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F. BIAMONTE, Editor and Manager

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The Aim of the Foreign Language Papers of America

TO HELP PRESERVE THE IDEALS AND SACRED TRADITIONS OF THIS, OUR ADOPTED COUNTRY, THE UNITED STATES OF AMERICA; TO REVERE ITS LAWS AND INSPIRE OTHERS TO OBEY THEM; TO STRIVE UNCEASINGLY TO QUICKEN THE PUBLIC'S SENSE OF CIVIC DUTY; IN ALL WAYS TO AID IN MAKING THIS COUNTRY GREATER AND BETTER THAN WE FOUND IT.

MALE DE STOMACO

Rapidamente curato

Molte persone soffrono il male di stomaco da anni, ed immaginano che dovranno sopportarlo per anni anni con la conseguente aggravante di altre malattie. Costoro mangiano e bevono oltre misura forzando lo stomaco alla digestione.

Ma lo stomaco ha bisogno di un estro aiuto per altrettanto lavoro.

Se questa gente usasse la TONOLINE TABLETS regolarmente, sarebbe loro di grande aiuto allo stomaco. Non importerebbe cosa mangiasse e bevessero, le pillole Tonoline addolciscono lo stomaco irritato e fermano le produzioni di gas in 5 minuti. Quando il peso sparisce, significa che lo stomaco e' stato molto aiutato nella digestione.

Le pillole Tonoline

Non solamente sollevano il sofferto, ma sono regolarmente prese, curano assolutamente l'indigestione e ricostituiscono lo stomaco abbastanza forte per poter digerire un buon pasto.

John M. Daugherty

Drug Store

Indiana, Pa.

FOR SALE and WANT ADS.

Advertisements under this head 1c a word each insertion.

FOR SALE—Corner lot in Chevy Chase, 65x150, for further information, apply at this office.

FOR SALE—Team horses, 5 and 6 year old; weight about 3,000. Inquire at this office.

WANTED—Slavish or Polish men, well acquainted in Indiana and mine camps. Can make \$25 to \$30 per week. Call 15 Carpenter avenue, Indiana, Pa.

FOR SALE—Good automobile, 1914 Vulcan Roadster. A-1 running condition. Will demonstrate Sacrifice, \$250. Need money. Call or write J. M., care "Patriot," 15 Carpenter avenue, Indiana, Pa.

WANTED—Carpenters. Will pay according to merits. Inquire at this office.

Don't Worry. Mrs. Wullaby—De agent says if we ain't got de rent nex' Monday we's got to git out. Sam Wullaby—Nex' Monday? Den we down' need to worry fo de nex' fo' days.—Puck.

There are only two roads by which any important goal can be reached—sheer strength and perseverance.—Goethe.

Animal Etiquette.

No one who is at all observant of the ways of animals can have failed to notice how gentle large dogs, like the St. Bernard and the Great Dane, are to their smaller canine fellows. It is rare that a big dog turns upon one of the little fellows, no matter how aggravating and snappy the latter may be. Instead, he invariably treats the small dog's antics with unruffled and dimpled tolerance. For there is a recognized code of etiquette among animals, if you please, quite as much as there is among human beings. In truth, there are not a few respects in which the animals can give points on politeness and good behavior to man himself.

The Outlet.

Physiology Teacher—Clarence, you may explain how we hear things. Clarence—Pa tells 'em to ma as a secret, and ma gives 'em away at the bridge club.—Cleveland Leader

A Canine Feat.

A blind man, guided by a large and athletic dog, went down the street the other day. Just as they turned a corner the blind man's dog saw a dog it knew and darted forward in a way that threw the sightless mendicant to the ground. He was speedily assisted to his feet, however, by a waggish passerby, who remarked that he had heard some remarkable stories of the feats performed by dogs, but this was the first time he had ever known one to pull down the blind.—Exchange.

Easily Arranged.

A man took the following telegram to a telegraph office: "Mrs. Brown Center Street: I announce with grief the death of Uncle James. Come quickly to read the will. I believe we are his heirs. John Black"

The telegraph clerk, having counted the words, said: "There are two words too many, sir."

"Cut 'em out with grief," was the reply.—Chicago News

The Exception.

"If at first you don't succeed, try, try again."

"That's good theory, but it isn't all ways wise practice."

"Why not?"

"I once tried to paper a room myself. I didn't succeed, but I assure you that my experience taught me never to try it again."—Detroit Free Press.

Take a Sip of Teac.

While she attempted to take a drink from what she thought was a glass of water while in the dark at her home in Point township, Northumberland county, Pa., Miss Alice Rhodes, eighteen years old, swallowed several hundred facts and plus. She was taken to the Mary M. Packer hospital, Sunbury.

Harmony of Diet.

He—Why do you always have pickled beets when I bring any friends home to dinner?

She—To match the kind of friends you generally bring.—Baltimore American.

Revised Versions.

Handsome is that handsome is made up.

Those who live in glass houses should always have the largest siege guns. Nothing fails like success.

Necessity is the mother of pretension.—Life.

In Wall Street.

Uncle Josh—There's lots of money dropped in Wall street, ain't there? Nephew—Lots of it, Uncle Josh.—And it's all dropped by folks that's tryin' to pick it up.—Puck.

A Cruel Retort.

Discontented Wife—Several of them whom I refused when I married you are richer than you are now. The Husband—That's why.

If all worked for the attainment of their wishes there would be fewer tired of the waiting.



I migliori Regali per Natale Comprateli da Buchheit Brothers

Voi troverete da noi tutti gli articoli appropriati per i regali di Natale. Recatevi a vedere la nostra grande mostra di sedie, sofà, letti, quadri, specchi, orologi a pendolo ecc.

Splendidi sono i nostri tavoli per libreria

Abbiamo tanti altri oggetti che non possiamo qui menzionare, ma una vostra aspettata e desiderata visita, vi fara' accertare tutti quanti vi aspetiamo

BUCHHEIT BROS.

INDIANA, PA.



EXPANDING THE CHEST.

Proper Attitude to Assume During Breathing Exercises.

It has been the popular belief that when exercising certain arm movements during inspiration, such as holding the arms up, expand the chest and enable it to take in more air. According to Dr. James Frederick Rogers in an article in the Medical Journal, this is not the proper thing to do. He tested fifty persons of both sexes, ranging from sixteen to forty years of age, measuring carefully the quantity of air inspired when elevating the arms, as usually taught, and when standing still with the arms hanging loose. He found that in no single case did the arm movements increase the quantity of air inspired, but in many they actually decreased it. He also found that standing naturally is more conducive to deep breathing than by lying flat or hanging by the hands.

"The raising of the arms," he writes, "does apparently increase the measurements of the upper parts of the chest, but the increase is due to the change in the position of the muscles in this region and to their contraction on stretching, which causes them to stand out from the thorax. For the muscles which lift the arms forward or side-ward or upward have nothing to do with the lifting of the ribs, and consequently no special effect upon the depth of inspiration."

"With very deep inspiration there is a drawing backward of the head and a straightening of the thoracic spine. In other words, the assuming of a very erect posture and, if any exercises are to be carried out as aids to deep intake of air, it seems that the drawing backward of the chin and the assumption of the most erect standing or sitting posture would be most useful as an aid or accompaniment of deep breathing."

HE GUESSED RIGHT.

New See if You Can Tell Which Fair One He Selected.

A certain Turk, according to the story, was once married to a veiled lady in white in the presence of the sultan. As soon as the ceremony was concluded the bride mysteriously disappeared.

The groom was led into an adjoining room, where stood twelve ladies all dressed in white, but without veils. "Choose from the twelve," exclaimed the sovereign, "her that is your bride." As the man had never seen her face the command bewildered him.

"If you make a mistake," added his majesty, "your life shall pay the forfeit."

The poor man walked up and down the row of beauties, but saw nothing whatever to aid his choice.

"You have only a minute left," yelled the sultan in anger. "Choose at once!"

Tea of the ladies, the man noticed, gave him nothing else than a stony stare. One of the remaining two frowned, the other smiled. "The frowning one," he thought, "is my bride, for she expresses her displeasure and impatience at my ignorance." "No," he said to himself; "it must be the smiling one, for she desires to invite me to her."

After debating the subject in his mind until his time was up he boldly made a selection from the two. He was successful. He had regained his bride. Which was she—the one who frowned or the one who smiled?

Cynical.

He—Men are what they eat. She—I've noticed you're fond of calves' brains.—Baltimore American.

Ripening Fruits.

Fruits undergo marked changes in chemical composition as they grow to their full size and ripen. In some fruits ripening increases the sugar content and decreases the acid, whereas in some others both sugar and acid content decrease in the ripening process.

Unforeseen.

"Didn't you guarantee that mattress for six months?" "Yes, sir, but you didn't tell me it was for a boy's boarding school."—New York Times.

A good snow makes a good outfit; be who is in much can and must give much.—Sturke.



Le Spese di Natale

SI POSSONO FARE FACILMENTE AL NEGOZIO DEGLI UOMINI. Avrete il piacere di trovare qualunque oggetto di fine gusto.

CAMICF. Bellissime di seta che non e' mai superfluo averne qualcuna in piu', da 50c a \$5.00.

PALFOT A FANTASIA. Dei migliori li vendiamo a titolo di reclame per \$2 e \$3. Altri costano di piu'.

MAGLIE CAMICE VESTITI GUANTI OMBRELLI BERRETTI CAPPELLI

CAMICI BORSE VALIGIE CRAVATTE CALZE BOTTONI CATENE

CAPPOTTI VESTITI BASTONI COLLETTI GIACCHE VESTI SPILLE

GRANDE ASSORTIMENTO DI NOVITA' IN CUOIO



LA ROBA VI SI DA PRONTAMENTE A VOSTRA RICHIESTA

Il magazzino e' aperto tutte le sere sino a Natale. Late le spese a buon'ora

Smokeless Powder.

Some smokeless powders decompose after awhile, and as a result of such deterioration they are likely to explode spontaneously. The destruction of the French warship Liberte, which blew up in 1911, is thought to have been caused by such an accident. As a precaution against such tragic happenings all the powder of that kind used by our own navy is put through a process of remanufacture every five years, and there is a regular fortnightly inspection of the stuff on hand on every battleship and cruiser. When it decomposes it gives out reddish, acrid fumes, which should give ample warning of the threatened danger.—Youth's Companion.

Eye Strain.

There are two common kinds of eye strain. It is a strain for a person who is farsighted to do close work, and it is a strain for one who is nearsighted to use the eyes for distances. Both kinds of eye strain produce the same symptoms—headache—and both require that the eyes be examined and glasses be provided.

A Lost Mine.

Among the famous lost mines of the western world and one which is again being sought is the Tintagall of Costa Rica. It is said to have yielded great quantities of gold in the time of the Spanish domination. After quelling the Indian uprising, however, the Spaniards failed to relocate the mine. It is thought that it lies hidden in the bed of one of the larger streams. Many legends are heard dealing with its wonderful richness, and many attempts have been made to find it, but so far without avail.—Argonaut.

Lords and Commons.

An ancient English custom forbids the participation of a peer in the election of a commoner, so that when a general election is actually in progress the lords are oratorically muzzled by a fiction that supposes them to be quite indifferent to the composition of the lower house, but until the candidates have been actually nominated the peers may use all the eloquence with which nature has endowed them for or against the issue involved in the approaching election.

A Fool's Paradise.

The expression "A fool's paradise" meant originally in Christian mythology a region "near the abode of the blessed," but not a part of it, a sort of borderland, "where dwelt the praiseless and the blameless dead." Today it is used to denote the mental condition of those who by their vain hopes are "fooling" themselves.—New York American.

All Wrong.

The popular actor had become a soldier. In a hotly contested skirmish he distinguished himself by his courage and gallantry.

"Well, well," said he at the end of the action, "what do you think of that? Not a soul's applauding."—New York Post.

Head For Business.

"Has your boy Josh a head for business?" "Yep," replied Farmer Cornstossel. "He's always talkin' about makin' money. I kind o' wish his hands was as good for work as his head is for business."—Washington Star