

Use Coconut Oil For Washing Hair

If you want to keep your hair in good condition be careful what you wash it with. Most soaps and prepared shampoos contain too much alkali. This dries the scalp, makes the hair brittle, and is very harmful.

CUT OUT MEATS IF KIDNEYS ARE TROUBLING YOU

Uric Acid in meat excites Kidneys and Irritates the Bladder. Noted Authority says we must flush Kidneys with Salts if Back hurts.

We are a nation of meat eaters and our blood is filled with uric acid, says a well-known authority, who warns us to be constantly on guard against kidney trouble. The kidneys do their utmost to free the blood of this irritating acid, but become weak from the overwork; they get sluggish; the eliminative tissues clog and thus the waste is retained in the blood to poison the entire system.

Q-BAN DARKENS GRAY HAIR

Everybody Uses It — So Handy. Harmless—No Dye.

By applying Q-Ban Hair Color Restorer, like a shampoo, to your hair and scalp, all your gray, streaked with gray, prematurely gray or faded, dry or harsh hair quickly turns to an even, beautiful dark shade, so every strand of your hair, whether gray or not, becomes glossy, fluffy, lustrous, soft, thick, with that even, dark shimmer of beautiful, radiant, healthy hair.

EXCURSION Gettysburg Tuesday MAY 30

Table with 3 columns: From, Fare, A.M. Includes destinations like Lebanon, Ansville, Palmyra, Hershey, Hummelstown, Harrisburg, and Gettysburg.

Resorts WERNERSVILLE, PA. GALEN HALL in the Mountains WERNERSVILLE, PA. The Delightful Spring Resort of the East.

The Social Pirates Story No. 6 The Master Swindlers

Plot by George Bronson Howard. Novelization by Hugh C. Weir. Copyright Kalem Company.

"Well, I'll admit frankly that I don't see any chance," said Mary. "But there's nothing else in sight. I suppose we might as well wait and see where he goes. No harm in that." "No harm—and a lot of good, perhaps," said Mona. "I've got a feeling that we've stumbled on some good luck, Mary."

Mona and Mary Arrange to Copy the Painting.

done!" said Mona, confidentially. "It's when you can't see a way that I'm afraid, Mary." "You've got your part to do, too," said Mary. "You used to study art. Can you paint well enough to pretend you're making a copy of the Mona Vanna?" "Just about," said Mona. "They wouldn't throw me out if I went there to make a copy."

"I—I want to borrow something on these, if you please," she said, laying her trifles before him. He picked them up, sniffed, and then pushed them back to her. "For heaven's sake—what do you bring me stuff like this for?" he asked, contemptuously. "This is nothing but junk you've got, my dear! And this isn't a penny worth of anything, either, for a good customer, we will sometimes arrange a loan."

A Little Blossom To Delight the Home

When it is known that in the near future the home is to be blessed with a new arrival the first thought should be "Mother's Friend."

The directions are simple. Get it at any drug store. It is applied by the expectant mother herself. It penetrates deeply and affords quick and splendid relief in a most gratifying manner and reflects a physical benefit to the nervous disposition of the baby. Don't fail to get a bottle of "Mother's Friend" today and then write Bradford-Regulator Co., 413 Lamar Bldg., Atlanta, Ga., for a pretty little book brimful of information for expectant mothers. It is a delight to read it.

SANITOL WEEK JUNE 11th

MURAD Turkish Cigarette advertisement featuring a woman in a turban and a large cigarette graphic. Text includes 'Judge for yourself—compare Murad with any 25 Cent Cigarette' and 'Note the silky texture of the smoke.'

THE ANTHRACITE COUNTRY By Frederic J. Haskin

[Continued From Editorial Page]

ing companies the right to what lies far beneath the surface of their lands. The tentacles of the shafts by the breakers have reached forth and, on a dozen levels, have removed the coal. The surface has been undisturbed and the original owners or their successors still dwell quietly on their ancestral farms.

And all these peoples are prosperous beyond the wildest dream of their European peasant imaginings. Slow-witted, cow-like Slavs are the parents of quick, bright American boys that astonish him who attempts to understand the racial influences of the new land. The sons of Polish miners are the practicing attorneys in the courts of Scranton and Wilkes-Barre. There is plenty in all the miners' homes here and the public schools remove the hypens.

These subterranean fires without re- sults. Steam and water have been forced into the workings. Attempts have been made to smother the fire by shutting off the air. A herculean attempt costing hundreds of thousands of dollars has recently been completed which sought to cut the valley in two below the fire and build a concrete wall twenty feet thick so deep into the bowels of the earth that the fire would never get past it.

J. W. SMITH LECTURES Special to the Telegraph New Germantown, Pa., May 25. — J. Wesley Smith of Harrisburg, delivered three lectures in the Methodist Episcopal Church in this place on Saturday, Sunday and Monday evenings.

NEW YORK THE GREAT METROPOLIS LOW RATE EXCURSION \$3.00 Round Trip Sunday, May 28

SAVE-A-CENT Soft Scouring Compound



The mighty FOUR cent punch at dirt It's good FOUR all cleaning It's bad FOUR all dirt It's wonderful FOUR washing the hands It's fine FOUR housecleaning Does more work than powders—does not waste

There's a Difference In Coal —A vast difference. You may be burning more coal than is necessary, because you are not burning the kind especially adapted to your requirements. Talk the matter over with us—we'll steer you right on the particular kind of coal you ought to be using—and supply you with the best heat-giving fuel you can buy. Costs the same—and goes further. J. B. MONTGOMERY 600—either phone 3rd and Chestnut Streets