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CAUSES SICKNESS.

Good Health Impossible With a Disordered Stomach.

There is nothing that will create sickness or cause more trouble than a disordered stomach and many people daily contract Now in Iceland where the condiserious maladies simply through tions are so hard, the human race disregard or abuse of the does not obtain its usual height; stomach.

from any stomach derangement, grow as large as any other boy takes nature ten thousand years indigestion or dyspepsia, whether acute or chronic, to try Rexall Dyspepsia Tablets, with the dis- has gained the admiration of the that soil in ten years so that it is tinct understanding that we will refund their money without biems of Government that we are question or formality, if after reasonable use of this medicine they are not satisfied with the results. We recommend them to our customers every day; and have yet to hear of any one who has not been benefited by them. Three sizes, 25c. 50c. and \$1.00 a box. Sold in Rochester only at time have I seen the servant girl, our store .- The Rexall Store. in the kitchen, with her knuckles Leslie W. Seylar.

Special Announcement.

The Sunday School of the Whips Cove church will render a very interesting Christmas program on Saturday evening, Dec. 24th, beginning at 7:30. Special invitations to attend this service will be given the following schools: McKendree, Pleasant Grove, Cedar Grove, Buck Valley, and Jerusalem. A synopsis of the program and a general invitation to all will appear in the columns of the NEWS later.

Shall Women Vote ?

If they did, millions would vote Dr. King's New Life Pills the true remedy for women. For backache or headache, constipa of water to the top of this build ed. It will contain a good write-

COUNTY INSTITUTE. (Continued from first page.) feel the first of a lumber panic. He drew attention to the fact that we had supplies of coal and iron greater than any other nation but the end of both coal and iron

is in sight. By the year 1937. all the iron will have been exhaus ted. He also drew attention to the fact that there was a time when Uncle Sam was rich enough to give us all a farm. Anybody

could settle in the west and after living on it five years and proving up his claim, the land was his, but today Uncle Sam is no longer able to give us a farm. All the and in the United States has

been taken up except that which must be drained or irrigated. Have you ever pictured the con

ditions of us, when all the supplies of fuel have been exhausted. In Iceland nothing grows bigger than a birch, but a birch will grow wherever a boy will grow. but when those lcelanders are We urge every one suffering transported to Minnesota, they

and yet Iceland has attained a very high degree of culture that world and it has solved some pro still struggling with.

"I recall my University days at Leipsic and Berlin when my stove was a big porcelain one in the corner of the room which was heated about eleven o'clock so that it would be warm on my re-

turn from the lectures. Many a not afford to have the stove heated during the cold winter evenings.

Now, what will be the condition of the American people when our supply of fuel is gone? What is County Superintendent base his it that will make Pittsburg wane examination of teachers. in Thea century from now? They say that the soft coal will begin the careful study of the above to give out in about one hundred book by ALL Teachers.

years, but the supply of soft coal may last longer, but at the rate we are using them, they will give out some time in the next century.

"Do you not see that the door of hope to the future opens

through the school-room, and that it is our business to fit the boys for the problem of the future? If I should carry a bucket

white coal. There was a time when it was dependent upon Germany for its supply of coal. It is now getting from its glaciers District, on Wednesday last filed and snow capped mountans, the power which light their houses and drives the machinery of their factories. The day is not far distant when the electricity that is generated by those streams, will drive the trains instead of locomotives on the Swiss tracks. "This should show to the aver-

age teacher the problem that is before us. 1 think it should re ceive attention in every High School and in every Geography class in the common school.

"Our coal fiields are owned by two railroads, and a few corpora tions who always get what they want, especially in our State Now, suppose the water powers pass into the hands of a few indi viduals or corporations, then they will control all of the industries and these will soon control our Government. Politically, we are still free.

"J. J. Hill brought out the fact that the soil of the farms are being exhausted from the East to the West. He showed that the farms are going down through wrong methods of farming. It to make a soil one foot in thickness and the farmer may ruin unfit for agriculture. Today, we are the best fed, the best clothed and the best housed people on the face of the earth. Shall this continue? But this Washington Meeting opened its door of Hope to the future and that door of hope is through the school."

COMMITTEE REPORT. We, the committee on Profes sional Reading recommend and blue with cold because she could submit to you for adoption as this year's addition to the course, a book entitled, Psychology Ap plied to the Art of Teaching, (Joseph Baldwin.)

We also recommend that the ory, on this work. We advise

W. H. RANCK, ZOE MASON, GRACE LODGE, GERTRUDE HOKE, Committee.

Booming Real Estate.

Five Hundred copies of book discriptive of Fulton County Real Estate for sale will soon be printtion, dispelling colds, imparting ing and pour it to the ground, I up of the different sections of the

This book is being made much

FRANK MASON,

Maxims For Teachers.

The following suggestions given

Accustom yourselves to such

Adapt the length of your les

Administer reproof kindly.

Aim to make every lesson in-

11-3-tf.

Real Estate Agent,

McConnellsburg, Pa.

Congressman Focht Bankrupt.

s in a quandary about determin-Benjamin K. Focht, of Lewising what to present as a Christburg, Congressman from this mas gift to her husband. Mrs. in the Federal Court at Scranton, a voluntary petition in bankruptcy. His liabilities apprximate \$275,000 and his assets are \$175,-000, consisting of real estate, bonds and stocks, the latter large ly depreciated.

MacVeagh, wife of Secretary Wayne MacVeagh, is having a house built and furnished at a cost of a million dollars as a gift for her husband. Most husbands would accept such a gift with thanks even if it cost a little less than a million.

A hint to any loving wife who

The Famous Rayo

Does Not Strain the Eyes Don't use a small, concentrated light over one shoulder. It puts an unequal strain on your eyes. Use a diffused, soft, mellow light that cannot flicker, that equal-

Lamp gives, and avoid eye strain. The Rayo is designed to give the best light, and it does.

It has a strong, durable shade-holder that is held firm and true. A new burner gives added strength. Made of solid brass and finished in nickel. Easy to keep polished. The Rayo is low priced, but no other lamp gives a better light at any price.

Once a Rayo User, Always One. Everywhere. If not at yours, write for desc circular to the nearest agency of the

The Atlantic Refining Company

INSTITUTE WEEK -:- MRS. A. F. LITTLE'S -:-**Big Underselling Store.**

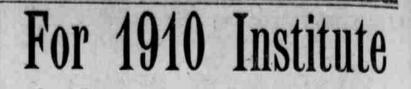
Big reduction during Institute week in Millinery and Fancy Goods. We have just received from Eastern Cities a fascinating line of Millinery which we will have on display Institute week.

We have large, medium, and small hatshats that are becoming to every face.

When you come in to see our hats, just take a peep at our Children's Bear Skin Coats and Capes-in all colors. Also, collars, belts, belt buckles. A fine line of hair ornaments, hosiery, and handkerchiefs. Come to see our stock. You are welcome.

MRS: A. F. LITTLE.

FALL, 1910 -:-/illinery mart Styles Superior Quality. -:- FALL, 1910 -:-**New Millinery Smart Styles**

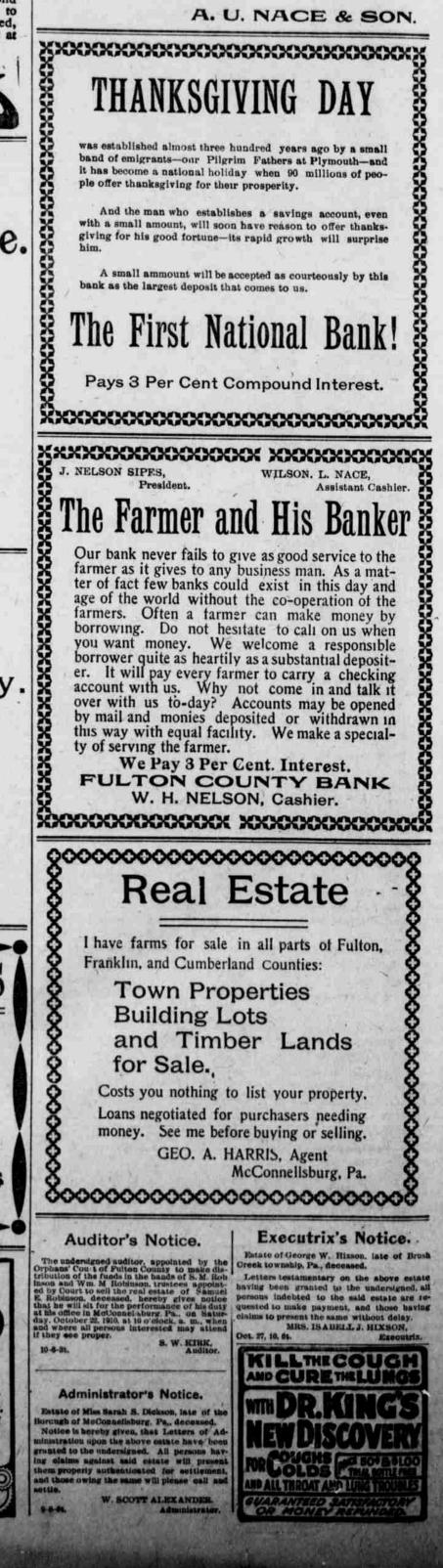


We are ready now with 100 Styles of Suitings and Trouserings.

Suits Ready-to-Wear, Overcoats, Rain Coats, Boys' Clothing of all kinds.

- Coat Sweaters, in red, brown, white, and gray, Silk and Wool Mufflers.
- Shirts, Collars, Cuffs, Linen, and Silk Handkerchiefs, Gloves, Hosiery, Neckties.
- A full and complete line of Underwear, Hats. Caps, and any and every thing usually found in an up-to-date Clothing and Gents Furnishing Store and all at right prices, too.

Come in and see us.



appetite and toning up the sys tem, they're unequaled. Easy, safe, sure. 25c. at Trout's drug store.

Miss Annie Watkins Dead.

Miss Annie Watkins died at the home of her brother-in-law, Rev. Rodgers, at the Lutheran parsonage in Union township, on Monday evening, aged about 36 years. The immediate cause of her death was tuberculosis of the lungs, although she had been confined to her bed less than three weeks. Her funeral took place yesterday and interment was made in the cemetry at the Buck Valley Lutheran church. She came to the Valley with the family of her brother-in-law about three years ago, from Tennessee, and she was an estimable lady.

Thirteen is not always an unlucky number, for on her thirteenth birthday, which occurred on the 7th of this month Rebecca Hockensmith, daughter of Mr. and Mrs. M. M. Hockensmith, of Andover, received ninety three post cards, each bearing some message of kindly greeting from some good friend. Rebecca thinks the NEWS just a good place in which to express her thanks and to say just how much she was pleased.

The Citizens bank, of Dry Run, has a stream upon it that cooks opened its doors for business on the meals, heats the house, &c. Wednesday morning of last week.

FAMILY FAVORITE IN ILLUMINATING OIL Burns white, clear and steady to the last drop. For the sake of everyone in the fam-ily insist upon having Family Favorite Lamp Oil agon kinds. Tavariy Oil Works Co.-Indep topondent Refine -Pittsburg, Pa.

would liberate as much energy as tion of each property listed for it took force to carry it up there. sale. It will contain a map of the The sun is drawing water up in county showing the different the sky where it is condensed railroad surveys, the proposed and deposited on the earth which ones, the trolley lines, and such feeds our streams. Some one other information as should inhas said that rain enough falls on duce capitalists and other strang the earth every year to form ten ers to come to Fulton and invest Mississippi rivers. In the past in new enterprise, or real estate. ten years, the possibilities of Mis souri have been diminishing, but more extensive than at first innorth of St. Louis, they are now tended; hence, the delay in its building a dam which, when fincompletion. It will contain cuts ished, will make St. Louis one of of buildings for sale, when photo the great manufacturing centers graphs is furnished, that will of the United States. The elec show up better than words can tricity which will be generated at the dam will be sent to St. Louis photo, quick. No expense to and then formed into new centers owner unless property is sold. of industry.

"If you ever get to Niagra Falls, visit the factory where shredded biscuit is made, the cleanest factory on the earth, and you will see how the Falls are helping to feed this great multitude. Some one has said that it to the pupils in Ipswich Semwould take all of the coal mined inery, where Mary Lyon was in the earth in one year to furteacher sixty years ago, may be nish enough power to draw back helpful to the teachers of today: the water which falls over the Falls in one day, and that the cars entire control over your feelings to draw this coal would reach 21 that impudence from a pupil will times around the earth at the Equator. The time is coming not occasion a ruby cheek. that the farm will be most valua sons to the capacity of your ble that has a stream of water upon it, and I understand that scholars. there is a farm in Michigan that

teresting. Always form a definite plan be-"Switzerland is the land of fore you commence school.

Avoid having favorites in school.

Avoid such remarks concerning your scholars as could not safely be repeated to them.

Be careful not to have children feel that they are to be paid for doing well.

Be willing to devote your whole time to your school, and to make the best use of it.

Do not forbid play as a punishment, but rather forbid study.

