

Published Every Thursday.

B. W. PECK, Editor and Proprietor.

McCONNELLSBURG, PA.

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3 mos. 6 mos. 1 yr. One-fourth column..... \$15.00 \$30.00 \$50.00 One half column..... 25.00 45.00 75.00 One column..... 40.00 65.00 100.00

Learn How to Rest.

A knowledge of how to rest will be a saving of many ill attacks. One might think that each individual would know the best way for her to find repose, but I have seen so many women fling themselves down to "rest," with all their clothes on, necks bound in tight collars and closely corseted, that I realize comparatively few have even a notion of how to relax body and mind. Resting is a science, and to do it so that one will be refreshed, it is necessary to completely relax. There will be little or no renewal of strength if the nerves and brain work like mad during the "rest."

Three things essential to repose are light garments, quiet and a subdued light. Lacking any one of these much good is lost, and twenty minutes used in this way are worth hours of lying down without relaxing.

A woman who is at home all day may take such a rest at any time that she chooses to arrange her household affairs for that purpose, but for a business woman it is different. Yet she needs it, and I wish all would try using a half-hour in this way when they come from a day down-town, particularly while the summer heat has been exhausting.

To begin the "rest" first remove all the clothes one has worn during the day and, if possible, take a shower bath. Failing this is a sponging in cold water (a real sponging, not a bath) is sufficient, and then put on a thin dressing gown.

No matter how small the apartment, there must be one room into which a person can go to be quiet, and there she should hide herself.

It Reached The Spot.

Mr. E. Humphrey, who owns a large general store at Omega, O., and is president of the Adams County Telephone Co., as well as of the Home Telephone Co., of Pike County, O., says of Dr. King's New Discovery: "It saved my life once. At least I think it did. It seemed to reach the spot—the very seat of my cough—when everything else failed." Dr. King's New Discovery not only reaches the cough spot; it heals the sore spots and the weak spots in throat, lungs and chest. Sold under guarantee at Trout's drug store. 50c. and \$1.00. Trial bottle free.

Rev. Strayer's Announcements.

July 19, 1908: Cronwell—Sunday school, 9:30 a. m.; preaching, 10:30 a. m. Oak Grove—Sunday school, 2 p. m.; preaching, 3:00 p. m. Wells Valley—Sunday school, 9:30 a. m.; Y. P. S. C. E., 6:45; preaching, 7:45 p. m. J. N. F. STRAYER, pastor. A CALIFORNIAN'S LUCK. "The luckiest day of my life was when I bought a box of Buckley's Arnica Salve," writes Chas. F. Budahn, of Tracy, California. "Two 25c. boxes cured me of an annoying case of itching piles, which had troubled me for years, and that yielded to no other treatment." Sold under guarantee at Trout's drug store.

Harvest Home Picnic.

The Mechanics Band of Clear Ridge, Pa., will hold their 12th Annual Harvest Home Picnic Saturday July 25th. Fantastic Parade at 9:30 o'clock, led by the Darktown Band of Georgia. Other amusements all day and night. See large bills.

COMMITTEE.

FOLEY'S KIDNEY CURE. Makes Kidneys and Bladder Right.

Trouble in Central America.

In the Central American States the normal condition is unrest, with insurrection, revolution and invasion always just beneath the surface. Although they have a republican form of government there is only the form and not the substance, for the ruling power is nearly always a military dictatorship, and the many rebellions and revolutions are not for the purpose of establishing much needed reforms, but rather they are struggles in which the government and the offices and the official grafting are the prizes.

A more serious condition than usual now threatens those States, and all may be involved in a war growing out of a disturbance in Honduras. A dispatch from Washington says that the revolution against the government of Honduras headed by former President Bonilla has developed all the old international animosities. Bonilla is in the field and has taken a couple of towns, and President Davila, who fears that the insurrectionists will take the only seaport on the Pacific, is said to be making preparations to resist them.

At the same time President Zelaya, of Nicaragua, is getting ready to assist the government of Honduras. The latter State charges Guatemala and Salvador with fomenting the insurrection, and Guatemala contends that Nicaragua is at the bottom of the trouble. Thus the efforts of Presidents Roosevelt and Diaz to promote friendly relations between the republics, have been put forth in vain, and the work of the recent Central American peace conference to provide means for a peaceful settlement of international disputes, is likely to prove a failure.

It would be well for the Central Americans if all the States could be united in a federation that would forever end the many bloody and costly struggles that prevent the development of country and people. It is to be feared that so long as the republics remain separate and independent the insurrections and revolutions and international wars will be frequent.—Star-Independent.

GRACEY.

Harvest is here and the hum of the threshing machine can be heard in all directions.

Miss Lillian Henry returned home after spending a few days with her Uncle and Aunt near this place.

On Saturday evening July 18th there will be a ribbon social in the Grove at Gracey. Everybody welcome.

There will be preaching at Mt. Tabor church in two weeks on Saturday evening.

Cloyd Harmon of Chester, W. Va., made a flying trip among friends in this vicinity.

Estella Gracey, who has been at New Grenada for some time, is spending a couple of weeks with her parents Mr. and Mrs. S. C. Gracey of this place.

Dawson Strait came home Thursday evening to help harvest.

Two of our young ladies attended a picnic at Rock Hill Saturday.

Rev. J. F. Strayer, the U. B. preacher of this place, was married in Johnston, Pa., last Thursday evening at eight o'clock.

B. L. Wagner and wife visited the latter's parents Mr. and Mrs. J. A. Lamberson Sunday.

Blaine Bergstresser, wife, and family visited John Gracey's Sunday.

Mr. Albert King, after having spent a couple of weeks in this county and harvesting his grain and hay, has returned to Altoona.

Dr. T. L. Deaver has been visiting among friends in this community the past week.

Rule of Character.

Our own problem looks exceptional to us, but it is not. The next man we meet has an equally hard sum on his slate and is working it out or giving it up, quite in our own fashion. We think, perhaps, that riches would solve our difficulty for us in no time, or pleasure would soften it, or change would substitute an easier one. But in reality there is only one rule by which to work it out—the rule of character.

Fourth Losses and War.

More people are killed in the United States every year through Fourth of July celebrations than were killed in any battle of the Revolutionary War, and the total number of casualties of Fourth of July celebrations during the last four years is more than double the total losses of the Americans during the eight years of the Revolutionary War, according to statements contained in an article entitled, "The Glorious Fourth" in the current issue of the National Food Magazine. The magazine gives a table of comparisons showing the losses in the battle of the Revolutionary War compared with the total casualties of all the Fourth of July celebrations since 1903, and says: "Five thousand people in the United States, mostly children, and now well and happy, will be either dead or wounded within the next few days, or before the celebration of this Fourth of July is ended. If England has a revengeful soul she must laugh in hellish glee to see us turn our weapons of death on ourselves and carry on forever and with fourfold energy the work of slaughter she began during the Revolutionary War.

"Every Fourth of July more people in the United States are killed in celebrating our independence than were killed in the bloodiest battle of the Revolutionary War. The number of killed and injured during the last Fourth of July was nearly ten times as great as were the American losses at Bunker Hill; it was fifty times as great as at the combined battles of Lexington and Concord, more than sixty times that of our losses at Bennington; over seven times the American losses at Germantown; more than four times the number of our soldiers killed, wounded and imprisoned at the battle of Brandywine, and more than twice as great as all the losses the American arms sustained at Camden.

"The list is nearly seven times as great as the number of British killed and wounded at King's Mountain; it is eight times as many as the American losses at Eutaw Springs; more than ten times our losses at Guilford Court House, and more than sixty-two times as great as our losses at Cowpens.

"If these comparisons are not sufficiently convincing to prove the horror and destructiveness of our Fourth of July celebration, then combine both the British and the American losses of the bloodiest battles of the Revolution and multiply that by two, and even then you will have to add more to equal the figure of the total casualties of our present-day Fourth of July celebrations. And then if that comparison is not sufficiently convincing, let it be remembered that the casualties of every Fourth of July are greater than the total number of both British and American soldiers engaged in most of the battles of the Revolutionary War.

"It should be remembered that the losses in the battles mentioned include the killed, wounded and the number of prisoners taken.

"Other comparisons might be given by citing the Battle of Germantown, where the Americans lost 1000 and the British 600; Lexington and Concord, with a British loss of 273; Camden, where the American loss was 2000; King's Mountain at which the British lost 450, killed and wounded, and 648 prisoners; and Bennington, where the British lost 850 and the Americans 70.

"Thus it is seen that our celebration of the victory over the British is many times more disastrous than our war with the British; that Great Britain was never such an enemy to us as is our own exultation.

A REVELATION.

It is a revelation to people, the severe cases of lung trouble that have been cured by Foley's Honey and Tar. It not only stops the cough but heals and strengthens the lungs. L. M. Ruggles, Reasnor, Iowa, writes: "The doctors said I had consumption, and I got no better until I took Foley's Honey and Tar. It stopped the hemorrhages and pain in my lungs and they are now as sound as a bullet." Trout's drug store.

FOLEY'S KIDNEY CURE. Makes Kidneys and Bladder Right.

Womanly Wisdom.

To free a house of mice, sprinkle red pepper where they are likely to run in it. They will soon leave.

Don't discourage the boy when he comes to you with his cares or troubles. Sympathize with him, and thank God he confides in you.

The sweetest, purest ornament that a woman can wear, and of which she should feel proudest, is the clinging necklace of her baby's arms.

You can make pretty and durable table mats of the bottoms of used grape baskets. Tear off the sides and cover the bottom part with white linen or table cloth.

Hang a palm-leaf fan by each bed. It is a comfort to have a breeze at command when you wake in the middle of a sultry night, and the cooler air and the regular motion of fanning often soothes one to sleep.

Some folks are troubled by potatoes turning dark after being boiled, especially at this time of the year. If they are peeled an hour or so before they are cooked, and left to stand in cold water, they will keep nice and white.

Butter may be kept solid in warm weather if put in a bowl that is covered with a plate and set in a pan of cold water. Then fold a towel and lay across the plate with the corners hanging down into the water, and put the pan in a cool, if possible, a drafty place, and the evaporation will keep the butter firm.

To keep flies from roosting on the screen door, ready to come in when it is opened, take a piece of an old window shade, or else a folded piece of manila paper as long as the door is wide and about half a yard wide, and cut into narrow strips to within two inches of the top, then tack across the top of the door. The gentle breeze, or the movement of the door, when opened, will keep the flies away.

This is why his marriage was a failure: He did all the courting before marriage. He never talked his affairs over with his wife. He thought of his wife only as a cheap housekeeper. He never dreamed that a wife deserved praise or compliments. He married an ideal, and was disappointed to find it had flaws. He paid no attention to his personal appearance after marriage. He treated his wife as he would not have dared to treat another woman.

From June Farm Journal.

You hear it said every day that the only place in the world to find "ratitude" is in the dictionary. If we seek it there we ought to think more of it, for the definition says it is a sense of appreciation of favors received accompanied with good-will toward the benefactor—an emotion or sentiment of thankfulness—the natural response of the heart to kindnesses intended or received. The cynic's definition of gratitude is "a lively sense of appreciation of favors to come," but while we admit this is smart, and like many smart sayings partly true, we must also declare it unwholesome. Be thankful for everything; it makes no difference how small the favor may be, its real power of happiness to the giver, as well as to the recipient, depends upon the proper appreciation it calls forth. All of us are constantly receiving favors of one kind or another, gifts of worth, courtesies, suggestions and the mutual acts and thoughts that make up our daily lives. If we accept these without intention of ample recognition or return we are guilty of injustice. And there is the more direct appeal to our selfishness, because, if we are not grateful, we lose. We hear every day of former favorites in public life complaining of their lost popularity, and saying that people are fickle. If we look under the surface we are likely to find that the favorites who lost their hold deserved their fate, because they were never truly grateful for their good fortune, and did nothing sincerely unselfish to repay it. It is a fact which we should never underestimate, that, as a rule, people are all right, and if we do our part they will do theirs.—"Between the Editor and the Reader," in 'The Ladies' World' for July.

FOLEY'S KIDNEY CURE. Makes Kidneys and Bladder Right.

46 Stars Now in Flag.

All flags for the use of the government made after July 4 will contain 46 stars in the field to conform to the number of states. An Act of Congress in the early part of the 19th century requires that a star shall be added to the flag on the admission of each new state, this to take effect on the Independence Day succeeding the admission. Oklahoma became a state on November 16, 1907, thus adding the forty-sixth star. The field now stands—first, third, fourth and sixth rows, eight stars each; second and fifth seven each.

Devil-Tempted Young Men.

There is no one so devil tempted to day as the young custodian of the cash drawer. He is tempted because he assumes he is not paid enough; tempted because he cannot indulge himself as some who are better paid; tempted because he is vain of a good appearance; tempted because he wants to shine socially; tempted because he loves devotedly and cannot shower gifts from his thin pocket-book; tempted because he is a neophyte in forbidden mysteries; tempted, most of all, by the desire to emulate some other apparently successful young man who have made great "killings" on the race track or the stock exchange.—Philadelphia Telegraph.

The Rustic Won.

The city man was killing time by wandering around the farm. Down by the mill bridge he sighted an old man gazing intently in to the water.

"Looking for fish, uncle?" ventured the city man.

"Nope!" replied the old man, without looking up.

"What then?"

"Poles."

"But, my dear man, I can't see any poles down there."

"I can. Bet you my Barlow agin' your watch chain."

"I'll go you. Now, what kind of poles are down in that water?"

"Tadpoles! Always heard city folks war powerful green, stranger."

And the old man pocketed the watch chain, while the city boarder returned to the farmhouse sadder but wiser.

A boy in Clearfield county knocked down a robin's nest the other day and carried three of the young robins home. Game Warden Crawford, of DaBois, was notified of it and arrested the boy. On a hearing he was fined \$10 for knocking down the nest and \$10 each for the robins, making \$40 in all. The boy's father refused to pay the fine and he was held for court in the sum of \$200.

A Safe and Sure Cough Cure. Kemp's Balsam. Does not contain Opium. Morphine, or any other narcotic or "habit-forming" drug. There is no Narcotic in Kemp's Balsam. Nothing of a poisonous or harmful character enters into its composition. This clean and pure cough cure cures coughs that cannot be cured by any other medicine. It has saved thousands from consumption. It has saved thousands of lives. A 25c. bottle contains 40 doses. At all druggists, 25c., 50c. and \$1. Don't accept anything else.

FARMERS BUY YOUR FERTILIZERS OF C. E. STARR, THREE SPRINGS, PA. This is the place to get your Fertilizer for fall. The following goods will be sold at the prices named: Standard Dissolved Bone. Cash When Loaded \$14.75 Not Paid then \$16.00 Not Paid for One Year \$17.00 Standard Bone Potash. Cash When Loaded \$15.25 Not Paid then \$17.00 Not Paid for One Year \$18.00 Banner Wheat Grower. Cash When Loaded \$16.00 Not Paid then \$17.00 Not Paid for One Year \$18.00 I have other high grades at the same rate. All new goods and of the best grades. TIMOTHY SOLD ON HAND. You can get the fertilizer any time you call for 6-25-m3.

LAWYERS

M. R. SHAFFNER, ATTORNEY AT LAW, Office on Square, McConnellsburg, Pa. All legal business and collections entrusted will receive careful and prompt attention.

DR. A. K. DAVIS, Hustontown, Pa.

DENTAL WORK IN ALL ITS BRANCHES.

Gold Crown and Bridge Work a Specialty. Teeth extracted positively without pain. All Work Guaranteed.

Will be in office from Thursday evening until Monday morning of each week.

Western Maryland Railroad Company.

In Effect June 10, 1908.

Trains leave Hancock as follows:

No. 6-4-10 a. m. (daily) for Hagerstown, Baltimore, Washington, Chambersburg, and intermediate.

No. 4-10-10 a. m. (week days) Baltimore, Gettysburg, York and intermediate.

No. 2-3-9 p. m. (week days) Baltimore and intermediate stations. Vestibule train with observation buffet car.

No. 1-8-10 a. m. (week days) Cumberland and intermediate.

No. 3-1-10 p. m. (week days) Little Orleans, Old Town, Cumberland, Elders and west. Vestibule train with observation buffet car.

No. 5-4-8 p. m. (daily) leaves Hagerstown 4:30 p. m., Hagerstown 7:40 p. m.

All trains make connection at Bruceville for Frederick and train 8 and 4 for points north and at Baltimore (Union Station) for Philadelphia and New York.

F. M. HOWELL, Gen. Pass. Agt. C. W. MYERS, Agent.

Private Sale.

The Property of the Baltimore Crosstie Company.

3 Portable Engines and Saw Mills Complete, 1 Set Barcus Stocks, 7 Pairs Truck Wheels and Axles, 2 Log Trucks, 1 Anvil, 1 Blacksmith Forge, 1 Low Down Wagon, 3 Four-Horse Wagons, 3 Cut-Off Saws, Lot of Harness, Collars, Bridles, and several other articles too numerous to mention. This entire outfit has only been in use two years.

For further particulars call or write to MASON & GILLECE, Auctioneers, Hancock, Md.

Buggies and Wagons

I have just refilled my sheds with a fine lot of Buggies and Wagons which I am selling under a written guarantee at Rock Bottom Prices. I also have in stock a lot of Buggy Wheels and Buggy Poles. I want your trade. Please come and see my stock before you make a purchase. Thanking the public for liberal patronage in the past, and soliciting a continuance of the same in the future, I am yours, Very respectfully, W. R. EVANS, Hustontown, Pa.

GENERAL DIRECTORY.

President Judges—Hon. S. Mc. Swop, Associate Judges—D. T. Humbert, B. K. Markey. Probationary—Geo. A. Harris, District Attorney—Frank P. Lynch, Treasurer—Charles H. Stevens, Sheriff—J. J. Smith, J. W. White, Deputy Sheriff—A. D. Hohnan, Jury Commissioners—David Rutz, A. C. Truck. Auditors—D. H. Myers, Aaron M. Garland, W. Grant Wink. Commissioners—C. C. Gracey, William C. Davis, S. A. Nesbit, Charles R. Frank Henry, County Superintendent—H. C. Lamberson. Atorneys—W. Scott Alexander, J. Nelson Sipes, Thomas F. Sipes, F. McV. Johnston, M. R. Shaffer, John P. Sipes, S. W. Kirk F. P. Lynch, H. N. Sipes, L. H. White.

BOROUGH OFFICERS.

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TERMS OF COURT.

The first term of the Courts of Fulton county in the year shall commence on the Tuesday following the second Monday of January, at 10 o'clock a. m. The second term commences on the third Monday of March, at 2 o'clock p. m. The third term on the Tuesday next following the second Monday of June, at 10 o'clock a. m. The fourth term on the first Monday of October, at 2 o'clock p. m.

CHURCHES.

PRESBYTERIAN.—Rev. W. A. West, D. D., Pastor. Preaching services each alternate Sabbath at 10:30 a. m. and every Sunday evening at 7:00. Services at Green Hill on alternate Sabbaths at 10:30 a. m. Sabbath school at 9:15. Junior high school at 2:00. Christian Endeavor at 6:00. Prayer meeting Wednesday evening at 7:00.

METHODIST EPISCOPAL.—Rev. C. W. Bryner, Pastor. Sunday School at 9:30 a. m. Preaching every other Sunday morning at 10:30 and every Sunday evening at 7:00. Epworth League at 6:00 p. m. Prayer meeting Thursday evening at 7:00.

UNITED PRESBYTERIAN.—Rev. J. L. Grove, Pastor. Sunday school at 9:30 a. m. Preaching every Sunday morning at 10:30, and every other Sunday evening at 7:00. The alternate Sabbath evenings are used by the Young People's Christian Union at 7:00 p. m. Prayer meeting Wednesday evening at 7:00.

EVANGELICAL LUTHERAN.—Rev. Calvin Fassold, Pastor. Sunday school 9:15 a. m. Preaching every other Sunday morning at 10:30 and every other Sunday evening at 7:00. Christian Endeavor at 6:00 p. m. Prayer meeting on Wednesday evening at 7:00.

REFORMED.—Pastor. Sunday school at 9:30 a. m. Preaching on alternate Sabbaths at 10:30 a. m. and 7:00 p. m. Christian Endeavor at 6:00 p. m. Prayer meeting on Wednesday evening at 7:00.

SOCIETIES

Odd Fellows—M'Connellsburg Lodge No. 744 meets every Friday evening in the Cleveenger's Hall in McConnellsburg.

Port Littleton Lodge No. 484 meets every Saturday evening in the New Hall at Port Littleton.

Wells Valley Lodge No. 607 meets every Saturday evening in Odd Fellows' Hall at Wells Tannery.

Harrisonville Lodge No. 710 meets every Saturday evening in Odd Fellows' Hall at Harrisonville.

Waterfall Lodge No. 773 meets every Saturday evening in Odd Fellows' Hall at New Grenada.

Warfordsburg lodge No. 601 meets in Warfordsburg every Saturday evening.

King Post G. A. R. No. 365 meets in McConnellsburg in Cleveenger's Hall the first Saturday in every month at 2 p. m.

Washington Camp, No. 450, P. O. S. of A. meets every first and third Saturday evening at their hall at Needmore.

Tuscarora Council, Royal Arcanum meets every first and third Monday evening in Cleveenger's Hall, 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. 534, P. O. S. of A., Hustontown, 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 Laahley hall at 2 p. m., at Buck Valley.

Woman's Relief Corps, No. 89 meets at same date and place at 4 p. m. Gen. D. B. McKibbin Post No. 401 G. A. S., meets the second and fourth Saturdays in each month at Pleasant Ridge.

Clear Ridge Council, No. 940, Jr. O. U. A. M., meets in their hall at Clear Ridge every Saturday evening.

The Aspasia Rebekah Lodge, I. O. O. F., of Harrisonville, meets the 1st and 3rd Wednesday of each month, in the I. O. O. F. Hall at Harrisonville.

6 per cent. Mortgages.

Send for our MORTGAGE INVESTMENT CIRCULAR which shows our unique plan of placing money on REAL ESTATE IN PITTSBURGH, PA. FIRST MORTGAGES - 6 per cent to the investor. All expenses paid by the borrower. We accept of remittances of \$500 to \$10,000 and over. We have the highest references, which appear on circular. Over 25 years in business. Send us your spare money for investment.

Jas. W. Drape & Co., Scotch Mortgage Bankers, Suite 215-14-15 Farmers' Bank Bldg., PITTSBURGH.

W. M. COMERER, agent for THE GEISER MANUFACTURING COMPANY, BURNT CABINS, PA. for the sale of Traction and Portable Engines, Gasoline Separators, Clover Haulers, Sawmills, &c. Engines on hand all the time.