

FULTON COUNTY NEWS
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B. W. PECK, Editor and Proprietor
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Act Quickly.

Do the right thing at the right time.
Act quickly in time of danger. In time of kidney danger, Doan's Kidney Pills are most effective.

Fifty of McConnellsburg evidence of their worth. Mrs. D. Keyser, McConnellsburg, says: "My back ached constantly and the pains in my loins were so severe it was almost impossible for me to bend over. I had but little strength and my housework became a burden. One box of Doan's Kidney Pills, produced at Trout's Drug Store, cured me."

A Lasting Effect—Over two years later, Mrs. Keyser said: "Doan's Kidney Pills completely cured me of kidney trouble. I am in good health now."

60c. at all dealers. Foster-Milburn Co., Mfgs., Buffalo, N. Y.

Woman's Work.

For the past few years the lines that have designated a difference between man's work and woman's work have fast been obliterated until now, nearly all boundary lines are removed. "As a result of this," says Mrs. Eugenia G. Benn, of the Pennsylvania Department of Agriculture, "women are prepared to fill many places necessarily made vacant by the war. She is not only standing beside but leading the men in many industrial and professional duties. However, woman will never lose that sense of useful cooperation as a helpmate which places her first duty to do the things which serve as complements to the greater work of the men. In other words it is our first duty to do the little things that men leave undone. Because of this fact sometimes our work seems small and its results mediocre."

"Especially on the farm does women's work seem to lack appreciation. From early dawn until late at night the multitudinous duties of the home, house family, stock, garden and poultry demand the attention. Besides these the women's duties to that greater field, the community, persistently calls us. And added to all these, comes the pertinent call to war work. There was never a time when women's duties have been so numerous, but from now on until a permanent peace for the world is won, our duties will increase each day. No demands must be made on the farm women's time energy or abilities that are not carefully considered first and spared if possible. Conservation is our watchword and let us not forget that the most necessary thing to conserve is energy. At times we seem to have almost a super-human strength to do our best for a cause that is morally right. Let us never belittle ourselves or our labors, and let us never aspire to do the thing that we see some other women doing that our good common sense tells us is just beyond our present usefulness. It has been my experience that it is always the best plan to do well the little things that come to hand and, having done them well, with the thought of worthy promotion ahead, the larger things have come when I was ready to shoulder their responsibilities."

Knobsville.

A very pleasant surprise was held last Saturday evening at the home of Mr. and Mrs. Milton Shadle in honor of their daughter Miss. Vera's birthday.

Harvey Wible is making some improvements to the house he recently purchased from J. W. Snyder by putting in new doors and windows and repapering, and by painting inside and out.

Mrs. Grover R. Peck and children Merrill and Catherine, of

LIBERTY BONDS BUY BONDS WHILE BUY VICTORY BIG FIGHT RAGES

George Eastman Sees Realization of Nation's Ideals in Big Sales.

In a statement by George Eastman, general manager of the Eastman Kodak Company, of Rochester, N. Y., emphasis is laid on the fact that the success of the Third Liberty Loan by means of popular subscription will represent a realization of the great democratic ideal. Mr. Eastman said: "No man in his right senses seeks to accumulate money except for the greater benefits it will buy him. Only the miser seeks money for itself. Does not the same principle apply to a nation? We are the richest nation in the world by many times over, and we have been accused by less successful nations of being money-makers to the exclusion of some of the higher things of life, but the time has come for us to prove that that charge was without foundation, that we have sought money simply for the higher things it would buy and not simply for the sake of amassing money. "The winning of this war is the greatest thing we have ever had a chance to buy with our money. It is

Liberty Bond Campaign Committee Doubles Effort as Titanic Conflict Rages Overseas.

The Third Liberty Loan campaign, which is now holding the attention of practically every community throughout the country, is the greatest financial campaign that has ever been conducted.

Never before has there been an organization so carefully devised, so carefully trained and so carefully prepared.

From the beginning of the present campaign canvassers will be headed away from local headquarters toward every single headstead, office, shop, factory or plant in the Third Federal Reserve District, with instructions not to overlook an opportunity to sell bonds to any one who has or may be able to save the amount of money needed.

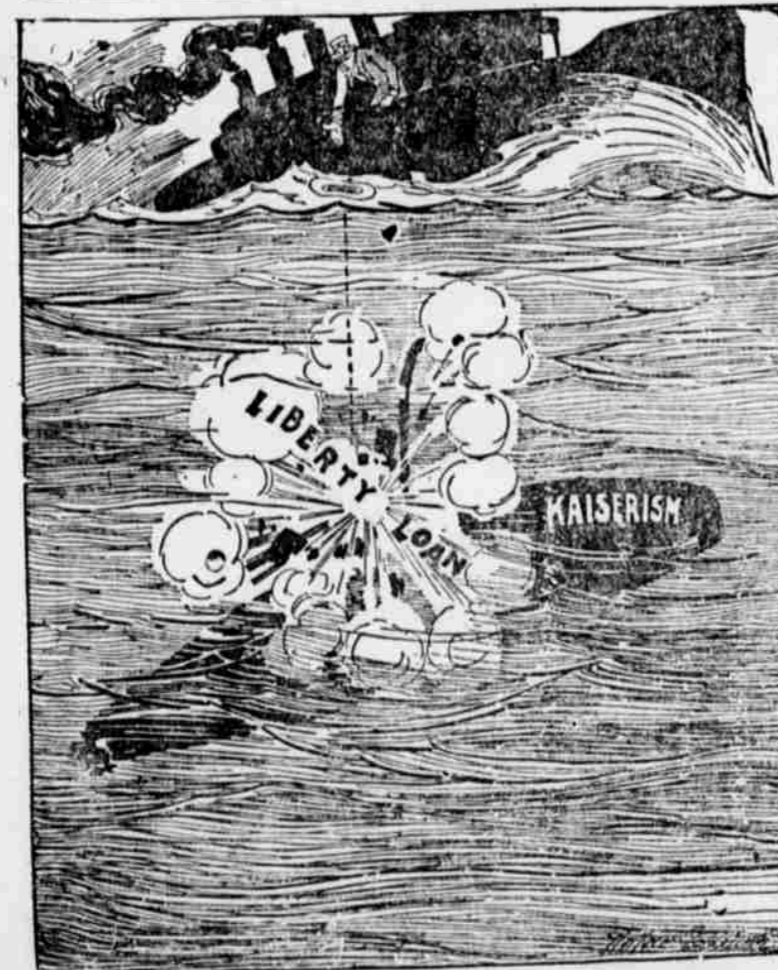
On every citizen will be forced home the fact that it is his duty as a matter of patriotism and loyalty to the country which provides him with a home and with safety in that home, to invest his money in the future of his country. It will be pointed out to him that the vital need at present is the success of the Liberty Loan, and that

You Supply the Bricks! I'll Do the Rest!



the finest thing a nation ever had a chance to do with its money. And the finest thing about the way we are finding the money for this realization of a great ideal is the perfect democracy, the perfect willingness behind the contribution of the nation's money. It is not being wrung from people by an oppressive government. Through the Liberty Loans it is being voluntarily dedicated to the purposes and the needs of the nation. The Third Liberty Loan will be great in the number of dollars by which it will be counted. But it will be greater still as a token of the unselfish determination of the American people."

Help Uncle Sam to Drop This Depth Bomb!



Stone Bridge station, Franklin County, spent several days during the past week in the home of Mrs. Peck's mother, Mrs. Katie Keiso.

Bert Shaw is preparing for the erection of a monument at Henry Anderson's grave.

Wilbert Helman, wife and daughters Olive and Helen, of Mennersville spent Saturday evening

and Sunday in the home of Mrs. Helman's parents, Mr. and Mrs. Geo. W. Wagoner.

Mrs. Vergie Greas, Mary Helman and Oda Gutshall spent Sunday with Miss Lola M. Wilson.

Miss Margaret Summers of Todd, spent a couple of days with Miss Celia Foster recently.

BIG COVE TANNERY.
Sunday noon, Big Cove Tannery was astonished at seeing a horse passing through its suburbs in a manner which seemed to cause curiosity. Soon, the runaway horse was followed by Frank Cutchall and its owner, Bunt Carbaugh. The horse was not caught until it was overtaken at Raymond Shives' near Laurel Ridge. Mr. Carbaugh was getting into the buggy when the horse became frightened, throwing its owner under the buggy and dragging him a short distance. Mr. Carbaugh returned home with a demolished buggy and a few bruises.

A large crowd gathered at Laurel Ridge last Sunday for preaching but were disappointed as the preacher, Rev. Garland, did not appear.

Mr. and Mrs. Walter Shaw and son Kenneth, Mr. and Mrs. Geo. E. Clouser and children George, Mary and Florence, "Forded" to Needmore last Sunday to hear Mr. Huston lecture.

Raymond Shives and sister Flora, spent Sunday afternoon with Miss Cora Nesbit.

Geo. A. Smith spent the weekend visiting and traveling.

The Potato as Food.

What body need does the potato serve? The proportions of its separate food elements are: Water—74 to 80 percent; Carbohydrate (chiefly starch)—18 to 20 percent; Protein—3 to 2 1/2 percent; Fat—Trace; Mineral matter—1 percent.

Since the amount of protein is small, the potato is not highly valued as a body builder. The chief food element of the potato is starch, therefore, one of its values must be that of a fuel food. This is, it furnishes energy for muscular work. Its large amount of water and its fiber (included in the carbohydrate) put the potato in the class of bulky foods, especially valuable for supplying ballast to diet.

The mineral matter in potatoes is very valuable, containing as it does potash, phosphorus, iron and other mineral substances. The potato also seems to contain some of the little understood substances which appear to be essential to growth and health.

In addition to these actual food values which are so desirable, the potato can be prepared in a variety of ways, a fact which prevents monotony in its use, and it can also be used in rather large amounts. Because of the food ruling of March 25, a wider use of potatoes should be made.

Two of the less used but desirable potato dishes are: shepherd's pie and potatoes with cheese, prepared the same as macaroni and cheese. In place of macaroni use cold baked or boiled potatoes. These suggestions come from the Pennsylvania State College home economics extension department.

Red Cross workers at line of communication canteens in France accompany American soldiers on shopping trips, to see that they receive correct change and otherwise advise them in their encounters with French shopkeepers.

DELCO-LIGHT

ELECTRICITY FOR ANYONE ANYWHERE



An Extra Hand for Farm Work

Delco-Light is the busiest and most efficient workman on the farm.

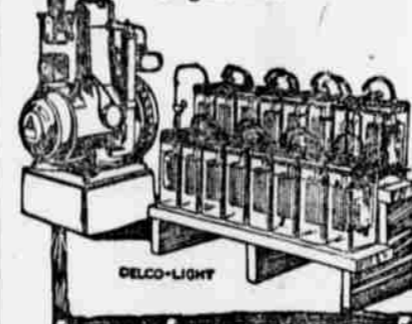
It not only furnishes an abundance of clean, safe and economical electric light for house and barn, but—

It furnishes power to pump the water, operate the separator and churn, wash the clothes and grind the tools—

It lengthens the working day by making it possible to do the barn chores safely and easily after dark—

It pays for itself in time and labor saved— And at the same time it adds greatly to the comfort and convenience of farm life.

Delco-Light is a simple, compact, highly-efficient electric plant that requires little or no attention, and that runs on kerosene, gas or gasoline.



For further information apply to
H. N. HENRY,
Dudley, Pa.
Agent for Fulton Co.



For **PATRIOTISM**

"Actions speak louder than words—Act—Don't Talk—Buy Now"

ENOCH MORGAN'S SONS CO.



Buy **SAPOLIO**

For **ECONOMY**

FARM MACHINERY AND IMPLEMENTS.

I Have Just Received

A Carload of New Idea Manure Spreaders and a Carload of Weber Farm Wagons.

Thanking one and all for past patronage and soliciting a continuance of the same, I am Yours truly.

J. F. SNYDER, - - Mercersburg, Pa.

RACKET STORE'S SUMMER ANNOUNCEMENT

Well, in our last advertisement, we called your attention to Dr. Hess's Remedies for all kinds of Stock. We sure have sold a lot of it, and the results have been great. A lot of people have said they never got so many eggs; never had pigs to do so well; cows to improve so in the flow of milk. From all this we cannot help feeling that where these Remedies have been tried they have done good, and no advance in the price either.

SHOES SHOES SHOES

This is a line that we are proud of. We have quite a lot of shoes that there is not much advance on. We bought these goods early, and got them in, and know we can save you big money. We have in Boys' and Men's Shoes, the Military Shoe, and we saw a pair that was bought from a catalog house for \$5.00 that we are selling the same shoe at \$3.50 and \$3.85. Look at your catalogue and then come in; or, let us send you a pair the same as they do, and we know that you will be more than pleased.

Garden plows	3 25	RUBBER ROOFING
Horseshoe rasps	40 and 45c	Just got a lot that was ordered in January at \$1.15
Bunch straps	15c	\$1.40 \$1.95, \$2.25 and \$2.50
Lenox soap	5c	these are bargains and went last long. We have 150 rolls.
Holdfast shoe nails	5c	See our Big Work Shirts at 85c.
Oil window shades	48c	We also have a nice line of Ladies' and Men's underwear, Ladies vests 10, 12, 15 and 25c
Heavy tin wash boilers	1 65	Mens' 2 piece underwear 45 and 48c
Lawn mowers	4 75 and 5 50	Mens' union suits, 90c
Men's wool and fur hats	1 00 to 2 60	Mens' dress shirts 65 to 1.25
Hame straps	13 to 30c	See our line of suspenders 25 to 48c
Mouse traps	3 for 5c	
Rat traps	9c	
Meat saws	30 to 85c	
Straw hats	25c and 1 25	

We have some nice Suits at old prices for Boys and Mens. We think it would pay any one to buy these goods while the stock lasts, as the new goods at much more money, will not have so much wool in them. Thanking you kindly for the nice increase in our business.

HULL & BENDER

"Always on the Job,"

JUST RECEIVED AT Reisner's

A splendid assortment of House Dresses, Children's and Misses' Dresses, Middy Blouses, beautiful Waists in various Materials, Wash Skirts, and Dress Skirts—all at exceedingly reasonable prices.

A LARGE LOT

of Piece Goods for Dresses, Suits, and Waists that will certainly appeal to you.

A NICE LINE

of Ladies', Misses' and Children's Shoes, for quality they can't be beat.

Our Clothing Stock

has some splendid picking. We are selling lots of them at prices far below present value.

THE BEST

Wall Paper Stock

we have had for several seasons, and the price no higher than last year, although there has been quite an advance this season.

Floor Coverings Plenty.

Respectfully,

Geo. W. Reisner & Co.,
McConnellsburg, Pa.