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is called to the safe banking facilities offered by this bank with its record of 16 years' experience in handling commercial accounts. We extend every reasonable accommodation and give careful and intelligent attention to their needs.

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There's a good reason for pride in the possession of strong, healthy teeth--that never shirk the duty before them as a minimum. Probabilities are their own enjoyers. Just as probably he or she consults a good dentist regularly. Many such are our list of regular patrons. Vitalized air, made fresh daily, in our rooms sterilizes it each time used. Exclusive owners of Odontunder.

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HOME PHONE 242. LADY ATTENDANT

THE TELEGRAM IS READ
BY THE MASSES. USE ITS
WANT COLUMN.

BALTIMORE & OHIO RAILROAD.

Schedule Effective May 27, 1906

CLARKSBURG, W. VA.

Daily. 2 Daily except Sundays
2 Sunday only.

MAIN LINE, EASTBOUND.
Cumberland, Washington, Baltimore, Philadelphia and New York, Depart 3.52 a.m., 5.31 p.m., 9.35 p.m.
Arrive 12.53 a.m., 9.53 a.m., 7.28 p.m.

Frederick Accom., Depart 10.23 a.m., 7.18 p.m. Arrive 7.26 a.m., 3.40 p.m., 2.03 p.m.

MAIN LINE, WESTBOUND.
Parkersburg, Cincinnati, Louisville & St. Louis, Depart 12.53 a.m., 9.58 a.m., 7.28 p.m. Arrive 3.52 a.m., 5.35 p.m., 9.35 p.m.
Parkersburg Accom., Depart 7.06 a.m., 3.40 p.m. Arrive 10.21 a.m., 7.18 p.m., 3.05 p.m.
W. VA. & PITTS., NORTHBOUND.
Connellsville and Pittsburgh, Depart 11.15 a.m., 10.25 a.m., 10.30 a.m. Arrive 1.30 p.m., 11.07 a.m., 11.05 p.m.

Fairmont and Morgantown, Depart 11.15 a.m., 10.25 a.m., 10.30 a.m., 10.40 p.m., 7.05 p.m. Arrive 1.30 p.m., 11.05 p.m., 11.05 p.m., 11.05 p.m., 11.05 p.m.

Weston, Depart 2.00 a.m., 10.40 a.m., 11.25 a.m., 24.00 p.m. Arrive 36.15 a.m., 28.55 a.m., 29.40 a.m., 22.00 p.m., 27.05 p.m., 7.05 p.m.

Pickens, Depart 16.00 a.m., 27.56 p.m., 24.15 p.m. Arrive 28.54 a.m., 29.40 a.m., 27.05 p.m.

Ridgewood and intermediate points, Depart 16.00 a.m., 11.25 a.m., Arrive 22.00 p.m., 27.05 p.m.

Webster Springs, Depart 11.18 a.m., Arrive 12.00 p.m.

WEST VA. SHORT LINE.
New Martinsville & Wheeling Accom., Depart 5.40 a.m., 12.30 p.m. Arrive 11.18 a.m., 8.40 p.m.

DeWITT'S (Faded) **WITCH HAZEL SALVE** For Piles, Burns, Sores.

THE MOST REFRESHING DRINK IN THE WORLD
Coca-Cola
At all Saloons, Groceries, Cafes and Stands.
BARNETT & JAMIESON.

ITS OF AN ADVERTISING MEDIUM BY ITS WANTED COLUMN. SEE THE TELEGRAM'S WANTED COLUMN. ALWAYS JUDGE THE MER-

Ants as Guests of Plants.

The ants which are really protective to plants are not those which obtain their food indirectly for the most part through the aphides, from the vegetable kingdom, but those which are really carnivorous. These are numerous in temperate climates, and their usefulness to agriculture and horticulture is incontestable. Thus the field ant is a great insect destroyer. A nest of this species is capable of destroying as many as twenty-eight caterpillars and grasshoppers a minute, or 1,600 an hour, and such a colony is at work day and night during the pleasant season. In the arid plains of America the beneficent work of ants is revealed in the isles of verdure around their hills. There are plants hospitable to ants, which furnish them shelter and often food, within the cavities of which the instincts of the ants prompt them to take their abode. This is the case with several ferns, among them the *Polypodium nectariferum*, the sterile fronds of which bear peculiarities on their lower face and are, moreover, of a shape favorable to sheltering the insect.

Sign of a Trained Nurse.

"I used to wonder why it was that I noticed so many young women lugging suit cases all over town," said the man on the street corner. "At first I thought perhaps they were independent young persons who were on their way to the Grand Central station or to the ferry-boats to take trains, but then I noticed them in parts of the town where they couldn't possibly be making for a railroad station, since they were going in the wrong directions. Now I have learned who these women are. Most of them are trained nurses. When they leave the hospital or their homes to attend a case they pack their uniforms and other necessaries in these suit cases, which they carry with them. So when you see a young woman carrying a suit case and bound in a direction away from a boat or railroad station it's very likely she's a trained nurse and is either starting out to attend a case or is returning from one." --New York Press.

Colors of the Bluebird.

Of the male bluebird Thoreau said, "He carries the sky on his back." To this John Burroughs added, "and the earth on his breast." The bird's back, wings and tail, chin and throat are a vivid blue, while his breast and flanks are a chestnut brown and his abdomen a dirty white. The female is very much duller in coloring, often having a reddish tinge that extends from the middle of the back over the shoulder. The Seminole Indians say that the male bluebird once flew so high that his back rubbed against the sky, which imparted to him its own azure tint. Returning to earth, his wife so admired his new coat that she determined to have a like one for herself and the next morning flew away to get it, but the day proving somewhat cloudy the color given to her dress was not so brilliant as was that received by her mate.

FLETCHERISM.

Henry Ward Beecher made the remark once in talking with friends on helpful Christianity that "good eating and sound digestion were positively needed to insure the kind of Christianity Christ taught."

"What shall we dare I eat?" is a serious question writ to answer the question with a view to helping the largest number of people putting the query. He said:

"Eat only in response to an actual appetite, which will be satisfied with plain bread and butter."

"Chew all solid food until it is liquid and practically swallows itself."

"Sip and taste all liquids that have taste, such as soup, lemonade, etc. Water has no taste and can be swallowed immediately."

"Never take food while angry or worried and only when calm. Waiting for the mood in connection with the appetite is a speedy cure for both anger and worry."

"Remember and practice the above four rules, and your teeth and your health will be fine."

These rules some time ago became known as "Fletcherism" and are being practiced by many who favor them. They cannot be harmful, and they certainly are helpful. --Mothers' Magazine.

The Price.
If one sets one's heart on the exceptional, the far off--on riches, on fame, on power--the chances are he will be disappointed. He will waste his time seeking a short cut to these things. There is no short cut. For anything worth having one must pay the price, and the price is always work, patience, love, self-sacrifice--no promise to pay, but the gold of real service.

A CLEVER TRICK.

Getting a Coin Out of a Glass Without Touching It.
Get a conical shaped wineglass, whose greatest diameter is a little larger than a silver dollar. In the bottom of the glass place a silver quarter and above it a silver dollar. As the upper part of the glass is only a little larger than the dollar, the latter will



go only a short distance down, where it will rest in a horizontal position, like a sort of inside lid.

Now say to those who are watching you that you intend to make the quarter jump out of the glass without your touching it. All you have to do is to blow your breath hard on the dollar, which will make it turn over into a vertical position, and the compression of the air at the bottom of the glass caused by your blowing will send the quarter flying out on the table.

A FAITHFUL DOG.

His Story Has Passed Into History With the Athenians.
Many hundred years ago there lived at Athens a dog whose faithfulness has through time to be mentioned in history, and in the Grecian city his story is often repeated. The dog guarded one of the heathen temples at Athens. One night a thief stole into this building and carried off some of the most valuable treasures. The dog valiantly barked its loudest to frighten the thief and to rouse the keepers, so the man went off with the jewels. But the faithful dog did not mean to lose sight of the rascal, and all through the night he followed him. By daybreak the poor animal had become very weary, but still he kept the robber in sight. The latter tried to feed him, but the dog refused all food from him, and as he made friends with passersby, he took it from them instead. Whenever the thief stopped to rest the dog remained near him, and soon a report went through the country of the animal's strange behavior. The keepers of the temple, hearing the story, went in search of the dog, and they found him still at the heels of the thief at a town called Cronon. The robber was arrested, taken back to Athens and there punished. The judges were so well pleased with the dog's sagacity and faithfulness that they ordered him to be fed every day for the rest of his life at public expense.

Why Exercise Beats the Body.

A thinking boy asked the editor one day why running or any other violent exercise makes one hotter. Perhaps all the boys and girls would like to have the question answered for them. The reason is that it quickens the circulation of the blood, makes one breathe faster and thus brings more air (and oxygen) into the lungs. Animal heat is produced by slow combustion, and combustion is nothing more than a union of the oxygen of the air with some of its elements. When we take air into the lungs by breathing, the oxygen of the air penetrates the delicate vessels and enters the blood, which carries it to the heart and thence to the different organs. Here it makes a chemical union with particles of carbon from the tissues, and that union makes heat. The faster you breathe, therefore, the more oxygen you take in and the more heat is generated. --Chicago News.

Jones' Hat or Jones's Hat.

It is not strange that boys and girls are sometimes bothered over the right way to use the sign of the possessive after a noun ending in s. Good usage is about equally divided in the matter, so that either Jones' hat or Jones's hat may be considered correct. Literally speaking, however, Jones's hat is to be preferred, for the possessive form is nothing but a contraction of "his," the original form having been "Jones his hat," and most grammarians say that we should give recognition in the sound to the contracted pronoun. Good Brown's grammar says, "To avoid a concurrence of hissing sounds the s is sometimes omitted, and the apostrophe retained to mark the possessive singular, as 'Moses' minister,' but the elision should be sparingly indulged. It is in general less agreeable than the regular form," and it illustrates the point by quoting "Hicks's" as preferable to "Hicks'." --Exchange.

I Don't Care.

I don't care for the doll I broke (smashed her against the wall); she is all in a hundred bits.
I don't mind it at all!
I don't care if my lesson's hard; I don't wish it was through.
I don't care for the doll I broke; I don't care--but I do! --Exchange.

SWEET MELODY FLOUR.

Piles quickly and positively cured with Dr. Shoop's Magic Ointment. It's made for piles alone--and it does the work surely and with satisfaction. Itching, painful, protruding or blind piles disappear like magic by its use. Large, nickel capped glass jars, 50 cents. Sold and recommended by all dealers.

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The best treatment for indigestion and troubles of the stomach is to rest the stomach. It can be rested by a good digestant. Kodol puts the stomach in shape to satisfactorily perform its functions. Good for indigestion, sour stomach, flatulence, palpitation of the heart and dyspepsia. Kodol is made in strict conformity with the National Pure Food and Drug Law. Sold by Stone & Mercer.

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BRASING.

A Method of Cooking That Makes Tough Meat Tender.

Brasing is a method of cooking which is something like both boiling and baking, but differs from either. It is a favorite French way of cooking and is regarded as both economical and good, for it converts inferior pieces of meat into tender, juicy dishes. The meat of any animal having a tightly fitting cover is essential. In France a special cover is made in such shape that live coals can be spread over the top. This is necessary, because much of their cooking is done with charcoal. With our stoves we can use either metal or earthenware. The latter is preferable, because the heat is kept more uniform, but any kind of deep covered pan or tin will do the work. The meat which is to be cooked is arranged in the pan or kettle with or without eatables, according to the favor desired; water, sauce stock or a savory sauce added. The dish is then tightly covered and placed in a slow oven to cook. From half an hour to one hour is allowed for each pound of meat, according to its toughness. The meat will brown some, even while part of the liquid is evaporating. When it is desired well browned the cover's removed half an hour before dishing.

HOUSEHOLD HINTS.

To cleanse a mica chimney rinse it carefully first in vinegar, then in cold water.

Don't overcurtain your windows. Dainty and pretty as curtains may be they shut out the air and light that are so absolutely essential.

Skim milk will take fresh ink out of a carpet. Sop up the ink with a soft rag; pour a little milk on the spot, sop up that; pour on more and sop it up, proceeding in this manner until the spot disappears.

Horseshair furniture can be quickly cleaned by first beating it and brushing all dust from it, then wiping off with hot water to which has been added a tablespoonful of ammonia. Be sure to wipe with the grain of the cloth.

A majority of American mothers use more or less pepper in their nurseries and many like to know that if they will mix one ounce of oil of peppermint with one pint of alcohol they will find it stronger, purer and cheaper than that sold in the shops.

Children's Clothes.

In making the sleeves in children's dresses make them quite full and long enough to turn a hem and gather at the wrist. Then when the sleeves are too short rip out the hem and gather into a cuff. Have a few tucks in the bottom of dresses. They improve the looks of a garment, and when it needs lengthening it is easier to rip out a tuck or two than let down a hem. When the children's stockings become thin on the knee run a patch of old stocking tops on the thin part, then cut the stocking off at the ankle, turn the top to the back of the stocking and sew the top on the foot in a flat seam. They will wear as long as new ones. --Pittsburg Press.

Vegetable Soups.

Put one ounce of shredded suet into a frying pan. Cut into it one small onion, one carrot, a potato and a turnip. Stir until all the vegetables are slightly browned, then add them into soup kettle. Add two tablespoonfuls of rice, some celery seed and two quarts of cold water. Simmer gently one hour, then press the whole through a very fine sieve. Return to the soup kettle, add two level tablespoonfuls of corn flour moistened in a little cold water, stir continually until it boils, add a palatable seasoning of salt and pepper and serve. This soup should be about the consistency of cream. If too thick add a little hot water.

For the Mattress.

The daily turning over is not the only necessary attention for the proper treatment of a mattress. This operation itself is liable to strain the ticking and pull the stuffing out of shape in course of time. To avoid this handles may be sewn to the sides, so that the yielding surface of the mattress itself need not be grasped. These can be made from webbing or a crosspiece of ticking and sewn as firmly as possible to the sides.

The best treatment for indigestion and troubles of the stomach is to rest the stomach. It can be rested by a good digestant. Kodol puts the stomach in shape to satisfactorily perform its functions. Good for indigestion, sour stomach, flatulence, palpitation of the heart and dyspepsia. Kodol is made in strict conformity with the National Pure Food and Drug Law. Sold by Stone & Mercer.

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