

HEALTH HINT.

A. J. Booker. This grey, damp weather; the rather mild autumn makes some people think that all sorts of illness must necessarily follow.

The winter season brings on the dread of pneumonia. If we keep our feet dry, do not overeat and get plenty of fresh air we are not likely to contract pneumonia.

When we stop to consider that in most instances we carry around with us, in our nose, or tonsils, these ordinary germs of influenza, pneumonia, tuberculosis, and many others, it is not surprising that we succumb to them when we are out of condition.

When one has pneumonia, there is little for the physician to do but safeguard the patient from any complication and make them comfortable.

There is no cure, so far as a specific medicine is concerned. What happens, after five, seven or nine days when the fever drops, the pain leaves and the patient drops off into a calm, restful sleep we do not know.

Worry kills more than disease.

CEDAR RAPIDS.

Mrs. Nance of Chillicothe, Mo., returned home Monday, after a delightful visit with her daughter Mrs. Lulu Horne.

Miss Selma Patterson of Iowa City is visiting Miss Eleanor Lavell.

The many friends of Mrs. Richard Hicks are glad to see her out again, after several weeks of illness.

Mr. and Mrs. Brown, who have made Cedar Rapids their home for the past year, have moved to Minneapolis, Minn., to make it their future home.

Mrs. Rush and daughter of Keokuk, Iowa, have joined her husband and expects to make Cedar Rapids their future home.

Misses Maude Dorraine and Bismark Carter expect to visit friends in Iowa City soon.

On last Thursday afternoon about seventeen ladies surprised Mrs. Nance of Chillicothe, Mo., and Mrs. Williams of Macomb, Ill., at the home of Mrs. Nance's daughter, Mrs. Lulu Horne.

On last Thursday evening Mrs. Clara Harrison and Mr. Harry Horne gave a surprise on Mrs. Harry Horne and Mr. Harrison at the home of the later, in memory of their birthday.

It was indeed a great surprise, as Mrs. Horne was dressed, well I won't say just how, but she entertained her party until a late hour.

Rev. Ford preached a very interesting sermon Sunday evening. Skating every Monday night at the rink.

MOBERLY, MO.

Mrs. Etta Avant left Sunday for Alton, Ill., for an extended visit with her sister.

Mr. Henry Dameron died at his home, 110 Horsely street, after a long illness.

Mrs. Katie Washington, who has been quite sick at her home the past week, is reported better.

Miss Carrie Boone of St. Louis arrived home Saturday night to spend the holidays with her mother and auntie, Mrs. A. C. Black.

Miss Ida M. Tolson and Madam Ann Powell of Fayette were visiting Mr. and Mrs. A. C. Black on Friday.

Miss Carrie Harper was a Moberly visitor Sunday.

The young band that has just lately started up gave a concert Saturday at the A. M. E. church. They realized a neat sum.

The club met Monday night, making preparations for entertaining the visitor H. Lowery, president; T. Hurt, vice president; A. C. Black, secretary; A. Graves, treasurer.

MT. PLEASANT NOTES.

The Thanksgiving supper that was given at the A. M. E. church was quite a success, both socially and financially.

The concert given at the Baptist church on Thanksgiving night was a success.

Mr. J. W. Burnaugh spent Thanksgiving in Creston, Iowa, visiting relatives and friends. Mr. John Henderson of Bloomfield spent a few hours in the city Thanksgiving day.

Mr. Arthur Burnaugh spent Thanksgiving in Rock Island and Davenport.

Mr. Harold of Ottumwa spent Thanksgiving in the city.

Mr. Everett Reed and Miss Myrtle Burnaugh spent Thanksgiving day in Fairfield and Eldon.

St. John's Literary society of the

Franks Say

XMAS SHOPPING

is a pleasure in this store. So easy to find what you want, and feel assured you get full value at every price.

Gifts For Men

- Neckwear, Hosiery, Cuff Links, Scarf Pins, Suspenders, Garters, Belts, Leather Novelties, Combination Sets, Gloves, Caps, Suit Cases, Umbrellas, Canes, Traveling Bags, Fancy Vests, Bath Robes, Lounging Robes, House Coats, Sweaters, Mackinaws, Raincoats, Overcoats and Suits.

Gifts For Boys

- Indian Suits, Cowboy Suits, Policeman Suits, Firemen's Suits, Neckwear, Hosiery, Blouses, Underwear, Suspenders, Belts, Bath Robes, Pajamas, Night Robes, Caps, Gloves, Scarf Pins, Mufflers, Sweaters, Raincoats, Rain Hats, Overcoats and Suits.

Prices Low Compared with Quality

Free Xmas Boxes for each Gift

FRANKELS

Parcel Post Paid on Purchases \$3 and Over

A. M. E. church held another interesting program December 1.

Mr. Montrose Beckley of Keokuk, Iowa, spent Thanksgiving here visiting his aunt, Mrs. R. Hackley.

Mrs. Robert Anderson and children spent Thanksgiving in Keokuk.

(This Week's Notes.)

Thornton Louis Rasha Elias McNeal was born February 22, 1888, in Mt. Pleasant, Iowa, and departed this life December 4, 1913, at 1:05 a. m.

He has lived here the most of his life. He had been sick something over two years and been confined to his home since October 12, 1912.

He was a member of the A. M. E. church over two years. The funeral was held from said church Saturday afternoon, conducted by Rev. W. W. Williams, and assisted by Rev. Eaves.

Mr. Douglas Miller of Des Moines and Mr. James McNeil of Chicago, Mrs. Dora Wilborn of Chicago, Mr. and Mrs. Bedford of Peoria, Ill., and Mr. Pete Wafles of Peoria, Ill., are in the city, called here by the death of their brother, Mr. Thornton McNeil.

Messrs. Ralph and Harry Burnaugh and Mr. William Lesely went to Burlington on business Monday.

Mrs. Harry Burnaugh and sister, Miss Louisa Mason, went to Burlington to do their Xmas shopping.

QUINCY, ILL.

Dr. R. A. Adams of Kansas City, Kans., is holding a series of meetings at Bethel A. M. E. church. All of his sermons are soul-stirring ones, filled with the pointed truths.

Dr. Adams is awakening the people of Quincy to the fullest realization of inevitable. This is the second week of the great meeting and forty-seven conversions and additions to the various churches of this city.

Dr. Adams has a gospel choir of fifty voices singing the hymns of Zion.

Rev. T. L. Smith returned Thursday night from Alton, Ill., where he was in attendance at the executive board meeting of the Wood River Baptist association.

After services Thursday night the

When visiting in Omaha, Nebraska see D. G. Russell for neatly furnished rooms—all modern up-to-date houses. Phones, residence Douglass 5033; Office Douglass 3198. 1918 and 1922 Cummins street.

members and friends, under the leadership of Bro. Scott Daniels, stormed the parsonage and upon gaining admittance loaded the table to the utmost with various edibles.

After singing two verses of "All the Power of Jesus' Name," Bro. Daniels presiding at the piano, they departed for their homes.

Mrs. Mary Mitchell is suffering with a sprained foot.

Rev. J. H. Smith of Canton, Mo., was a visitor in the city last week, attending the revivals.

Mr. William Wetzel, who has been in the hospital, is able to be out and around, yet a little weak.

How To Bankrupt the Doctors.

A prominent New York physician says, "If it were not for the thin stockings and thin soled shoes worn by women the doctors would probably be bankrupt." When you contract a cold do not wait for it to develop into pneumonia, but treat it at once.

Chamberlain's Cough Remedy is intended especially for coughs and colds, and has won a wide reputation by its cures of these diseases. It is most effectual and is pleasant and safe to take. For sale by all dealers.

ALBIA NEWS.

The Sewing Circle club met at the home of Mrs. G. A. Davis on Monday afternoon at 3 o'clock. All members were present and after business the hostess, with the assistance of Miss Ada Davis, served a nice lunch in two courses.

Mrs. Allie Bowman is taking orders for Christmas and holiday goods the past week.

Miss Viola Young of Hocking was in Albion on Saturday.

Mr. Wilburn Hawkins has returned from his visit to Missouri.

Mrs. Moss Johnson's home was the scene of much merriment on last Wednesday evening, when the birthday club members, with their friends with their baskets laden with many good things, gathered there for the evening.

Mrs. Burns of Hocking was in Albion on Wednesday of this week.

Mrs. Geo. Hull was called to Missouri on account of the death of her aunt.

Mrs. Ollie Vandveer of Hocking was in Albion on Thursday.

Mr. Henry Jones was a Buxton visitor Friday.

Mr. Charles Tolson of Buxton was in Albion on Saturday.

NOTICE OF SHERIFF'S SALE ON SPECIAL EXECUTION.

State of Iowa, Polk county, ss. District court of Polk county, Iowa. Robert Fullerton vs.

E. A. Lockwood, Dora Lockwood, Elias Schriver and E. J. West.

By virtue of a special execution to me directed, issued by the clerk of the district court of Polk county, Iowa, in favor of Robert Fullerton, and against E. A. Lockwood et al, on a judgment rendered by said court on the 9th day of September, A. D. 1913, wherein it was ordered, adjudged and decreed that the following described property be sold to satisfy said judgment, to-wit: Lot sixty (60) of North University Park, an addition now in and forming a part of the city of Des Moines, Iowa.

Now, therefore, public notice is hereby given that unless the said defendants appear at my office in Des Moines on or before the 14th day of January, A. D. 1914, at 10 o'clock a. m. of said day, at which time said above described property is hereby advertised to be sold, and pay off the amount of said execution, with interest and costs, I will sell said property, or sufficient thereof to satisfy said execution, with interest and costs, at public outcry, to the highest bidder, at the east front door of the court house, in Des Moines, Iowa, for cash in hand to pay off said execution.

J. F. Griffin, Sheriff of Polk County, Iowa.

By J. H. Kelly, Deputy. Sheriff's office, Des Moines, Iowa. Date of first publication, December 12, 1913.

Published and printed by The Bystander Co.

Jones Cafe The Old Reliable Place to get your meals PHONE RED 318 W. 3rd St 3027 Rooming House at 316-318 3rd St.

VIVIAN L. JONES Funeral Director The very best service guaranteed Prices the lowest Calls answered promptly day or night No extra charges for distance—Reverse all phone charges PHONE: Maple 2648 Residence Black 1658. Cured of Liver Complaint. "I was suffering with liver complaint," says Iva Smith of Point Blank, Texas, "and decided to try a 25c box of Chamberlain's Tablets, and am happy to say that I am completely cured and can recommend them to every one." For sale by all dealers.

In the Twilight of Life there is Nothing More Pathetic than the Silent Piano What visions cluster around the instrument that now stands voiceless in the corner of the room. From the shadowland of the past come trooping the hours spent by childish fingers awkwardly running the scales, and the and few short years when melody resounded through the home. Now all is silence. Nothing but memory is left is left for the parents as they gaze at the silent piano. What a Contrast to the Home that has a Kimball "Acmeodic" Player-Piano All masterpieces of ages past, everything that is true in music, can now be rendered anywhere in any home. Rendered in perfect tone, in perfect time, with perfect expression, through the medium of the perfect. KIMBALL PLAYER PIANO PERFECT AS PIANOS PERFECT AS PLAYERS

Every advantage gained in the use of expression levers and other complicated devices, as found in numerous Players, is provided for and embodied in a very simple arrangement in this wonderful instrument, the satisfactory operation of which is protected by a 10-YEAR WARRANTY. Hear and judge for yourself the possibilities of this most human-like instrument. A visit to our Player Department will convince you of its real merit and surprise you how easily you may own one with your old piano as part payment. Inquire about special library exchange privileges. Catalogue mailed on request. W.J. Massey Piano Co. IOWA'S LARGEST PIANO HOUSE 813 Walnut Street

We handle a complete line of jewelry at prices that are the lowest Our Motto HONEST GOODS AT HONEST PRICES Boyson Jly. Co. NORTH WESTERN WATCH INSPECTOR Buxton and Bell Plaine

A Telephone—the Ideal Christmas Gift A telephone combines all you have imagined an appropriate Christmas gift should be. Why not bring pleasure, comfort and security to the lives of those about you by TODAY ordering a Bell Telephone? IOWA TELEPHONE COMPANY

Magic Hair Grower and Straightening Oil The most wonderful hair preparation on the market. When we say Magic we do not exaggerate, as you can see great results in the first few treatments. We guarantee Magic Hair Grower to stop the hair at once from falling out and breaking off, making harsh, stubborn hair soft and silky. Magic Hair Grower grows hair on bald places of the head. If you use these preparations once you will never be without them. Magic Hair Grower and Straightening Oil are manufactured by Mesdames South and Johnson. We also do scalp treating. Magic Hair Grower, 50c. Straightening Oil, 35c. All orders promptly filled; send 10c for postage. Money must accompany all orders. Agents wanted—Write for particulars. We carry everything in the latest fashionable hair goods at the lowest prices. We make switches, puffs, transformations, curls, coronet braids, and combinations made to order, matching all shades a specialty. Send samples of hair with all orders. 2416 Blondo St., Omaha, Neb. Phone, Webster 800