Rugs For \$12,000

This is the story in a nutshell. Walker & Heisler, known amongst the trade as the sales agents for the leading Carpet manufacturers of the country and having a reputation for producing only the best and most reliable merchandise, sold us at a liberal sacrifice, THEIR ENTIRE STOCK OF DISMATCHED RUGS. It is an opportunity of a lifetime, the quantity is large—rather too much for most carpet stores to handle, but we would not have hesitated if it was twice as much.

### We Can Sell These Rugs at These Prices to Dealers

In order to prevent this we have to limit each person's purchase to four Rugs—to anyone except regular patrons of the store. These Rugs are so near perfect, many of them would be sold as such by other stores, but we bought just as mismatched and will sell them as such. Remember—every Rug is of strictly first quality and will wear about as good as Rugs sold at twice the price. No housekeeper is going to miss this great sale—not if they know it. The most beautiful patterns and colorings in Axminster, Velvet and Brussels, and almost any size desired.

- \$12.00 Brussels Rugs, Size 6x9 Feet **\$8.50**
- \$15.00 Brussels Rugs, Size 8-3x10-6 **\$10.90**
- \$18.00 Brussels Rugs, Size 9x12 Feet **\$11.90**
- \$22.50 Brussels Rugs, Size 11-3x12 Feet **\$14.90**
- \$25.00 Wilton Rugs, Size 9x12 Feet **\$14.90**

- \$18.00 Axminster Rugs, Size 6x9 Feet **\$11.50**
- \$25.00 Axminster Rugs, Size 8-3x10-6 **\$14.90**
- \$28.00 Axminster Rugs, Size 9x12 Feet **\$16.90**
- \$35.00 Axminster Rugs, Size 11-3x12 Feet **\$24.90**
- \$42.00 Axminster Rugs, Size 11-3x13-6 **\$27.90**

## JACK FROST IS HERE

### Does Your Bed Covering Need Replenishing?

Good warm serviceable Blankets at very attractive and unusually low prices is the tale told by our buyer of the bedding section. He is inclined to be so enthusiastic about these values that we refrain from reproducing his exact words. Otherwise you might think we were exaggerating. Come and see them for yourself, they are all beautifully fresh and new, not a blanket from last season in the entire stock.

### Bed Blankets Good \$1.50 Values \$1.13

These are fine White Blankets; part wool; with pink border; edge finished with close overcast stitch; size 64x78 inches. A tremendous value, unmatchable elsewhere.

- \$4 Wool Bed Blankets..... **\$3.38**
- \$2.50 Comforts **\$2.19** Extra Special..
- Large size; filled with pure white sheet cotton; covered with figured satin; some border with plain back.
- 75c White Cotton at..... **59c**
- Snow White Cotton for comfort filling; 32 oz. rolls; open up to sheet size 72x84 inches; soft and fluffy.
- \$2.50 Pillows **\$1.98** For 1 Pair.....
- Feather Bed Pillows; size 25x39 inches; perfectly cured and odorless feathers; covered with fine twilled art ticking.
- \$1.69 Large Size Comforts **\$1.29**
- Well made Comforts, heavy and warm; covered with Persian Cretonne; nicely bound and stitched; a splendid value.

## A VERY RARE OPPORTUNITY IN BRASS AND ENAMEL BEDS

There's not another store here or elsewhere that can equal the values which we offer this week; besides here is a variety far more extensive than any other two stores could show you.

- \$30.00 BRASS BEDS AT \$21.90**
- A very neat and beautiful design; 2 inch upright posts; 18 one inch fillers in head and foot parts; all connected with ball joints; satin polish finish. A great value.
- The above is only one of a score of styles; very specially priced.
- All our Brass Beds are guaranteed lacquer finish.
- \$7.50 ENAMELED BEDS AT \$4.98**
- White Enameled Iron beds; continuous post design; fillers in head and foot parts; forming a neat panel effect; brass trimmings; a very remarkable offering.
- HERE ARE OTHERS
- \$2.08 WORTH \$1.00 **\$1.00**
- \$4.50 WORTH \$6.00 **\$3.00**
- \$5.98 WORTH \$10.00 **\$4.98**
- \$7.50 WORTH \$12.50 **\$4.98**

## SHEETS, BOLSTERS, PILLOW CASES

### priced to Your Advantage

Bleached seamless sheets; made of heavy quality Muslin; closely woven; standard makes; linen finish; spoke hemstitched; size 81x90 inches; \$1.00 values, 75c.

Bolsters; made of good strong Muslin—a fine thread, close weave; nicely bleached; three inch hems; size 42x72 inches; 39c values; very special at 29c.

Pillow Cases; neatly made of bleached Muslin; closely woven and hemstitched; 42 inches wide; 39c values; very special at 29c.

Sheeting Muslin; unbleached; 2 1-4 yards wide; medium weight; closely woven; strong and durable; 29c quality; extra special, 21c.

Don't Miss Opportunity Day Next Week

Several hundred special lots will be put on sale, at prices that insure savings from one-fourth to one half. All fresh clean, fall merchandise; an opportunity to fill in almost every personal or household need.

Get the habit of visiting our store on "Opportunity Day," your every visit will prove profitable.

"MEET ME AT THE FOUNTAIN"

# The Donovan Company

32 to 38 East King Street, Lancaster, Penna.

tired, am troubled with cold hands and feet when the temperature of the atmosphere drops. Hair has been falling out for the last three or four years. Nearly every pore in my face and chest seems to be clogged up with waste material. Live on a farm and have plenty of exercise. I would be thankful for your advice.

Mrs. L. R. There are two or three things mentioned in your letter which lead me to believe that you failed to mention all your symptoms, for that reason that your food is not properly assimilate. Your cold feet and hands indicate the same. Many important subjects will be well as a weak condition. Your falling hair and relaxed pores on face and chest indicates very poor nourishment and a relaxed flabby condition of the skin. In Vol. No. 3 of the club books there are many chapters on Foods, their value, and preparation, etc. There are also chapters on "Diet." This book would be worth many times its price to you. Vibratory stimulation would be most excellent in your case.

All readers of this publication are at liberty at all times to write for information pertaining to the subject of Health. Address all communications to the Home Health Club, 5039 Cottage Grove Ave., Chicago, Ill., with name and address in full and at least four cents in postage.

Supervisors Will Have Convention

Within the forty-one townships of Lancaster county there is an estimated road mileage of about 3,200 miles. This responsibility is covered by 123 road supervisors who will assemble on Thursday, Dec. 12, at the Lancaster court house for their fourth annual supervisory convention for both a morning and an afternoon session. Many important subjects will be brought before the township officials among them the question, "How to build a culvert," which is the best kind of culvert." Another question to be discussed will be "How to raise the standard of road labor; cheap versus well paid labor." Each of these questions and all others will be limited to a five minute period of discussion. Probably one of the most practical questions to be brought before the convention will be the one, "How to do a one hundred dollar road improvement job when there is only ten cents in the treasury." Another item for discussion which has a

popular appeal about it will be the question, "What to do and how to do it when a chronic kicker gets obstreperous." This convention promises to be the liveliest in the history of the association. Among the speakers scheduled for formal addresses is District Attorney Groff.

If there is anything in omens, his multitude of admirers must be cheered by the sight of Col. Bryan's dome, which looks more and more like that of the national capitol.

## Cut Your Butter Bill

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