

INFLUENZA.

How to Avoid It. How to Care For Those Who Have It.

The following suggestions published broadcast through New England and having the approval of the State Department of Health of Massachusetts and the Emergency Public Health Committee of the same state, have been modified and adapted to Pennsylvania's needs and have the stamp of approval of the State Department of Health. These suggestions may prove of immeasurable value to any man or woman who will read, remember, and act on them before the fulminating outbreak of influenza reaches your community. You owe it to yourself and to your fellow man to do everything you can to stay the progress of this crippling and all too swiftly fatal disease.

WHAT TO DO UNTIL THE DOCTOR COMES.

If you feel a sudden chill, followed by muscular pain, headache, backache, unusual fatigue, or if you have fever go to bed at once.

See that there is enough bed clothing within reach to keep you warm.

Open all windows in your bedroom and keep them open at all times.

Take medicine to open the bowels freely.

Take simple nourishing food such as milk, egg and milk or broth every four hours.

Stay in bed until a physician tells you it is safe to get up.

Allow no one to sleep in the same room with the sick.

Protect others by sneezing and coughing into paper handkerchiefs or cloths which should be burned or boiled.

Insist that whoever gives you water or food or enters the sick room for any purpose shall wear a gauze mask which may be obtained from Red Cross Chapters and workrooms or may be made at home. Use four to six folds of gauze large enough to cover the nose and mouth and add tie tapes to hold it in place. A wire tea strainer as a frame to hold gauze away from nose gives more breathing space and comfort to wearers. Remember that masks to protect must be kept clean and must be kept outside the sick room. Masks must be boiled after removal before putting on again.

TO HOUSEHOLDERS.

Keep out of the sick room unless attendance is necessary.

Do not handle articles coming from the sick room until they are boiled.

Allow no visitors, and do not go visiting.

Call a doctor for all inmates who show signs of beginning sickness.

The usual symptoms are: inflamed and watery eyes, discharging nose, backache, headache, muscular pain, and fever.

See to it that your children are kept warm and dry, both night and day.

Have sufficient fire in your home to disperse the dampness but keep your windows open night and day. If cool weather prevails, add extra bed clothing.

TO WORKERS.

Walk to work if possible.

Avoid the person who coughs or sneezes.

Wash your hands before eating. Make full use of all available sunshine.

Do not use a common towel. It spreads disease.

Should you cough or sneeze, cover nose and mouth with a handkerchief.

Sleep is necessary for well-being—avoid over exertion. Eat good, clean food.

Keep away from houses where there are cases of influenza.

If sick, no matter how slightly, see a physician.

If you have had influenza, stay in bed until your doctor says you can safely get up.

Remain on your own premises until catarrhal symptoms are relieved and strength restored.

TO NURSES.

Keep clean. Isolate your patients.

When in attendance upon patients, wear a mask which will cover both the nose and mouth. When the mask is once in place, do not handle it.

Change the mask every hour.

Sale Register.

Tuesday October 22, U. W. Roudabush intending to remove from the County will sell at his residence 2 miles north of Sipes Mill, a one ton Motor truck, 4 head of horses, cattle, farming implements, household goods, and many other articles. Sale will begin at 9 o'clock. J. M. Chesnut, auct. 9 months credit, 5 per cent for cash on sums over five dollars.

Wednesday, October 23, Jesse Morgret will sell at the residence of Mrs. Calvin Morgret in Whip-Cove, 1 1/2 miles south of Locust Grove post office 2 horses, cow and calf, farming machinery and implements, grain, hay etc. Sale will begin at 10 o'clock, rain or shine. A credit of 10 months will be given.

Wednesday, October 30, Howard B. Swope intending to remove from the County will sell at his residence near Sipes Mills horses, cattle, farming implements, grain, potatoes and household goods. Sale will begin at 10 o'clock. Credit 6 months. James M. Chesnut, auctioneer.

Knitting.

Recently we received a letter from headquarters saying that 100 pairs of socks, taken at random from various chapters, were inspected, and of these, 45 pairs were unfit to pass on to the soldiers; for, in marching or general hard wear, knots, bumps, or hard toes are too apt to be blister producing. The letter also stated that the unnecessary labor caused by re-doing imperfect work, may make it necessary to confine the knitting to Chapters whose socks came to the required standard of perfection.

Instead of sending this to each chairman we are asking the papers to print it, hoping that each sock knitter may use special care in their work. In closing the toes, be careful, please, to weave the threads together loosely and so avoid the pointed hard ends we see on so many socks.

RUTH I. KENDALL, Supervisor of Knitting.

241,500 Instead of 200,000.

Fulton County's quota in the Fourth Liberty Loan has been changed to \$241,500.00, instead of \$200,000.00. This means that all districts must raise their full quota and in addition \$41,500.00. The Campaign closes Saturday, October 19th. If we cannot raise their amount by Saturday, then we will have fallen short in what the Government expects of us.

Have you made your Subscription yet? If so, then double it. If not, decide how much you can afford, then double this amount. Our subscriptions should not only be made upon our resources, but upon our expected income within the next six months. If you do not have the cash on hand, go to our banks and they will lend you the money for this purpose at 4 1/2 percent interest the exact rate the bonds yield.

Remember that we have not won yet. This war must be fought through to a dictated peace. President Wilson says, "Relaxation now, hesitation now, would mean defeat when victory seems in sight; would mean years of war, instead of peace upon our own terms." Remember if we do not take these bond issues, necessity will force the Government to raise the money by taxes. The hour of unmeasured sacrifice is here. Citizens, will you respond.

owing to the scarcity of gauze, boil for 1 hour and rinse, then use the gauze again.

Wash your hands with soap and water each time you come in contact with the patient. Bichloride of mercury, 1-000, or Liqueur Cresol compound, 1-100 for hand disinfection.

Obtain at least seven hour's sleep in each twenty-four hours. Eat plenty of good clean food and considerable variety.

Walk in the fresh air daily. Sleep with your windows open. Insist that the patient cough, sneeze or expectorate into paper napkins or cloths that may be disinfected or burned.

Grocers paper bags should be kept on the head of the bed as receptacles for soiled kerchiefs or cloths to be collected and burned.

Boil all dishes.

Keep patients warm.

Report of the Condition of the Fulton County BANK of McConnellsburg.

Fulton County, Pennsylvania, at the close of business September 21, 1918.

RESOURCES

Reserve Fund:		
Cash specie and notes	\$25,291.50	
Due from Approved Reserve Agents	41,490.56	
Legal reserve securities at par	23,000.00	89,781.06
Nielsens and cents		91.17
Due from Banks, Trust Cos. etc., excluding reserve	2,863.19	
Bills discounted: Upon one name	2,047.84	
two or more names	23,756.87	
Time loans	13,650.40	
Call loans with collateral	29,350.83	
Loans on call upon one name	34,376.29	
Loans on call upon two or more names	131,244.17	
Bonds	137,951.39	
Mortgages and judgments of record	139,217.09	
Real estate	9,006.00	
Furniture and fixtures	1,409.50	
Overdrafts	275.16	
Total		\$595,925.28

LIABILITIES

Capital stock paid in	\$ 50,000.00
Surplus fund	37,000.00
Undivided profits, less expenses and taxes paid	9,848.20
Demand Deposits:	
Deposits subject to check	\$116,919.64
Demand Certificates of Deposits	333,473.99
Savings fund deposits	23,510.41
Deposits, U. S. Government	17,000.00
Due to banks, trust cos., etc., excluding reserve	1,173.04
Total	\$595,925.28

State of Pennsylvania, County of Fulton, ss: I, Wilson L. Nace, Cashier of the above named Bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.

WILSON L. NACE, Cashier.

Subscribed and sworn to before me this 20th day of September, 1918.

M. RAY SHAFNER, Notary Public.

Geo. B. Melloitt, S. W. King, C. L. Spangler, B. W. Peck, A. E. Nace, Directors.

S. C. HEINZELMAN, Auctioneer Public Sale

of 26 acres slate and gravel land situated on the south side of the Warm Spring road, 1 1/2 mile North of Williams on, in St. Thomas township, Franklin County.

The undersigned having taken this farm as part pay for a larger tract of land and anxious to turn it into cash will offer at Public Sale in front of the Court House, at 1:30 p. m., October 19, 1918, Chambersburg, Pa., the following described farm.

85 Acres and 113 poles Neat measure, situated as above stated, about 18 acres in timber and good meadow pasture with running water, having 2000 thereon, 2 1/2 story brick, 6 room house with corrugated iron roof, wash house, good cellar one floor bank barn with good roof, large shed attached and other buildings, some fruit of all kinds and abundance of water convenient to the buildings, now occupied by the former owner Abram Leisher, who will be glad to show prospective purchasers over the premises, buildings on these premises could not be replaced for \$2500.00 in normal times and at normal prices for material.

Liberal terms made known on day of sale.

Get details from JOHN F. DETWILER, (Owner) or by Marlor, Pa. Hafer Real Estate and Ins. Agency, Chambersburg, Pa.

World's Coal Areas.

A good authority gives the coal area of the world in square miles as follows: United States, 192,000; Brith America, 18,000; Great Britain, 12,000; Spain, 4,000; France, 2,000; Germany, 1,800; Belgium, 518; rest of Europe, 100,000; China, 2,000; Japan, 5,000. Coal is found in commercial quantities in 27 of the states and territories of the United States and Alaska.

Belly for Bill.

There was a city lady visiting some relatives in the country and as she was walking down the lane she saw some calves. Thinking to display her knowledge, she remarked: "Oh what pretty little cowlets." Bill, the farm boy, came up about that time, heard her remarks, and said: "Excuse me, miss, but them's bullets."—Boys' Life.

Small Farm For Sale.

20 acres, 2 acres in timber, 6 room house, stable, hogpen, chicken coop, good water near kitchen, 2 miles north of McConnellsburg, near school and church, nice home for small family. Price reasonable. GEORGE MARSHALL, McConnellsburg, Pa.

FAIR FOOD PRICES.
For Fulton County for the Current Week, Approved by Food Administrator John R. Jackson.

Articles.	Retailers Pay	Consumer Pay.
Bacon	45c per lb.	50c per lb.
Beans, Pea	12 to 13c per lb.	15 to 16c per lb.
Beans, Lima	13 to 13c per lb.	16 to 18c per lb.
Bread, store wrapped 1 lb loaf.	7c	8c
Bread, store wrapped 1/2 lb loaf.	6c	8c
Butter, Country	30 to 35c per lb.	38 to 40c per lb.
Cheese, Cream	34 per lb.	42c per lb.
Corn Meal, 10 lb bag	50c	55c
Corn Starch	10 to 11 per lb.	13 to 14 per lb.
Eggs	42c	44c
Flour, Barley, per lb.	51c	8c
Flour, White Corn, per lb.	64c	8c
Flour, Rice, per lb.	11c	14c
Flour, Wheat, per lb.	\$10.00 per bbl.	6c per lb (24 lb \$1.40)
Hams	33c per lb.	38c per lb.
Lard, Country	23c per lb.	32c per lb.
Lard, Rolled	7 per lb.	9c per lb.
Rice	10 1/2 to 11c per lb.	14c to 15c per lb.
Salmon, Pink	18c	21c
Salmon, Red	23c	30c
Sugar, Granulated	\$9.87 to \$10.07 cwt.	11c lb.

WATCHES, WATCHES, WATCHES!

Now is the time to buy a Watch before they go higher in price.

Stop and see us and have us explain the different makes and grades. Always a good assortment on hand.

SHINNEGAN, McConnellsburg. Chambersburg.

A. MARY BROWN, D. C. CHIROPRACTOR

Office above Crouse's Restaurant, McConnellsburg, Pa.
Monday and Friday, 1 to 4 p. m.
CONSULTATION FREE.

RAILROAD WORK!

Do Your Bit and Help Win the War

When You Work for the Railroads You Work for the Government

Essential Work, Standard Wages

Machinists, Boilermakers, Firemen, Brakemen, Car Repairers, Laborers, and Helpers are needed on the Western Maryland, Cumberland Valley and Baltimore and Ohio Railroads.

APPLY TO Employment Supervisor Cumberland Valley R. R. Station

Chambersburg, Pa. Or Hagerstown, Md. or to any Station Agent on Either Railroad.

Braley-Fix.
At the Methodist Episcopal parsonage, McConnellsburg, Pa., on Tuesday evening, October 15, 1918, Mr. Robert Eugene Bradley of New York City and Miss Lottie Fix, near Harrisonville, were married by the Rev. Edward Jackson. The bride is a daughter of the late Grant Fix, and Florence Oakmen Fix. The young people have the best wishes of their numerous friends.

The Thrice-A-Week Edition of the New York World in 1919
Practically a Daily at the Price of a Weekly, No other Newspaper in the world gives so much at so low a price.

The value and need of a newspaper in the household was never greater than at the present time. We have been forced to enter the great world war and a large army of ours is already in France fighting great battles and winning magnificent victories. You will want to have all the news from our troops on the most momentous year in the history of our nation's affairs, and 1919 promises to be our universe.

No other newspaper is so small a price will furnish such prompt and accurate news of those who are shaking events. It is not necessary to say more.

The THIRICE-A-WEEK WORLD's regular subscription price is only \$1.00 per year, and this price for 134 papers. We offer this unequalled newspaper and THE FULTON COUNTY NEWS together for one year for \$2.35. The regular subscription price of the two papers is \$2.50.

Subscribe for the News.

G. W. Reisner & Co.

Have a large line of Ladies', Misses' and Children's Coats, which they will be glad to show you. Prices from \$1.50 to \$30.00. A very good stock of

Underwear for Men in wool and cotton: Also, for Ladies' and Children, Boys and Girls, as long as they last. They are values that we cannot duplicate this season

Shoes for Everybody at reasonable prices--lots of them selling--they must be right.

Domestics a full line. We consider ourselves fortunate to be able to show as good a line of outing as we have; but our early buying saved us.

You will need lots of goods and we have them for you at prices no one will beat. Let us prove it to you.

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

FALL STYLES READY

Stetson Schable American **Makes** \$2.50, \$3.00, \$4.00 and \$5.00

Price for price, Quality for quality, Our hats are the biggest value in Chambersburg. A hat is always the principal part of your dress. Let's show you our BIG line when you are in Chambersburg. Mail orders filled.

HENNINGER Hats and Men's Furnishings.

Cumberland Valley Farms.

150 A. limestone land 3 miles from Chambersburg, Stone house and barn, large orchard, some timber, good pasture with running water, along main road, \$150.00 per acre, easy terms.

90 A. limestone land close to R. R. and grain market, in Gullford Twp. good buildings, some fruit and abundance of water, possession subject to tenant's lease. \$140.00 per acre.

80 acres slate land in Montgomery Twp., with good frame house and barn, along the main township road, close neighbors, 4 miles from R. R. Grain market. \$3500.00.

140 A. slate and gravel land in St. Thomas Twp., Frame house and barn, 20 acres of timber, 1/2 mile from grain market, 1/2 mile to R. R. station, close to school and access to R. R. mail and telephone \$9000.00, will sell the purchaser \$6000.00.

150 A. slate land, Lurgan Twp. large brick house, sheds of all kind and conveniences, hog pen, chicken house, (no barn) 25 Acres of good timber on the place and some pasture, must be sold to settle an estate and owner will consider any reasonable offer, terms and time of possession to suit the purchaser.

135 A. slate and gravel land close to the Lincoln Highway about 5 miles west of Chambersburg, good house and log barn, \$7000.00 will loan the purchaser \$5500.00, possession at once.

See us before you Buy or Sell. **HAFER REAL ESTATE AND INSURANCE AGENCY,** Chambersburg, Pa.

FULTON COUNTY NEWS is the people's paper. \$1.50 a Year in Advance.