

ADVERTISING RATES.

Per square of 10 lines 3 times.....	\$15.00	\$20.00	\$30.00
Per square each subsequent insertion....	50.	75.	100.
All advertisements inserted for less than three months charged by the square.			
3 mos. @ mos. 1 yr.			
One-fourth column.....	\$15.00	\$20.00	\$30.00
One-half column.....	25.00	40.00	50.00
One column.....	40.00	55.00	75.00

This Interests All.

The new firearms law went into effect on Sept. 1st, one provision of which makes it criminal for a boy under sixteen years of age to even carry or own an air rifle. Further it becomes a misdemeanor for a parent or other person to present a boy under the age given with an air rifle, while the law makes it equally wrongful for the boy to accept such gift. It is assumed that other provisions of the law, forbidding the ownership of a gun without a permit, are generally known by this time. If you are not familiar with this law, you better get on the safe side by investigating and conforming thereto.

\$100 Reward \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

F. J. CHENEY & Co., Toledo, O. Sold by all Druggists. Price, 75c. per bottle. Take Hall's Family Pills for constipation.

Wanted.

Butter, Eggs, Chickens, Ducks, Geese, Turkeys, Gunners, Pigeons, Nuts, and Dried Fruits. Also, Apples and Potatoes. Highest Market Price Paid. Address P. K. KISECKER, 344 N. Water St., Philadelphia, Pa.

For Sale!

A good kitchen range equipped with oven thermometer, warming closet, and large water tank; also a medium size double heater coal stove and a wood stove, are for sale at reasonable prices, at the Lutheran parsonage, McConnellsburg. CLIFFORD E. HAYS.

School Reports.

Independence School; percentage of attendance for month, 96; attended every day: Pleasant Everts, Gladys Sharpe, Charley Punge, Elsie Pittman, Florence Sharpe, May Everts, Bessie Keef er, Oehre Strat, Elizabeth Everts May Peck, and Amy Peck.—Jessie Truax, teacher.

COFFEE SUBSTITUTES.

About Four and a Half Gallons Contain Same Nutritive Value as a Quart of Skim Milk.

Coffee substitutes of Domestic manufacture have long been known. An infusion of parched corn, or corn coffee, has met with some favor in the household as a drink for invalids, etc. Parched wheat, peas, beans, and corn cobs, as well as sweet potatoes, cut into small pieces and dried and parched, have also been used. Such drinks are usually resorted to in times of scarcity, or when, for one reason or another, it is not possible to obtain true coffee. Chicory is also a well-known substitute for coffee, although it is generally used mixed in larger or smaller proportion with true coffee, and by many such mixtures are preferred to coffee alone, as the chicory is thought to improve the flavor.

There has recently appeared on the market a considerable number of coffee substitutes which generally claim to be made from cereals. In most cases the claim is also made that such beverages are especially wholesome, and in some cases that they have a high food value. The value as food of coffee or any such beverage is evidently due (1) to the material extracted from the coffee (or other substance) by the water used, and (2) to the sugar and milk or cream added to the infusion. As the bulk of the infusion is water, it is obvious that the food value can not be great.

The composition of a large number of samples of coffee and coffee substitutes has been studied at the Connecticut State Station. The food value of coffee substitutes has been studied by Maine Station.

The Connecticut State Station found that while some coffee substitutes contain a little true coffee, probably added to give them flavor, most were, as they claimed, free from coffee. Such goods were usually composed of one or more roasted grains (barley, wheat, etc.), pea hulls, and a paste made of wheat middlings, flour, meal, and other ground grains contain a little soluble material but, as is well known, the bulk of the material in them is insoluble. When the cereals are roasted, a portion of the carbohydrates is caramelized and rendered soluble. It is therefore undoubtedly true that the roasted material is more soluble than the unroasted. The infusion of the cereal coffees studied at the Maine Station was in every case made according to the directions accompanying the material. The amount of the cereal coffee which was recommended to be used varied considerably, and consequently the strength of the infusion varied within rather wide limits. When made according to directions, a pound of material yielded from 20 to 180 cups.

The average amount of soluble material in the different samples (and hence the total food material in the infusion, not counting sugar and milk or cream added) varied from 22.4 to 51.2 per cent. This was made up from 1.4 to 4.9 per cent. protein, 13.4 to 44.9 per cent. carbohydrates, and 1.5 to 4.1 ash. The average cereal coffee infusion had the following percentage composition: Water, 98.2; protein, 0.2; and carbohydrates, 1.4, while the fuel value was 30 calories per pound. Skim milk, which is ordinarily considered a rather "thin" beverage, contains 3.5 per cent protein, 0.3 per cent fat, 5.15 per cent carbohydrates, and 0.8 per cent ash, or almost twenty times as much food material as the average of the beverages made from cereal coffee. If made according to directions, one would have to drink 4 1/2 gallons of an infusion of one of them which made an especial claim to high nutritive value in order to get as much food as is contained in a quart of skim milk. The comments here made are in no wise intended to condemn these beverages, but to point out that the claims for great nutritive value are not founded on fact. Whether hot beverages are or are not hygienic, a chemical study can not show, but from the chemical composition of the infusions it is a simple task to pass upon their merits as food. The infusion of true coffee, also, contains very little nutritive material. However, it is not ordinarily

consumed on account of its food value, but on account of its agreeable flavor. It also contains a small amount of an alkaloid, caffeine, which has stimulating properties. This is entirely lacking in cereal coffees if they are, as they claim, made entirely from cereal grains.—C. F. Langworthy.

HELPFUL HINTS ON HAIR HEALTH.

Scalp and Hair Troubles Generally Caused by Carelessness.

Dandruff is a contagious disease caused by a microbe which also produces baldness. Never use a comb or brush belonging to some one else. No matter how cleanly the owner may be, these articles may be infected with microbes, which will infect your scalp. It is far easier to catch hair microbes than it is to get rid of them, and a single stroke of an infected comb or brush may well lead to baldness. Never try on anybody else's hat. Many a hatband is a resting place for microbes.

If you happen to be troubled with dandruff, itching scalp, falling hair or baldness, we have a remedy which we believe will completely relieve these troubles. We are so sure of this that we offer it to you with the understanding that it will cost you nothing for the trial if it does not produce the results we claim. This remedy is called Rexall "93" Hair Tonic. We honestly believe it to be the most scientific remedy for scalp and hair troubles, and we know of nothing else that equals it for effectiveness, because of the results it has produced in thousands of cases.

Rexall "93" Hair Tonic is devised to banish dandruff, restore natural color when its loss has been brought about by disease, and make the hair naturally silky, soft and glossy. It does this because it stimulates the hair follicles, destroys the germ matter, and brings about a free, healthy circulation of blood, which nourishes the hair roots, causing them to tighten and grow new hair. We want everybody who has any trouble with hair or scalp to know that we think that Rexall "93" Hair Tonic is the best hair tonic and restorative in existence, and no one should scoff at or doubt this statement until they have put our claims to a fair test, with the understanding that they pay us nothing for the remedy if it does not give full and complete satisfaction in every particular. Two sizes, 50 cents and \$1.00. Remember, you can obtain Rexall Remedies in McConnellsburg only at our store—The Rexall Store. Leslie W. Seylar.

Pleasant Reunion.

A dinner was given on the 5th at Mr. Richard P. Schooley's in honor of Mrs. Perrin who is visiting her sister. Around the table were seated five sisters who have not all been together for a number of years. Those present were: Mr. and Mrs. R. P. Schooley, Mr. and Mrs. I. W. Schooley, Mr. and Mrs. Nathan Deshong, Mrs. Rebecca Perrin, Mrs. Jennie Barber, Mr. G. L. Schooley, Mrs. Clara Decker, Misses Ethel Schooley, Julia Mumma and Nettie Barber.

School Report.

Needmore School for first month. Average attendance—males, 14; females, 18; total 32. Percent of attendance—males, 89; females, 97; total, 93. Attended every day—Minnie Peck, Pearl Peck, Laura Mellott, Ethel Truax, Maye Mellott, Mabel Garland, Pansy Powers, Ruth Mellott, Ireda Garland, Katharine Hart, Flora Garland, Leonard McKee, Jeff Fitzry, Leslie Garland, Paul Palmer, Glenn Powers, Charles Peck, Carl Garland.—Blanche Smith, teacher.

Local Institute.

The first local institute of Bethel township was held at May's Chapel Friday evening Sept. 29. The questions for discussion; "Reviews, how often?" and "Value of education" were well discussed by the following teachers, Otie Hill, Kathryn Yonker, Earle Golden, W. S. Alexander, and S. L. Bernhard an exteacher. A very good literary program was rendered by the school.—Kathryn E. Yonker, secretary.

BANNER SALVE
The most healing ointment in the world.



ADAPT FERTILIZERS TO SOILS.

Select Kind That Will Build up the Land.

It would be much better if the users of commercial fertilizers would get into the habit of adapting the fertilizer to the soil instead of seeking a fertilizer that is adapted to the crop grown.

The object in using fertilizer should be the building up of the soil rather than growing a certain crop and a fertilizer which will balance up the plant food already in the soil is an economical fertilizer to use on any crop since the effects of its application will show on any crop that is adapted to the locality.

A farmer cannot afford to buy all of the plant food that his crop will use in its growth. Then why should he buy anything that his soil will furnish to the crop in sufficient quantities?

True, some crops will take more of a certain element of plant food than another will. Some crops have the power of getting more food from a soil than others have.

It is better to remedy this by adopting a judicious rotation of crops in which legumes will supply the nitrogen and help to keep up the humus supply.

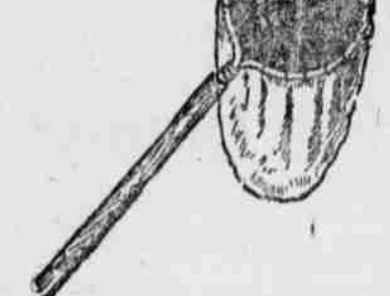
It is unfortunate for the farmer that the fertilizer manufacturers have adopted the plan of recommending certain mixtures for special crops and thus presume to adapt the fertilizer to the crop rather than to sell the goods on their merits for the nitrogen, potash and phosphorus acid they contain and leave the farmer to select the goods best adapted to his soil and conditions.

The plan of adapting the fertilizer to the soil would induce more study on the subject of fertilizers and would lead to a more intelligent use of fertilizers.

Too many farmers depend entirely upon the manufacturers of fertilizers to select the goods for them.

Picking High Fruit.

Peaches, pears, apples, etc., out of reach by ordinary means can be gathered by using the device shown in the



accompanying illustration, without bruises, says the Prairie Farmer. Bend a stout wire in a circle and sew to it a small bag. Attach the wire to a long pole. This will enable you to pull fruit from the top of a tree without injuring it.

Redeeming a Neglected Garden.

Discouraging as a neglected garden may appear, it is not beyond redemption, even so late in the season—but it must be taken hold of at once. Stunted and falling crops, choked by weeds, should be pulled out at once, weeds and all, and burned, and the ground plowed or spaded, and replanted.

How much more satisfactory and profitable it might have been to have planted only half the space, and worked it well, than to have scattered the available labor over the entire ground and do nothing to perfection.

A garden with rows upon rows of all the delicious vegetables of mid-summer and not a weed to be found, is indeed a pleasant picture. But how few of that class are found! Instead of choice vegetables there are rank weeds, and where order and beauty should reign, desolation stares at one in too many family gardens, caused in the majority of cases by simply "biting off more than we can chew."

Method of Keeping Potatoes.

A German publication, the Practical Adviser in Fruit Raising and Gardening, states that a new method for keeping potatoes and preventing sprouting consists in placing them on a layer of coke. Dr. Schiller, of Brunswick, who has published the method, is of the opinion that the improved ventilation by means of coke is not alone responsible for the result, but believes that it is due to the oxidation of the coke, which, however, is a very slow one. Coke always contains sulphur, and it is very possible that the minute quantities of oxides of carbon and sulphur, which result from the oxidation, mixing with the air and penetrating among the potatoes are sufficient to greatly retard sprouting. Potatoes so treated are said to keep in good condition until the following July.

Frequent cuttings will kill off sweet clover which becomes a pest in some places.

It's Equal Don't Exist. No one has ever made a salve, ointment or balm to compare with Bucklen's Arnica Salve. It's the one perfect healer of Cuts, Corns, Burns, Bruises, Sores, Scalds, Boils, Ulcers, Eczema, Salt Rheum. For Sore Eyes, Cold Sores, Chapped Hands or Sprains its supreme. Unrivaled Piles. Try it. Only 25c at Trout's drug store.

PROPOSED AMENDMENTS TO THE CONSTITUTION SUBMITTED TO THE CITIZENS OF THIS COMMONWEALTH FOR THEIR APPROVAL OR REJECTION, BY THE GENERAL ASSEMBLY OF THE COMMONWEALTH OF PENNSYLVANIA, AND PUBLISHED BY ORDER OF THE SECRETARY OF THE COMMONWEALTH, IN PURSUANCE OF ARTICLE XVIII OF THE CONSTITUTION.

Number One.

A JOINT RESOLUTION

Proposing an amendment to the Constitution of the Commonwealth of Pennsylvania, so as to consolidate the courts of common pleas of Allegheny County.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met. That the following amendment to the Constitution of Pennsylvania be and the same is hereby, proposed, in accordance with the eighteenth article thereof:—

That section six of article five be amended, by striking out the said section, and inserting in place thereof the following:

Section 6. In the county of Philadelphia all the jurisdiction and powers now vested in the district courts and courts of common pleas, subject to such changes as may be made by this Constitution or by law, shall be in Philadelphia vested in five distinct and separate courts of equal and co-ordinate jurisdiction, composed of three judges each. The said courts in Philadelphia shall be designated respectively as the court of common pleas number one, number two, number three, number four, and number five, but the number of said courts may be by law increased, from time to time, and shall be in like manner designated by successive laws. The number of judges in any of said courts, or in any county where the establishment of an additional court may be authorized by law, may be increased, from time to time, and whenever such increase shall amount in the whole to three, such three judges shall compose a distinct and separate court as aforesaid, which shall be numbered as aforesaid. In Philadelphia all suits shall be instituted in the said courts of common pleas without designating the number of the said court, and the several courts shall distribute and apportion the business among them in such manner as shall be provided by rules of court, and each court, to which any suit shall be thus assigned, shall have exclusive jurisdiction thereof, subject to change of venue, as shall be provided by law.

In the county of Allegheny all the jurisdiction and powers now vested in the several numbered courts of common pleas shall be vested in one court of common pleas, composed of all the judges in commission in said courts. Such jurisdiction and powers shall extend to all proceedings at law and in equity which shall have been instituted in the several numbered courts, and shall be subject to such changes as may be made by law, and subject to change of venue as provided by law. The president judge of said court shall be selected as provided by law. The number of judges in said court may be by law increased from time to time. This amendment shall take effect on the first day of January succeeding its adoption.

A true copy of Resolution No. 1.
ROBERT McAFEE,
Secretary of the Commonwealth.

Number Two.

A JOINT RESOLUTION

Proposing an amendment to section eight, article nine, of the Constitution of Pennsylvania.

Section 1. Be it resolved by the Senate and House of Representatives of the Commonwealth of Pennsylvania in General Assembly met. That the following is proposed as an amendment to the Constitution of the Commonwealth of Pennsylvania, in accordance with the provisions of the eighteenth article thereof:—

Amendment to Article Nine, Section Eight.

Section 2. Amend section eight, article nine, of the Constitution of Pennsylvania, which reads as follows:—

"Section 8. The debt of any county, city, borough, township, school district, or other municipality or incorporated district, except as herein provided, shall never exceed seven per centum upon the assessed value of the taxable property therein, nor shall any such municipality or district incur any new debt, or increase its indebtedness to an amount exceeding two per centum upon such assessed valuation of property, without the assent of the electors thereof at a public election in such manner as shall be provided by law; but any city, the debt of which now exceeds seven per centum of such assessed valuation, may be authorized by law to increase the same three per centum, in the aggregate, at any one time, upon such valuation," so as to read as follows:—

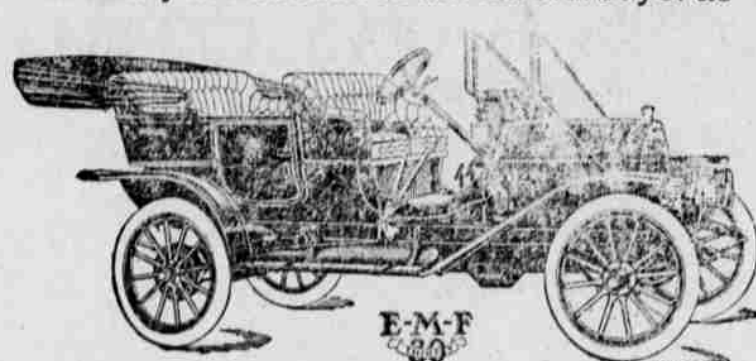
Section 8. The debt of any county, city, borough, township, school district, or other municipality or incorporated district, except as herein provided, shall never exceed seven per centum upon the assessed value of the taxable property therein, nor shall any such municipality or district incur any new debt, or increase its indebtedness to an amount exceeding two per centum upon such assessed valuation of property, without the assent of the electors thereof at a public election in such manner as shall be provided by law; but any city, the debt of which now exceeds seven per centum of such assessed valuation, may be authorized by law to increase the same three per centum, in the aggregate, at any one time, upon such valuation, except that any debts or debts hereinafter incurred by the city and county of Philadelphia for the construction and development of subways for transit purposes, or for the construction of wharves and docks, or the reclamation of land to be used in the construction of a system of wharves and docks, as public improvements, owned or to be owned by said city and county of Philadelphia, and which shall yield to the city and county of Philadelphia current net revenue in excess of the interest on said debt or debts and of the annual installments necessary for the cancellation of said debt or debts, may be excluded in ascertaining the power of the city and county of Philadelphia to become otherwise indebted: Provided, That a sinking fund for their cancellation shall be established and maintained.

A true copy of Joint Resolution No. 2.
ROBERT McAFEE,
Secretary of the Commonwealth.

HIDES.—James Sipes & Sons pay the highest market price for beef hides at their butcher shop in McConnellsburg, also highest price paid for calf skins, sheepskins and tallow.

IN BUYING An Automobile

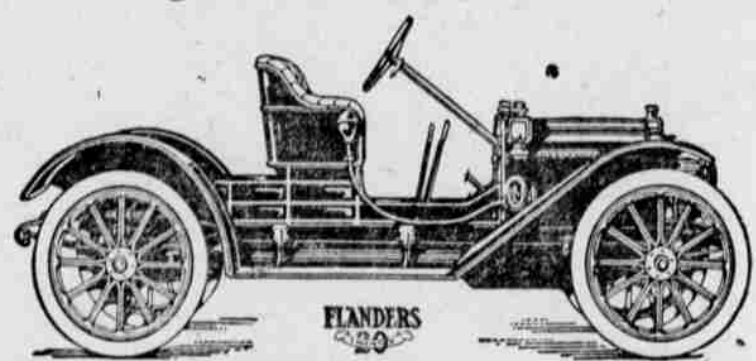
You want the best your money will get. No machine on the road to-day possesses so many attractions to the careful buyer as



THE E. M. F.

For size, speed, appearance, durability, ease of control, hill-climbing and sand ploughing, this

AT \$1000,
is the greatest bargain on the market.



The Flanders at \$700,

is a smaller machine but none the less desirable. Don't tie yourself up until you have carefully examined these machines.

THE EVERETT CARRIAGE AND AUTO COMPANY,
Agents for Fulton County. Everett, Pa.

A Strong Foundation

There is no question as to the safety of your money if deposited with the

FULTON COUNTY BANK

Our conservative and business like methods are known to all. Considerate treatment is assured all depositors. Start an account with us to-day and protect the wife and children.

We Pay 3 Per Cent.
on time deposits if left six months.

Our Business Is Banking

The sign "BANK" does not make a bank, and is often misleading. It requires time, energy, close attention to business and ripe experience in banking to make a bank.

WE CLAIM

all the essentials necessary to make our business that of banking, and tender our patrons a service thoroughly seasoned by experience, backed up by a substantial capital and a large SURPLUS, EVERY CENT OF WHICH HAS BEEN EARNED.

The Bank that made it possible for you to receive interest on your savings.

THE FIRST NATIONAL BANK,
of
McConnellsburg, Penn'a.

TWO CARLOADS.

Two Carloads of Buggies at one time, seems pretty strong for a Fulton county dealer, but that is just what

W. R. EVANS, Hustontown, Pa.,
has just received. In this lot are 5 different grades and styles, of Buggies and Runabouts including the Millinburg. He has on hand a large stock of

Hand Made Buggy Harness.

The Prices? Don't mention it. If the prices were not below the lowest, he would not be selling by the carload.

THE BEST OIL

burns free and clear and steady—never "frosts" the chimney or chars the wick. It is triple-refined—**Family Favorite Lamp Oil**

You'll find it at your dealer's in original barrels direct from our refineries. Costs no more than inferior tank-wagon oils—gives more light, more service—saves work and saves eyesight. Your dealer will recommend it. Also known as Waverly Special Auto Oil and Waverly Gasoline.

WAVERLY OIL WORKS CO.
INDEPENDENT REFINERS,
PITTSBURG, PA.