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well as everything that is included in building, for interior or exterior work, from the Timber to your foundation to the Shingles on your roof.

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I sell—Furniture that is Furniture

Mirrors Hall Racks

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Congo Roofing No. 1 Cedar Shingles always on hand

Mooring, Sash, Door, Blinds, Mouldings, Lath, Etc.

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Quickly and Cheaply made on all kinds Building Material

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MAIN STREET, MT. JOY, PA

All the : : Latest Styles; Lowest Prices

## LIVE STOCK PERISH IN FLAMES

Occurred Friday Evening on the Farm of Henry Stehman

Fire of supposed incendiary origin on Friday evening totally destroyed the barn on the farm owned by Henry Stehman, near Lancaster Junction, and which is tenanted by his son-in-law, Enos Nissley. With the barn, which was one of the best and the most thoroughly modern in that section, were destroyed all of the farming implements used on the property, and this, in view of live stock were burned to death.

During Friday afternoon Mr. Nissley had been engaged in stripping tobacco and his hired man was engaged in doing routine farm work. The work of neither man required the use of a lantern, and there was no fire or matches kept in the barn at any time. When the two men went to supper, shortly before six o'clock, the stock had been fed and the structure closed for the night. An hour later Mr. Nissley started from the house to the tobacco shed, which is separate from the barn, to finish baling some tobacco. Glancing up to the second story of the barn, he was surprised to see a bright light and smoke issuing from a number of crevices. He hurried to the barn door and when this was opened the man was partially over come by the dense volume of smoke which poured forth. On all sides sparks were dropping from the upper floor, plainly indicating that the fire had its origin in that quarter. Mr. Nissley summoned aid, but the fire had gained too much headway and the huge structure and its contents was soon a total loss.

Mr. Nissley's loss was a complete one. The barn, which was 80x50 feet in size, partially brick and frame, was burned to the ground. The live stock lost consisted of two mules, three horses, twenty cows, three bulls and seven hogs. One small calf, which ran out of the doorway when Mr. Nissley opened the door, was the only animal saved. All the farming implements were burned, in addition to twenty tons of hay, fifteen tons of straw, the fodder stack, three acres of tobacco, 1,000 feet of lumber and 3,000 tobacco laths.

Mr. Nissley estimates his loss on the stock, implements and other contents of the barn at \$2,500 and on the structure itself at \$4,500. On the contents he carries insurance of \$2,100 in the Mt. Joy Mutual Insurance Company and on the barn \$2,500 in the Litz Insurance Co.

Mr. Nissley is a son of the late Henry B. Nissley of Florin and a former resident of Donegal Springs.

## MATRIMONIAL AFFAIRS

Popular East Donegal Residents Joined in Wedlock Saturday

### Balmer—Berto

On Sunday morning Elder A. S. Hottentain at his residence at East Petersburg, united in marriage Harry W. Balmer and Miss Minnie K. Berto, both of Rapho. There were no attendants.

### Risser—Kraybill

A very pretty home wedding was solemnized on Saturday at noon at the home of Mr. and Mrs. Samuel Kraybill, near Donegal Springs, when their daughter, Anna R., and Abner H. Risser, a prosperous farmer of near Bainbridge, were united in marriage by Bishop Peter Nissley, of the Mennonite Church. The bridesmaid was Miss Ada Kraybill, sister of the bride, and David M. Landis, of near Millersville, was best man. The ushers were Henry and Peter Kraybill, brothers of the bride. Both bride and groom are graduates of the Millersville State Normal School and were formerly well known teachers of the county.

After a sumptuous wedding dinner the happy couple left amid showers of confetti, thrown by well-wishing friends, for a trip to the South.

### Chemicals in Chiques Creek

Representatives of the state fisheries department have been making further investigations of stream pollutions in this county and two places have been discovered where refuse from industrial establishments has found its way into streams.

One of these is along Chiques creek near Mount Hope, the chemicals from an acid plant of Smith Brothers finding their way into the creek and polluting the waters. Another cause of pollution was found near Columbia, the refuse from the Hollinger tannery being allowed to flow into the Susquehanna river.

In both these cases the owners were compelled to give bond in the sum of \$1000 as a guarantee that the pollution would be abated and that purifying plants would be established before May 1.

### Beware of Ointments for Catarrh That Contain Mercury

As mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces, a article should never be used except on prescriptions from reputable physicians, as the damage they will do is almost sure to be permanent. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c per bottle. Take Hall's Family Pills for constipation.

## HOME HEALTH CLUB

Nerves: (Continuation of articles written for Home Health Club by H. Lindahr, M. D.) Based on their theories of disease and cure on the facts described in the last article, osteopathic and chiropractic schools jump to the extreme conclusion that the great majority of all diseases are caused by luxations and dislocations of the spinal vertebrae and of other bony structures. The "Natura Cure" philosophy of disease differs essentially from the teachings of these schools. While it recognizes that bones dislocated by falls, over-lifting, and other mechanical injuries, may create all kinds of diseased conditions, it does not overlook the fact that the diseased conditions in the system caused by food, drink and drug poisoning create acute and chronic inflammation in certain organs. This local inflammation is communicated to the nerves which supply the affected parts, and the tense nerves in turn irritate and inflame the muscles and ligaments attached to the vertebrae of the spinal column and to other bony structures, and pull these out of their normal positions. As a matter of fact, probably 90 per cent. of all spinal lesions have resulted in that way, from chemical causes, and therefore, in order to produce a perfect cure these primary chemical causes of disease must be corrected as well as the mechanical lesions growing out of them. Manipulative treatment is all right as far as it goes, but in order to give good and perfect results it must be combined with proper attention to diet, with climatic treatment, and with the right mental and moral attitude.

The trouble with most of the therapeutic schools and systems, is that they concentrate all their efforts in diagnosis and in treatment on a single one of the different phases of disease, while ignoring and neglecting other phases, just as important. The conscientious physician, in diagnosis and in treatment, takes into consideration the physical, chemical, mental, moral and spiritual causes of disease. We have already found that food and drink poisons, or irritation and impingement of the nerves by luxated and dislocated bones might cause all sorts of nervous symptoms and serious nervous ailments. Only too often, instead of removing these underlying causes, instead of correcting the diet and the bony lesions, the treatment consists in benumbing the aching nerves with paralyzing drugs, or in stimulating the atrophied nerves and sluggish organs by means of poisonous tonics. The brain, over-irritated by food and drink poisons, is temporarily numbed by bromides, opiates, hypnotics, antkamnia, phenacetin, or other coal-tar poisons. Feverish and inflammatory conditions are suppressed by anti-pyretics and anodynes.

When the nerves are benumbed or paralyzed through systemic poisons through the pressure of luxated bones they are artificially stimulated by alcohol, strychnine, arsenic, phosphorus, and other powerful poisonous irritants. Such treatment is symptomatic, not curative.

However, not only do the poisonous drugs fail to remove the underlying causes of nervous ailments and other diseases, but they accumulate in the system in certain parts and organs for which they have a special affinity and then become themselves the cause of continual irritation, and of actual destruction of tissues. There is no doubt whatever, that the majority of the so-called "incurable" diseases are either created or aggravated by the accumulation of poisonous drugs in the system.

Mercury, for instance, is used as medicine in more than one hundred different forms. It is the specific remedy for venereal diseases. In the form of calomel it is commonly used as a liver stimulant and laxative. In salves, ointments and lotions it is applied to suppress skin eruptions. Bichloride of mercury is a powerful antiseptic. The effect of this poison is insidious and destructive. It accumulates in the system, and in time it works its way into the brain and spinal cord, causes degeneration and disintegration of brain and nerve matter, resulting in neurasthenia, locomotor ataxia, paralysis agitans (shaking palsy), paresis and many other chronic ailments.

Quinine is one of the most popular drugs with the medical profession and with the laity. In many sections of this country, especially in those affected by catarrhal diseases or malaria, this drug is taken as freely as an ordinary condiment. People are surprised when told that it is a powerful poison, and that, when taken continuously, even in small doses, it will accumulate in the system and produce a variety of serious chronic ailments, such as indigestion, constipation, rheumatism, neuritis, neuralgia, loss of physical and mental energy, irritability, neurasthenia, and even insanity. Every "Materia Medica" describes these chronic after-effects of quinine under the heading "Chronic Cinchonism," or "Chronic quinine poisoning." Just as well known to the medical profession are the symptoms of chronic poisoning by iodine, strychnine, bromides arsenic, cocaine, morphine, and by other narcotics and opiates; and yet these drugs are prescribed and taken as though they were as innocent as candy and bonbons.

Ask the average farmer what paid him the best last year. Was it corn, oats, hay, hogs, horse or cattle? The chances are 100 to 1 he cannot tell you exactly. Did he make money last year, or did he lose money? Most men hate to keep farm accounts. They will not take two or three minutes every day to write down in a book as to how time and money have been spent on the farm. City business men hire book-keepers to keep accounts. They do this because they want to know at least once every year as to whether or not they are getting ahead or falling behind. They want to know what parts of the business are making money for them and what parts are lacking money. Knowing these things, they plan on what to do in the future. Thousands of farmers keep on accounts, and yet get along very well. Some of them have such good brains that they can keep things fairly straight in their heads. But all of them lose money once in a while that could have been saved if they had only kept accounts.

How to Get Them  
The United States Geological Survey has announced its annual allotment of topographic atlas sheets, including the McCalls Ferry, Quarryville, New Holland, Lancaster and Middletown quadrangles. The first two are charts which were only recently published. Copies of the atlas sheets are obtainable from the Geological Survey by request through Congressman W. W. Grist of Lancaster.

Mothers-in-law would no doubt be greatly improved if the enemas law was occasionally applied to them.

## Farmers Column

VERY VALUABLE INFORMATION FOR THE FARMERS

Pays to Keep Accounts—Keeping Inmate Animals Growing Pays—Good See's Pays—Fence—Save Pa-ture. The Handling of Cold Frame

The poultry houses must be a scene of constant effort to prevent lice and vermin from this time until spring.

When wood ashes are strewn over the hen house floor the manure will lose much of the ammonia by the mixture.

One insect eating bird like the chicken has been known to eat 5,000 winter worms in a single day. These are the birds to make welcome to the orchard.

If the weather continues warm the cold frames and pits filled with coe-ry will need thorough ventilation. The crop should be disposed of as rapidly as possible, especially if the variety is Golden Self-blanching.

When pastures get far ahead of sheep they should be grazed down if possible with cattle. In such a condition the sheep will not graze down the grass that has become rank and woody. By preference they will feed upon those parties where the grass is short.

Fencing and moving of fences should be done early, so that all of the spare fields can be grazed over to make use of the grasses and other herbage, that have grown up in them after the early fall rains. Much feed can be saved in this way, the stock will be best and it will give the permanent pasture time to green up before the cold weather. New and clean pastures mean healthier animals, and the utilizing of all the fence rows means turning waste products into dollars. In many cases the fencing of a field this fall for new pastures will entirely pay for the woven-wire fencing used. Buy and use good fencing for all the field. Good fencing is an aid to prosperity.

Many farmers still believe that wheat, under certain conditions, will turn to cheat. Be on safe and sensible side and clean your wheat seed well by running it through a good fanning mill or other seed cleaning machine. If you clean all of the cheat and other wheat seed out of it, and there is no cheat in your fields take my word for it, your next year's wheat crop will be clean wheat. If your own wheat seed is poor, by all means purchase good seed, not only for a good crop next year, but for the seed and the crop for the following years. One of the best investments that any farmer can make is in good seeds of all kinds. There is no mistake about this.

Keeping immature animals growing is the only way a profit can be obtained from them. One should not, however, make the young stock he intends to put on grass alone next spring fat by feeding them corn through the winter. Many have been very much surprised, after feeding their calves and yearling steers an abundance of corn during the winter, to find that they do not do as well on grass in the summer as others that were not so well fed. The reason is obvious. No kind of animal does well when turned from a good ration to poorer one. There is more or less shock to the system to begin with, and as the animal on grass is not getting fat-forming elements that the corn furnished, it is very likely to go back, at least not to go forward in the same ratio as the animal that has been kept on the flesh-forming ration during the winter and goes right on with a similar ration during the summer.

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**GROWING FEED**

A chicken grows in proportion to the feed it consumes. Successful poultrymen study in every way to increase their chickens' appetites.

The Park & Pollard Growing Feed increases their appetite. The more they eat of it the more they want.

Whenever your chickens are hatched from January to December feed them this ration until they are six months of age.

Our customers that have used it say it is even better than they claim. Your money back if you don't like it.

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Tuesday  
Thursday  
Saturday  
Association Pictures  
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We follow the same standard now that we followed when we built Mr. Leaman's harness.

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Preparation—Six months of systematic selection, planning and placing of large special orders has effected this truly astonishing result.

Magnitude—There are 20,000 pieces on our eight attractive floors, and in our large warehouse, with new, fresh goods arriving daily.

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