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FORCED INTO EXILE.

Wm. Upchurch, of Glen Oak, Okla, was an exile from home Mountain air, he thought, would cure a frightful lung racking cough that had defied all reme dies for two years. After six months he returned, death dogging his steps. "Then I began to use Dr. King's New Discov ery," he writes, "and after taking ing. six bottles I am as well as ever." It saves thousands yearly from desperate lung diseases. Infalli ble for coughs and colds, it dispels hoarseness and sore throat. Cures grip, bronchitis, hemorrhages, asthma, croup, whooping cough. 50c and \$1.00, trial bottle free, guaranteed at Trout's drug store.

Some Don'ts for Men.

The Chicago Department of Health is authority for the state ment that "men coddle themselves more than do women." the observation; at least it is very true that women are more care less than men in the matter of protecting tkemselves against the weather. For example, no man would walk about now in a peekaboo waist and thin soled low cut shoes. Women are dress ing in exactly that fashion, and men dressed in heavy clothing wonder whether the lightly clid women do not invite pneumon a and many diseases that have their origin in colds. But some how the women are quite as healthy as the men. Maybe the Department is right and men coddle theselves too much.

The same authority publishes some "pneumonia don'ts" for Apparently the woman need no warnings or advice of that character; at least none of the "don'ts" apply to hem direct ly. Men are advised to avoid ill ventilated and foul smoking cars; to keep their bedroom windows open at night; to guard against fully did each measured mile in less overeating, which "is a particul arly dangerous practice in winter time;" to avoid over indulgence in alcoholic drinks; and last, but not least important, "don't be a draught crank, for you need all the pure air you can get."

It will be observed that practically all of these don'ts apply more directly to men than to wo men; that is to say, women violate the injunctions less often and less habitually than do men. Yet few women and fewer men will agree with the Department with regard to draughts. True enough, everybody needs all the air he can get. But exposure to draughts has sent many a man | Gilbert, Canada, in National Stockand woman to an untimely grave. man.

You need a sufficient amount of

Else you can't gain strength, nor

You must eat in order to live and

You must not diet, because the

body requires that you eat a suffic-

But this food must be digested,

When the stomach can't do it,

The proper way to do is to eat

what you want, and let Kodol di-

Nothing else can do this. When the stomach is weak it needs help;

you must help it by giving it rest,

and it must be digested thoroughly.

you must take something that will

ient amount of food regularly.

can you strengthen your stomach if

good wholesome food and more than

this you need to fully digest it.

it is weak.

maintain strength.

help the stomach.

and Kodol will do that.

gest the food.

Apologetic.

Owing to the fact that our of fice has been "all torn upside down,"during the past two weeks with men at work busy enlarging our press room and replacing ma press this week and leave out a lot of very interesting matter sent in by our faithful corre spondents. We sincerely hope they will pardon us; for we dis like very much that this happens. We, however, will have the nicest and best equipped printing plant in this part of the State, and will be able to get out our paper on time, and handle all the matter

that "comes down the pike."

a large crowd.

Meliott's last Saturday.

Mountain and Miss Della Daniels from pasture to the barn, fed the of this place, attended meeting at fowls and hogs, then walked back Pleasant Ridge, Saturday e/en-

The Cross Roads school is progressing along nicely under the care of Miss Blanche Smith.

COMPACTNESS.

The Incompact Horse Goes Down

Easily and Tires Early. all horses of general utility the quality known as compactness is the primary requisite. No hunter can possibly be good without it, no back rides well without if, no harness horse can be properly balanced without compactness, and no Shire horse is worthy of its stable room and bulky forage without full development of this important symmetrical characteristic. In horses It is of overwhelming importance. The word compact means closely and firm-There is probably much truth in ly united, firm, solid, dense, structure well connected. Its effect on the work may be illustrated by a hypothetical horse whose chief fault is his incom-

Imagine two men carrying a long ladder. The stumbling and falling of the front man cannot be prevented or influenced by the hinder man. So with the incompact horse whose long, weak back severs rather than unites the connection between the two ends. And with either fore leg in trouble down he goes with such violence as ruins him for life. Supposing the long backed, weak horse escapes actual fall or serious damage, he is still highly incompetent, because he always goes like fulling, especially when tired, and a very little work will induce this early weariness. I suggest that owners and breeders should avoid this most miserable type of animal. His hind legs are ever behind him in company with his tail, and his head becomes the fifth limb, which too often props him up. This explains the ef-

fects of incompactness. How a Horse Proves His Quality. A short, strong back, with long quarters and shoulders, will in a well bred animal produce action in principle not unlike the kangaroo. Notice the horse 'n harness. Driving last week my good harness horse pulled hard, his hind legs seeming to be ever forward, and with a wheeled dogeart he cheerthan five minutes. He carried himself on his hind legs and had a fore foot tripped the weight of the frontage of the horse temporarily or momentarily would have been borne by the hind leg. The hind leg measures one inch more than the fore, and it is much more powerful. The muscles which drive it are the most powerful in the entire body, and the motor nerves which convey their energies to these muscles are the most important forces in the entire animal. Compactness would therefore save a horse from falling, the hind leg alone coming to

This applies to all types of light horses, and a cart horse is a bad walker unless the swing of the hind leg be long and good. In this respect every horse proves his quality when walking by planting his hind foot far in front of the fore foot print.-W. R.

Our Guarantee

Go to your druggist today, and

purchase a dollar bottle, and if you

can honestly say, that you did not

receive any benefits from it, after

using the entire bottle, the drug-

gist will refund your money to you

We will pay the druggist the price

This offer applies to the large

We could not afford to make such

The dollar bottle contains 2% times

as much as the fifty cent bottle.

an offer, unless we positively knew

what Kodol will do for you.

It would bankrupt us.

bottle only and to but one in a

of the bottle purchased by you.

without question or delay.

family.

For Sale at Trout's Drug Store.

the rescue.

Eat What

You want of the food you need

Kodol will digest it.

What An Old Man Did.

The above heading is intended to remind the reader of what a man can do if he tries.

Last Sunday, Rev. A. G. B. chinery, we are obliged to go to Powers, of Needmore, preached at Sideling Hill Christian church at 11 a. m., then went to the hospitable home of E. R. Mellott, aft er sharing a sumptuous dinner, in company with his wife, started for Pleasant Grove. On arriving at Sipes Mill postoffice, his wife discovered that she had lost her purse containing several dollars. After searching the buggy and not finding it, she said, "Now what shall we do about it?" He answered, "You drive back and Quite a lot of our people attend look for it, and I will walk to ed the love feast at the Dunkard | Pleasant Grove." He left her at church Friday evening and report 2:15 and arrived at Pleasant Grove at 3:10-a distance of about Date Shives and Miss Tenie four miles, the preacher being Mellott visited Mrs. Amanda past 64 years of age. After preaching, he walked nome near-Mr. Mack Johnson, of Dickeys ly three miles, drove the cow toward Sipes Mill to meet his wife. On meeting her, she informed him that she had not found the lost purse.

This story is given to show what a man can do if he will try. If the members of the church would be as persevering as the preacher, it would be a growing church. Why disappoint the preacher, when he strains every nerve to meet his congregation. Why don't the church member who stays at home on Sunday (and perhaps sleeps the precious time away) read Proverbs 6:678 'Go to the ant, thou sluggard; consider her ways and be wise; which having no guide, overseer, or ruler, provideth her meat in the summer, and gathereth her food in the harvest.

CHURCH GOER.

CLEAR RIDGE.

Mrs. Nathan Henry and son Master Smith, spent Sunday with her daughter Mrs. J. C. Appleby at Decorum Miss Mary Jane Fields spent the

past week in the home of her brother Wm. L. Fields. Miss Nelle Curran teacher of Cutchall school spent from Friday evening

until Monday with her sister Mrs. Calvin Henry. Walter Berkstresser and sister Miss Mattie, of Dublin Mills, spent Sunday

with Mrs. Mintie Miller. Robt. Fleming, of McConnellsburg, B. S. Fleming, of Waynesboro, came home the first of the week to engage

in hunting for a few days. Miss Mayme Fields spent last and is spending part of this week with Mrs. Bert Heeter of New Grenada. Miss Inez Winegardner who had en on the sick list for a week nast

improving we are pleased to note. Mrs. Barnett has returned to the home of her daughter Mrs Malinda Strait after spending three weeks with her son Wm. Edwards near Huston-

The Jr. O. U. A. M. intend holding a banquet Saturday evening. November 13th. Mrs. Malinda Strait and daughter

Miss Iva, Also Miss Irene Kerlin were among the shoppers at McConnellsburg on Saturday. Mrs. Elizabeth Cutchall who spent

the past summer in Pittsburg returned home on Wednesday evening. Howard Ramsey an employe Waynesboro for over a year landed

here Sunday evening, expecting to shoulder his gun and bring in quite a lot of game this week and at the same time pay a visit to the home of his childhood. The Patrons of husbandry will build

store and Grange Hall in the near

Three Springs, bave purchased the Allen Cutchail huckster route and one of them passed through here weekly. Philip Hileman, of Altoons, who shent the past month here with his wifes parents Mr. and Mrs. Calvin Baker, has been removed to a hospital in Philadelphia. We sincerely hope that he may meet with successful treatment and soon be restored to

health again. Miss Zelpha Fleming is now impro-

ing, after a long lilness. Rev. Harry Moyer preached a very impressive sermon here on Sunday The eldest daughter of Mr. and Mrs Horace Grove, of Somerset county, is on a visit to her parents here.

Mrs. R. J. Fields spent a day last week with Mrs, W. L. Fields. John P. Kerlin was a business visit

or to Waterloo last week. Guy Alloway, of New Grenada, was caller here one day last week.

Arthur Kerlin killed a wild turkey. Mrs. Gilbert Kerlin and son Russel and daughter Grace, spent a day recently with Mrs. T. C. Appleby. Mr. and Mrs. Mowery Gelvin, of Ft. Littleton, spent a day recently with

Bert Wieegardner and wife. Mr. and Mrs. Frank Keith and three children, and Mr. and Mrs. David Fraker and three children-all of Saltillo, spent a day recently with Mr. and Mrs. N. B. Henry.

Kodol is made at the laboratories of E. C. DeWitt & Co., Chicago. Subscribe for the "News;" only \$1.00 a year.

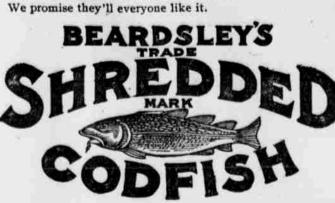
What to Have For Tomorrow's Breakfast

No family in all America will eat a better breakfast than yours tomorrow, if you have Beardsley's Shredded Codfish.

Even a millionaire's table could boast nothing more delicious. Yet more than enough for five hungry people will cost you only 10 cents.

So just for the sake of variety, let your folks try this fineflavored food.

Let them feast on it tomorrow-"fish day."



Ready in 10 Minutes

Beardsley's Shredded Codfish means a breakfast prepared without No bones to pick out-no washing-

no soaking—no boiling.

You can have it ready to serve—cooked to the Queen's taste—in less than ten minutes.

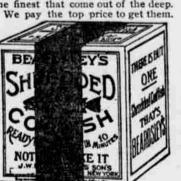
And please don't think there's any "fish-odor" in cooking — instead, there's a tempting, savory smell—a smell that will make you hungry. You'll See a Big Difference

Beardsley's Shredded Codfish doesn't taste at all like other codfish You'll see a vast difference the min-

the you open the package.

The meat in a package of this is so fine and fluffy and dainty—so sweet-smelling—so delicious looking—that you'll be tempted to eat it without waiting to cook it.

We use none but fat, plump fish— the finest that come out of the deep. to prepare it, that no one ever tires of it. We pay the top price to get them.



THE PACKAGE WITH THE RED BAND

Cod of fair quality can be bought for half what we pay for ours.

And we take only the choicest part of each fish—the sweetest, most delicately flavored meat.

Instead of Eggs or Meat

Your folks will find this Shredded Codfish a welcome change from eggs or meat.

It is more nourishing and strengthening than either. It contains 22 per cent protein. Sirloin steak only 17 per cent. Eggs only 121/2 per cent.

And see what you save by serving it. A package of this—plenty for five costs only 10 cents. Eggs or meat for five costs three or four times as much.

After one breakfast or lunch of this delicious food, your people will want it at least once a week.

In New York, where most people know how good our Shredded Codfish is, it is served about that often in nearly every home.

There are so many tempting ways

Get a Package Today

Order a package of this Shredded Codfish today—please make sure you get Beardsley's—the package with the red band. There is other Codfish in packages. But Beardsley's is the only Shredded Codfish. No other kind will taste half so delicious. Free Book of Recipes

Ask your grocer for our free book of recipes-directions for dozens of tempting new dishes. Or write us-we'll send you the recipe book—also a gen-erous sample of our Shredded Codfish.

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Lined with wax-paper. No preserva-tive whatever, save the purest and finest sea-sait. Also packed in tin and glass.

Some of Our Other Pure Food Products:

Acme Sliced Bacon; Acme Sliced Dried Best; Star Brand Boneless Herring.

SLEEP AND HOW TO GET IT.

Dr. McCamb in Harper's Bazar Gives a Sure Remedy For Sleeplessness.

Are you losing sleep either in quality or quantity? If so, then you will do well if you drop every other care and give yourself to attended Lodge at Harrisonville LESTER the restoration of this prerequis | Saturday evening. Tommie, if ite to physical and mental health. you would attend Lodge more The first step is to find the cause regularly, your horse would not of the trouble. It will almost in- scare when it comes into town, variably be found to consist of Nevin S. Strait, who had moved some violation of what Emerson to Pleasant Ridge a few weeks calls "the conduct of life." The ago to take charge of S. B. Deshpoor woman who works hard all ong's store recently purchased day burdened with a thousand from J. W. Lake, has moved back petty anxieties often takes her to his house on Patterson Run. worries with her to bed, only, of course to make rest impossible much work keeping store? and to make herself less capable of meeting the duties of the fol- sons and daughter, and Mrs. Lib lowing day. Not long ago 1 was Edwards and two daughters-all requested to visit a lady suffering of Altoona; Mrs. Bertha Deshong with influenza and insomnia. The and son Roy, of Wells Tannery, physician in attendance wisely and Rea Sprowl, of West Dublin refused to continue the administration of opiates, and I was and grandmother, Mrs. Lucinda asked to supplement his ef. Cutchail, at Harrisonville, last forts by some kind of moral week. Chas and George Huston, now of and psychic treatment. found the patient to be a noble. Guy and Kab., spent Saturday

hearted and highly educated per- afternoon at L. I. Deshong's. Elson who had endured great la, what's going to happen? I wrongs and hardships through think that is the first half day no fault of her own. She felt you have spent away from home down-cast and miserable, believ- in fifteen years. But then, of ed that her life was ruined, that course, there was an errand in God had forgotten her. Through the call. the long nights the cross currents | Anyone desiring to buy a nice of thought and feeling kept the little home would do well to call brain abnormally active and on L. I. Deshong, as he wants to plunged the sufferer into a sea of sell. wretchedness. The memory of Della and Ethel Deshong, who all the miseries that she had eu- are employed near Metal, Frankdured could not be put down, and lin county, are spending a few her religious faith seemed pow- days with their grandmother, erless to help. By sympathetic Mrs. Mahala Deshong, at Greenquestioning, by explanation of hill. the causes of her sleeplessness, There seems to be a good deal by reassuring thoughts that all of hunting done around here, and was not lost, that she was no very lutle game killed. Game piece of flotsom left to drift no- must be scarce. wither, but the object of divine regard and possibilities of a brighter future, I induced her to close of headache, as well as older wom her eyes while I offered her a few en, but all get quick relief and suggestions that in the strength prompt cure from Dr. King's of these thoughts she should al- New Life Pills, the world's best low herself to sleep. The next remedy for sick and nervous thing of which she was conscious headaches. They make pure was the sun shining through her blood and strong perves, and

within her heart.

HARRISONVILLE.

Mrs. Annie Smith, of Harris burg, and Miss Jemima Vallance, of Millenbeck, Va., are visiting their father, Wm. A. Vallance, and other friends around Harris-

Thomas K. Downs, of 1ddo,

What is the matter, Nevin? Too

Mrs. Carrie Gibson and two -were all visiting their mother

Mrs. Ella Metzler and sons

YOUNG GIRLS ARE VICTIMS .

window and a new hope born build up your health. Try them. 25c. at Trout's drug store.

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lic unique among papers of its class. If you want the news as it really is, subscribe to the Thrice-a-Week edition of the New York World, which comes to you every other day except Sunday, and is thus practically a daily at the price of a weekly.

THE THRICE-A-WEEK WORLD'S regular subscription price is only \$1.00 per year, and this pays for 156 papers. We offer this unequaled newspaper and THE FULTON COUNTY NEWS together for one year for \$1.75.

The regular subscription price of he two papers is \$2.00.

Western Maryland Railroad Company. In Effect September 26, 1909.

Trains leave Hancock as follows: No. 6-5.55 a. m. (daily) for Hagerstown, Bal timore, Waynesboro, Chambersburg and intermediate.

-10 08 a. m. (week days) Baltimore, Get-tysburg, York and intermediate. No. 2-255 p. m. (week days) Baltimore and in-termediate stations. Vestibule train with observation buffet car.

No. 1—8 50 a. m. (week days) Cumberland, and intermediate. No. 3-12.55 p m. (week days) Little Orieans Old Town, Cumberland, Elkins and west. Vestibule train with observation buffet car.

-8.45 p. m (daily) leaves Baltimore 4.1 p. m., Hagerstown 7.40 p. m. All trains make connection at Bruceville for rederick and trains 6 and 4 for points north and at Haltimore (Union Station) for Phila, leiphia and New York.

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



L. W. FUNK

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The undersigned takes this nethod of informing the people of Fulton county that he is prepared to furnish High Grade Planos and organs at prices that are attractive. He makes a specialty of the

ss ss PIANOS

an instrument of national reputation; and the

MILLER AND THE WEAVERORGANS

Being a thoroughly trained tuner, he is prepared on short notice to tune pianos or repair or-

Satisfaction Cuaranteed.

A sample Lester Piano may be een in the home of Geo. B. Meilott, McConnellsburg. If you are thinking of getting

a plano or organ let me know, I can save you money. L. W. FUNK,

NEEDMORE, PA.



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Lynch, John W. Mosser, M. D.

TERMS OF COURT.

The first term of the Courts of Fulon 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 October, at 2 o'clock p. m.

CHURCHES.

PRESBYTERIAN.—Rev. John Diehl Sabbath school at 9:15. Preaching 10:30 an alternate Sundays, and 7:30 every Sunday. Christian Endeavor at 6:30. Prayer meeting Wednesday eve-ning at 7:00. All are cordially invited.

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 agains at 7:00. Thursday evening at 7:00. UNITED PRESBYTERIAN-Rev. J. L.

Grove, Pastor. Sunday school at 9:30 a. m. Preaching every Sunday morn-ing at 10:30, and every other Sunday evening at 7:00. The alternate Sabbath evenings are used by the Young Peo-ple's Christian Union at 7:00 p. m. Prayer meeting Wednesday evening

EVANGELICAL LUTHERAN-Rev. Cal vinFassoidPastor. Sunday school 9: 5 a. m. Preaching every other Sunday morning at 10:30 and every other Sunday day evening at 7:00, hristian Endeavor at 6:00 p.m. Prayer meeting on Wednesday evening at 7:00.

REFORMED— Rev. ——Rice, Pasor. Sunday school at 9:30 a. m. Preaching on alternate Sabbaths at 10:00 a. m. and 7:00 p. m. Christian Endeavor at 6:00 p. m. Prayer meet-ing on Wednesday evening at 7:00.

SOCIETIES

Odd Fellows-M'Connellsburg Lodge No. 744 meets every Friday evening in the Clevenger's Hall in McConnells-

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

Wells Valley Lodge No. 607 meets every Saturday evening in Odd Fel-lows' Hall at Wells Tannery. Harrisonville Lodge No., 710 meets every Saturday evening in Odd Fel lows' Hall at Harrisonville.

Waterfall Lodge No. 773 meets every Saturday evening in Odd Fellows' Hall at New Grenada. Warfordsburg odge No. 601 meets

Warfordsburg every Saturday King Post G: A. R. No. 365 meets in McConnellsburg in Clevenger's Hall the first Saturday in every month at 2

Washington Camp, No. 550, P. O. S. of A. meets every first and third Saturday evening at their hall at Need-

Tuscarora Council, Royal Arcanum meets every first and third Monday evening in Clevenger's Hall, McCon-

Washington Camp No. 497, P. O. S. A., of New Grenada, meets every Sat-urday evening in P. O. S. of A. Hall. Washington Camp, No. 554, P. O.S. of A., Hustontown, meets every Satur-urday evening in P. O. S. of A. Hall. John Q. Taylor Post G. A. B., No. 589, meets every Saturday, on or just preceding full moon in Lashley half, at 2 p. m., at Buck Valley.

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

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 ist and 3d Wednesday of each month, in the I. O. O. F. Hall at Harrisonville. Clear Ridge Grange No. 1368, P. of H., meets the first and third Friday nights each month in Jr. O. C. A. M. Hall.

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