

INTERESTING PARAGRAPHS

Of Local and General Interest, Gathered at Home or Clipped from our Exchanges.

CONDENSED FOR HURRIED READERS

James Hann and Raymond Mellott, of Needmore, spent a few hours in town last Saturday.

Fare one way between Mercersburg and McConnellsburg 50 cents. Sheets Stage Line.

J. Milton Unger and his lady friend, Mrs. Jennie Anderson, of Dublin Mills, were circulating on the streets of McConnellsburg last Saturday.

Mrs. A. P. Doran and Miss Blanche M. G. Doran, of Burnt Cabins, were in town shopping last Saturday, and took dinner at the Washington House.

Cruelty to animals is a most despicable trait in any human being—don't let your faithful horse stand for a long time in the rain and snow.

John F. Johnson, of Laidig, was among the out-of-town people who came in to see the play in the Public School building last Friday evening.

Charley Greathead who is employed in Franklin county, spent Sunday with his parents, Mr. and Mrs. John W. Greathead in this place.

Mr. David D. Hann, of Gem, was in town Monday. He has been helping get out timber to replace the house burned for Riley Sipes last fall.

Several flocks of wild geese were seen passing over McConnellsburg and vicinity Saturday and Sunday. They were winging their way northward.

The play, "A Kentucky Belle," which was repeated in the Public School Building last Friday evening by the Thalian Club drew a surprisingly large audience.

Abraham Wagner, of Knobsville, spent a few hours in town last Thursday, and was a welcome caller at the News office. Mr. Wagner is enjoying fairly good health this winter.

Mr. Wm. J. Giffin, of Bethel township, was an early Monday morning caller at the News office. Mr. Giffin came up as far as his son-in-law, Mr. Carbaugh's in the Cove Sunday evening.

Hogs sold for fifteen cents a pound on the hoof in Hagerstown last Saturday. The hogs weighed from one hundred to one hundred and twenty-five pounds each.

Mr. Stephen Tenley, one of Franklin county's hustling young farmers, accompanied by Grant Miller, one of his neighbors, was on this side of the mountain Monday for the purpose of purchasing some horses.

Don't circulate a slanderous report about another until you have personally verified the truth. And don't do it even then, unless the public welfare seems to require publicity.

Rev. H. L. G. Kieffer, of Mercersburg, on Monday evening of last week was elected pastor of Grace Reformed church, Eleventh and Huntingdon streets, Philadelphia, as the successor of Rev. A. S. Bromer.

State Forester Roy Morton spent the time from Friday until Monday with his parents, Judge and Mrs. Peter Morton at their home near town. Roy had been at Harrisburg last week attending the Third Annual Convention of Pennsylvania Foresters.

J. K. Johnston, of this place, has been compelled to go to Philadelphia for treatment, on account of a general run-down condition. Mr. Johnston has been so closely confined to his business here for many years, that it is beginning to tell on his health.

J. S. Mort, near Maddensville, Huntingdon county, was an agreeable caller at the News office last Friday. Mr. Mort had brought his daughter-in-law, Mrs. Frank Mort and her daughter Rosa, to town to take the noon hack for their home in Waynesboro. Mr. Mort is now serving his second term as Justice of the Peace of his township, and prior to his election to that office, served nine teen years as constable.

Walnut Grove Campmeeting.

The Walnut Grove Campmeeting will be held as usual next August. For a number of years there has been a dispute in regard to a road which crosses the campground. This road was closed in 1906 and again in 1909. The matter was tested in court and as a result of this suit, the road has been located and will be left open. The trustees, appointed by the East Pa. Eldership, to whom the ground is deeded, decided to sell the ground. The matter was referred to a committee, who after hearing all sides decided to continue the camp. An effort will be made to form an Association but if this fails, the camp will be held by the trustees appointed by the Eldership, Revs. McGuire, Grove and Fleegal. Stock for the association is being sold rapidly. Rev. C. H. Forney, D. D., L. L. D., Harrisburg is receiving subscriptions for stock, payable after the Association is organized. Stock is being sold in \$10 shares and will bear 5 per cent interest. Rev. I. A. MacDannald of Shippensburg, will endeavor to organize the Association on the campground, May 3, at 2 p. m. To this meeting all interested parties are invited. Until the organization is effected, the campground will be controlled by trustees. They request that it be treated strictly as private property and that it be not entered by any person without their permission. Any person desiring information about the next campmeeting can secure it by addressing the General Manager, Rev. F. W. McGuire, Saxton.

Do You Feel Like This?

Does your head ache or simply feel heavy and uncomfortable? Does your back ache? Does your side ache? Do you feel fagged out? The tonic laxative herb tea known as Lane's Family Medicine will clear your head, remove the pain in side or back and restore your strength. Nothing else is so good for the stomach and bowels. At druggists' and dealers', 25c.

CLEAR RIDGE.

Mrs. Martha Wible has been on the sick list for sometime, but she is somewhat improved. James Brown, of Waynesboro, visited his uncle H. T. Heeter and other friends here, last week. Rachel Taylor, of Hustontown, spent part of last week with her brother, George Taylor, and sister, Mrs. Ephraim Nead. Roy Morgan and wife, of Neelyton, spent Saturday and Sunday with Theodore Appleby and wife. Grant Baker, of Knobsville, was a business visitor here, on Monday. Mrs. Johnsey Kerlin and her daughter, Mrs. Jacob Dunkle, of Fort Littleton, spent Saturday with the former's brother A. J. Fraiker and wife. James Cutchall, of Three Springs, was a business visitor here one day last week. Rev. Moyer preached his farewell sermon here on Sunday. Mrs. J. W. Winegardner and daughter Goldie, were callers at Hustontown on Saturday. Clarence A. Henry, formerly of Iowa, spent the latter part of the week with his brother, H. N. Henry, at Dudley. Mrs. E. S. Nead has been ill during the past week with grip and quinsy. Maude and Mayme Fields were ill with gripple last week. Linn Kesselring and wife, of Gracey, spent Saturday at the home of J. A. Henry. Mrs. Kesselring remained until Sunday evening. Clarence R. Shore and sister Myrtle, left for Tennessee, Ill., last Thursday. Their many friends trust they may find their new home a pleasant one. T. J. E. Yocum, of Baltimore, passed through here and stayed Tuesday night at Hotel Baker. T. E. Fleming, who has been ill for a number of months with sciatica and neuralgia, remains about the same. Postmaster L. H. Grove and sister Minnie, and Lillian Henry, attended protracted meeting at Walnut Grove on Sunday night. This series of meetings began at New Year's, and is still in progress.

Miss Maggie Foreman, of Wells Tannery, recently spent several days in the home of Mr. and Mrs. W. J. Van Horn in Everett.

PERHAPS YOU EAT TOO MUCH.

An Excellent Article From Success Magazine on the Quantity of Food Needed.

When one considers the amount of care and attention devoted to the proper feeding of our domestic animals in order to keep them in good physical condition, whether for work or exhibition purposes, it is surprising to note the carelessness of the human animal in regard to its own food. Pick up a book on the feeding of any of our domestic animals and you will be struck by the repetition of "Don't overfeed." It is not a question of quality but a question of quantity that is dwelt upon.

In the case of the human animal, the cry has been nourishment and more nourishment until one is led to believe the human system a yawning furnace yearning for food. Loss of appetite is considered a dire calamity. Grant ed; but in ninety per cent. of cases this loss of appetite is due primarily to overeating. The immediate cause may be one of a score of minor ailments, the treatment for which is a more or less thorough cleaning out of the system to get rid of the surplus. The result is satisfactory; your torpid liver or bowels or stomach was at fault. But why? Too much nourishment—overeating. By overeating I am not referring to quantity judged by weight, as a comparatively small amount of a concentrated food may do as much harm as a larger amount containing a similar percentage of actual food value.

Fuel is as necessary in the running of the human as in any other engine. Excess of fuel causes trouble in any case. For example, feed your auto engine too much gasoline and it "chokes"; you get less power, and a carbon deposit which requires an overhauling of the engine. Or, a careless fireman feeds his furnace too much coal, resulting in smoke and soot with less available heat and clogged flues. The remedy is to clean the boiler. But in all well conducted plants the fireman is either warned or discharged for incompetency.

How about our poor human engine? Occasionally we eat enough to be uncomfortable and are more or less sorry, according to the degree of discomfort. Very often we blame some one particular dish for being indigestible; so we take a digestive tablet, a stimulant or a laxative, and all is well. Is it? What about gout, rheumatism, dyspepsia, headache, constipation, etc? How about "that tired feeling"; that sluggish circulation? Do you notice it after eating a hearty meal or after eating a frugal one? Try it.

Something over two years ago an old college friend of mine, a physician, came to me with a history of headaches, constipation, torpid liver, rheumatism, and a general lack of tone. They had all yielded to treatment for a time, but had always recurred. He had been treated for everything, from simple gastritis to cancer of the liver; with diets and drugs and internal and external baths galore, both here and abroad, with the same result, a more or less temporary improvement. He decided there must be something radically wrong. I agreed. He wore the brands of the overfed—lusterless eyes and muddy complexion; dull red mucous membranes in stead of the bright red of a healthy man. I asked him, "How about your appetite?" He answered:

"I have always managed to keep that good."
"You mean that you eat three hearty meals a day?"
"Yes."
"Anything between meals?"
"No, except occasionally at night, after the theater, or some thing of that sort."
"I suppose when you say that your appetite is good you mean that you enjoy about as large a meal as when you were in college, with perhaps a little more care as to quality."
"Well, yes, just about."
"In choosing your food, have you given a certain amount of consideration to the actual food value and ease of digestion?"
"Yes."
"Then you are actually getting more nourishment now than when you were growing and developing mentally and physically and

living a rather active life; when your tissues demanded food and your energies 'fuel'?"
"I suppose that is true."
"Well, now that you have matured and it is a question of refining that which has grown, you will find that you do not need more than one-half the food required during your college days, and that it is this excess of nourishment which is at the bottom of all your troubles. My advice to you is: Within the next two weeks gradually reduce the quantity of your food until you are practically on half your present ration, and in three months write me."
"As he left he remarked, 'How often in our search for health we lose sight of the obvious!'"
In two months I received a letter: "I am a new man, I am eating half as much and feeling fine. . . I did not know there was so much ginger in me. . . It was a little hard at first, especially when I was detained for an hour or so beyond my regular meal-time, as I would develop a headache, but even that is righting itself. The results have been permanent." In a recent letter he said: "If I could take the excess food eaten by most of the people in Chicago in one day, I could feed all the underfed for a week."

Now, Mr. Businessman and Mrs. Societywoman, Mr. Clerk, and Miss Schoolteacher, and all the rest of the family of grown-ups, think it over. Do not overfeed your engine. It will run longer and better on too little than it will on too much. The reward will be ample; I hear it every day: "Doctor I get more actual enjoyment out of a simple little dinner than I used to get out of the most elaborate dishes in days gone by." "I do not have to rack my brain to think of something that will taste good." "I have forgotten what indigestion feels like," etc.

We are all trying to realize our own little heaven on this earth, and, believe me, there is more chance for those who are afflicted by the devil of too much drink than there is for those afflicted by the devil of too much food. A drunkard may be quite gentlemanly when sober, but the glutton is a beast all the time. Do not use up your energy digesting and getting rid of a surplus of food—save it for the day's work or the day's play, whichever it happens to be.

NEW FIXTURE.

R. C. McQuade Purchases Weighing Machine That Almost Thinks for Itself.

That McConnellsburg merchants are not only quick to take advantage of new and approved methods of doing business, but are bound to warrant the confidence of their customers to the fullest extent, is shown by the recent purchase of R. C. McQuade. He has just received the most modern weighing machine, which almost thinks for itself. It not only weighs, but computes the cost, showing the exact amount of the purchase in dollars and cents without any hand or mental operation whatever. You just place the commodity on the platform and the scale does the rest. Customers always like to see just what they are getting; and, on this scale the amount is plainly indicated on the customers' side of the device.

The subject of scales has occupied a great deal of the time and attention of city officials and city sellers in all parts of the country. Many scales have been found unreliable and condemned. The spring scales especially have been found to be inaccurate, for, as we all know, a spring will not "spring" the same after it has been used for some time. Springs are also affected by heat and cold, and scales that contain springs, cannot be relied upon. This scale is springless and can not wear or change. It has been found to be absolutely accurate and is recommended by officials everywhere. This fixture will make a handsome furnishing for R. C. McQuade's store, and he is to be commended for his enterprise and for the open above-board weighing which allows his customers to "see the wheels go around" for themselves.

At Public Sale,

Monday, March 21st at 10 A. M.

McConnellsburg.

CAR LOAD OF NEW BUGIES

Corn Plows, Mowers, Hayrakes, Grain Drills, Spring Harrows, Manure Spreaders, Feed Cutters Wheelbarrows, Buggy Harness, Team Gears, and anything and every thing a farmer needs.

Remember that these goods are first class, and exactly the same that you pay first class money for from any retailer.

Sale begins at 10 a. m. in front of my store diagonally opposite the City Hotel, Credit 6 months.

This stuff will all be on exhibition after Saturday, March 5th.

W. H. NESBIT.

Executors' Sale of Valuable Farm and Timber Lands.

By virtue of an order of the Orphans' Court of Fulton county, the undersigned, Executors of the will of Nathan B. Hanks, will offer at public sale at the late residence of the deceased, 1 mile south of Emmaville, in Brush Creek township, Fulton county, Pa.

On Thursday, March 17, 1910,

the following valuable farm and timber lands: No. 1, known as the William Hanks tract, CONTAINING 869 ACRES, more or less; 150 acres, more or less, cleared, well fenced and in a high state of cultivation; the soil is RED SHALE underlaid with limestone; the farm is well watered with never-falling springs, making it an excellent grain and stock farm. Two apple orchards in good bearing condition. The improvements consist of a FRAME DWELLING HOUSE OF 10 ROOMS, A TENANT HOUSE OF 6 ROOMS, 2 large barns, wagon shed, corn-crit, hog pens, spring house, summer kitchen and other outbuildings, all in good condition. The balance of the farm is heavily timbered with OAK, PINE, CHESTNUT, LOCUST AND HICKORY, and the land will make fine farming land after the timber has been removed.

No. 2, known as the John Hanks tract, CONTAINING 75 ACRES, more or less, about 30 acres cleared, well fenced and in a good state of cultivation. It also is RED SHALE, well watered and has thereon a good Orchard of Apples, Peaches and Cherries. The improvements consist of a Log Barn. The balance of this tract is well timbered with OAK, HICKORY, LOCUST AND CHESTNUT.

No. 3, containing 14 acres, more or less, all in timber, chiefly Oak.

No. 4, CONTAINING 3 ACRES, more or less, separate from the other tracts, and adjoining the Crystal Spring Camp meeting grounds, all in timber.

Tracts Nos. 1, 2 and 3 are contiguous and form almost a square body of land. The OAK TIMBER on these three tracts has been estimated at upwards of 4,000,000 FEET, besides large quantities of PINE, CHESTNUT, LOCUST AND HICKORY. None of this timber has ever been culled or cut over, and it is the finest tract of timber in the County. These three tracts will be offered separately or together to suit the purchaser.

These lands are situated only 11 miles from the railroad. TERMS.—Tract No. 1, will be sold subject to a downer of \$200.00, the interest payable annually to Mrs. Matilda Hanks, widow, during her lifetime and at her death the principal sum to the heirs of William Hanks, their heirs or assigns, 10 per cent. of bid on each tract when the property is knocked down, and on tracts Nos. 1, 2 and 3, one-half (including the 10 per cent.) on confirmation of sale and the remaining half in one year from confirmation, with interest from date of confirmation, and on tract No. 4, 50 per cent. of bid on confirmation of sale. All deferred payments to be secured by judgments.

Sale to commence at 1 o'clock p. m. For further particulars call on Wm. C. Hanks on the premises. J. GRANT HANKS, WILLIAM C. HANKS, Executors.

2-17, 24.

THE WORLD'S GREATEST SEWING MACHINE LIGHT RUNNING NEW HOME



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 in all regardless of quality, but the New Home is made to wear. Our quality never runs out. Sold by authorized dealers only. SEE SALE BY

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.

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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.

RACKET STORE

We have now been handling the WARNER CORSET for a year, and we are in a position to talk. For two or three years, people that have been wearing these goods, would come, into our store and ask us why we didn't handle WARNER CORSETS. Now, we are glad they did, for the good reports that we are hearing each day, convince us that we did the right thing by taking advice from these people. We still have a few Armorsides that we will sell at 75c. each, after which we will handle only goods made by WARNER BROTHERS.

If you have not tried any of these, give them a trial, and be convinced, with others, that they wear longer, and give more comfort than any other goods. Price 45 cts., 90 cts. and 95 cts.

HORSE GOODS

We certainly are in great shape on these goods this year. We have had our Team Collars, Work Bridles, Plow Lines, Hitching Straps, Halters, Front Gears, Buggy Harness, &c., in for some time—and at prices that are all right. We think it will pay you to see ours. Team Collars 95c. to \$2.60.

AMERICAN WIRE FENCE.

We now have our Carload of wire fencing in, and a good thing for you that we have, for since we bought, it has advanced. But we haven't. We can sell it at old prices—something that they don't all do. We run out of that 53 and 38c. close poultry fence last year, and could have sold quite a lot more. This year we have double the quantity of last year. Call and see these goods.

HULL & BENDER.