

ADVERTISING RATES: Per square of 10 lines 3 times \$1.50...

One fourth column \$1.00, One half column \$2.00, One column \$4.00...

FORCED INTO EXILE.

Wm. Upchurch, of Glen Okla., was an exile from home Mountain air, he thought, would cure a frightful lung racking cough that had defied all remedies for two years.

Some Don'ts for Men.

The Chicago Department of Health is authority for the statement that "men coddle themselves more than do women."

The same authority publishes some "pneumonia don'ts" for men. Apparently the woman need no warnings or advice of that character; at least none of the "don'ts" apply to her directly.

It will be observed that practically all of these don'ts apply more directly to men than to women; that is to say, women violate the injunctions less often and less habitually than do men.

Eat What

You want of the food you need Kodol will digest it.

You need a sufficient amount of good wholesome food and more than this you need to fully digest it.

You must eat in order to live and maintain strength.

You must not diet, because the body requires that you eat a sufficient amount of food regularly.

But this food must be digested, and it must be digested thoroughly. When the stomach can't do it, you must take something that will help the stomach.

The proper way to do is to eat what you want, and let Kodol digest the food.

Nothing else can do this. When the stomach is weak it needs help; you must help it by giving it rest, and Kodol will do that.

For Sale at Trout's Drug Store.

Apologetic.

Owing to the fact that our office has been "all torn upside down," during the past two weeks with men at work busy enlarging our press room and replacing machinery, we are obliged to go to press this week and leave out a lot of very interesting matter sent in by our faithful correspondents.

GEM.

Quite a lot of our people attended the love feast at the Dunkard church Friday evening and report a large crowd.

Date Shives and Miss Tenie Mellott visited Mrs. Amanda Mellott's last Saturday.

Mr. Mack Johnson, of Dickeys Mountain and Miss Della Daniels of this place, attended meeting at Pleasant Ridge, Saturday evening.

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.

In all horses of general utility the quality known as compactness is the primary requisite. No hunter can possibly be good without it, no hack rider without it, no harness horse can be properly balanced without compactness, and no Sibre horse is worthy of its stable foot and bulky forage without full development of this important symmetrical characteristic.

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.

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's harness. Driving last week my good harness horse pulled hard, his hind legs seeming to be ever forward, and with a wheeled dogcart he cheerfully did each measured mile in less than five minutes.

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.

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. Powers, of Needmore, preached at Siding Hill Christian church at 11 a. m., then went to the hospitable home of E. R. Mellott, after 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.

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.

CHURCH GOER.

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 Nellie Curran teacher of Cutchall school spent from Friday evening until Monday with her sister Mrs. Calvin Henry.

Walter Berkstresser and sister Miss Mattie, of Dubin 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 Mayne Fields spent last and is spending part of this week with Mrs. Bert Heeter of New Grenada.

Miss Inez Winegardner who had been on the sick list for a week past is 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 Hustontown.

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 at 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 a store and Grange Hall in the near future.

Chas and George Huston, now of Three Springs, have purchased the Allen Cutchall huckster route and one of them passed through here weekly.

Phillip Hileman, of Altoona, who spent the past month here with his wife 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 improving, after a long illness.

Rev. Harry Meyer 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 visitor to Waterloo last week.

Guy Alloway, of New Grenada, was a caller here one day last week.

Arthur Kerlin killed a wild turkey. Mrs. Gilbert Kerlin and son Russell and daughter Grace, spent a day recently with Mrs. T. C. Appleby.

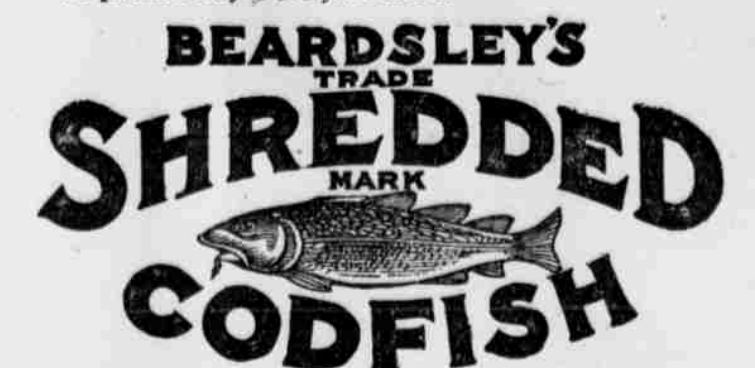
What to Have For Tomorrow's Breakfast

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 fine-flavored food.

Let them feast on it tomorrow—"fish day." We promise they'll everyone like it.



Ready in 10 Minutes. Beardsley's Shredded Codfish means a breakfast prepared without bother.

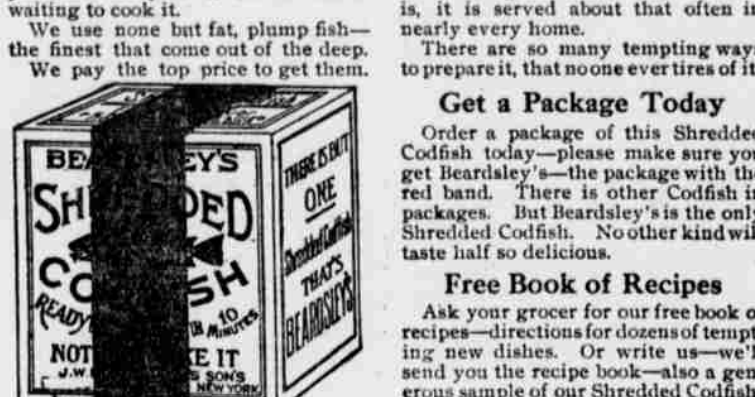
No bones to pick out—no washing—no soaking—no boiling. You can have it ready to serve—cooked to the Queen's taste—in less than ten minutes.

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 foods.

You'll see a vast difference the minute 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. We pay the top price to get them.



THE PACKAGE WITH THE RED BAND lined with wax-paper. No preservative whatever, save the purest and finest sea-salt. Also packed in tin and glass.

Some of Our Other Pure Food Products: Acme Sliced Bacon; Acme Sliced Dried Beef; 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 the restoration of this prerequisite to physical and mental health.

The first step is to find the cause of the trouble. It will almost invariably be found to consist of some violation of what Emerson calls "the conduct of life."

The poor woman who works hard all day burdened with a thousand petty anxieties often takes her worries with her to bed, only, of course to make rest impossible and to make herself less capable of meeting the duties of the following day.

Not long ago I was requested to visit a lady suffering with influenza and insomnia. The physician in attendance wisely refused to continue the administration of opiates, and I was asked to supplement his efforts by some kind of moral and psychic treatment.

I found the patient to be a noble, hearted and highly educated person who had endured great wrongs and hardships through no fault of her own. She felt down-cast and miserable, believed that her life was ruined, that God had forgotten her.

Through the long nights the cross currents of thought and feeling kept the brain abnormally active and plunged the sufferer into a sea of wretchedness. The memory of all the miseries that she had endured could not be put down, and her religious faith seemed powerless to help.

By sympathetic questioning, by explanation of the causes of her sleeplessness, by reassuring thoughts that all was not lost, that she was no piece of flotsam left to drift nowither, but the object of divine regard and possibilities of a brighter future, I induced her to close her eyes while I offered her a few suggestions that in the strength of these thoughts she should allow herself to sleep.

The next thing of which she was conscious was the sun shining through her window and a new hope born within her heart.

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THE THRICE-A-WEEK WORLD

The Greatest Newspaper of Its Type. It Always Tells the News As It Is. Promptly and Fully.

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It has invariably been the great effort of the Thrice-A-Week edition of the New York World to publish the news impartially in order that it may be an accurate reporter of what has happened.

It tells the truth, irrespective of party, and for that reason it has achieved a position with the public 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 unequalled newspaper and THE FULTON COUNTY NEWS together for one year for \$1.75.

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

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

Trains leave Hancock as follows: No. 6—5.5 a. m. (daily) for Hagerstown, Baltimore, Waynesboro, Chambersburg, and intermediate.

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

No. 2—2.55 p. m. (week days) Baltimore and intermediate stations. Vestibule train with observation buffet car.

No. 1—8.50 a. m. (week days) Baltimore, and intermediate.

No. 3—12.50 p. m. (week days) Little Orleans, Old Town, Cumberland, Elkins and west. Vestibule train with observation buffet car.

No. 5—8.45 p. m. (daily) leaves Baltimore 4.15 p. m., Hagerstown 7.40 p. m.

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

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

Advertisement for Dr. King's New Discovery for Coughs, Colds, and All Throat and Lung Troubles. Includes text: KILL THE COUGH AND CURE THE LUNGS WITH DR. KING'S NEW DISCOVERY.

L. W. FUNK

Dealer in Pianos and Organs

The undersigned takes this method of informing the people of Fulton county that he is prepared to furnish High Grade Pianos and organs at prices that are attractive.

He makes a specialty of the LESTER PIANOS

An instrument of national reputation; and the MILLER AND THE WEAVER ORGANS

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

Satisfaction Guaranteed. A sample Lester Piano may be seen in the home of Geo. B. Mellott, McConnellsburg.

If you are thinking of getting a piano or organ let me know, I can save you money.

L. W. FUNK, NEEDMORE, PA.

THE WORLD'S GREATEST SEWING MACHINE LIGHT RUNNING NEWHOME

If you want either a Vibrating Shuttle, Rotary Shuttle or a Single Thread (Chain Stitch) Sewing Machine write to THE NEW HOME SEWING MACHINE COMPANY, Orange, Mass.

Many sewing machines are made to sell regardless of quality, but the New Home is made to wear. One machine never runs out.

Sold by authorized dealers only. FOR SALE BY

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Justice of the Peace—Jno. P. Conrad. Constable—Charles W. Neale.

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