



The only Baking Powder made from Royal Grape Cream of Tartar.

# Royal Baking Powder

Absolutely Pure

No Alum  
No Lime Phosphates

**HOME HEALTH CLUB**  
By Dr. David H. Reeder, Chicago, Ill.

You are not very much interested in scientific terms and phrases that are often used in telling about diseases, but you are interested in an article that tells you in plain English the how and the why of diseases. We are now right in the midst of the typhoid season, and you want to know what it is how it is contracted, how to prevent it, and how to treat it in a simple and effective manner.

Typhoid fever is an infectious disease and in 1880 Dr. Eberth discovered the cause of its infectiousness a bacillus, or rod-like germ known as the bacillus typhosus of birth. Outside of the body it resists cold and moderate dry heat, yet fortunately direct sunlight destroys it in a few hours and it is readily killed by ordinary antiseptics.

Ordinarily it will live in clean water but a few days and in ice rarely longer than ten days, although instances are reported here living germs were recovered from it after a period of five months. In superficial soil and in human excrement they will live for months. Milk utensils and vegetables, if washed in infected water may be a source of infection.

Adding to latent typhoid, masked typhoid, and carrier to each group; there is probably more country than city typhoid. A certain percentage of the cases in cities for instance, are brought in by persons returning from their summer vacations spent in the country, and suffering with what is commonly called walking typhoid.

According to the report of the Chicago Board of Health, the factors which make for typhoid are: 1, water; 2, milk; 3, carriers; sick and well; 4, flies; 5, oysters; 6, vegetables. You will readily see how important it is that you know that your food and water are uncontaminated. Every case of typhoid in your family or in your community in an indictment against your cleanliness.

The typhoid fly—Oh! here is a subject a volume could be written on is one of the most potent, if not the greatest factors in the spread of typhoid. How many families in the country, and in the towns and cities, etc., who are very little if at all concerned about this pest?

Many families get their water supply from the cistern, or shallow well only a few feet from their stable or the back door of their kitchen. Add to this no screens, or a poorly screened house, and one

will not have to look far for the cause of typhoid, or other sickness in these families.

It is some times hard, even when a case is charge of a competent physician, to get all the patients excreta properly disinfected. Usually the only way to have this done is to have a trained nurse on the case. The excreta, both from the bowels and kidneys, must be thoroughly disinfected by the liberal use of quick lime or chlorides. If this is not done flies may carry the germs to other families, or the water supply become contaminated, then, too, the germs may remain in the soil and the next you become a source of infection of the contents; clean stables, and uncontaminated water supply (boil water if necessary) screening the house, protecting food and all utensils used in handling food, from flies, know that your milk supply is not contaminated, and lastly, know that all excreta from typhoid cases are properly disinfected. The action of typhoid with a brief description of the preliminary symptoms and best method of home treatment will be given in the next lectures.

**CLUB NOTES**  
Dear Doctor:—Please help us as you have so many others. My niece is so very nervous that we fear her mind will become unbalanced if it continues as it had done for the last year. She is nine years old. Her sleep is very uneasy and interrupted. If she wakes up at night the light must be lit. She is always restless complains much of headache, especially at the spot right over the eyes. If any thing goes against her, she becomes so excited and feels bad afterwards. She sometimes has peculiar expressions on her face. She eats fairly well, but has a severe itching in the lower parts. Her mouth will be filled with saliva at times. She goes to school, but it is only with difficulty she is able to keep up with her class.

We have consulted several physicians regarding her case, but nothing seems to help.

Thanking you in advance for any help you may extend to us, I remain, Mrs. H. H.

The first I would advise you to do is to have a good oculist (not an optician) examine her eyes. There may be an eye strain which often is the direct cause of such troubles. It will have a very irritating effect upon her nervous system. She may also have worms and this should be thoroughly examined into, and the cause removed. It is also possible that she has inherited her nervous

trouble. This happens often and I mentioned it not very long ago in one of my articles in this paper. It is likely that her trouble will become aggravated, perhaps causing Chorea or Epilepsy, if it is allowed to run its course and nothing done to prevent it.

It is very important that her bowels should move freely and regularly and our old friend the Compound gentian would undoubtedly be of great help in that respect. It is also a quieting influence on the nervous system and is strengthening, but some specific for the nerves is also needed and right selection of tissue foods would according to my opinion be best for her. Perhaps her restlessness at night is also due to her eating too much at night or of such foods which are not easily digested. This should also be investigated and changed if necessary. For the itching I would suggest borax water. It should be applied several times daily. In more severe cases a mixture of equal parts of the distilled witch-hazel and strong infusion of lobelia and raspberry leaves can be recommended.

When I know more definitely regarding the cause of her nervousness I shall be in a better position to give further suggestions and advice.

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 Av., Chicago, Ill. with name and address in full and at least four cents in postage.

**SCHOOL REPORT**  
The Attendance at Our Borough Schools the Last Month

**HIGH SCHOOL**  
Donaven, Teachers.  
Seniors—Tekla Bube, Rebecca Helman, Anna Engle, May Prowers, Wilma Frank, Marie Klugh, Sara Kramer, Esther Reist, Evelyn Schrite, Ruth Spangler, Mary Stauffer, Ben Hoffer.  
Juniors—Martha Musser, Viola Ream, Lottie Royer, Fannie Strickler, Esther Wheeler, Dale Garber, Owen Greenawalt, Roy Hershey, Raymond Nissley, Edgar Missemmer, Alvin Rutt, Sam Keller.  
A—Ruth Brubaker, Mae Eshleman, Martha Bucher, Virginia Frank, Gladys Flowers, Mary Hershey, Hellen Habecker, Beatrice Murray, Mabel Moore, Leah Stauffer, Theda Walters, John Booth, Clarence Brubaker, Austin Fellenbaum, Harold Harmon, John LeFevre, Ralph Musser, John Reist, Walter Root, Ellsworth Schrite.  
B—Frances Grissinger, Elva Hill, Maude Schroll, Anna Shonk, Jennie Witmer, Catharine Witmer, Beulah Zercher, Vivian Coolidge, Grace Dietz, Blanche Eshleman, Mabel Geistweil, Earl Grissinger, Calvin Kramer, Arthur Moyer, Earl Meyers, John Bear, Walter Bernhart, George Brown, Warren Eshleman, Ralph Musser.

**GRAMMAR SCHOOL**  
Anna R. Kravbill, Teacher—Roy Tyndall, Edgar Dyer, Charles DeLong, Alvin Reist, Lester Roberts, Carl Shank, Charles Stark, Musser, Stauffer, George Weber, Frances Beatty, Clara Campbell, Vivian Chandler, Goldie Hellig, Dorothy Johnson, Hilda Johnson, Elsie Miller, Dorothy Myers, Christine Moyer, Mary Rapp, Beatrice Shatz, Mabel Zerpher.

**INTERMEDIATE**  
Elizabeth R. Eshleman, Teacher. Ella C. Chindler, Mildred Fellenbaum, Florence Gainer, Mae Hinkle, Esther Gingrich, Ruth Murray, Miriam Mummert, Emily Newcomer, Pauline Sheaffer, Warren Bentzel, Paul Alexander, John Dillinger, Carl Dyer, Carl Krall, Elwood Gillums, Howard Greenawalt, John Greiner, David Stauffer, Emory Warfel, Harry Williams.

**FIFTH GRADE PUPILS**  
Edna Martin, Teacher—Beatrice Hawthorne, Mary Brown, Mabel Brown, Anna Brubaker, Edith Hill, Zelma Coolidge, Mary Easton, Jane Strickler, Barbara Hellig, Mildred Krall, Emma Kramer, Carrie Nissley, Lillian Roth, Hilda Schneider, Libran Barro, John Goehenor, Christ Hershey, John Rahm, Paul Stark, Herbert Stark.

**FOURTH PRIMARY**  
Lou Kubler, Teacher—Theodore Jackson, Reuben Brandt, James Rapp, Jay Lindemuth, Ben Stark, Abner Sprout, Russel Rhinbart, Lottie Eshleman, Dorothy Longenecker, Christine Gillums, Ruth Gainer, Anna Hendrix, Sarah McGinnis, Mildred Murray, Bertha Miller, Alta Gingrich, Ida Greenawalt, Mary Phillips, Mary Shank, Laura Pannypacker.

**THIRD PRIMARY**  
Verna C. Chandler, Teacher. Walter Carr, Walter Thome, Ellis Fellenbaum, Leroy Engle, Morris Cunningham, John Germer, John Miller, Gilmour Schmaelzle, Amos Ebersole, Clayton Ebersole, John McGann, Robert Gantz, Wayne Brosey, John Coolidge, Mary Moyer, Marie Carson, Pauline Butts, Alice Weidman, Pauline Shoop, Elizabeth Shatto, Anna Hershey, Myrtle Hendrix, Emily Gingrich, Mary Kramer, Clara Greenawalt.

**SECOND PRIMARY**  
Ruth N. Stoll, Teacher—Witmer Eberle, Amos Stark, Charles Roth, Bigler Mumma, Roy Loraw, Howard Stark, Verna Cunningham, Evelyn Mumma, Cathryn Longenecker, Margaret Krall, Esther Garber, Sara Miller, Dorothy Pannepacker, Martha Zercher, Clara Pennell.

**FIRST PRIMARY**  
M. G. Miller, Teacher—Howard Lindemuth, Eli Engle, John Heisey, Harvey Ressler, Mary Gainer, Bennie Shenk, Jean Thome, Mammie Goehenor, Hannah Shato, Dorothy Schock, Alice Strickler, Virginia Newccner, Josephine Brandt, Mary Way, Nedra Kaylor, Marie Shultz, Mary Weidman.

**PROF. ROUDABUSH, Prin.**

## 250 Fine Felt MATTRESSES

### The Kind Sold in Other Stores For \$10 \$6

HERE IS INDEED AN EXTRAORDINARY OPPORTUNITY, SUCH THAT VERY RARELY HAPPENS, OUTSIDE LARGE CITIES. THIS SPLENDID LOT OF MATTRESSES WAS OBTAINED FROM ONE OF AMERICA'S BEST MATTRESSERS, WHO SUPPLIES ONLY THE LARGEST AND MOST PROMINENT STORES THROUGHOUT THE COUNTRY. THESE, TO THE AVERAGE STORE IS A PROHIBITIVE NUMBER, BUT WITH OUR FAMOUS OUTLET AND OUR FACILITY OF BUYING—THIS QUANTITY IS NOTHING OUT OF THE ORDINARY FOR US. THE PURCHASE OF THESE MATTRESSES ATTENDED BY VERY FORTUNATE CIRCUMSTANCES IN OUR FAVOR, AND THEY CAME TO US AT A PRICE THAT WE OFFER THEM TO YOU WAY BELOW WHAT OTHER STORES WOULD BE COMPELLED TO PAY FOR THEM.

THIS IS ONE OF THE MANY WONDERFUL VALUES TO BE OBTAINED AT THE ONLY STRICTLY CASH STORE IN LANCASTER COUNTY.

THESE MATTRESSES MUST BE SEEN TO BE FULLY APPRECIATED. WE KNOW YOU WILL BE ASTONISHED HAVING THE OPPORTUNITY TO OBTAIN SUCH WONDERFUL VALUES AT \$6.75. THEY ARE EASY, SOFT, COMFORTABLE. IF YOU DON'T SLEEP WELL, TRY ONE OF THESE SPLENDID MATTRESSES—EVERY ONE AN "INSOMNIA" MADE UP OF FINE QUALITY, CLEAN, FELTED COTTON, IN LAYERS, COVERED WITH HIGH-GRADE SATINE TICKET. SIZES—3 FEET; 3 FEET 6 INCHES; 4 FEET; 4 FEET 6 INCHES. INVESTIGATION WILL PROVE TO YOU THAT MATTRESSES SHOWN ELSEWHERE ARE NOT AS GOOD AS THESE AT \$6.75

**An Extraordinary Offering of Brass Beds at \$21.90 Worth \$30.00**

A very handsome Bed, massive in appearance, made with two-inch upright posts and 16 one-inch fillers in head and foot parts; finished with hand-spun ball ornaments, satin or polish finish. All our Brass Beds have guaranteed finish.

- Brass Beds, \$7.90; worth \$10.00.
- Brass Beds, \$9.90; worth \$12.00.
- Brass Beds, \$13.00; worth \$18.00.
- Brass Beds, \$16.00; worth \$22.00.
- Brass Beds, \$22.00; worth \$27.00.
- Brass Beds, \$25.00; worth \$31.00.
- Brass Beds, \$30.00; worth \$36.00.
- Brass Beds, \$35.00; worth \$42.00.

**Victor Bed Springs \$5.25**  
\* Usually sold for \$7.50. The "Victor" is considered the best and most perfect bed spring on the market. Made of full coil-tempered steel springs, all interwoven with heavy straps. At \$5.25 the "Victor" is a wonder. We are agents for Lancaster.

**Beautiful Rocker, \$15.95**  
A Good \$22.00 Value

Large, massive Rocker, made with spring edge forming shaped back, upholstered in Chase Spangle in green, brown or black. A rocker that is fully as beautiful as it is beautiful. An extra good offering.

**Enameled Cribs**  
White, made with continuous posts; 10 full connections; drop sides. Price in other stores \$3.49

**\$1.00 A Week Buys The "FREE" The World's Greatest SEWING MACHINE**

Come to see the Free—we are anxious that you see it; judge on its merits; learn how wonderfully great the Free really is; it's the most perfect Sewing Machine ever invented; and the low price will astonish you. Buy it on the Club Plan—First payment \$2, the balance, \$1 a week.

**80c Brussels Carpets at 63c.**

Several very handsome patterns, that cannot be duplicated, must be disposed of quickly. Fine all-wool Brussels; extra good quality; in the most attractive colorings and designs; suitable for rooms, halls and stairs. An exceptional value.

**9x12 FEET RUGS—EXTRA SPECIAL**

A broad variety of the most desirable patterns and colorings; some seamed, others seamless.

- \$9.90—worth \$12.50.
- \$10.90—worth \$13.50.
- \$11.90—worth \$15.00.

**Unparalleled Values in Lace Curtains**

Several special lots; come in one to four pairs of a pair; very handsome; Lace and Lace Curtains.

- Regular \$7 values at \$4.90
- Regular \$5 values at \$3.49
- Regular \$4 values at \$2.90

**Lace Curtain Strips**  
Fine Nottingham Lace Curtains with wide border; full width yards long; two to 12 pair of kind; \$1.00 and \$1.50 qualities 49c

**The Greatest Hosiery and Underwear Sale In Years Prices 1-4 to 1-2 Off**

Every piece of Underwear, every pair of Hosiery, is both reasonable and of desirable quality, yet the prices allow you to save a fourth to one-half. We've been planning this great sale for months, and we've gathered the goods from the leading mills of the country; under conditions that have made these matchless values possible. We couldn't buy these goods today at these prices, in fact, many of them cost more to produce than what we offer them to you for. Don't fail to take advantage of this sale, it's a money saving chance that is not likely to be repeated.

Women's Vests and drawers; medium weight; knee length drawers; Vests with high neck and long sleeves; regular 25c values, sale price **15c**

Women's fleeced Underwear; bleached or unbleached; extra good weight; nicely trimmed; first quality; regular 39c values; sale price **25c**

Women's Underwear, Vests only; desirable weight; made of pure white combed yarn; first quality; finely finished; regular 50c values; sale price **39c**

Women's Wool Underwear, the well-known "Rockwool" make; gray only; soft, smooth finish (sold at this store only) regular \$1.25 values, sale price **\$1.00**

Children's Vests and Pants slight menders; good assortment of best sizes; regular 25c values, sale price **15c**

Children's Cotton Fleece Union Suits; extra good quality; nicely made and finished; regular 75c values; sale price **50c**

Infants' Wool Vests; extra fine, soft finish; nicely trimmed; good desirable weight; values up to 45c; sale price, any size **25c**

Black only; some few are very slight seconds, but in most cases they are firsts; made of extra fine quality combed yarn.

Children's Black Hosiery, medium and fine rib; guaranteed fast color; reinforced heel, toe and knee; 12 1/2 and 15c values; 3 pairs for **52c**

Women's fine part wool Hosiery; elastic tops; extra strong heel and toe; usually sold at 17c, sale price **12 1/2c**

Manufacturer's close out of seconds; infants' silk and wool mixed Hosiery; black, white and colors; all sizes, regular 50c values; sale price **17c**

Women's pure thread silk Hosiery; strictly first quality; double heel and toe; regular 39c values; sale price **21c**

**New Autumn Silks and Dresses Direct From the Manufacturer You Save the Job**

Can you realize the full meaning of this sale? This store in this city buys its dress materials direct from the manufacturer. It is the only store that can buy direct from the manufacturer. It saves us the jobbers' profit of about 25% to sell them to you at the same comparative price. It is much less than any other store. We ask you to come here with what is offered. For a fact, these values can't be equalled.

**Fine Chiffon Broadcloth, \$2.00**

A beautiful close woven imported fabric with twilled back; good, firm weave; but soft, shades, also black; well shrunken; 54 inch wide; value at **\$1.49**

**Black Wool Tamese**  
A finely woven imported fabric; medium weight; suitable for all seasons; 42 inches wide; usual price \$1.25, our price **98c**

**Whipcord Serge**  
A medium weight all-wool material, with a well defined knife-cord twill; black, navy and other good shades; well shrunken, 54 inches wide; usual price \$1.50; our price **\$1.19**

**Surah Serge**  
Strictly all-wool; woven of fine thread; closely twilled; black, navy and other popular shades; 36 inches wide; usual price 65c; our price **49c**

**Corduroy Velvet**  
Fine narrow ribbed texture; in navy, brown and black; it's appearance is rich and brilliantly silky; 30 inches wide; usual price 85c; our price **59c**

**Beautiful \$1.00 mouse Satin**  
The season's very best Dress Silk; a soft fabric; a superior rich lustre in all shades; 27 inches wide; extra special offering.

**Silk Marquisette**  
A sheer fabric; perfect for evening Dresses; a smooth mesh; the kind of delicate colored fabric; many shades; usual price **35c**

**Silk**  
Pure silk, in rain will not spoil it; desirable sunshine; 42 inches wide; usual price **\$1.00**

Note—We can complete line of "Kaysor" Hosiery Lancaster at this price.

**BLANKETS! BLANKETS!**

Mr. Horse Owner, I have a very fine line, of choice all-wool square horse blankets. These blankets were made expressly to my order. All the latest patterns and weaves, size all-wool horse blankets 70-70, 80-84, 84-90, 96-100.

Robes, \$2.50 to \$10. Silk Plush Robes, \$10, \$12, \$14, \$14.50. Stable Blankets, \$1.00 to \$2.50; Chase all-over Stable Blankets, \$2.50; All-wool Kersey Stable Blankets, \$3.00 to \$5.00.

Come and look this line over; goods cheerfully shown.

**F. B. GROFF**  
MOUNT JOY, PENNA.

**HIGHEST CASH PRICES PAID FOR DEAD ANIMALS**  
WHICH WE REMOVE PROMPTLY BY AUTOMOBILE TRUCK.

**George Lamparter's Sons**  
LANCASTER, PENNA.

Bell Phone No. 926. Ind. Phone No. 1299

**The Donovan Company**  
Successor to Foster & Cochran

32-38 East King Street, Lancaster, Penna.