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FOOT STRAIN.

Rudyard Kipling makes one of his characters in a military tale says "A Soldier is no better than his feet". The man or woman occupation or duties require them to stand or walk for a greater portion of the day come to a certain extent in the same category, they are no better than their feet.

This is not alone due to their lack of mobility but to the ever present strain on the nervous system when the feet are partially incapacitated. Anyone who has suffered from the breaking down of the arches of the feet can appreciate how extremely painful this is and how serious a handicap. Cases of this sort are of an extreme character.

What people do not appreciate is that worn down heels which throw the weight of the body to one side or other of the foot may cause a continuous strain when walking or standing. Many people who are particularly careful in the care of their hands pay less attention to their other extremities.

Our modern shoemakers are turning out better shoes than have ever been made in the history of the world. They are less clumsy and more serviceable. Unfortunately, however, the dictates of fashion have led women and men to wear footgear which distorts the natural shape of the foot.

The Roman sandal which permitted the toes to assume their natural position and allowed each one of the five to bear its portion of the weight and give spring to the step was obviously more sensible than the French heeled pump. The latter throws the weight of the body on the ball of the foot and this causes a strain to keep the body balanced. This may be an unconscious action, but it is nevertheless extremely tiresome. It is possible owing to the craftsmanship of present day, shoemakers for both men and women to secure neat, trim looking footgear which is sensible in shape.

To be comfortably shod is no small factor in the preparation for ones daily work and will prove a material aid in increasing individual efficiency.

Hundreds of imitations have come and gone since Foley's Honey and Tar Compound began—40 years ago—to loosen the grip of coughs and colds. You can not get a substitute to do for you what Foley's Honey and Tar Compound will do for you. It is a weak promise to "passing recadence s "mate- This is to the ive mis- live by

The day of harsh physics is gone. People want mild, easy laxatives. Doan's Regulets have satisfied thousands. 25c at all drug stores.

IN RE ASSIGNED IN THE COURT OF COMMON PLEAS OF SOMERSET COUNTY, PENNSYLVANIA, NO. 37 SEPT. TERM '14. S. D. LIVENGOOD, RULE ON CREDITORS.

Charles H. Kaly, assignee of the said S. D. Livengood, to succeed Harvey M. Berkley, former assignee, having presented a petition to the Court of Common Pleas of Somerset County, setting forth that the Pitts, Guaranty & Surety Company of Scranton, Pennsylvania, the bonding Company which is surety upon the bond of the said Harvey M. Berkley, through its attorneys and agent had represented to petitioner that it was willing to pay the sum of Twenty Thousand (\$20,000) Dollars in full payment and settlement of all claims and suits brought or which may be brought against it by or in behalf of creditors of the said S. D. Livengood, by reason of the defalcations of the said Harvey M. Berkley, and having prayed the Court for a rule upon creditors generally to show cause why settlement should not be made upon the said basis the Court made the following order:

"Oct. 25, 1914, presented at Chambers and rule to show cause awarded. Notice to be given in three of the County newspapers for three weeks. Returnable Nov. 23, at 10 a. m. By the Court, W. M. RUPPEL, P. J."

Certified this 26th day of October, 1914. AARON F. HEIFLE, Prothonotary. oct-29-14:ad

Auditor's Notice.

In re Estate of Levi McClintock, deceased, in the Orphans Court of Somerset County, Pennsylvania, No. 129—1914. Notice is hereby given that the undersigned, James B. Landis, has been appointed Auditor by the Court to distribute the fund remaining in the hands of the Administrator to those entitled thereto, and that the said Auditor will sit for the purpose of his said appointment in the library room in the Court House, Somerset, Penn'a., on Friday the 30th of October A. D. 1914, at 1 o'clock P. M. when and where all parties in interest are required to appear and present their claims before said Auditor, or be debarred from sharing in the fund. JAMES B. LANDIS, Auditor.

50 YEARS' EXPERIENCE

PATENTS

TRADE MARKS
DESIGNS
COPYRIGHTS &c.

Anyone sending a sketch and description may quickly ascertain our opinion free whether a communication is probably patentable. Communications strictly confidential. **MUNN & Co.**, Patent Attorneys, 361 Broadway, New York.

Scientific American.
A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms, \$3 a year; four months, \$1. Sold by all newsdealers.

MUNN & Co 361 Broadway, New York
Branch Office, 625 F St., Washington, D. C.

Shingl

Enroute one car eighteen inch Eureka Red Cedar Shingles, which we expect soon. Our price right out of the car and for cash will be \$4.25 per thousand. Get your orders early. ad MEYERSDALE LAMING MILL.

FOR SALE—A good runner-Weber Co., Piano at a bargain. Apply to The Commercial. ad

FOR SALE—A four year old thorough bred Shropshire Ram. OZIAS WEIMER, nov.12-31ad Sand Patch Pa., R. D. 1.

DOG STRAY—High bred round followed undersigned to his home at Shaw Mines, last Tuesday. Owner can prove ownership and pay charges. nov.12-31ad LLOYD HARDING.

ESTRAY—A full blooded foxhound, medium size, light on legs, head and belly, black on the back, ear slit, three small marks on ear, disappeared from near Allegheny Mines on October 15th. Will pay a reward of \$5.00 for the return of the dog or for information whereby I can get possession again. ELIAS JUDY, nov.12-31-ad Garrett, Pa. R. D. 1.

Good girl wanted for general house work, at O. A. PHILLIPS, 106 Salisbury St. ad

Dr. Hesse's Poultry Panacea and Stock Tonic, are guaranteed to make Eggs and Milk, sold at Holzshu & Weimer.

Foley's Honey and Tar Compound for Croup.

Croup scares you. The loud hoarse croupy cough, choking and gasping for breath, labored breathing, call for immediate relief. The very first dose of Foley's Honey and Tar Compound will master the croup. It cuts the thick mucus, clears away the phlegm and opens up and eases the air passages. Sold by all Dealers Everywhere. ad

BIG PROFITS IN POULTRY assured by using Pratts Poultry Regulator. It strengthens breeding stock, increases fertility, resulting in bigger hatches and insures strong healthy chicks. That old "ounce of prevention" saying applies to Roup (Tablets of Powder) is a sure preventative and cure. Sold on money back guarantee by Habel & Phillips. ad

Eczema spreads rapidly; itching almost drives you mad. For quick relief, Doan's Ointment is well recommended. 50c at all stores. ad

Woman loves a clear, rosy complexion. Burbock Blood Bitters is splendid for purifying the blood, clearing the skin, restoring sound digestion. All druggists sell it. Price \$1.

SUNDAY OBSERVANCE.

I have told such of my people as I deal with in these months, told them plainly and told them frankly, that if they will say their prayers with the clergy at one hour of the Lord's day, the clergy are perfectly willing to play baseball with them at another hour of the same day, which is their day of rest, which rest is recreation; that if they will comply with the requirements of the church and observe Sunday, first of all, as a day of prayer they may have the rest of it as a day of play, and that, if they have stopped their work in order to worship, having worshipped, they may "walk abroad and recreate themselves." If this be treason, either to the church or to the day, let those who wish to do so make the most of it.—Rev. David M. Steele, Philadelphia.

FAR MORE FAIR.

More fair than sunrise mountains
In folded veils of light,
Or trails in silver birches
Engreened and mossed from sight;
More fair than new mown meadows,
Where sliding waters flow,
Or purple clouds of thunder,
Where torrents stream below;

Than rolling, southward valleys
With tussled maize in bloom,
Or northward pines entranced
In dark and rearing plume;
Than showery west empearling
A dewy distance gray;
Than drifted plains by starlight
Or rising moons of May.

I saw a fairer picture,
Outshining fields and skies.
I saw one happy morning
A child from fever rise.
I would that I were Raphael
To paint that lovely sight.
I saw him pick a daisy
With wasted fingers white.
—Sarah N. Cleghorn in Munsey's.

BEAUTIFUL

CHILDREN'S MARKET A CIVIC ENTERPRISE.

Young Folks of Norwalk, Conn. Conduct Vegetable Displays.

A children's market is the latest innovation in the civic enterprise of Norwalk, Conn. This market is conducted Saturday mornings from 8 to 10 o'clock on the main street in front of the Norwalk hotel by the garden committee of the Norwalk Civic League. On display are all sorts of garden truck grown by the youngsters of Norwalk in their own gardens. For several years the committee has awarded prizes for the best six children's gardens in town. A few weeks ago the chairman, Miss D. S. Pinneo, laid upon this additional inducement to juvenile industry.

Prices are fixed by a representative of the Civic League after inspecting the wares offered and consulting with nearby tradesmen. Account is kept of each child's sales, and at the end of the season a prize will be given to the youngster with the best record.

"The market is part of our plan to beautify Norwalk," said Miss Pinneo, chairman of the garden committee. "We encourage the children to plant gardens, supplying the seeds free as an inducement. Our inspectors make sure that the children are doing the work themselves. So far, so good. But then our small farmers had the fruits of their labors and no outlet. So we planned this market, and we are delighted with the results. There has been a decided increase in trade since the opening day a few weeks ago."

JAPANESE CITIES BACKWARD.

Do Not Compare With American Municipalities in Civic Improvements.

Following is an extract from a consular report from Consul George N. Wish, stationed at Kobe, Japan: "Japanese cities are very backward with respect to municipal improvements as compared with American cities. There will be a large field in this direction some of these days, however, for American enterprise. There is no city in Japan with a sewage system and none that I know of in which the streets are lighted or paved. Just now the city of Kobe is engaged in two large works, the harbor works and waterworks, which have been lagging considerably for lack of funds. No city can undertake anything of this kind without the permission of the central government at Tokyo.

The incidence of taxation in Japan is very high, while the wealth per capita is very low, and the government at Tokyo has been making strenuous efforts to retrenchment in order to relieve the strain and adjust the finances. There are in this consular district one city of 1,250,000 inhabitants, three of about 450,000, and numerous smaller ones, so that when the time is judged favorable there will be a very large amount of this kind of work undertaken. I should advise Americans who are interested in these various lines to keep in touch with the general financial situation in Japan.

With regard to city roads, there are no curbs outside of the foreign concession, and they are only repaired with shingle from the seashore. This answers the purpose, after a fashion, as there is no heavy wheeled traffic, and consequently the need for pavement is not very pressing. One firm in Kobe laid down at its own expense a short strip of asphalt paving as an experiment, which induced the city to pave in this way the principal shopping street for a short way, and the tramway company has put down granite blocks in one particularly busy street.

PLAYGROUNDS IN CITIES.

Rapid Growth of Amusement that Lessens Juvenile Disease and Crime.

A report given out recently by the Playground and Recreation Association of America includes the following interesting statements: "Thirty years ago playgrounds were almost unthought of. Today it has been proved that almost any city, with the help of the association's experienced field men, can secure not one playground, but a municipal recreation system side by side with the school system. Jane Addams and Dr. Charles W. Eliot, in a letter regarding the association, have said: "There are few opportunities for contributing more effectively to the lessening of juvenile disease and crime, producing social and industrial efficiency and increasing the joy of life." Birmingham, Ala.; Dayton, O.; Ishpeming, Mich.; Kansas City, Mo.; Lynchburg, Va.; Montreal, Canada; Red Bank, N. J.; Scranton, Pa.; Sioux City, Ia.; Tampa, Fla.; and Wheeling, W. Va., have all established year round recreation systems during the past twelve months, and Indianapolis, Ind., and Rochester, N. Y., have had assistance in trying to develop more comprehensive municipal recreation. Eighty-three American cities have now what all communities need—playgrounds employed throughout the year. Twenty-four million of the country's 30,000,000 children live in communities where playgrounds or other organized recreational activities are not available throughout the year. For over 21,000 of these children there are not even summer playgrounds.

ROOSTING HIGH



GREATEST HOLIDAY IS OF THE HOME

Especially Does the Day Upon Which the Nation Gives Thanks for the Many Mercies Extended Stand as a Revelation of Domestic Happiness.

THERE is ample cause for the spirit of Thanksgiving day in the place which the home holds in American life. It is enough to make any people grateful to be able to depend upon such domestic health, peace and happiness as prevail in the United States.

Thanksgiving day brings uncounted family reunions. It means the return to old homes of those who have gone far away. It reunites circles long broken. It exalts the family idea, the foundation on which human society rests.

And every year the holiday of the hearth, the day dedicated, informally but not the less certainly, to the home principle, finds the number of happy households in America larger than ever before. Every November the picture of home gatherings, in gratitude and peace, is painted on a scale more vast and impressive.

The most extreme pessimist knows in his heart that this is true. It is impossible to reflect upon the progress of the country and the gains made by the people of the United States, despite all drawbacks and mishaps, without realizing that in the broadest sense the life of the nation is healthier, sounder, safer and happier than ever.

And the old-fashioned cornerstone on which this national health and sanity of mind and spirit rests is the family. It takes Thanksgiving to bring into due prominence the enduring foundation of the wonderfully complex and elaborate structure of American life. When the millions of widened family circles are formed today, around well-laden tables, the position of the American life is patent to every thoughtful citizen of this republic. It is always clear enough to keen-eyed strangers visiting the foremost country of the New World.

While the great holiday of the home stands where it has always stood, where it stands today, as a revelation of domestic happiness and family unity, there will be nothing vitally amiss with the American nation. The spirit of Thanksgiving day is a moral tonic and a guarantee of civic health.

The Best Thanksgiving.

There is one blessing which is never taken away from those who want it. It is worthier of our thanksgiving than all other blessings combined. And the more we give thanks for it, the more we shall see in it to give thanks for. This blessing is God himself. Have we learned the joy of thanking God for himself? Have we practiced this form of thanksgiving daily? To pour out our thanksgiving to God for what he is has a remarkable result. It means that in the very act of such thanksgiving we receive more of him to be thankful for. It is as though, when we thanked a friend for a generous gift of money, with every word of our thanks that friend poured more money into our hands. The outgoing of our praise to God means the incoming of God. Let us take time apart on this Thanksgiving day, alone with God, to praise him and thank him for what he is. A half-hour spent thus with him, with perhaps the book of Psalms open before us, can make the day memorable in our lives. Moreover—let it be said reverently—it will make the day memorable in God's own life; for the praise of his children rejoices God's heart. Shall we not make it a day of thanksgiving in heaven because of our thanksgiving on earth?—Sunday School Times.

Unfortunate in Their Nature.

There will be some who will not give thanks of any sort on Thanksgiving day. With them the world is all wrong. Justice has fled from the earth, and all other men are untrustworthy. Some will wait that they were born under an unlucky star and look on the dark side of every blessing. Their very presence casts a gloom on everything. It is against their natures to grant a thankful word.

HIS DAY OF DOOM



GRATITUDE FOR DAILY BLESSINGS

Beautiful Festival of Thanksgiving Has Its Origin in the Recognition of the Beneficence and Protection of the Great Creator.

GRATITUDE is a word that comprehends the happiness of the human race. It turns the heart toward the Fountain of All Good and so makes possible a greater receptivity and a greater joy. Without it even glories of heaven could not confer happiness, and all the sweet amenities of life would fall. With it the humblest home may be blest with angel visits, and one step upward from the depths of grief may be fraught with a new-found joy.

But shall we be grateful for the mere incidents of life and forget to be supremely grateful for life itself? We murmur so much at the conditions of life, and on a reluctant concession we admit that this is better than that, and so we express our feeble thanks—praising the beauty of a single leaf while murmuring at the tree that bore it.

Are you truly grateful for life? Are you glad that you were born? Do you accept your life from the hand of God as his richest gift—the containant of all other possible blessings? Life is a wonderful gift—the most wonderful and the most blessed gift that the Infinite God could plan for the objects of his love. We have hardly begun to learn how great it is, how great it can be. Beginning at birth, and through childhood, youth and age, it stretches out into the realms of Eternity—ever growing vaster and yet more vast in its approximation of limitless possibilities. If you had not been born you would never have known life—the sum of all blessings.

The unqualified acceptance of life, with all its mystery and pain, all its labor and weariness, and yet all its sweetness and joy, and all its latent potentiality—that is and forever must be the basis of true gratitude, the one great theme for thanks. Unless you are grateful for life itself you cannot be truly glad for anything that life contains. But being grateful for life itself adds a tinge of celestial glory to every simple blessing and makes Today akin to the vast Forever.

Glory of the Day.

The feature, the charm, the glory of Thanksgiving day is in the fact that it is the day of home coming, home freedom, home love. It is a protest in these latest days against hotel life. It is a memorial of the most powerful civilizing and Christianizing agency of early American life. It is a plea for the return to housekeeping and to the domestic interests and activities which do so much for the culture of women and so much more for the training of children, and which help manhood to attain its soundest, richest, best. Long may Thanksgiving day remain an institution in this land, for the call to prayer and praise it gives, and for the argument and appeal it provides in favor of the much-depreciated "domestic sphere."—Bishop John H. Vincent in the Independent.

Thanksgiving.

Long have we wandered and how far, Yet home 'tis like a single star That shines today; Though we are scattered like the leaves, The winds have rustled from the trees To drift away.

Maybe it is for Mother's sake We drop our care—at dawn to wake For this one day: Maybe it is just love of home, Though we perchance, must dine alone And far away.

Even though the day be cold and chill, In every breast there is a thrill Of warmth today: A living spark—a tiny gleam Of home, 'tis though we do but dream And far away. —Carolyn B. Lyman.

Made a National Event.

In 1864 President Lincoln issued a Thanksgiving proclamation, which was followed by the governors of most of the states; and we may say since that year Thanksgiving has been an annual holiday through the entire country.

FAVORS TO PREPARE FOR THE GREAT DAY

Not Alone the Children of the Family but Also the Grownups May Be Furnished Special Trifles to Add Zest to the Thanksgiving Dinner.

FAVORS for the Thanksgiving dinner table may be made of pulled figs, raisins and nuts, held together with toothpicks and topped with marshmallow heads, the features outlined in chocolate. Each of these little figures should be mounted on a flat foundation made of a thick, firm cookie and the toothpick legs made to stand upright by embedding them in a little mound of chocolate frosting which should extend outward to form the feet.

Two large raisins, the stem ends thrust into the toothpicks, form the legs and two small pulled figs serve as a dress, the figs being thrust on the toothpicks so that the tapering stem ends shall meet to form a waist line. Two raisins are used for each arm, ending in a single peanut for a hand.

The marshmallow head is covered with chocolate except on one side, where chocolate features are drawn with a toothpick dipped in melted chocolate. A peaked hat made from half a fig should top the grotesque little figure.

For this work pulled figs are absolutely necessary. Ordinary layer figs will not do, as to make the bodies of these figures the figs must be of natural shape. These figs come packed in small baskets and one basket of figs at 25 cents will make six favors.

Another style of favor can be fashioned from short, thick sticks of candy. Top the stick with a marshmallow head, pinching it round, and drawing chocolate features and a little curl down the forehead. Press a couple of figs very thin and curl them around the candy doll, keeping them out from the body by means of toothpicks held to the stick of candy with white frosting. If the stick of candy is plain white, paint chocolate buttons down the front and rest the absurd little favor on a square of sugared popcorn.

If these favors are chosen for the children of the family, the grown persons may have something different. Choose paper lorgnons for the women, the eyeglass portion representing two miniature pumpkins and the long handle simulating their stem. Cut the pattern of a good sized lorgnon from cardboard, covering the handle with dull green crepe paper.

Cut four yellow pumpkins from the crepe paper that comes so decorated and cover the eyeglass portion of the lorgnon on both sides. Cut holes for the eyes so that these favors may be actually used while at the table. A bow of bright yellow ribbon tied half way down the handle of the lorgnon is a pretty addition.

For the men have long rolls of yellow paper tied at each end to simulate the usual motto papers. Instead of the usual folded paper cap inside conceal a cigar.

THE THANKSGIVING GIRL

You may boast of the maiden of summer, And brag of the maiden of June, Your winter girl may be hummer To skate with and lovingly spoon.



You may boast of the lassie bewitching In hobble skirt, store puff and curl, But give me the maid of the kitchen, The reliable Thanksgiving girl.

Thanksgiving Prayer.

For days of health, for nights of quiet sleep; for seasons of bounty, for all earth's contributions to our need through this past year: Good Lord, we thank thee. For our country's shelter; for our homes; for the joy of faces, and the joy of hearts that love; for the power of great examples; for holy ones who lead us in the ways of life and love; for our powers of growth; for longings to be better and do more; for ideals that ever rise above our real; for opportunities well used, good Lord, we humbly thank thee! For our temptations, and for any victory over sins that close beset us; for the blessedness of service and the power to fit ourselves to others' needs; for our necessities to work; for burdens, pain and disappointments, means of growth; for sorrow; for death; for all that brings us nearer to each other, nearer to ourselves, near to thee; for life: We thank thee, O our Father!—W. C. Ganett.