

# MRS. WILLIAMS' LONG SICKNESS

## Yields To Lydia E. Pinkham's Vegetable Compound.

Elkhart, Ind.:—"I suffered for four years from organic inflammation, female weakness, pain and irregularities. The pains in my sides were increased by walking or standing on my feet and I had such awful bearing down feelings, was depressed in spirits and became thin and pale with dull, heavy eyes. I had six doctors from whom I received only temporary relief. I decided to give Lydia E. Pinkham's Vegetable Compound a fair trial and also the Sanative Wash. I have now used the remedies for four months and cannot express my thanks for what they have done for me.

"If these lines will be of any benefit you have my permission to publish them."—Mrs. S. ADIE WILLIAMS, 455 James Street, Elkhart, Indiana.

Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, contains no narcotic or harmful drugs, and to-day holds the record of being the most successful remedy for female ills we know of, and thousands of voluntary testimonials on file in the Pinkham laboratory at Lynn, Mass., seem to prove this fact.

If you have the slightest doubt that Lydia E. Pinkham's Vegetable Compound will help you, write to Lydia E. Pinkham Medicine Co. (Confidential) Lynn, Mass., for advice. Your letter will be opened, read and answered by a woman, and held in strict confidence.

**Wound Up in Bankruptcy**  
The A. K. Kauffman knitting mill at Manheim was sold by Trustee Gingham to H. M. Biemesderfer for \$3,000; the Kauffman residence to John H. Shenk for \$2,650.

**Change in Election Officers**  
H. O. Keener resigned as registry assessor of Mt. Joy township, and the petition of H. E. Grube for the office was filed.

Explanations are easy for the garrulous Carranza. He should be required to effect reforms.

### FERTILIZING AN ORCHARD

A Lancaster County Man Meets With Great Success

The owner of a State Demonstration Orchard in Lancaster County, who produced a magnificent and valuable crop of fruit this year, after having successfully followed the directions of the office of the State Zoologist, wrote to Professor Surface, at Harrisburg, giving details of the value of his crop, and added, "I claim it is nearly all through knowledge received from your office." He further asked if his trees needed commercial fertilizer, and if so, how much per acre and what kind should be applied? As Professor Surface had seen this orchard during the summer and knew of its thrifty condition he was able to give a definite reply as follows:

"A great many of your trees are growing so well that I doubt if they need much nitrogen. Some potash and phosphoric acid might be useful. I am really of the opinion that if you would apply ashes over your orchard, which contain potash and lime, and then grow crimson clover sowed about midsummer, you would get results you ought. Remember the plan thus would be to sow ashes over the orchards at the rate of one or more tons per acre at any time between now and the time you wish to plow in the spring, and then keep it cultivated with a spring tooth harrow, or disc harrow, or later in the season a smooth harrow until midsummer, and then sow crimson clover letting it remain until early next spring without later cultivation this year. The crimson clover will grow humus and nitrogen for the soil, and will do away with the necessity of buying this most expensive element of fertilizer. If you cannot obtain ashes readily I recommend an application of acid phosphate and potash, about equal parts of each, or sowing from 600 to 800 pounds or more per acre, and going ahead with cultivation and crimson clover as herein suggested. Also, remember that some further pruner will stimulate the further growth of your trees where it is needed. I really fear, however, that there is danger in your getting too much nitrogen, and consequently too much rank or vigorous growth of trees. I would use barnyard manure on the apple, pear dum, but then there is the chataqua.

and cherry trees, but certainly not on the peach trees when they are as strong as yours."

### BIG TIME AT HERSEY

It is Estimated That 50,000 Will Attend Conference

Between 40,000 and 50,000 persons, from all parts of the United States, and a small proportion from scattered parts of the globe, will spend Saturday and Sunday, June 6 and 7, in Hershey Park, attending the annual International Conference of the Church of the Brethren, predicted Rev. I. W. Taylor, pastor of the Brethren Home, Neffsville, and who is chairman of the committee on arrangements.

Rev. Taylor met with his committee Saturday at Hershey and started the work on the conference program. The meetings of the conference, which commences on June 3 and ends June 10, will be held in the new auditorium now in course of erection, which will seat 6,000.

The members of the committee, all of whom were in attendance, are Rev. I. W. Taylor, Neffsville; Rev. S. H. Hertzler, Elizabethtown; Rev. G. W. Falkenstein, Elizabethtown; Rev. John Herr, Myerstown, Lebanon county; Rev. Jesse Ziegler, Roversford, Montgomery county; Rev. J. C. Zoeker, both of Palmyra.

Last June the convention was held in Seattle, Washington, and was attended by a large number of delegates from this county.

Haste makes some people waste a lot of other people's time.

Hatred is often the result of knowing but one side of a person.

The less a man thinks of his neighbor the more he admires himself.

Veteran housewives should be of valuable assistance in the political spring cleaning of Chicago.

It must be disconcerting to the first robin to find the first aviator attracting so much attention.

Acts of the state Department cannot be referred to a regular reference book, but then there is the chataqua.

### STOOP SHOULDERS

Little Talks on Health and Hygiene by Samuel G. Dixon, M. D., LL. D.

Atlas bore the weight of the heavens upon his head and hands, according to a Greek myth, but those of mankind who carry the burden of life, too often let it rest upon their shoulders. Stoop shouldered men and women by the thousands are to be found among the followers of sedentary occupations. Nine out of ten when the subject is mentioned will square away their shoulders and say, "I'm getting a little careless about that." Then they make a momentary resolve that they will brace up and overcome the fault, and one that has a distinct bearing upon health there is no question.

No system of physical culture is complete which does not include exercises which teach erect carriage and deep breathing, one of these is impossible without the other. In this lies the chief ill effect of stoop shoulders.

To maintain good health we should use our lungs to their normal capacity at all times. The proper purification of the blood through oxygenation requires ample breathing. Drop your shoulders forward and then try to take a full breath; see how impossible it is to do so in that position. Breathing with the shoulders forward and the breast bone depressed is only partially accomplished. The lower portion of the lungs cannot be emptied and instead of receiving a supply of fresh air they will be filled with residual air.

To work, sit or walk day after day with the shoulders hunched forward, means that the lungs capacity is lessened just so much and a corresponding loss of vitality results.

Such a posture also permits the sagging of the diaphragm, a resulting displacement of the abdominal organs and leads to serious digestive disturbances.

Do not resort to shoulder braces or other mechanical means to correct stooping shoulders. These are but makeshifts which do not remedy the real trouble. Make the mental effort necessary to keep the body erect. By maintaining proper posture the muscles can be strengthened and made to do their work of holding the body upright.

When children exhibit a tendency to grow stoop shouldered parents and teachers should see to it that they are given physical exercises to correct the fault.

In the spring the young man's fancy finds it hard to concentrate.

Gen. Carranza will now have his chance to tell it to the marines.

In times of slack business New York lawyers can always depend upon Thaw.

After a lively race for a husband many an heiress marries a run-down nobleman.

Wealth has its penalties. You never hear of a poor man spending money for dyspepsia tablets.

People who recently regarded enforced neutrality as a handicap are now beginning to see in it a valuable asset.

Every ship commander should have included in his order's a long and carefully prepared list of "don'ts."

The work of replacing the ships that have been destroyed may do little toward solving problems of unemployment.

No one knows what Carranza does with those emphatic notes, unless it is that he uses them for curl papers on his whiskers.

If General European claims are correct, feeding the home folks pales before the greater problem of feeding the prisoners.

Scientists are at work on new explosives. The lay mind cannot escape the impression that the supply is already excessive.

Progressives are congratulating themselves on the fact that the G. O. P. has developed in such a way to permit them to endorse its views.

Trees usually wait until they receive certain assurances of spring before permitting their sap to rise, but the human saphead is always on the job.

Italy is disposed to doubt the desirability of being so persistently neutral as to be entitled to no consideration when the geography is rearranged.

Every time a poor immigrant boy dies leaving an enormous fortune we find consolation in the thought that he no longer grieves over our wicked neutrality.

Germans are doubtless right in asserting that Carl Schurz revered the Fatherland, but it is also believed that he mislaid his hypphen soon after landing.

It is estimated that the 63rd congress emitted 20,000,000 words. But perhaps all that verbosity was a safety valve by which the country was spared many foolish acts.

# THE STORE WHERE QUALITY COUNTS

## We Stand Back of Every Sale Whether It Be For \$1 or \$1000

QUALITY governs the purchase of every dollar's worth of merchandise that enters our stock. Quality that we can guarantee, such as will give to the customer the kind of satisfaction he or she has a right to expect, also the kind of quality that will serve as a lasting advertisement for the Donovan Store.

"Nothing cheap" ever enters this establishment; nothing that does not measure up to our fixed high standard of quality. Everything must be dependable-quality first, then price then our guarantee. Everything is exchangeable within a reasonable time. No sale is considered a sale until entire satisfaction is assured.

## Don't Pay Car Fare Ride to Lancaster and Back At Our Expense

We pay your round trip car fare from anywhere in Lancaster County on Purchases of \$10 or more



## The Donovan Company

Successors to Williamsons and Foster & Cochran  
32-38 E. King St., Lancaster, Penna.

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

Food and Medicine: I have frequently stated that with properly selected food, properly eaten, all of the demands of the human body could be supplied and that the food itself constitutes the best possible medicine. As a matter of fact it is difficult to tell where food and true medicine separate. If the system lacks certain elements it drops and is not well. If food containing those elements is properly prepared and eaten the elements are supplied and health follows as naturally as the day follows the night.

During recent years the medical profession has made wonderful discoveries in regard to the functions of the ductless glands and the part they play in maintaining health. This line of study and investigation got a bad start, to my way of thinking, as the first attempts to arouse new life and activity in these glands was made by taking extracts from similar glands in animals and administering these to sick humans. I am inclined to think that if the glands of the animal are healthy and doing faithful service in keeping the animal well, there is a good reason for that healthy condition and that it may be easily found.

The food and medicine of the animal are taken first hand from Nature in the form of grass and their seeds, (cereals) fruits, roots, herbs and berries, also leaves, and they are eaten slowly. As a rule the healthy animal is found hunting for and gathering his food as he requires it. Several hours are required to satisfy his needs and then he lies quietly down while it digests.

It has been found that the extracts or serums from the ductless glands of such animals have a profound effect upon similar glands in the human being and in many cases the effect is not only favorable, but apparently permanent. My investigations, however, have proven that a much more certain effect and more dependable in lasting ben-

er is to be found thru a really scientific use of certain herbs, nuts, fruits, roots, seeds and berries and the effect upon the ductless glands are very surprising indeed to one who does not know by personal experience what can be done thru diet. I consider no case as hopeless until all of the forces of Nature are exhausted and I can frankly say that no man has as yet exhausted the remedies that may be supplied as a palatable food, the medicines that are to be found growing abundantly on every hand.

Just as a mere suggestion to those of you who are very thin and nervous and who would like to round out your bodies to a sleek and fat condition, so you will "sleep o' nights." Procure, if you can, a finely pulverized or powdered supply of what the medical books would call *Medicago Sativa*, say ten pounds of it. This can be done by sending about 12 pounds of clean alfalfa to a drug mill and have it ground. The drug mill won't charge you much but after you get it nicely ground, mix with whole wheat flour or corn meal and make it into cakes or biscuits. Eat all you want to. Yes, I know I did not tell you just how much of each thing to use, nor just how to make the cakes, but I happened to remember that you know that alfalfa or *Medicago Sativa* is used with fresh cow manure, so you can eat what you want, and they are all found to be most excellent food for man and for poor animals so you just make these biscuits to suit yourself and eat them. They eat from your grocer a few pounds of good almond nuts, remove the shells and place the skin from the nut meats. This can be easily done by pouring boiling water over the nuts, then thoroughly in the pans and get about an ounce of them for dessert. If you do them in melted chocolate they will be still better and more fattening. Now watch yourself and "watch it grow."

**COURT PROCLAMATION**  
Whereas, Honorable Chas. I. Lander, President and Hon. Aaron B. Hessler, Associate, Judges of the Court of Common Pleas in and for the County of Lancaster, and Assistant Justices of the Courts of Oyer and Terminer, and General Jail Delivery and Quarter Sessions of the Peace in and for the County of Lancaster, have issued their present in and directed, requiring me among other things, to make public proclamation through my bellivue, that a Court of Oyer and Terminer and a General Jail Delivery, also a Court of the General Quarter Sessions of the Peace and Jail Delivery, will convene in the Court House in the City of Lancaster in the Commonwealth of Pennsylvania on the THIRD MONDAY IN APRIL (The 19th, 1915).

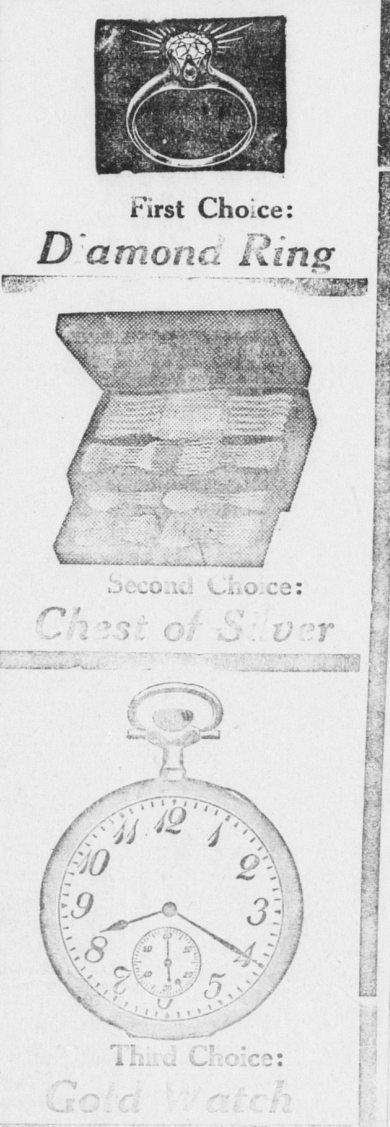
In pursuance of which, present Public Notice is hereby given to the Mayor and Aldermen of the City of Lancaster, in the said county, and all the Justices of the Peace, the Coroner and Constables of said City and County of Lancaster, that they be then and there in their own proper persons with their rolls, records and examinations, and inquisitions, and their other remembrances, to do those things which to their offices appertain in their behalf to be done, and also those who will prosecute against the prisoners who are or then shall be, in the jail of the said county of Lancaster, are to be then and there to prosecute against them as shall be just.

Dated at Lancaster, the 22nd day of March, 1915.

M. J. ON EBY, Sheriff

## Free! Free! Free! Free!

Each Person Sending In An Answer to the Lucky Billiken Puzzle, Will Receive a Beautiful Fountain Pen (Whether Answer Is Correct or Not).



THERE ARE SEVERAL FACES IN THE LUCKY BILLIKEN PUZZLE. CAN YOU FIND SEVEN OF THEM? How Many Faces Can You Find?

There are a number of faces in this puzzle, beautiful faces, old faces, funny faces, young faces. Can you find seven of them. Some find less, others find TEN. Some find more. Gather the family around, let them all try it. Then fill out the faces with ink or pencil and mail a box to our store at once.

Read the Directions Carefully-- This Contest Is Open To All.

**CONDITIONS:**  
This is strictly a piano advertisement. Each person sending in a reply will be treated exactly alike.

**AWARDS:**  
Each person sending in a reply will receive a Beautiful Fountain Pen (If Called For) regardless of the number of faces found; in addition to this, each person sending in a reply will receive a credit check for \$25, or more, good toward the purchase of any new Piano in our store. You also have the opportunity of securing a "Diamond Ring," "Chest of Silver," or "Gold Watch," with the use of check in accordance with the conditions.

**Contest Closes March 29, 1915, at 10 P. M.**

All replies must be in our hands by ten o'clock on the night of MARCH 29, 1915, or bear a postmark not later than that hour.

**IMPORTANT NOTICE:**  
Write your address clearly and distinctly, and bring or mail answer at once.

## Winter Piano Co.

111 EAST KING STREET, LANCASTER, PA.  
Howard M. Eldridge, Jr., Manager.

Name .....  
Street and No. ....  
City or Town..... State.....