



BREAK THAT COLD
LANE'S
COLD
TABLETS
QUARANTEED

HOME MADE RECIPE
CATARRH AND COLDS

Thousands are making this beneficial remedy at home and anyone who has catarrh or a cold can do the same. Ask your druggist for three quarters of an ounce of Menthobenzene and pour it into a pint bottle, then fill the bottle with water that has been boiled. Gargle the throat as directed and sniff or spray the liquid into the nostrils twice daily. It's a simple way to get rid of cold and catarrh and keep the nasal passage and throat so clean and healthy that germs of flu or any other germs will have a hard time gaining a foothold.



is the dentrifice that contains the properties recommended as ideal by United States Army dental surgeons

WAS NERVOUS
AND RUN DOWN

RESTORED TO NORMAL
HEALTH BY BIO-FEREN

"I feel I owe you people a world of gratitude for the benefit I have received in using your wonderful remedy—Bio-Feren Tablets, which have completely restored me to normal conditions," says Joseph E. Webb of Muncie, Indiana.

Bio-Feren is without doubt the grandest and quickest remedy for nervous, run down, weak, senile men and women ever offered direct through the druggists and is not at all expensive.

Take two after each meal and one at bed time, and after seven days take one after each meal and one at bed time until the supply is exhausted.

KEEP URIC ACID
OUT OF JOINTS

Tells Rheumatism Sufferers to Eat Less Meat and Take Salts.

Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly; keep the feet dry; avoid exposure, eat less meat, but drink plenty of good water. Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid which is absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity. In damp and chilly cold weather the skin pores are closed thus forcing the kidneys to do double work, they become weak and sluggish and fail to eliminate the uric acid which keeps accumulating and circulating through the system, eventually settling in the joints and muscles causing stiffness, soreness and pain called rheumatism.

At the first twinges of rheumatism get from any pharmacy about four ounces of Jad Salts; put a tablespoonful in a glass of water and drink before breakfast each morning for a week. This is said to eliminate uric acid by stimulating the kidneys to normal action, thus ridding the blood of these impurities. Jad Salts is inexpensive, harmless and is made from the acid of grapes and lemon juice, combined with lithia and is used with excellent results by thousands of folks who are subject to rheumatism. Here you have a pleasant, effervescent lithia-water drink which helps overcome uric acid and is beneficial to your kidneys as well.

Pittsburgh District Vields Whisky. Internal revenue and excise tax authorities agents have confiscated 7,000 gallons of whisky, valued at \$100,000 in the Pittsburgh districts. Raids were made in Pittsburgh and Connelsville, Pa.

Read the Want Ads. They are interesting.

NATION-WIDE
MOVEMENT.

Episcopal Church Opens Campaign In United States.

STORY OF ITS GROWTH TOLD

Interesting Description of First Episcopal Services Held in the United States—Church Had Hard Struggle to Have American Bishops Ordained in England.

Three hundred and forty years ago religious services under the form of what is now known as the Protestant Episcopal Church were solemnized for the first time upon territory within the present domain of the United States. To the Rev. Francis (or perhaps Martin) Fletcher belongs the high honor of having conducted this service, using the Book of Common Prayer.

Rev. Fletcher was Chaplain of the great English expedition under Sir Francis Drake, which circumnavigated the globe. In the course of the voyage they discovered and landed on the coast of Oregon, at present forming a part of the state of California, on or about St. John's Day, 1579. After the landing religious services were continued for six weeks. At the first service a number of Indians were present.

Spot Where Drake Landed in Dispute.

The precise spot where Drake landed and near which the services were held is a matter of dispute. It has been claimed both at San Francisco Bay and in what is now known as Drake's Bay. In either case Mr. Fletcher would appear to have been the first clergyman who used the Book of Common Prayer in any territory forming a part of the United States. Psalms were sung and several chapters of the Holy Bible read.

Thomas P.riot, who as mathematician, accompanied the expedition sailing from England under the patent granted to Sir Walter Raleigh in 1584, seems to have been a diligent preacher of the word. This was in Virginia. In 1589 Raleigh assigned the Patent to a company of merchants, giving at the same time one hundred pounds "in especial regard and zeal in planting the Christian religion in those barbarous countries." This was probably the first pecuniary donation for missionary work in America.

Other Charters were granted and other expeditions followed, all permeated with the same spirit of religious zeal and devotion. On Aug. 13, 1587, on Roanoke Island, now in North Carolina, but then a part of Raleigh's Colony, the first ecclesiastical rites were performed. Mantoo, an Indian chieftain, daughter of Ananias, and Elizabeth Dare, and granddaughter of John White, the governor, who having been as the record states, the first Christian born in Virginia.

New England Men Devout. In 1602, 1603 and 1605 expeditions landed on what is now termed the New England coast, each containing a number of devout men who were constant in their devotions and steadfastly maintained Divine services. All these ministrations were, however, apparently in connection with the expeditions themselves and not newly established Colonies.

The first record of public church services, of a permanent character, is in connection with the company which landed at Jamestown, Virginia, May 13, 1607. The chaplain was the Rev. Robert Hunt, M. A., sometime vicar of Reculver, in Kent. Immediately upon landing arrangements were made for Divine services. An old sail served for the awning, rails of wood for walls, unbewed tress for seats and a bar of wood nailed to two trees for a pulpit. An equally rustic altar was erected and there the Holy Communion was celebrated for the first time on the third Sunday after Trinity, June 21, 1607. "Chaplain Hunt was an earnest and devoted servant of God and continued faithful in his ministrations until his death. The first recorded marriage was by him in 1608.

First Church Built in New England. Almost simultaneously with the beginnings in Virginia another Priest of the Church of England was officiating in New England. This was Mr. Richard Seymour who had come with the Mary and John, Captain Raleigh Gilbert and the City of God, commanded by Captain Popham. The moving spirit of this enterprise was Sir Fernando Gorges, a firm believer and aggressive Churchman, who desired by all lawful means to establish the Church of England in the New World. On Sunday, Aug. 9, 1607, the Company landed on the Island of Monhegan, subsequently known as St. George's Island, near the peninsula of Sabrin, in Maine. By the side of a cross Mr. Seymour and his Company worshipped God in the familiar words of the Book of Common Prayer, the first Christian priest known to have ministered in New England. Before the end of the year a church building had been erected.

May 23, 1610, a newly formed company landed in Virginia, but conditions were found most pitiable and discouraging. Only a few worshippers were left and the first church was in ruins. It was soon repaired and under the leadership of Rev. Richard

Bucks, an Oxford man, the familiar prayers of the mother country were again heard. Alexander Whitaker and Mr. Glover, two well known Cambridge men, were also among the clergymen who came to America. In 1623 a colony was formed at Weymouth, Massachusetts, including the Rev. William Morrell, and in 1629 the Rev. Francis Higginson located at Salem, Massachusetts. Other New England clergymen were the Rev. Richard Gibson and Rev. Robert Jordan. In time more came to the new world and located in the different colonies.

Christianity Entered Wilderness. From those small and crude beginnings in an unknown wilderness, thousands of miles from home and kindred, braving dangers of every description, almost inconceivable in these days of luxury and plenty, through undying faith in God and the principles of the Christian religion, has come the great Episcopal Church in the United States of today. Not the least of their trials was the absence of a Bishop to be the shepherd of the flock, entailing such correspondence and many weary voyages to England. Efforts were made to supply the deficiency, but in vain. Petitions for the appointment or election of a Bishop were ignored. Political expediency frequently interfered in the mother country to prevent a consummation of the desirable end.

This was accomplished in 1783, when at a meeting of the clergymen of Connecticut, held in the village of Woodbury, March 2, 1783, the Rev. Samuel Seabury was elected Bishop of Connecticut. He went to England and applied to English Archbishops for consecration, but owing to numerous impediments was finally consecrated by Scotch Bishops, Nov. 14, 1784. He reached America on his return June 20, 1785 and immediately entered upon the duties of his great office, the first Bishop of the Episcopal Church in America. In 1785 delegates from seven colonies south of Connecticut, laymen and clergymen, met in convention at Philadelphia. They arranged for triennial conventions and made application to the Archbishops of England to consecrate Bishops in America. The final outcome was that on Feb. 4th, 1787, English Bishops in Lambeth Chapel, London, consecrated Dr. William White to be Bishop of Pennsylvania and Dr. Samuel Provoost, Bishop of New York. Four years later Dr. James Madison, President of William and Mary college, was consecrated Bishop of Virginia. The four American Bishops in 1793 joined in the consecration of Thomas John Cragget as Bishop of Maryland, through whom the joint succession from the Bishops of England and Scotland has passed to every member of the American Episcopate.

Mighty Growth of Church. From that time to the present the history of the Church in the United States has been one of constantly increasing growth in influence and numbers. All through its career it has carried on its rolls of membership the names of men like Washington, Jefferson, two-thirds of the signers of the Declaration of Independence and many others who have been prominent in shaping the destinies of the country and leaders both in peace and war. The strong influence of those early statesmen is shown in the striking resemblance of the Church Organization, Diocese, Archdiocese and Parish to the governmental state, county, city and town and to the two branches found in both systems of legislation. To the one Bishop in 1785, honored names, almost two hundred, have been added to that roster of the great sons of the Church. In 1919 it reported 1,085,000 communicants, 48,500 Parishes and Missions, 412,000 scholars in its Church Schools and total contributions aggregating \$21,600,000.

The Nation-Wide Campaign is a movement by the church at large to quicken its spirit of devotion, awaken its membership to a keener sense of personal obligation for things spiritual, arouse a deeper love for Christian Social Service, extend its ministrations, open up new fields of usefulness for God and humanity, and to assist and reconstruct, wherever deemed practicable, essential enterprises and institutions. The Every Member Canvass is appointed for Palm Sunday, March 23rd, to secure pledges for the funds needed to carry out these plans. That this great church will continue a powerful influence for good in the world and a stalwart foe to evil and evil influence is its destiny under Divine Providence.

VAST RICHES IN OLD MINES. We are all familiar with Sir Rider Haggard's "King Solomon's Mines" nor was he by any means the first to put forward the theory, though in a romance, that many old and half-worked mines might yet await the patient toil of the searcher. Except in cases where there had been long continued use, it is not at all improbable that there are ancient mines ready to reward the intelligent methods of today. But now in Idaho, 66 are told, "the lost gold mine of the Upper Salmon river district" has been rediscovered. A rich ledge had been found by two prospectors and worked by them a little; then they fell out and a Spokane policeman, who had the secret from one of them, sought the mine for 20 years; then he fell out, and now it has been found anew, to enrich the finders, for the ledge proper is said to be from four to six feet wide with a rich quartz streak that shows the gold shining in its grasp. The gold has always been there and somebody for many years has believed it to be there; it only needed to be found to add another to the romances of fact.



THE NEW YORK CENTRAL LINES have been demobilized. Once more they are in the hands of their owners. We are proud of our war record. Whatever we could do to help win the war was done gladly and with the zeal of patriotism which animated every good American. By reason of our superior equipment and splendid personnel, we were able to contribute to the country an efficient, never-failing transportation service which played an important part in bringing victory.

CHANGED conditions confront the railroads of the country, presenting for solution serious problems. Our rolling-stock is depleted, for, during the war, purchases could not keep pace with the demands of traffic. It will be impossible to restore overnight all the refinements of service which made this the best railroad in the country, or for that matter, in the world. But that will be done, as quickly as lies within human power. We are fully alive to our responsibilities to the public. We want the co-operation and good-will of the public and the public's representatives, the officials of the federal government and the various States which we serve, and intend to deserve them in fullest measure.

To that end, we propose to discuss frankly with the public our policies, our ideals, our service, our equipment, our personnel. We want to retain old friends and to make new ones on the basis of thorough knowledge and understanding. Thus we can serve the public as it should be served by a modern, efficient railroad.

THE NEW YORK CENTRAL LINES
BIG FOUR
BOSTON & ALBANY
LAKE ERIE & WESTERN
NEW YORK CENTRAL AND SUBSIDIARY LINES
MICHIGAN CENTRAL
PITTSBURGH & LAKE ERIE
TOLEDO & OHIO CENTRAL

Ex-Soldier Stills Gossip About His Military Record
Phelps, March 1—Sergeant William P. Manning, a Phelps boy now holding a government position in Brooklyn, whose alleged military record has been subjected to severe criticism by local gossips during the past few months, in order to still the tongue-vagging and set himself right, has sent to his father, Patrick Manning of this place, a certificate of his honorable discharge from the military service of the United States.

CANDIDATES FOR VILLAGE OFFICERS NOMINATED.
Phelps, March 1.—The Citizens party at its caucus in the Village Hall Saturday night, nominated the following candidates for village offices to be voted for at the annual charter election Tuesday, March 16: For President for one year, A. S. Hildreth, trustee for two years each, Daniel Mulcahy and Leon G. Bridger; collector for one year, Edward W. Fairman; treasurer for one year, J. Fred Helmer; village committee empowered to fill

vacancies, A. F. Bussey, J. F. Kavanaugh and B. E. Babcock.
There were no contests in the caucus. J. G. Schapp presided. A. F. Bussey was secretary and J. F. Kavanaugh and Laverne Corwin were the tellers.
CLIFTON SPRINGS
American Legion Post to Meet This Evening.
Clifton Springs, March 1.—The American Legion Post, will meet this evening, at the Post rooms in the Burgdorf Block. Several important questions are to be discussed at this meeting.

During the coming month, the Post is to inaugurate a drive for new members. At the present time there are only about thirty-five members. There are over one hundred and twenty-five men in this vicinity who are eligible for membership. The time in which one can become a charter member of the post will soon expire, and it is hoped that every man who saw service in the Great War will avail himself of the opportunity to become a charter member of his home post. The Post is particularly anxious that men who are now away from home, but who enlisted from here, become members of this Post. They will be entitled to the privileges of the American Legion members throughout the country, and yet will be affiliated with their home Post. The Post has been presented with an American Flag, formerly the property of the Home Defense, by William H. Bostwick in behalf of the Home Defense.

RELLONA
Bellona, March 1.—At the annual election of officers of the Woman's Missionary society held last Wednesday the officers of last year were all re-elected: Mrs. F. W. Constat, president, Mrs. S. N. Trause, vice presi-

If Your Child Has a Cold, Cough, Croup—
YOU CAN'T BEAR to see your baby strangling and struggling with croup or an older child with the paroxysms of whooping cough or suffering with a distressing cough that racks the whole body—as a so-called "common cold" often does. Neither can you carelessly neglect your child's cold, which the fears may contain morphine, chloroform or other harmful drugs. Fortunately, the problem is solved for such mothers by

Foley's Honey and Tar COMPOUND
It is just what children ought to have for feverish colds, coughs, "whooping" and that tight, wheezing breathing. It stops croup, too. It eases and cures whooping cough, measles, cough and bronchial coughs.
Grateful Father Tells What It Did
W. E. Curry, 150 Up 8th St., Evansville, Ind., writes: "I have a little girl 5 years who has a good deal of trouble with croup. I have used Foley's Honey and Tar Compound, giving it to her according to directions, and it has relieved her. My wife and I use it whenever bothered with a bad cold or cough, and I can say that it is the best remedy for a bad cold, whooping cough or croup that I ever saw."

Parents who use Foley's Honey and Tar Compound know it is safe and no harm will come from its use. It is a sure relief for all the ailments of young children. It tastes good and children like it. It is a delicate and delicious young children's medicine.
WELD DRUG CO.