

HOME HEALTH CLUB

By Dr. David H. Reeder, Chicago, Ill.

Care of the Hair:—Baldness is a condition dreaded by all men; by women it simply will not be tolerated. The bald head is the inspiration for many a mean joke and it also seems to be the favorite roosting place for flies.

Ever since the advertising game, as it is called by many, began, the curse for baldness and hair growers have been flaunted in our faces with a persistency that proves conclusively that a good growth of healthy hair is so greatly desired that people part readily with money in the hope of success with one more remedy. A few months ago the newspapers printed a report that a certain Eastern hospital had discovered the secret of the hairs growth and had been able to develop a luxuriant growth of hair upon bald heads. How much or how little truth there was in the report I do not know, but of one thing I think I am certain, the hospital got a lot of free advertising.

The subject touches most tenderly the sufferer from what is called Alopecia Areata, as in cases of that kind the hair comes out in patches. It is frequently confused with what is commonly called Ringworm or Tinea Tonsurans. A little study of the two conditions enables one to readily tell the difference, however. The one almost certain thing that distinguishes the two is that ringworm is confined almost exclusively to childhood while Alopecia Areata is common in adolescence and adult life. It is seldom that the loss of hair is permanent in those under middle age, but in older people the chances of a cure are not good.

I might tell you a long story of the other kind of baldness such as Senile Alopecia which is caused by old age. Congenital Alopecia in which case there is usually defective dentition also. Then we come to the Premature Alopecia, in which the hair begins to fall out anywhere between the ages of 20 and 40 years. These are the causes that should have careful and prompt attention.

One method of treatment which is highly recommended and is undoubtedly excellent is to mix or shake well together 8 ounces of liquid Petrolatum with half an ounce of oil of Capsicum. After a thorough washing of the scalp with a pure oil and potash soap, the mixture should be well rubbed into the scalp with the finger tips, after which, if about to retire, a silk or stocking cap should be worn to protect the pillow and clothing from the oil. This treatment should be repeated 2 or 3 times per week and persisted in for many weeks. Stiff hats should not be worn by those who desire to retain their hair. The practice of going bareheaded as followed by many school boys today is good. The hair was made to protect the head and when nature finds that we do not use what she supplies, she usually stops the supply.

I have noticed also of late years, many remedies advertised for restoring gray hair to the natural color. I have investigated many of these but found only one that would really do the work without staining and it was not advertised. It seems that many of the things to which humanity has been accustomed are passing away. One of the most deeply cherished of these is the old-fashioned grandfather and grandmother. They seem to be getting younger, they are no longer relegated to the easy chair in the corner by the fireplace, but the grandmother of today in the city drives her own electric car and dresses as smartly as her married daughter, while the grandparents on the farm spend much of their time travelling or driving from place to place in their automobile. They keep young and refusing to be shoved aside or placed on the shelf, and they learned the ways of health, which keeps the blood clean and pure, keeps wrinkles forming worries away and moves them to keep the scalp clean, the teeth well cared for and the waste or refuse of the body promptly removed.

That's an Old One
A copy of a paper called "The Bainbridge Observer," published in 1879, was found a few days ago, and it is in good condition. It has four pages, 7x11 inches, and is devoted chiefly to small personal items, under the head of "Wild Oats." The Bainbridge market, corrected by J. Piper, the merchant, affords some interesting items, wholesale prices being as follows: Eggs, 15c; butter, 12c; bacon, 6c; ham, 8c; lard, 6c; onions, 30c; wheat, \$1.25; corn, 55c; oats, 32c.

For Their Patrons
The Donegal Gas Company, of this place, Mr. P. Franck Schock, Manager, last week distributed literature of its rate schedules, terms and conditions for the supply of gas for commercial service in this borough.

Deeds Recorded
The following deeds were recorded yesterday:

Deed from Helsey to Fannie A. ...
Deed from ... to Bert ...
Total loss. The estimated loss by ...
... \$20,000

Farm Bureau Notes

Investigations for a long time have expressed dissenting and varying opinions about the relative merits of calcium and magnesium limestone. Our own experiment station holds that magnesium is not detrimental to crop production so far as it is known. The calcium, however, seems to command more favor. It is known that the greater sweetening or neutralizing power and quicker in its action is the magnesium.

On account of the lack of experimental data on this point a cooperative experiment which will throw some light upon the limestone question.

The experiment was conducted on a dandy type of soil, such as is largely found in the southern part of Lancaster county.

The plots, one-fourth acre in size, were uniform so far as shape, size, general fertility and previous treatment are concerned. Two of the plots were treated with high calcium lime, two with magnesium lime and one was unlimed. The application was made to the corn ground with the following results:

Area of plot No. 1— $\frac{1}{4}$ acre. Application to plot No. 1—1,000 pounds high calcium limestone. Yield—1,552 pounds.

Area of plot No. 2— $\frac{1}{4}$ acre. Application to plot No. 2—1,000 pounds 42 to 44 per cent. magnesium limestone. Yield—1,668 pounds.

Plot No. 3 is a check to which was applied no limestone. Area of plot No. 3— $\frac{1}{4}$ acre. Yield—1,725 pounds.

Area of plot No. 4— $\frac{1}{4}$ acre. Application to plot No. 4—1,000 pounds 42 to 44 per cent. magnesium limestone. Yield—1,812 pounds.

Area of plot No. 5— $\frac{1}{4}$ acre. Application to plot No. 5—1,000 pounds high calcium limestone. Yield—1,696 pounds.

This experiment shows that there is little, if any, difference between the high calcium and magnesium lime. The difference, if any, seems to be in favor of the high magnesium. Most of our Lancaster lime stones run rather high in magnesium. Judging from the results of this experiment, it seems reasonable to place par value upon the rock when either calcium or magnesium or both combined total 92 to 98 per cent. This experiment again is interesting in so far as it shows an average loss in yield of corn as compared with the unlimed one-fourth acre. This again substantiates the opinion held by the Farm Bureau for some time that the lime application should be made more closely to the crop which it benefits most, namely, the grass crop. It is possible that had ground limestone been used instead of the more caustic forms very different results would have been obtained. This, however, will be worked out next year.

STOLEN TEAM RECOVERED
Owner is Put Wise by Mr. Ed Ream of This Place
A team stolen from Liveryman Edward Spangler of Myerstown, Lebanon county, on Saturday, was recovered Thursday at Collins' Hotel, between Elizabethtown and Bainbridge. The party that hired the team disposed of it for \$50, although the owner valued it at \$190. The team had been sold on Monday by a stranger, who stated that he would return in a day or two.

Mr. Spangler, the owner of the team, received a telephone message from Edward Ream, a local horse dealer, who knew of the loss of the team, apprising him of the fact that he had fed a horse for a stranger, which tallied with the description of Spangler's horse. A hurried trip was made to this place in an automobile and telephone communications in many directions disclosed that a cheap horse had been sold at Collins' hotel. After considerable parleying, the horse was finally returned to the owner. No trace of the stranger who stole the team has been found.

CORDELIA
Louis Gilbert has finished painting the large stack at the J. E. Baker Co. quarries at Billmyer. The stack is 118 feet high, five feet in diameter at the top, and ten feet at the bottom.

A largely attended reception was held on Tuesday evening in the United Brethren Church for Rev. O. R. Brooks, who has been returned pastor of the Centerville circuit. There were over one hundred members of the congregation and a large number of friends present. The reception was in the form of a donation party, and fruit, vegetables, poultry and cakes were given to the pastor in large quantities. Rev. Brooks delivered an address and music and prayer added to the evening's programme.

\$20,000 Fire at Lititz
Fire of unknown origin, completely destroyed the two-story warehouse of J. F. Stoner & Co. at Warwick, a suburb of Lititz, Friday. The building, which was a two-story brick, 24x40 feet, and the contents consisting of 1909 tobacco and a number of cases of 1911, are total loss. The estimated loss by ...
... \$20,000

SAVE YOUR CAR FARE

Ride to Lancaster FREE at Our Expense

It costs you absolutely nothing. Make your purchases 'round the store, the prices are the same whether you collect your car fare or not. If your total purchases amount to ten dollars or more just hand your checks into the office and get your car fare refunded.

Its Our Method of Putting the County Patrons on the Same Footing as the City Folks

Your Money Back, Or a New Suit

That is the Guarantee That Goes With Every Garment Sold in Our Clothing Department



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If through any unforeseen cause, your Suit or Overcoat fails to give proper satisfaction, you get a new garment free of charge or your money back as freely as if you were drawing money from your bank.

You Must be Satisfied

\$10 For well made Suits & Overcoats of all wool materials in all Wool materials in all the new Fall and Winter shades. Several special models for young men and again many styles suitable for stout and large men. We can fit everybody.

\$15 For the Donovan Special the Suit and Overcoat that even our competitors admit is worth \$20, and which we sell as a leader for \$15. Seventy-five different styles; all hand tailored, all wool, all of course guaranteed. The Donovan Special is the delight of our customers and the dismay of the local clothing trade.

\$20 For the Kuppenheimer or Society Brand Suits or Overcoats—two of America's greatest lines. The most fashionable New Yorker cannot wear anything finer or more exclusive than either of these. Description is impossible, positively you must see them to appreciate them.

The Great Sale of MILLINERY

Prices that talk of the Whole Lancaster County. Thousands of New Hats Selling at Half Price New Merchandise Arriving Daily

"Style Without Extravagance"

Is The Secret of the Success of Our Big Women's & Children's Outergarment Department

We carry the largest stock, we sell more garments & sell them cheaper than any store between Philadelphia & Pittsburgh. On the second floor is assembled a collection of Women's & Children's outergarments that would be the pride of many exclusive shops in the metropolitan cities.

DRESSES

In fine serge, crepe, satin, gabardine and all the wanted materials. Styles are up-to-the minute here always. Hundreds of different models to select from, all sizes for women, misses, also a special stock in stout sizes for large women. **\$4.98 up.**

COATS

Serge Coats, Checks, Satin finish Zibelines, Imported Novelty Cloth, Broadcloth, Brocade Velvet—new ideas arriving daily—you'd wonder where all the coats go to if you saw our big stock—our prices are the despair of our competitors. **\$4.98 to \$35.**

SUITS

A hundred different styles in women's and young women's suits—the finest collection ever shown under one roof in Lancaster. Serges, Broadcloths, Cheviots, Gabardines and Velvets in the long and short coat effects. In the suit business as all our customers know, we have absolutely no competition in this city. Our suits fit right, wear like iron and are always good style **\$10 to \$50.**



The Donovan Company

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BARGAIN
CKS
values in Eight
from \$3 up.
Gorrecht
Bowman's Store)
OY, PA.
Plan Rates Moderate
Change Hotel
Mount Joy, Pa.
ert Zaepfel, Pro
modern convenience such as
Hot and Cold Water, Steam
Electric Light, Etc.
Is Supplied With the Best
the Market Affords
Also Lunch Counter
Soup, Sandwiches, Cheese,
Tripe, Clams, Etc., are served
NE OYSTERS IN EVERY STYLE
is Stocked With the Best Brands
of Beer, Wines, Liquors & Cigars
Good Stabling Accommodation
Local and Long Distance Phones
OYSTERS OYSTERS
If you want to eat oysters, get
them where they are good. I serve
the finest primes in town in every
style. Sold in any quantity at right
prices.
When its GOOD ICE CREAM you
want, I can supply you.
All Flavors at All Times
Special Prices to Parties, Festivals,
Suppers, Etc.
Mrs. C. H. Zeller
Marietta Street MOUNT JOY
Prof. FRED W. GASTEWITZ
Author of several Songs and
Marches. The German Musician,
offers his services to the
people in Lancaster Co., teaching
on almost any String instru-
ments, Piano, Organ and
Pipe Organ at reasonable prices
—tuning pianos and repairing
organs and pipe organs a
specialty.
Mount Joy, Pa.
WARNING
Some one has been carrying away
feed from a farm near Donegal
Springs. Beware; your life is in some
one's hands.
East Donegal Farmer
A NEW RESTAURANT
I have opened a first-class restau-
rant residence on Fairview
and serve the best of ev-
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Clams, etc.
B. B. GANTZ
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S. B. BANK
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