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Longest Established, Best Equipped
FINEST LINE OF WINTER GOODS.

Specialties in coats, jackets, ladies, men and
childrens underwear.

Gloves, hosiery, boots and shoes. All the latest
styles and best materials for winter wear.

Beautiful Neckwear

A New Department

A large assortment of Laces and Trimmings. A complete
stock of mens furnishings. Finely stocked Grocery Depart-
ment. Crockery and glassware direct from England.

All of the above at prices
that will make it to your
advantage to buy of

MITCHELL BROS.
Broad Street Milford Pa

The

..Quick Time Line..

The undersigned have entered into an
arrangement to expedite passenger traffic to
and from Port Jervis. Prompt service will be
rendered and polite attention shown. In con-
nection they will conduct a general livery busi-
ness. Proprietors of Wells, Fargo express. Con-
nections here with Dingmans and points South.

Findlay & Wheeler,
Milford, Pa. PROPRIETORS



"BEST OF ALL FLOUR."

FEED, MEAL,

BRAN, OATS,

and HAY

When in need of any

Hello to No. 5., or come to

SAWKILL MILL, MILFORD PA.

**KILL THE COUGH
AND CURE THE LUNGS**

WITH **Dr. King's
New Discovery**

FOR COUGHS
AND ALL THROAT AND LUNG TROUBLES.

GUARANTEED SATISFACTORY
OR MONEY REFUNDED.

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Of All Kinds and Styles.

Blankets, Robes, Whips
and Horse Outfitting gen-
erally.

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TRIMMINGS

Repairing: NEATLY DONE.

Examine my stock it
will please you. The
price too.

L. F. HAFNER.

Harford St. Milford

spread stappiness.

Is not the first duty of those who
are happy to tell of their gladness
to others? All men can learn to be
happy; and the teaching of it is easy.

Italian Proverb.

Little dogs start the hare, but
great ones catch it.

Comparatively Easy.

"It's hard to lose the savings of
a lifetime."

"Oh, not so hard. I knew of a
dozen men with cobwebs that you
could go into."

Supplying The Table

AN EVERY DAY PROBLEM

We solve it by keeping

Fine Groceries,

Canned Goods,

Choice Meats,

Fresh Vegetables.

FOR AN ELEGANT DINNER

If you appreciate a good market in town buy
your fish and meats at my place. Limburger,
imported Roquefort, Philadelphia Cream cheese
or any others desired.

FRED GUMBLE

Harford St. Milford Pa.

The

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Stroudsburg

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Normal

School

is winning for it-
self an enviable
reputation because
of the SUCCESS
of its Graduates.

The fall term
will open Aug. 31,
1908.

For catalogue
and special infor-
mation, address

E. L. KEMP,

Principal

TREATMENT OF MUSCLE STRAIN.

Pains Often Mistaken for Rheuma-
tism, Post the Cure.

A muscle which has been strained
either by overuse or by use in some
unaccustomed way often gives rise to
such severe symptoms as to lead to
a diagnosis of some other and more
serious trouble. This affection is not
the same as that called myalgia,
which indeed means pain in a muscle,
but is usually of rheumatic or neural-
gic nature. The trouble here meant
is something less serious, being noth-
ing more than a strain.

It is easy to see that any muscu-
lar pain may be mistaken for rheu-
matism or some acute inflammation,
as it may give rise to precisely the
same painful symptoms. For ex-
ample, when it occurs in some mus-
cle on the right side of the abdomen
it has been known to look for a time
exactly like the colic of appendicitis,
and it has time and again been
treated as such.

There are several ways in which
the facts may be discovered. On
questioning it will be found that
some muscle or certain set of mus-
cles has been subjected to an un-
usual strain and is in a state of mu-
dity in consequence. The pain will
be worse at night and better in the
morning after the night's rest, prov-
ing that it has a basis of fatigue.
Furthermore, it will yield entirely to
a proper amount of rest. In fact this
one thing rest—complies the
whole of the treatment.

When the abdominal muscles are
involved there must be rest in bed,
with perhaps some anodyne to dead-
en the pain at first—this, of course,
to be given only under the order of
a physician. In milder cases the
patients can go about their usual du-
ties if fitted properly with an abdomi-
nal belt.

When the muscles at the back of
the neck are affected it is a great re-
lief always to use a high-backed chair,
and when the pain is in the arm a
slings should be worn.

When this condition of painful
muscle is found in conjunction with
a general loss of tone, as shown by
lack of appetite, pallor and debility,
then in addition to local rest to the
particular muscle involved a general
course of tonic treatment should be
instituted. When the trouble can be
traced directly to the daily vocation
of the sufferer a change should be
made in the habits for a time where
this is possible. Unfortunately, with
most persons their daily bread will
depend upon the use of just this par-
ticular muscle, and in these cases
there is nothing to do but placate the
part with all the rest that can be
given it and help it with mechanical
support for a time if this is feasible.

A Diplomat Wanted.

A famous animal painter says that
when he was a boy he once witnessed
a fight between two dogs, one of
which belonged to an Irishman who
was a retired pugilist. The Irish-
man's dog was badly beaten, and the
fact was a source of deep chagrin to
the owner. He was very jealous of
his dog's record, but, as only he and
the painter had seen the fight, he
asked the latter, in a decidedly signi-
ficant way, which of the dogs won.

"Why," was the reply, "your dog
won, of course. He was underneath
the other dog, but he was chewing
the life out of the cur all the time."
"That's right," said the Irish-
man. "You have saved your life."

What Makes a Navy.

While the maritime nations of the
earth are striving for the mastery
of the seas through the building of
gigantic vessels, we may content our-
selves with the thought that here
we have the men and the spirit that
makes for victory. Sincerely it is
to be hoped that it will be long ere
we shall be called upon to test our
powers against these latest devel-
opments in naval architecture, but
if the time does come we can com-
fort ourselves with the reflection
that a gathering of ships does not
make a navy—now as always it is
the man behind the gun.—Washing-
ton Herald.

Very Tempting.

A man was brought before a jus-
tice of the peace charged with the
offense of a kissing a young woman
"by force and violence, and against
her will."

The young lady, who was very
handsome, gave her testimony in a
modest and straightforward manner,
after which his honor gave the fol-
lowing decision: "The court in this
case sympathizes with the defendant,
and will therefore discharge him,
without fine, imprisonment or reprimand, because the court while this
case has been in progress has been
obliged to hold on to both arms of
his chair to keep from kissing the
complainant himself."

Has Many Crowns.

The Czar has as many crowns as a
fashionable lady has hats. He is re-
spected by his people as a religious as
well as a secular monarch, and there-
fore has crowns for every possible
state occasion. The Russian imperial
crown is modeled after a patriarchal
mitre. Five magnificent diamonds,
centered on a cross, forming a ruby,
or the cross at the summit. Diamonds
and pearls of almost perfection ren-
der this crown unrivaled among all
others, and there is one sapphire in
it which is said to be the finest stone
of its kind ever mined.

Smile's Face Value.

Although most of us would hesi-
tate to express what might be termed
the face value of the "modern
smile," we certainly realize at times
that it is a form of currency which
is depreciating. In the "modera
smile" we recognize the crude, offi-
cial thing which neither illumines,
cheers, nor bridges awful gaps of si-
lence. It may favor of suggesting a
wave of imbecility to declare that we
ought all to smile more; but it is
certainly true that the charm of a
woman's smile was once esteemed
even above beauty.

DOUBTFUL POWDER.

Darky Expert Put it to the Test with
a Vengeance.

One day, after listening to a story
particularly offensive with age, Lin-
coln McConnell, the Georgia evan-
gelist, told:

An old darkey went into a store
down in Georgia and asked:

"Say, boss, you got any gun pow-
dah heah?"

"We, we have gun powder."

"Lemme see some of that theah
gun powder."

The dealer showed him some.

"Pore a little of that powder in
my hand."

The old darkey took the powder
near the light, ran his forefinger
around and around in it, looked at it
critically, and then smelled it two
or three times.

"And you say this heath is pow-
dah?"

"Yes," answered the dealer sharp-
ly; "that is powder. What is the
matter with it?"

"Dunno, boss"—the darkey shook
his head doubtfully—"but hit smells
to me like it's done been shot off heah."

HE KNEW.



Mabel—Dora has such melting
eyes.
Jack—That's because she is so
hot-tempered.

An Air with Real Air.

During one of the political tours
of Mr. Cleveland, in which he was
accompanied by Secretary Olney, he
arrived during a severe storm at a
town in which he was to speak. As
he entered the carriage with his
friends and was driven from the sta-
tion the rain changed to hail, and im-
mense stones battered and rattled
against the vehicle. A brass band,
rather demoralized by the storm,
stuck bravely to its post and played.

"That is the most realistic music
I ever heard," remarked the Presi-
dent.

"What are they playing?" asked
the Secretary of State.

"Hail to the Chief—with real
hail!" rejoined Mr. Cleveland.—
Harper's Weekly.

His Case.

The Prince of Wales is fond of
telling a good story to his friends in
connection with his visit to Ottawa
some few years ago. The Prince—
then Duke of York—stole away for a
quiet bicycle spin early one morn-
ing, and in his ramblings met a
farmer, heading marketward, his
wagon temporarily stalled by the
loss of a nut belonging to the whif-
fles bolt. His Royal Highness,
with his usual democratic kindness,
assisted him in putting things right.
On parting, the farmer expressed
his rough thanks and asked if he
might know the name of the person
to whom he was indebted. The royal
cyclist replied modestly: "I am
the Duke of York. And may I ask
whom I have the pleasure of address-
ing?" A broad, amused smile beamed
from the farmer's face as he said:
"Met Met Wye, I'm your uncle, the
Czar of Russia!"

A Most Useful Event.

The way in which the first auto-
matic steam engine was produced
was undoubtedly this—and it shows
how comparatively easily a really
great invention may sometimes be
made. It was the duty of Humphrey
Potter, a boy, to turn a stop-cock to
let the steam into the cylinder and
one to let in water to condense it at
certain periods of each stroke of the
engine, and if this were not done at
the right time, the engine would
stop. He noticed that these move-
ments of the stopcock handles took
place in unison with the movements
of certain portions of the beam of
the engine. He simply connected
valve handles with the proper por-
tions of the beam by strings, and the
engine became automatic—a
most useful result.

No Hope.

Miss Irene Gillcuddy of Millville,
Mass., writes: "I have a gentleman
friend who has been keeping com-
pany with me all this year, but who
has never indicated or intimated that
he wishes to be considered other than
a friend of mine. I am 18 years old,
with ruby lips, rose-pink cheeks,
golden hair, azure eyes and a gentle
disposition. Do you think I should
hang up some mistletoe and acci-
dentally stand I each it while he is
around, just to encourage him?"
Irene, if a young man needs the en-
couragement of mistletoe under the
circumstances, there is no hope for him.

Insensate Buildings.

The city of Washington is setting
an example to other large cities in
the country in destroying bulwarks
which the health authorities believe
to be insensate. Thirty-two such
buildings were raised during the
month of March, and about the same
number were destroyed during each
of the months of January and Feb-
ruary. In less than two years about
1,000 buildings have been either de-
stroyed or have been brought up to
the sanitary standard required by
the district ordinances.

THE WOMAN OF FIFTY

NEW LIFE AWAITS HER AFTER
CHILDREN ARE GROWN.

She May Have Any of a Dozen Tal-
ents in Other Lines But Neither
She Nor the World Be Better.

By Charlotte Perkins Gilman.

The woman of fifty, whose chil-
dren have all grown up and left her,
is likely to think that her work is
over and her life done, but her life
is, on the contrary, just beginning.
She is not so taken up with being
a woman now, and can realize at
last her individual character. Here-
tofore her personality has been sub-
merged in the great common expe-
rience of love, marriage and matern-
ity. She may have had any one of
a dozen talents in other lines, but
neither she nor the world is the bet-
ter for it. She may have preferred
other occupations; she may have
particularly disliked this one; but
neither capacity, preference nor dis-
taste made any difference. A wife
and mother, she must also be a
nurse and housekeeper for better or
worse.

One wonders sometimes, noting
the wide difference in housekeeping
and in child culture, whether that
"better or worse" clause was not
put in on account of them. If it is
"better," the family is more com-
fortable; if it is "worse," the family
is more uncomfortable; but, which-
ever it is, the woman must spend all
her young years at it, and person-
ally slumbers. Is there any left
when one is fifty? Is not the re-
minder a mere shell—a husk or a
remnant of what was once a woman,
all her womanhood accomplished?
That's what we have always thought.
We have peacefully taken it for
granted that she who had so patient-
ly obliterated herself in the inter-
ests of her family should stay oblit-
erated on general principles for all
the rest of her life.

There is no reason why the wo-
man of fifty should stay obliterated.
She has ten, twenty, thirty years
still to live, and in ten years of well
directed effort, free from the blun-
ders and backsteps of youth, what
may she not do? "Once disentan-
gled from the clinging mounds of
domestic habit, she finds, to her in-
tense surprise, a fountain of youth
springing up within her. She can em-
ploy the green earth as much as she
ever did; more, if her soul has grown
ever did; more, if her soul has grown.
She can take up some trade or busi-
ness if she wants money—something
perhaps, along the line that has
previously occupied her. She can
travel if she can afford to study if
she has time and wishes to go in
for some kind of public work, if
that appeals to her, or she may sim-
ply "loaf" for a while and "invite
her soul." And what of the family?
Is nothing to be lost by the eman-
cipation of a budding grandmother?
Will John at sixty-five object to
these new courses? There will be
no difficulty about any of these
things. To say the truth, tyrant
man is not half so black as he is
colored. Neither is he as rapaciously
content with the average wife
and mother as the poets and some
novelists would have us believe.
There is room for a cheerful hope
that the man of fifty-five will spend
the rest of his days quite as com-
fortably with the active, happy, use-
ful, growing woman that is in watch-
ing the gradual decadence and ex-
tinction of the woman who was.

SOME PUDDING RECIPES.

Puddings have become so varied
in style, taste and composition until
now it is difficult to tell just what
the name pudding signifies unless the
kind of pudding is specified. Here
are a few of the many popular pud-
ding recipes, or, as new.

Light Pudding—Scald four cup-
fuls of milk. Add two-thirds of a
cupful of sugar and six level table-
spoonsful of corn starch, made
smooth in a little cold milk. Cook
ten minutes, and add the yolks of
three eggs beaten well. Butter a
pudding dish, dredge with sugar,
turn in the pudding and cover with
a meringue made of the whites of
four eggs beaten stiff and pre-hal-
f of a cupful of powdered sugar. Set
in the oven to brown. Cool before
serving.

A Hint for Flower-Lovers.

To preserve a bouquet of flowers
sprinkle it lightly with fresh water,
then place it in a vase containing
soap-suds. The chemical properties
purify the life and keep the flowers
bright. Take the bouquet out of the
suds every morning, and place the
stems in fresh water for a few min-
utes; then after sprinkling the flow-
ers again with clear water, replace
the bouquet in the suds. The flowers
will keep as fresh as when first gath-
ered, especially when the suds are
changed every third day. By this
method I have kept flowers fresh,
fragrant and beautiful for over a
week. Try it and you will be de-
lighted.

Eating Between Meals.

This, for children, is a sure way
of acquiring dyspepsia. Wholesome
meals, at regular hours, obviate the
need of anything at other times.

The Mission of the Mortar.

Two Irishmen were looking at
bricklayers busily working. "If say,
Pat, kin you tell me what kapes
them bricks together?" asked one.
"Sure, it's the mortar, Mike," was
the answer. "That's where you're
wrong," returned Mike; "the mor-
tar's what kapes them apart!"

The Disgrace.

"I'd be ashamed to go round beg-
ging," said the prosperous citizen.
"Take all kinds of people I make
a world," rejoined the tramp. "Here
you is too proud t' beg, an' I'm too
proud t' work."

Everybody Come RYMAN'S 25th X'mas Opening

Toys, Games and a world
of playthings for the children
also presents for every mem-
ber of the family. This is a
personal invitation. Come
and see the beautiful pres-
ents. Whether you purchase
or not, we will appreciate it.
Prices in reach of all. A
"Merry Christmas" to all.

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with a large capital and surplus security, will
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interest on them, from the day they are de-
posited. It is paying out over \$100,000.00
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The best facilities which enable us to trans-
act all kinds of financial business are at your
disposal.

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FRANK HARDING,
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Powerful to Cure,
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Used in Thousands of Homes.

Write to Dr. David Kennedy's
Sons, Rondout, N. Y., for a
FREE sample bottle. Large
bottle \$1.00. All druggists.

Repairing the stumps.

"The last time I motored in Eng-
land," said Craig Biddle the other
day, "I was amazed by the spick
and span look of all the old castles,
halls and manor houses. My com-
panion was an Englishman, a very
well informed chap, and I said to
him:

"I thought you people had a lot
of picturesque old ruins over here?"
"We did have once," said he, "but
your betresses have come over and
put them all in good repair."

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Finest table in the city.

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popularity. Recently renovated, repainted
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A landmark among the hotels of Wash-
ington, patronized in former years by
presidents and high officials. Always a
prime favorite. Recently renovated and
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R. dep. WALTER BUNTON, Res. Mgr.
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