WM. J. HEAPS—FOR CONGRESS

Dr. William James Heaps, of Baltimore, has announced his candidacy for the Republican nomination for Congress in the Second Congressional District. Mr. Heaps is a Carroll County boy, and for a number of years was the principal of the Winfield Academy. He is one of the leading educators of the State and as President of Milton University, Baltimore, has contributed much to the equipment of many young men for their life work. Prominent and active in fraternal work, he is well known not only in Maryland but nationally has won for himself a position of influence in many drections. Among other positions, which he now holds is that of National Vice-President of the National Camp Patriotic Order Sons of America, representing over a quarter of a million men. For many years he has been the State Secretary of the Maryland Camp of the same order, whose membership in Maryland is nearly ten thousand, and in the performance of his duties has visited and made hosts of friends in every city, village and hamlet in the State. As a man of affairs and an orator who has something to say and knows how to say it, standing consistently and always for all the best things for which the Republican party stands, if nominated and elected to Congress he will do credit to himself, his party, the State and the Nation.

The writer, in the absence from duty of his father, who is the editor of the Sentinel, now confined to his bed with a severe attack of illness, does not assume to speak for THE SENTINEL officially, but expresses simply his own positive and fixed conviction that Mr. Heaps should be given the Republican nomination without a primary contest, and that should there be any other contestant for the honor, he should be given an overwhelming majority in the primary. He bases that opinion on his personal knowledge of the man and of the circumstances under which Mr. Heaps accepted his party's nomination and made such a splendid canvass and such a magnificant showing in the election two years ago. It will be remembered that at that time the nomination "went begging," and that there was no aspirant for the honor. With little hope of success, the party managers in the district urged Mr. Heaps to lead the almost forlorn hope. For ten days he considered the matter, and then against the advice of many friends, among whom was the writer, he made the sacrifice of time, money and strength, and accepted the nomination.

In view of these facts, it seems to the writer that it is beyond all question the duty not only of all Mr. Heap's personal friends, but of the leaders of the party in every section of the district, to stand by him as loyally at this time as he stood by the party two years ago. No possible stronger candidate can be named, and possessing some elements of strength which no other possible candidate has, if the party will give him ardent support from now until the election in November, with him as the party standard-bearer, his rallying cry "Protection, Progress and Prosperity," William James Heaps will be the next Congressman from the Second District.

WILLIAM L. SEABROOK.

ADDITIONAL LOCALS

A flock of wild geese, flying north, passed over this city on Wednesday.

Prof. W. H. Hodges, of Westminster Theological Seminary, will preach at Centenary Methodist Episcopal church next Sunday morning. Epworth League in the evening led by Mrs. Theodore Mitten and Mr. George R. Gehr.

Representative Howard, of Georgia, and Representative Steenerson, of Minnesota, introduced in the House on Wednesday, legislation to control the price of gasoline. Mr. Howard proposed an embargo on gasoline to prevent shipping it abroad and Mr. Steenerson's bill provides that the Federal Trade Commission be empowered to fix the prices on gasoline and allied products.

Miss Carrie Coble, of York, Pa., Wednesday, refused to marry Stewart E. Gosnell, it is said, because the prospective groom stopped at Abbottstown while on his way from York to this city, where the ceremony was to be performed, and drank a glass of beer. The drinking of the beer spoiled a double wedding. The story is related by Mr. and Mrs. Roy Shetter, the other couple that accompanied Miss Coble and Gosnell. They proceeded, however, to Westminster and were married.

ENJOYABLE DANCE

A very enjoyable dance was given at the home of Mr. and Mrs. Jesse Carr on Thursday night last. They also had a quilting in the day time. Messrs. Albert Frick and Walter Sayers furnished the music for the dance. All enjoyed themselves until a late hour when all were invited to the dining room where a table was laden with all the good things of the season, consisting of cakes of various kinds, candy, peanuts and lemonade. All departed for their homes, thanking Mr. and Mrs. Carr for the pleasant evening they had spent. Those present were: Messrs and Mesdames Jesse Carr, Donald Miller, Leonard Frizzell and Ben. Wagner; Mr. Columbus Wagner, Misses Carrie Carr, Sarah Diehl, Helen Freyman, Hollus and Rhoday Wagner, Hilda Prugh, Carrie Lindsay, Cledie Williams, Esther Wilson, LaRue Gunn and Margaret Miller; Messrs. Harvey and Granville Carr, Amon and Donald Shipley, Cech's Bellison, Wesley Shipley, Paul Wagner, Manro Owings, Roy Hood, Herbert Owings, Olen Wilson, Chester Williams, Wilbur Hood, James and Mervin Carr, Herman Wagner, Masters Howard Carr and William Miller.

Prevent Diphtheria.

A sore throat is a good breeding place for Diphtheria germs. Protect your children by never neglecting a Sore Throat. You can wisely depend upon TONSILINE. Give Tonsiline upon the first appearance of Sore Throat—don't give Diphtheria a chance in that throat in its weakened condition. When TONSILINE is swallowed it comes directly in contact with the diseased surface and induces a healthy condition of the membranes—then the system can better defend the throat if attacked by Diphtheria germs. Keep TONSILINE in the house where you can get it quick when needed. 25c., 50c. and $1.00.

COURT HOUSE NEWS

COUNTY COMMISSIONERS

The Board was in session Monday. All the members were present and bills were approved and ordered paid.

MARRIAGE LICENSES

Wm. J. B. Gartrell and Olive Charlotte Sham, Woodbine.

H. Lee Haifley and Beulah V. Study, Taneytown.

Harry W. Poole, Oak Orchard, and Ida F. Bait, New Windsor.

Reuben B. Williams and Laura V. Prugh, Westminster.

Howard Vernon Abbott, Patapsco, and Edna M. Smith.

Geo. Bollinger and Gertrude Noel, Littlestown.

Henry Davis Walbuck and Blanche Almeda Corbin, Westminster.

Harry J. Carbaugh, New Windsor, Helen M. Furney, Harney.

Roy W. Slutter and Sarah J. Rose, York, Pa.

Samuel L. Deardorff and Anna K. Rebbert, York, Pa.

William L. Nusbaum and Gillian L. Pittinger, Union Bridge.

Jay E. Conaway, Winfield, and Amy Flemming, Woodbine.

ORPHANS' COURT

Monday, March 27th, 1916.

David R. Rinehart and Bernard L. Rinehart, executors of Minnie M. M. Rinehart, deceased, returned inventories of personal property, money and debts due, and received order to sell personal property.

Eleanor P. Owings and Thomas O. Polk, administrators of William T. Polk, deceased, returned inventories of personal property, real estate and money and received order to sell and transfer stock.

Tuesday, March 28th, 1916.

The sale of real estate of David Stoner, deceased, S. C. and T. J. Stoner, executors, was finally ratified.

William H. Flickinger and Jacob M. Rodkey, executors of Henry Sell deceased, settled their first and final account.

Ancilliary letters of administration with the will annexed of Adam Brenneman, late of West Virginia, deceased, were granted unto J. Marshall Melvin.

James H. Billingslea, executor of Sarah M. Crout, deceased, returned additional inventory of money.

TRANSFERS OF REAL ESTATE

Rachael R. Fleming to Augustus A. Gosnell, 16a., $6500.

Katharine S. Clabaugh to Mary J. Houck, 3 tracts, $10.00.

David A. Forney to Samuel H. Mehring, 4 1|4a., $300.

Margaret Isabelle Forney to Samuel H. Mehring, 4a., $250.

Geo. W. Mayers to Caroline P. Mehring, 52a., $1.00.

Caroline P. Mehring to Geo. W. Mayers, 52a., $1.00.

Mark A. Aldridge to Howard W. Baker, 2 tracts, 108a., $5750

F. Thomas Babylon to Lewis Beard, 8a., $200.

Geo. F. Mencha to Geo. W. Reed, 1a, 1r, 17 sq. prs., $350.

Henry Becraft to Samuel Tucker, 188 7|10a., $500.

Thomas Gaither to The Union Bridge Elec. Mfg. Co., 13266 15|100 sq. ft., $10.00.

David S. Ebaugh to Arthur C. Wentz, 2 tracts, $3500.

Emma S. Smith to Clayton T. Stoner, 90a, 3 r, 8 sq. prs., $480.

Susan R. Shipley to John T. Klee, 12 1|4a., $3350.

Mary A. Smith to Nannie M. Jones, 3a., $5000.

John Milton Reifsnider to Edgar R. Ward, 1|4a., $650.

Ralph S. Reifsnider to Harry W. Close, 125 3|4a., $9250.

TANEYTOWN

Misses Mary Hesson and Blodwen Woods, of Frederick, are spending a 10 days vacation at the former's parents, D. J. Hesson, Miss Mary Grove, of Glen Rock, Pa., and Raymond Hesson, of Gettysburg, were also week end visitors at the same place.

Mrs. Mary L. Motter, of Washington, D. C., is the guest of Mrs. Geo. W. Motter.

Carroll C. Hess, of Bristol, Tenn., paid a flying visit to town on Sunday.

The Columbia Stock Co. arrived at the Opera House for a week.

The College orchestra, of Gettysburg college, gave a very enjoyable musical program in the Opera House on Saturday evening. The boys had quite an experience getting here and home on account of the bad condition of the roads. Their teams played out going home, and they also stuck fast in the mud, and had to be pulled out, and the boys had to spend the reainder of the night at the home of William G. Fair, near town.

Miss Alice Hess and Ralph Hess are visiting their sister, Mrs. Robert Sherald, near Annapolis.

Mrs. J. A. P. Garner who underwent an operation at Frederick City Hospital about a month ago returned home Monday very much benefited

Mervin Greager and family, of Hanover, spent Sunday with Mr. G's mother, Mrs. J. S. Bowers.

Mrs. Susan Smith died at the home of her son, Wm. T. Smith, at Bridgeport, on Saturday from the infirmities of age, aged 87 years and 1 month. The funeral services and interment took place at Piney Creek Presbyterian Church on Monday morning. She is survived by the following children: Wm. T., Scott M. and Mrs. Martin L. Buffington.

Mr. George Knox and wife, of Baltimore, spent the week end with friends here.

Mr. Norman R. Baumgardner and bride returned from their wedding trip on Wednesday and were tendered a reception at the home of the groom on Saturday.

Verl Snider, Percy Mehring and friends, Otis Eckard and Geo. Trundle, of Gettysburg, were week end visitors at their respective homes.

J. Albert Angell, Richard Hill and Miss Abbie Fogle spent Thursday and Friday last in Baltimore hearing Billy Sunday.

Clyde F. Daley and wife were absent several days last week attending the funeral of Mr. D's sister, Mrs. E. W. Clark, at Johnstown, Pa. In their absence Mr. S. E. Trimmer and daughter Evelyn, of Gettysburg attended to the store.

Judson Hill and wife are on the sick list.

Mrs. Fanny Stambaugh, of Woodsboro, spent Friday last with Miss Annie Davidson.

Mr. Wm. Scarborough and wife, of Steubensville, Ohio, are visiting Mr. S's. uncles, Dr. S. C. and Geo. H. Birnie.

Dr. Curtis Basehoar, of Carlisle, spent Tuesday of this week with his mother, Mrs. Katherine Basehoar.

Miss Ellen Long, of Irving College is home on a 10 days vacation.

HOW TOBACCO SMOKING INJURES THE BLOOD

"The greatest wealth of the community is health."

The blood is the life giving stream which carries to the organs of the body the materials out of which they are to be built and repaired. In it are found the materials which are taken into the body through the stomach, the lungs, and the skin. By the blood nearly all the waste products of the body are carried to the organs of elimination. It is quite evident that anything that affects the blood must affect every organ of the body, and consequently the health of the body.

The composition of the blood is very complex. Under the microscope it is seen to consist of a nearly colorless fluid called the plasma and numerous corpuscles, the red and white. A drop of blood contains about 500 million red corpuscles and 500 thousand of the white corpuscles. The complicated compound which gives the purple color of the blood in the veins is called haemoglobin. With the oxygen which is absorbed through the delicate mucus membrane of the lungs haemoglobin. forms a loose compound called oxyhaemoglobin. This is a red substance From the lungs oxy-haemoglobin is rushed through the arteries to every cell of the body. There the oxygen is released and the waste matter is oxidized. One of the products of this oxidizeding process is carbon dioxide. The oxygen having been released, the haemoglobin forms a loose combination with the carbon dioxide. On returning to the lungs the carbon dioxide separates and is diffused outward through the cell walls into the lung cells and is expelled with the breath. The haemoglobin immediately combines with more oxygen and starts another circuit through the system. So again and again the haemoglobin undergoes the same series of transitions, as it makes its successive circuits through the system. This is the normal process.

When organic matter of any kind is completely burned the carbon burns to carbon dioxide. To breathe any smoke, therefore, is much the same as to inhale the breath which has just been inhaled. Where the burning is not complete carbon-monoxide is produced. In each form of tobacco smoking this poisonous gas is formed. This gas at once combines with the haemoglobin forming a permanent compound called carboxy-haemoglobin. The result is that if there is any more than a very minute quantity of carbon monoxide in the air inhaled, it is a question of only a moderate time when all the haemoglobin of the blood will be converted into carboxy-haemoglobin . From this would follow death. This is what happens when illuminating gas is inhaled.

In the case of tobacco smoke the quantity of carbon monoxide is not sufficient to produce death immediately. There is enough, however, when inhaled, to seriously diminish the quantity of available haemoglobin in the blood, and so to diminish correspondingly the purification of the blood so vital to good health.

Since the carboxy-haemoglobin is a permanent and useless compound it must be eliminated from the blood. This requires an abnormal production of new haemoglobin. If this cannot be produced as fast as the old is eliminated, and this is frequently the case, the blood loses its color. In some cases the deficient color of the blood is communicated to the body altogether, rendering it yellowish white. This is why so many boys who smoke cigarettes are sallow.

To be continued)

C. E. FORLINES.

From Bloom correspondent.

In sad, but loving remembrance of my dear father, Charles T. Penn, who departed this life one year ago today, April 5, 1915.

It was evening when the Master's
Voice called softly, "Come and rest."
He smiled and answered sweetly:
"Yes, my mind on Thee is stayed,
And through the Valley of Death
I'll walk
With Thee—I am not afraid.

Oh the sorrow of that dreary evening,
When we stood beside his bed,
Till death stole upon him softly,
And we knew his soul had fled.

What grief and pain he suffered here
None of us will ever know;
For Jesus took him home with him,
Where no tears in sorrow flow.

We never shall forget you,
While in this world we stay,
We hope that we will meet again,
When God calls us away.

A precious one from us has gone,
A voice we loved is stilled.
A place is vacant in our home,
Which never can be filled.

Sleep on dear father, sweetly rest,
We needed you, but God knew best;
God's will be done, He doeth well,
But how we miss you none can tell.

His busy hands are folded,
His work on earth is done,
His trials all are ended,
His heavenly crown is won.
By his son, Robert Penn and wife.

January 18, Mr. Wilson permitted the sending of the Lansing note measurably "justifying" the German contention as to armed merchantmen. Shortly after he changed his mind on that point. A few weeks later he was found attempting to smother Congressional action on the subject—yet within a week of that he flung his letter to Represenative Pou into the melting-pot of legislative criticism. It is these kaleidoccopic shifts of position on the President's part that have brought our foreign relations to such a critical stage. When it seemed good politics to "keep us out of war" in order to carry a Congressional election, that was the war cry. Now that plunging us into war may serve to secure a re-election for the President, that rash and perhaps fatal expedient is by no means unwelcome.

Cuts, Burns,

Bruises, Sores, Wounds and Piles quickly healed with Arnica Salve. It prevents infection, is antiseptic, soothing, healing. Try it once. Money Back If It Fails. The Original and Genuine.

Bucklen's Arnica Salve

Heals the Hurt

All Druggists and Dealers, 25c.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

The DAIRY



FIRST-CLASS DAIRY STABLES

Quarters for Milking Cows Are Separated Entirely From All Other Kinds of Live Stock.

The standard now set for the first-class dairy barns is high. The quarters for the milking cows are separated entirely from all other stock, even from the younger dairy stock. The barn must be narrow, not housing more than two rows of cows. The window surface is to be relatively very large, the walls smooth, floors not absorbent and easily washed. Ventilation by a systematic arrangement of ducts, has to be provided.

The new order of construction is the result of the more general understanding of the power of sanitation and cleanliness in the prevention of disease. Milk is perhaps the most widely used uncooked food. Little



Interior of Modern Barn.

wonder, then, that the market milk dealer must produce that milk in a room approaching the kitchen in cleanliness.

The type of structure used by the professional dairyman is now clearly known and in the main, adhered to. The problem is the barn for the man keeping a small number of cows and marketing only the cream or butter. The returns from the latter do not justify costly barns, neither is it now considered necessarily essential to have the most sanitary structure. While this is true now, there is no warranty of its truth a decade or two hence. Possibly the most modern barns will be considered poor makeshifts 15 years hence, in the light of new developments in sanitary science yet to come. Be that as it may, it is advisable for the professional dairyman to build only the best and the smaller dairyman to so build, that, as demands require, he can remodel toward the best structure.

FRESH AIR A MILK PRODUCER

Largest Returns Need Not Be Expected From Animals Where Barns Are Poorly Ventilated.

Ventilation of barns usually is even more deficient than window space and to this lack of proper ventilation veterinarians attribute, in a large measure, the prevalence of tuberculosis. But, aside from safeguarding the health of both the owner's family and his cattle, good ventilation is economy.

Perfect assimilation of food is no more possible in the body of an animal without a sufficient supply of air than is perfect combustion of fuel in a furnace with the draft closed.

In order that milk cows or beef animals may respond to an increased ration of feed, more air must be supplied for its combustion as surely as that a furnace requires more air for a heavy than a light fire.

In other words—the amount of milk or beef produced by the animal and the amount of heat produced in the furnace depend as much on the air supply as on the amount of food and fuel.

If a barn is poorly ventilated it is futile, therefore, to expect the largest returns in beef or milk for the feed consumed.

AVOID CONTAMINATING MILK

Cow Should Not Be Groomed, Bedded or Fed Immediately Before She Is to Be Milked.

The cows should not be groomed, bedded or fed immediately before milking.

So doing fills the stable air with dust and germs which gets into the pail while milking and so contaminates the milk.

The grooming is as good for the cows as good bedding but do it some time during the day when ample time will be left before the next milking to allow the dust to settle.

WOODBINE LUTHERAN CHARGE

Messiah Church: Sunday school 9.45 A. M. Preaching service 10.45.
Calvary Church: Sunday school 1.30 P. M. Preaching service 2.30.
G. W. BAUGHMAN, Pastor.

Babylon & Lippy Co.

"The Dependable Store"

Millinery Millinery



We have just received a large shipment of New Shapes, New Flowers, New Ready to Wear Hats. The Reasonable prices of our Millinery has attracted wide attention. Just think what the saving of a Dollar means on one hat. Ladies have begun to realize that it is not the price that makes the hat. We have placed reliable and stylish Millinery within the reach of Everybody. Pay a visit to our Millinery department and see this demonstrated for yourself.



Ladies' Coats and Coat Suits

We have a large and complete stock of ladies Coats and Coat Suits. They come in the New Spring Shades. The neat Checks. Chinchillas with Black and White Stripes. Coats from $4.50 up. Ladies Suits from **$3.98 up.**

Ladies' House Dresses

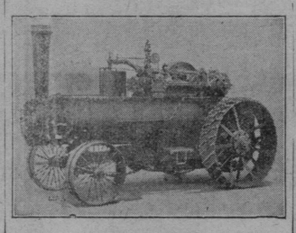
We have something New in Ladies' House Dresses called a 3 in 1 combination. Complete with attachable Apron. Most convenient dress on the market. Very simple and easy to attach or detach. No hooks or clasps. Made of percale or Gingham. The price **98c** for the combination.

Misses' and Childrens' wash Dresses



A new line of Wash Dresses for Misses and Children. New styles. New Patterns. Fast Colors. Must be seen to be appreciated priced at **98 cents**

The Dependable Store BABYLON & LIPPY CO., Westminster, Md.



Frick Engines, Saw Mills and Thre hers.

Deering and McCormick Binders, Mowers, Rakes, Tedders and Corn Binders.

Superior Grain Drills and Corn Planters, single and double row.

Oliver, Albright and Buckeye Cultivators.

Oliver and Wiard Plows.

Team and Buggy Harness.

Farm Wagons of all sizes, in four different makes.

Oil Engines from 1 to 16 H. P.

Just received a car load of Low Down Corn King Manure Spreaders, will spread from 4 to 9 feet.

The Famous Hess Spring Wagons, all styles.

People's Poultry and Stock Remedies.

Just received a New Supply of Northern Grown Garden Seeds.

Just received one Carload Yard, Stock and Poultry Wire. Also one Carload of Buggies.

"Everything For The Farm"

Phone 263

Farmers Supply Company

Liberty St., Westminster, Md.

It is believed that the coal operators will generously grant the demands of the employers, and stick the consumer only twice what they have to pay.

The people who have always thrown away lighted matches in the woods are the same ones who are complaining this spring because lumber for building costs so high.

Overland

We beg to announce that we have opened a

General Repair Shop and Service Station

Same will be in charge of Mr. Wm. N. Lease, a very efficient mechanic.

Your Money's Worth will be our motto

The W. H. Davis Co.

Westminster, Md.

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CORRECT ENGLISH

HOW TO USE IT

JOSEPHINE TRUCK BAKER, Editor

A MONTHLY MAGAZINE

For Progressive Men and Women, Business and Professional; Club-Women Teachers Students Ministers Doctors Lawyers Stenographers and for all who wish to Speak and Write Correct English

The bald headed politicians who are throwing their hats in the ring so boldly, should look out lest they catch cold some of these chilly spring evenings.

Children Cry
FOR FLETCHER'S
CASTORIA

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