

Table with 2 columns: Description of advertising rates and prices per square inch.

POWER OF HABIT.

Habit determines the customary course which we naturally follow without effort or thought, and is applicable to mental, moral and physical things.

The power of habit, even the tyranny of habit, is illustrated in the daily life of almost any man. One man, for instance, has contracted the habit of drinking to excess; the more he drinks the more he wants to drink, and long after the practice has ceased to yield him any gratification of any kind, and, indeed, when it is the source of the greatest mental and physical anguish, he still continues to drink merely from the force of a habit that has become irresistible from frequent repetition.

Whatever you would make habitual, said an old Roman, "practice it, and if you would not make a thing habitual do not practice it, but habituate yourself to something else."

"Men's thoughts are much according to their inclination: their discourse and speeches according to their learning and infused opinions; but their deeds are after as they have been accustomed."

As the older the habit the stronger its hold, the importance of shunning evil habits and of forming good ones in youth is vital, because it is easier to dig up by the roots an oak tree than to root out bad habits that have "grown up with our growth"; they are a part of us.

"The fact is that our virtues are habits as much as our vices. All our life, so far as it has a definite form, is but a mass of habits—practical, emotional and intellectual—systematically organized for our weal or woe and bearing us irresistibly toward our destiny, whatever the latter may be."

This is a great truth, which is inspiring to those who would grow morally. The most astonishing genius among the Greek philosophers pointed out more than two thousand years ago that virtue is not the result of mere disposition planted in us, but is the result of "doing." Nature he said gives us the capacity of receiving virtues and that capacity is perfected by

habit. In the Olympian games it was not the strongest naturally who gained the prizes, but those who, after having prepared for the contests, actually entered the lists as combatants; and so, he beautifully and convincingly says, it is in the moral and intellectual world; they who constantly act aright are those who attain to the noble and good in life."

From these considerations he deduced the conclusion that virtue is a "definite habit of mind" which results from the constant repetition of good deeds, and that the impulse toward the right action is directed by intelligent and high-minded effort. This is the regulation of the natural impulses of man so as to direct them into the right channels and keep them there through the force of habit.

The cultivation of the habit of detesting all that is low and mean the habit of admiring sincerely the good and the beautiful; and undeviating attachment to truth and justice, and the sincere effort to bring our conduct into accord with these ideals, constitute the rigid discipline of the moral philosophy so beautiful that "without it no condition of life is tolerable and with it none wretched, sordid and mean."

An obvious fact about habit frequently noted is, that though we gain no pleasure from doing a thing, yet we suffer great discomfort for not doing it. And so great is the force of habit that this is applicable to good, bad or indifferent practices. The formation of a habit becomes a great tyranny if the habit be bad, and, on the other hand, a great prop to virtue if the habit be good and desirable. Amiel has an aphorism: "It is not what he has or even what he does which expresses the worth of a man, but what he is;" and the man stands revealed absolutely by his physical intellectual and moral habits.

CONFESSIONS OF A PRIEST.

Rev. Jno. S. Cox, of Wake, Ark. writes, "For 12 years I suffered from Yellow Jaundice. I consulted a number of physicians and tried all sorts of medicines, but got no relief. Then I began the use of Electric Bitters and feel that I am now cured of a disease that had me in its grasp for twelve years."

IRELAND'S BRIGHTENING SKY.

The Governments have a splendid opportunity for the settlement of the great Irish question, if only they have sense and spirit enough to accept the report of the landlords and tenants' conference as the basis of the measure, which they have promised to introduce in the coming session, says Justin McCarthy in the Independent. Should they lose the opportunity then chaos will have come again so far as Ireland is concerned. Thus far the auguries seem hopeful. The influence of Sir Anthony MacDonald, the new permanent Under Secretary for Ireland, is already showing himself in Irish administration. The political prisoners in Ireland have all been released, and at the moment when I was writing the whole system of coercion seems to have given up by the authorities of Dublin Castle. There is the best reason to believe that King Edward is most favorably and wisely disposed toward the genuine pacification of Ireland, and that he is anxious to make a better order of things in that long oppressed country the creation and the noble monument of his reign.

SAVES TWO FROM DEATH.

"Our little daughter had an almost fatal attack of whooping cough and bronchitis," writes Mrs. W. K. Haviland, of Armonk, N. Y., "but, when all other remedies failed, we saved her life with Dr. King's New Discovery. Our niece, who had Consumption in an advanced stage, also used this wonderful medicine and to-day she is perfectly well." Desperate throat and lung diseases yield to Dr. King's New Discovery as to no other medicine on earth. Infallible for coughs and colds. 50c and \$1.00 bottles guaranteed by W. S. Dickson. Trial bottles free.

INDIGESTION.

Probably no ailment with which the human family is afflicted is more common than indigestion. The prime cause of indigestion is poorly cooked food. Fried food should be avoided, as a large amount of grease penetrates through every particle of the food if fried any length of time. Many people will take a piece of steak and fry it until it becomes thoroughly saturated with fat, and all the juices of the steak are entirely destroyed. When it is placed upon the table, ready to serve, the steak is about as easy to digest as a piece of leather and about as nutritious. If steak is fried at all, the skillet should be made very hot, a small piece of butter put in, then the steak placed in the skillet and allowed to remain long enough to brown through one-fourth of the meat. Then turn it over on the other side and do like wise. Steak to be nutritious should be red when cut open.

A great deal of the meat that is baked or roasted is cooked too much, which destroys the juices, making the meat indigestible. Meat in roasting loses about twenty-five per cent. of its weight while if steamed it will not lose any of its weight or nutrition. All cereals can be cooked by steam with one-fourth the labor that it takes to cook them in any other way, as they need no watch ing or stirring.

All vegetables cooked by steam are far more palatable, nutritious and more easily digested than when cooked in any other way. Puddings, fruit cake, brown bread, and a score of other things have a much better flavor if cooked by steam, and are much more easily digested than they are when cooked in a hot oven. Nothing should be boiled, as boiling takes the life out of any kind of food, with the exception of stews, when the liquid part as well as the solid part of the food is intended to be eaten. Potatoes should never be boiled. For most people baked potatoes are more palatable than any others, if eaten just as soon as cooked. They are worthless if allowed to stand any length of time. Steamed potatoes are very delicious, and much better to keep, if left over from one meal to another than potatoes that are boiled or baked.

Old and tough fowl can be cooked by steam and made as tender as a chicken. Poorly cooked food, and too much of it is enough to give any one indigestion. As a rule, people eat too much. A large per cent. of food is eaten simply because it tastes good, and not because the system demands it. In almost all the countries of Europe heavy breakfasts are unknown. A cup of coffee and a bun constitute the breakfast, and the people are all the better for maintaining this custom. It matters not how much you are paying a day or week at a hotel for board, if you should order even an egg with your morning lunch you will be charged for it in your bill as extra service.

Two heavy meals and one light lunch are enough for an ordinary person, especially one sedentary habits. A great many people who are constantly taking medicine for dyspepsia, would be cured if they would eat properly cooked food, and only as much of it as the system demands. We advise every person to make it a point to eat but two heavy meals and one lunch a day.

SOME SOUND SENSE.

Charles R. Flint, the great New York importer, in contributing to the New York American's symposium, "Success, and How to Solve It," gives utterance to some very wise sayings, a few of which are here given: In writing of the problem of success for young men the tendency is to write of men of remarkable capacity, to regard money accumulation as the measure of success. But "happiness is the chief end of man," and a happy man is a successful man. Health is essential to success. This is generally recognized, but it is the rare exception even among the intelligent that those possessing good health conserve it. They do not fully appreciate good health until they have lost it. Our ills generally result from neglect and indiscretion.

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TERMS OF COURT.

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BOROUGH OFFICERS.

Justice of the Peace—Thomas F. Sloan, L. H. Wible. Constable—John H. Doyle. Burgess—H. W. Scott. Councilmen—D. T. Fields, Leonard Holman, Samuel Bender, M. W. Nace, Clerk—William Hall. High Constable—Wm. Baumgardner. School Directors—A. L. Nace, John A. F. Smith, Thomas F. Sloan, F. M. Taylor, John Comer, C. B. Stevens.

GENERAL DIRECTORY.

President Judge—Hon. S. Mc. Swope. Associate Judges—Lemuel Kirk, David Nelson. Prothonotary, &c.—Frank P. Lynch. District Attorney—George B. Daniels. Treasurer—George B. Mellott. Sheriff—Daniel C. Fleck. Deputy Sheriff—Jury Commissioners—C. H. E. Plummer, Anthony Lynch. Auditors—John S. Harris, W. C. Davis, S. L. Garland. Commissioners—H. K. Malot, A. V. Kelly, John Fisher. Clerk—Frank Mason. County Surveyor—Jonas Lake. County Superintendent—Charles E. Barton. Attorneys—W. Scott Alexander, J. Nelson Spies, Thomas F. Sloan, V. McN. Johnson, H. H. Shaffner, Geo. B. Daniels, John P. Spies, S. W. Kirk.

SOCIETIES.

Odd Fellows—McConnellsburg Lodge No. 744 meets every Friday evening in the Comer Building in McConnellsburg. Fort Littleton Lodge No. 484 meets every Saturday evening in the Croner building at Fort Littleton. Wells Valley Lodge No. 607 meets every Saturday evening in Odd Fellows' Hall at Wells Tannery. Harrisonville Lodge No. 701 meets every Saturday evening in Odd Fellows' Hall at Harrisonville. Waterfall Lodge No. 773 meets every Saturday evening in Odd Fellows' Hall at Waterfall Mills. Warfordsburg Lodge No. 601 meets in Warfordsburg every Saturday evening. King Post G. A. R. No. 365 meets in McConnellsburg in Odd Fellows' Hall the first Saturday in every month at 1 p. m. Royal Arcanum, Tuscarora Council, No. 121, meets on alternate Monday evenings in P. O. S. of A. Hall, in McConnellsburg. Washington Camp No. 497, P. O. S. of A. of New Grenada, meets every Saturday evening in P. O. S. of A. Hall. Washington Camp, No. 554, P. O. S. of A. of Easton, meets every Saturday evening in P. O. S. of A. Hall. John Q. Taylor Post G. A. R. No. 589, meets every Saturday, on or just preceding full moon in Lashley hall, at 2 p. m., at Buck Valley. Woman's Relief Corps, No. 80, meets at same date and place at 4 p. m. Gen. D. B. McKibbin Post No. 465, G. A. S., meets the second and fourth Saturdays in each month at Pleasant Ridge.

EXECUTOR'S NOTICE.

Notice is hereby given that letters testamentary have been granted to the undersigned upon the estate of James Minnie into or during Greek township, Fulton county, Pa., deceased. Any persons having claims against the estate will present them properly authenticated to the undersigned, and those owing the same will please call and settle. W. R. SPEER, Executor. April 18, 1903. Salisbury, Pa.

YOUR COLUMN.

To show our appreciation of the way in which the Fulton County News is being adopted into the homes of the people of this county, we have set apart this column for the FREE use of our subscribers, for advertising purposes, subject to the following conditions: 1. It is free only to those who are paid-up subscribers. 2. Only personal property can be advertised. 3. Notices must not exceed 20 words. 4. All "clear" notices are included. 5. Not free to merchants, or any one to advertise goods sold under a mercantile license. The primary object of this column is to afford farmers, and folk who are not in public business, an opportunity to bring to public attention products or stocks they may have to sell, or may want to buy. Now, this space is yours if you want to buy a horse, if you want hired help, if you want to borrow money, if you want to sell a pig, a turkey, some hay, a goose, or if you want to advertise for a wife—this column is yours. The News is read weekly by eight thousand people, and is the best advertising medium in the county.

Impaired health forbidding more active employment, I will take in work, viz: silk or worsted quilts or cushions made of gingham, linen, swiss, etc. Prices low, Address MISS ANNA M. SNYDER Plum Run, Fulton Co., Pa.

Activity is necessary to success—rest by change of activity. Edison, measuring his life by the activity of the average man, figures himself 109 years old. "Tis not work that wears; 'tis worry." "Don't worry! Think! Think out the best way to solve the difficulty, and that stops worry."

Develop intellectual energy; encourage the imagination, the initiator of invention and construction. Cultivate alertness, and let the encyclopedia lug the bulk of the facts. Accomplishments are desirable but the ability to amuse is overvalued. Reserve your wit for a small circle of friends, and force the world to take you seriously. Consider yourself fortunate if you have had to struggle or are struggling—it develops strength. Judgment must largely determine the measure of success. You can cultivate the art of thinking, but "gigantic common sense" is a divine gift. Your success will largely depend on your keeping your ventures within the limits of your capacity. Test your judgment gradually. "Nothing risked nothing gained." But don't risk all. If you keep within your limitations you can, with health and activity, secure a measure of success and happiness, but venturing much beyond your limitations will result in failure and misery. If you have good judgment you will recognize that truth is the foundation of real success. Maxims, like good medicines, require judgment in the application. "Never put off till tomorrow what you can do to-day" applies to administrative work, in which most are engaged, but in complex situations where there is a probability of new developments, "never decide to-day what you can put off till to-morrow."

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OUR NEW SPRING MILLINERY.

is now in full display! We are now to the front with the largest and finest line of Millinery ever brought to Fulton county. We are here to try and please one and all, and give the best goods for the least money. We can save you 20 cts on the dollar as we believe in "quick sales small profits." We have scores of

Trimmed Hats.

besides hundreds of untrimmed ones. Trimmed hats from 50 cents to \$15.00. Shirt waist hats from 25 cts to \$2.50. Flowers of all description and prices. Sun bonnets from 15 cts to 25 cts. Infants caps from 20 cts to \$2.00. All over laces from 20 cts to \$1.50. Chiffon and Mulls in all colors. Ribbons from 2 cts a yd and up. In fact every thing that can be found in a first class millinery store. Our goods speak for themselves. Hats trimmed free. Our trimmer Miss Myers is from one of the largest millinery houses in the United States and we are sure her trimming will please you. Call and see us. MRS. A. F. LITTLE, McConnellsburg, Pa.

ATTENTION!

I am now better than ever prepared to furnish farmers anything in the way of Implements and Machinery. Buggies and Spring Wagons. Falling-top Buggies from \$40 up. Binders and Mowers. Harrows \$8.50 up. Corn Shellers. Corn Planters. Hay Rakes from \$15. up. Hay Forks and Rope. Boss Washing Machine. Lewis' White Lead at 7 1/2c up. Linseed Oil at 60c a gallon. Machine Oil from 20c a gal. up. Horse Shoe Nails 10c a lb. Wire Nails at 3 1/2c lb. Table Syrup 32c a gallon. Double-bit Axes 65c.

SEWING MACHINES \$15 UP.

Smooth Wire—way down. Pumps and Pipe at any old price. All kinds of salable Live Stock taken in exchange. If you want anything in my line call and see me; if you haven't time, drop me a postal card and I will call to see you. W. H. NESBIT, McConnellsburg, Pa.

S. P. METZLER.

DEALER IN... Pianos Organs buggies Carriages Good marketable stock taken in exchange. When in need of anything in our line write for particulars to S. P. METZLER, Burnt Cabins, Pa.

McCONNELLSBURG BAKERY.

D. E. LITTLE, PROPRIETOR. Fresh Bread, Rolls, Cakes, Doughnuts, and Pretzels on hand all the time. Free Delivery in town on Mondays, Tuesdays, Thursdays, and Saturdays. For Parties, Weddings, &c we are prepared on a couple of days notice to furnish all kinds of cakes &c. Your Patronage Solicited. D. E. LITTLE.

50 YEARS' EXPERIENCE.

TRADE MARKS DESIGNS COPYRIGHTS &c. Anyone sending a sketch or description will quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. Send drawings to Patent Office, United States Patent Office, Washington, D. C. Patent taken through Munn & Co. receive special notice, without charge. Scientific American. A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms: \$5 per year in advance. Single copies, 10c. Sold by all newsdealers. MUNN & Co. 361 Broadway, New York. Branch Office, 25 F St., Washington, D. C.

Men Wanted.

Choice country laborers, farm hands, and woodsmen, under 30 years of age to work several years in Wisconsin for \$25.00 a month and board or \$1.85 a day without board, Address ED REICHENBACH, York, Pa.

BUSINESS DIRECTORY.

HAIRIERS. R. M. DOWNES, FIRST CLASS TONSORIAL ARTIST, McCONNELLSBURG, PA. A Clean Cup and Towel with each Shave. Everything Antiseptic. Razors Sterilized. Shop in room lately occupied by Ed Brahe.

ISAAC N. WATSON, Tonsorial Artist.

Strictly up to date in all styles of hair cutting. Quick, easy shaves. Hot-iron, Green, Witch-hazel, without extra charge. Fresh towel to each customer. Latest improved apparatus for sterilizing tools. Parlor opposite Fulton House.

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THE JOB DEPARTMENT IS COMPLETE.

SALE BILLS, POSTERS, LETTER HEADS, ENVELOPES, CARDS, &c. In fact anything and everything in the best style along that line. Sample copies of the NEWS sent to any of your friends on request.

CUMBERLAND VALLEY TIME TABLE—May 26, 1902.

Table with columns: Leave, No., To, From, No., To, From, No., To, From. Lists train routes between various stations.

Additional local trains will leave Harrisburg as follows:

Table with columns: Station, Time, Direction. Lists local train schedules.

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Southern Penn'a R. R. TRAINS.

Table with columns: Station, Time, Direction. Lists Southern Pennsylvania Railroad train schedules.