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VOL XXX.

MONTEREY, HIGHLAND COUNTY VA., FRIDAY, JANUARY 31 1908

NO 5

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that will sit uncomfortably, no matter what it costs; it will do you more harm than good.

A truss that won't stay in its place under all conditions you get your body into should be thrown away at once. It can never be depended upon and is sure to fail you at a critical moment.

We sell a truss at \$2.00 that we guarantee under all conditions to positively retain the most complicated form of rupture painlessly. This truss is neither clumsy nor uncomfortable about the body, and wears well. All our fitting is done by an expert and our stock is most complete in every surgical requisite.

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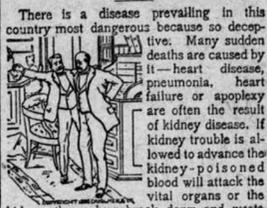
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Write a letter describing all your symptoms, and we will send you Free Advice, in plain sealed envelope. Address: Ladies' Advisory Department, The Chattanooga Medicine Co., Chattanooga, Tenn.

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WINE OF CARDUI

The Cause of Many Sudden Deaths.



There is a disease prevailing in this country most dangerous because so deceptive. Many sudden deaths are caused by it—heart disease, pneumonia, heart failure or apoplexy are often the result of kidney disease. If kidney trouble is allowed to advance the kidney-poisoned blood will attack the vital organs or the kidneys themselves break down and waste away cell by cell.

Bladder troubles most always result from a derangement of the kidneys and a cure is obtained quickest by a proper treatment of the kidneys. If you are feeling badly you can make no mistake by taking Dr. Kilmer's Swamp-Root, the great kidney, liver and bladder remedy.

It corrects inability to hold urine and scalding pain in passing it, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get-up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases.

Swamp-Root is pleasant to take and sold by all druggists in fifty-cent and one-dollar sized bottles. You may have a sample bottle of this wonderful new discovery and a book that tells all about it, both Home of Swamp-Root sent free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing mention reading this generous offer in this paper.

Don't make any mistake, but remember the name, Swamp-Root, Dr. Kilmer's Swamp-Root, and the address, Binghamton, N. Y., on every bottle.

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Your First Thought Will Be Good Neat work deserving the Praise of Your Teacher

Waterman's Ideal Fountain Pen

Is the one article that will aid you most to accomplish neat work and permit steady writing without disturbance of thought.

You can always carry it without fear of loss.

For girls—the leather belt pocket.
For boys—the clip clasp.

I carry reliable goods only in the Jewelry line, such as

Wedding Rings, Ladies and gents Watch Chains, Brooches, Scarf Pins, Lockets and Chains, Signet Rings, &c.

Watches, clocks, hand painted china and the best silver plated ware always kept on hand. I can SAVE YOU 35 PER CENT on Diamond Rings and will get you a selection package any time.

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Address A. S. ABELL COMPANY, Publishers and Proprietors, BALTIMORE, MD.

"Cleverality."

There is a story that Charlotte Bronte when a girl of sixteen broke out angrily at some one who said she was always talking about clever people, such as Johnson and Sheridan. "Now, you don't know the meaning of clever," she said. "Sheridan might be clever—scamps often are—but Johnson hadn't a spark of 'cleverality' in him." That remark really gives the essence of Johnson and the key to the great qualities of his work, for in his case even more than in most the prose was the man. Whoever wants "cleverality" had best have Johnson alone. The signal merit of Johnson's writings is that he always means what he says and always says what he means. He may often have talked for victory, but except perhaps in the political pamphlets he always wrote for truth.—London Times.

Fool's Gold.

Pyrite, or sulphide of iron, occurs quite freely in the iron measures and granite gash veins in upper Michigan. It has a brassy color and is known as "fool's gold" by reason of its similarity to the yellow metal in the opinion of the inexperienced. The miners call it "mudic." Few people appreciate the great value of this mineral. Its principal use is in making sulphuric acid, and in that form it is consumed in very large quantities, much of it entering into the refining of kerosene oil as well as being used extensively in the manufacture of artificial fertilizers.—Mining World.

Great Scheme.

Mrs. Simpson in her "Many Memoirs of Many People" says of Archbishop Whately: He was utterly regardless of appearance. If he came to us with a servant and perceived a hole in his black stocking he would put a piece of sticking plaster on the corresponding part of his leg to conceal the defect.

Foolish Question.

"Hello!" cried the neighbor. "What are you building a new chicken house for?"

"Why," replied Nettles, "for a flock of pink elephants, of course. You didn't suppose I'd put chickens in it, did you?"

Applause.

A friend having declared in Mrs. Siddons' hearing that applause was necessary to actors, that it gave them confidence, "More," interposed she; "it gives us breath."

Genius is a combination of aspiration and inspiration.—London Truth.

Chipper.

"Will you saw some wood for your dinner?"

"No'm, I don't eat wood."—Houston Post.

He who knows most forgives most.—Italian Proverb.

A NIGHT ALARM

Worse than an alarm of fire at night is the metallic cough of croup bringing dread to the household. Careful mothers keep Foley's Honey and Tar in the house and give it at the first sign of danger. Foley's Honey and Tar has saved many little lives and it is the only safe preparation for children as it contains no harmful drugs. Swadley Bros., Vanderpool. Sold by all druggists, Monterey.

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The Sun's market reports and commercial columns are complete and reliable, and put the farmer, the merchant and the broker in touch with the markets of Baltimore, Norfolk, Charleston, New York, Chicago, Philadelphia and all other important points in the United States and other countries. All of which the reader gets for one cent.

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The Sun is the best type of a newspaper morally and intellectually. In addition to the news of the day, it publishes the best features that can be presented, such as fashion articles and miscellaneous writings from men and women of note and prominence. It is an educator of the highest character, constantly stimulating to noble ideals in individual and national life.

The Sun is published on Sunday as well as every other day of the week.

By mail the Daily Sun \$3 a year, including the Sunday Sun \$4; the Sunday Sun alone \$1 a year.

Address A. S. ABELL COMPANY, Publishers and Proprietors, BALTIMORE, MD.

A Weekly Letter From the Orient

FURNISHED BY THE RECORDER'S SPECIAL CORRESPONDENT, WHO IS MAKING A TOUR OF THE EASTERN COUNTRIES.

(Special to Recorder)

Tokyo, Japan, September 6:—I shall leave Japan for Korea tomorrow but before leaving I want to tell of a ceremonial dinner of which I partook. It will give a good idea of how the Japanese eat and what they have. I am sure that many of my readers will feel much as I did—that they would rather have something different, but I must say that I was agreeably disappointed and found the viands good and appetizing. When dinner was announced we were ushered into a room whose only ornament was a large blue vase filled with chrysanthemums. On the floor were arranged flat, velvet cushions, and we took our place on them with more regard to comfort than elegance of position. Japanese from childhood, are trained to sit on their heels, but this is an accomplishment that an European cannot emulate so we had to sit cross legged or with the feet to one side. The attendants were six native young women and they served the first course an lacquered tray. It consisted of tea and sweet cakes. We first drank to the host and then rinsed the tiny cups and drank to the guests in turn. For the second course a small tray covered with paper was placed before each guest; on the tray was a small round cake made of a sweet paste and set in four sugar maple leaves, colored red to represent real leaves. The cake was very sweet and the leaves too pretty to eat, but the Japanese ate all to the last crumb.

Sake, the only intoxicating liquor of Japan, was then served, very hot, in small cups, and the care of only drinking to host and each guest was again performed. The fourth course was soup made of salted beans, served in red lacquered bowls, sitting on little lacquered stands six inches high. The next course was composed of three kinds of fish, served raw with a piquant sauce and slices of cucumber. While this was being eaten the wall rolled aside and a number of geisha girls danced to strains of three Japanese instruments which made soft music.

The sixth course consisted of boiled chestnuts, fried eel, snipe, a cake made of eggs and sea weed, stewed plums boiled fish, garnished with raw carp shredded very fine. It did not add to my enjoyment of the meal to see the carp from which the shreds were taken swimming about in a tub of water. The Japanese always cut them up alive, and sometimes it seems as if nothing but head and backbone were swimming about in the tub. The seventh course looked like an iced fruit cake, but proved to be fish with a covering of white lobster meat. With this was served preserved grapes, a small potato and preserved ginger. This was served while a beautiful Geisha girl was dancing a porturing dance.

For the eighth and last course we were served with boiled rice with neither sugar nor salt to make it palatable, a salad, egg plant, soup and more tea. Tea was served four times during dinner, each time from a different tea pot and different tea cups. While the last course was being eaten the third dance was performed, this time by three geishas, being the rehearsal of a Japanese love story. Tobacco smoking was an important feature of the dinner, as it is universally indulged in by both sexes in Japan. A wooden tray and fire pot at the side of each person, while beautifully carved ivory pipes, inlaid with silver, were furnished for each person who did not bring his own. These pipe have a long silver tube and small bowl which holds a pinch of tobacco, not permitting more than three whiffs. The tobacco is so mild that it is almost tasteless. One of the peculiar customs of the Japanese came out at the end of the meal when it was discovered that I had been unable to eat all that had been set before me. Quite a number of articles had been but tasted, and as we were preparing to rise one of the servants brought to me

a beautiful wooden box in which she deftly placed all the food I had left, and wrapped it so I could take it home with me. I took it gracefully, and one poor, half starved dog that I met at the hotel door profited thereby. It would have been an insult to the host had I failed to take it away, so I saved his feelings and made the dog happy.

Clarence E. Edwards.

WHAT EVERYBODY WANTS

Everybody desires good health, which is impossible unless the kidneys are healthy. Foley's Kidney Remedy corrects irregularities and cures all forms of kidney or bladder disorders. Take Foley's Kidney Remedy at once and prevent Bright's disease and diabetes. Swadley Bros., Vanderpool. Sold by all Druggists, Monterey.

The Maintenance of Earth Roads.

We may recognize the value of hard and durable roads in all parts of the country, but still the fact remains that for a long time to come the majority of the roads will be composed of earth. Furthermore, in about nine months out of the year, the earth road, if properly cared for, is reasonably satisfactory. For many agricultural districts, it is the only road at present available. Hence, these communities should set themselves seriously to work to learn the best methods of maintaining earth roads and of getting the maximum service from them. Prosperity comes to the country to a great extent through the prosperity of the farmers. This fact strongly suggests the importance of giving the earth road every possible care and attention in its location, drainage, construction and maintenance.

An earth road composed of water holding soil should be exposed to the sun and air as freely as possible, as comparison between the shaded and sunny portions of such a road will easily indicate. This should be accomplished by clearing a sufficient amount of trees and undergrowth away from the road. It must be remembered, however, that sandy and gravelly roads require moisture, and in these cases some shade should be retained. Furthermore, trees are beneficial along river banks and on steep grades subject to washing.

Drainage is one of the most important points to consider in connection with an earth road. The majority of earth roads in all mountainous and hilly districts have too much drainage. Occasionally a road will be found with five ditches, three in the middle made by the horses' hoofs and by wheels of the vehicles, and two on the sides. All well-constructed earth roads are supposed to have no more than two ditches, one on each side of the traveled roadway. Keep the water out of the middle of the road by giving it a crown or elevation in the center of 7 1/2 inches above the top of the inner slope of the ditch for a 20-foot road, and where the hills are a little steep make the crown 10 inches. With a crown of about 1 inch to the foot from the center to the sides, the ditches which are often built across the road on steep grades to deflect the water will not be needed. Instead of carrying water across the road in open ditches, tile or concrete drains should, if possible, be provided. They should have sufficient capacity and fall to carry the maximum amount of water that is expected to flow through them at any one time. The capacity is increased in proportion to the fall or grade: for instance, 12 inch pipe laid on a one per cent. grade will carry 1,800 gallons per minute, while the same pipe laid on a two per cent. grade will carry 2,600 gallons per minute. Furthermore, a culvert laid flat will soon fill up, while one having a good incline will keep itself clear.

In the maintenance of an earth road, avoid the mistake of changing the natural order of things. Naturally the soil is found on top and the clay on the bottom. If this order is reversed in constructing a road, the result will be less satisfactory than if the soil be left at the top of the road, for soil makes a better surface to a road than clay. If the roadbed is largely clay to start with, it will be well to place sandy soil or clean sand on top. A covering of 6 to 10 inches of sand upon clay that persists in

breaking up into deep mudholes will usually be satisfactory, and if sand enough be added, this clay will cease to make mud. If the roadbed is composed of sand it can be improved by an application of clay.

The rule for a serviceable earth road, then, is as follows: make ditches on each side and keep them open; haul sand and gravel upon sections needing this treatment; use a road machine and a split log drag judiciously (a full description of which will be contained in a later article); follow the "stitch in time" rule and give an earth road the same careful persistent attention you would give your prize acre, factory or store, and it will pay as large a profit in proportion to your individual outlay.

No. 1, Series A.
U. S. Department of Agricultural, Washington, D. C.

The Opportunity You Have Been Looking For—Telegraphy.

30,000 more operators wanted, 650 more wanted by the Southern Railway, by March 2, 1908.

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We have made this arrangement with the Southern Railway Company. The student will enter our college for a course in Telegraphy usually requiring six months. At the end of three months, or thereabout, if the student is capable of assisting in a railway office, the Southern Railway Company will place him as an assistant in an office at a salary of \$25 per month for three months or until he is capable of taking charge of an office, when he will be placed on the regular standard salary. Our Telegraphy Department is in charge of a practical operator from the Southern Railway Company.

Enroll now so that you will be prepared to become an assistant when the great demand comes on March 2, 1908. Ladies are wanted as well as men. The ladies are employed in the large office.

Bookkeeping, shorthand, typewriting, English and all associated branches taught. SHENANDOAH VALLEY BUSINESS COLLEGE, J. S. Atkinson, Manager, Harrisonburg, Va.

A SENSATION

The marvelous curative properties of Foley's Honey and Tar has proved a sensation in many cases of severe coughs and colds that had refused to yield to other treatment. Foley's Honey and Tar will stop your cough, and expel the cold from your system. Contains no harmful drugs. Swadley Bros., Vanderpool, Va. Sold by all Druggists, Monterey.

For Sale.

Store-house and small stock of goods, in a good location for business. This is the pretties store-room in town. Being nearly new, 25x40 feet in size, glass front, and conveniently fitted up. My reason for selling is that I may take charge of a farm.

For particulars, price, terms etc., call on or address J. C. Loury, Huntersville.

Posabontas Co., W. Va.

NO CASE ON RECORD

There is no case on record of a cough or cold resulting in pneumonia or consumption after Foley's Honey and Tar has been taken. It stops the coughs and breaks up the cold quickly. Refus any but the genuine Foley's Honey and Tar in a yellow package. Swadley Bros., Vanderpool, Va. Sold by all Druggists, Monterey.

"The Fighting Chance," a new serial by Robert W. Chambers will appear in the Recorder at an early date. In this brilliant satire on New York Society the gifted author conducts the reader into the inner circle of the Four Hundred, showing the fast set in their giddy rounds of pleasure and struggles for business supremacy. The chief interest centers in the love story which touches all the depths and shallows of the human heart. A real charming story—look for it.

A HIGHER HEALTH LEVEL.

"I have reached a higher health level since I began using Dr. King's New Life Pills," writes Jacob Springer, of West Franklin, Maine. "They keep my stomach, liver and bowels working just right." If these pills disappoint you on trial, money will be refunded by all druggists, 25c.

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Correct the mistake of risking pneumonia by neglecting a cough or cold when Foley's Honey and Tar will not only stop your cough, but expel the cold from your system. Foley's Honey and Tar contains no opiates and is the best and safest lung and throat remedy. Swadley Bros., Vanderpool. Sold by all druggists, Monterey.