			A D Quantum strategy		
Democratic Watchman	<b>CYCLING HURTS THE BRAIN.</b> New Theory that Lack of Arm Exercise is Bad Fou	Not Exactly a New Woman.	New Advertisements.	New Advertisements.	
	Gray Matter.	politics?	TITANTED GEVEDAT DAT		_ Dr. Salm.
Bellefonte, Pa., Oct. 16, 1896.	There is more trouble in store for women who ride bicycles. The trouble is not a	Mr. Fillitson-You'd think so if you heard her talk to me on the money ques-		e	A MATTER OF GREAT
FARM NOTES.	new one, although it is only now that any	tion.	payable \$15 weekly and expenses. Position per manent. Reference. Enclose self-addressed	à	IMPORTANCE TO YOU
-Texas station has successfully treate	but the scientific mind has known of it. A ed number of prominent New York physicians		Chicago. The National, Star Building		1
lumpy-jawed cattle with iodide of pota sium given as a drench in water.	are telling their patients about it in reply	Silver was treated as well as gold in this and other countries before the era of millionaire	Contraction and the second	TUBS, PAILS, WASH RUBBERS	3,
-To churn easily and make good butte	In a word, the bicycle, while a great ex-	minionaires.		BROOMS, BRUSHES, BASKETS.	IN SUFFERING FROM LONG STANDING
milk should not be over thirty-six hou old. Keeping milk too long and failin	of the arms. Now the doctors have found			SECHLER & CO	CHRONIC DISEASES, DISEASES OF THE
to salt the cows makes butter slow to com	e.   that the hands and arms have intimate re-	Business Notice.			BLOOD, SKIN AND NERVOUS SYSTEM,
-Put the garden seeds in paper bags of large envelopes and seal them carefully	ing these members the brain cells are in-	Dasmess Notice.			AS WELL AS THOSE SUFFERING
Paper will protect them against insects an dampness, but care must be exercised i	Previous to the advent of the bicycle.		Finest Roasted Coffees, Rio, Java,	THE COAST LINE TO MACKINAC	FROM
having the bags made close and of heav			-		
-The best kind of hedding for stock on	took a ten mile walk each day considered in that he or she had not only accomplished	Children Cry for Pitcher's Castoria. When baby was sick, we gave her Castoria,	Santos and Mocha. Fresh Roasted.	TO D. AND C	EYE, EAR, NOSE AND THROAT
be provided with leaves. They preven	it quite a feat, but had also taken all the	When she was a Child, she cried for Castonia	SECHLER & CO	MACKINAC DETROIT	TROUBLE.
handled. Rake them as soon as they begin	n Then came the bicycle and it at once	When she became a Miss, she clung to Castoria, When she had Children, she gave them Castoria.		PETOSKEY CHICAGO	
to fall and store them under shelter fo	or sprung into popular favor as a means of		•	2 NEW STEEL PASSENGER STEAMERS	MORITZ SALM, M. D., Specialist,
-When the calf is three or four week	healthful exercise. It was recommended far and wide, and it accomplished its pur-			The Greatest Perfection yet attained in Boat Construction—Luxurious Equipment, Artistis Furnishing, Decoration and Efficient Service, in-	Von Grafe Infirmary,
commence to feed it a little hay, for it wil develop its first stomach ; clover hay is the	pose, in that it caused many persons to take long rides in the open air who other-			suring highest degree of COMFORT, SPEED AND SAFETY,	COLUMBUS, OHIO.
best. Then force the calves rapidly al	wise would stay in the house or else take	Faub	ole's	FOUR TRIPS PER WEEK BETWEEN	Concentros, OHIO.
summer by giving good pasturage, and they will be in condition to be kept through	At first physicians were well satisfied			TOLEDO, DETROIT AND MACKINAC PETOSKY, "THE SOO," MARQUETTE, AND DULUTH.	WILL BE IN
the winter without loss.	walk would consent to take long biovelo			Low Rates to Picturesque Mackinac and Re- turn, including Meals and Berths. From Cleve- land, \$18; from Toledo, \$15; from Detroit, \$13.50.	BELLEFONTE, PA.,
-Honey need not be left to ripen in the combs, but it will ripen itself if left ex-	e rides. Then came certain symptone which			land, \$18; from Toledo, \$15; from Detroit, \$13.50. EVERY EVENING	,
posed to the air in almost any kind of	f This is what they learned · A person	· · · · · · · · · · · · · · · · · · ·	• •	BETWEEN DETROIT AND CLEVELAND	
nto an open vessel covered with wire cloth	t who uses his hands and arms is much high- i er in the intellectual scale than the person			Connecting at Cleveland with Earliest Trains for all points East, South and Southwest and at Detroit for all points North and Northwest.	THE BROCKERHOFF HOUSE,
or mosquito netting to keep out flies and nsects and let it ripen.	who uses his legs only. Dr. Egbert Guernsey, the eminent home-			Sunday Trips June, July, August and September Only.	
-Any farmer can afford to think twice.	opathist, when seen, said that in his opinion			EVERY DAY BETWEEN	SATURDAYS
ays a herdsman, before he buys a bull. Let him not think \$50 a monstrous price	intimate relation to the brain centres, esne-	•		CLEVELAND, PUT-IN-BAY AND TOLEDO Send for Illustrated Pamphlet. Address	Aug. 8, Sep. 5, Oct. 3-31, Nov. 28, Dec.
o pay for a young bull which he is quite	cially those centres which are connected			A. A. SCHANTZ, G. P. A., DETROIT, MICH. THE DETROIT AND CLEVELAND STEAM	26, Jan. 23, Feb. 20, March 20.
ure is to be a good one, and then turn bout and pay about three-fourth as much	the legs. And this idea is concurred in by			NAV. CO. 41-20-6m	April 17, May 15, June 12, July 10.
or the veriest scrub. Why are many so blind or so thoughtless ?	world.				
-To build and fill the ice house for home	The development of one portion of the human anatomy at the expense of any oth-			•	
any use is a cheap and simple task. Keen	er has always been decried by teachers of physical culture. Development of the				ONE DAY ONLY.
the land on edge will keep better than when	whole body is the sim of all systems of			FINEST TABLE-OIL, MUSTARD	
r other packing, but pack close as a cir-	physical culture, and this the bicycle fails			OLIVES, SAUCES, KETCHUPS, SALAD	
ulation of air between the cakes of ice is nore destructive than direct heat.	It is said by one medical writer : "A			DRESSING MUSUDOONS MDITTER	
-The goose is a grazer, and even along-	man's legs, or a woman's, for that matter, merely carry the higher centres to his or	HUNDREDS HAVE S		DRESSING, MUSHROOMS, TRUFFLES, CAPERS.	EXAMINATION AND CONSULTATION
de of the sheep will utilize all kinds of rass very closely, and will enable poor	her food work, and the arm user is a higher animal than the leg user."		•	38-1 SECHLER & CO.	FREE TO EVERYBODY.
and to earn a dividend. Geese can be	The art of walking and riding a bicycle	HUNDREDS HAVE BO		SECHLER & CO.	
ept in large flocks profitably, so that specialty farming" in this line may be	the legs are set in motion the art of putting			-	
inducted on anite a large scale (There	the revolution of the pedal and the balanc-	AND		•	UNSOL ICUTED TECTIVICON
y other meat upon the farm.	ing of the body, is purely automatic. The				UNSOLICITED TESTIMONIALS
-In a test to see how much of any one	Clang a much more intimate relation to the	Hundreds more intend t			the second s
iry herd at Texas station were given all	brain centres which are connected with thought and motion than the use of the	this great line of Men's Al	l Wool	Castoria.	
rgest quantity of cotton seed meal eaten	legs; hence, the use of the bicycle does not develope the hands the arms or the mind	Suits at	•		Hard of Hearing for 35 Years, Caused by Ca-
any one cow was fourteen bounds : of	So the "eveling girl" who wishes to have		•	~	tarrh, and cured by Dr. Salm.
ear and cotton seed meal mixed half and	well-developed arms and a strong mind, as well as well developed limbs, and who	\$5.00		C A S T O R I A C A S T O R I A	Rev. J. D. Leister, Swales, Pa. Inquiry, as to testimonial with my signature, published by Dr. Salm, will say, that I was under his treatment for 10 months for my hearing. It was catarrh of the middle ear, and like yourself, could hear better some days than others, could hear better in noise. My hearing was very much improved by the treatment, and have no doubt, out that he can help you. Dr. Salm appears to be an honest man, and he will tell you the truth, whether he can help you onto. If I were you, I would certainly consult him. I was longer afflict- ed than you. My hearing was bad in one ear for hour 35 years, and in the other for about 24 or 25
in, ewenty-eight pounds.	rides with that end in view, as many do, is laboring under a false impression.	\$5.00		C A S T O R I A	his treatment for 10 months for my hearing. It
-The correct plan for general farming, ys an agriculturist, is to raise feed, and				CCC A STORIA	could hear better some days than others, could hear better in noise. My hear better in noise.
e animals to eat it. After this raise any-	Rice as Food.				improved by the treatment, and have no doubt, but that he can help you. Dr. Salm appears to be
licates can be sold at a profit. In this	It is Light, Easily Digested and Good for Delicate	The means by w		FOR INFANTS AND CHILDREN.	in nonest man, and he will tell you the truth, whether he can help you or not. If I were you I
ter department good, sound judgment d all the information available is de-	Folks.	\$3.00 to \$5.00	can and	, e	ed than you. My hearing was bad in one ear for
nded. Every farmer who pursues this tem industriously and intelligently will	There are few articles of food more valuable than rice, and few that are more	will be saved.		latulency Constinction Sour Sterrol Di	restored I transing will be entirely
osper.	economical to the housewife. Rice is ex-	Don't you thin	ak you had	nd Feverishness. Thus the child is rendered	Bedford Co. Bedford, Pa., Isaac Pierson.
-When one buys a rundown farm at a	tremely light and easy of digestion, and is free from all acidity. It is somewhat as	better try it you	rself.	ealthy and its sleep natural. Castoria contains	

oughly as he does his cornfield. The or-chard pays five-fold better than ordinary farm crops, but it takes lots of brain work and patience to reach this result.

-There is less demand every year for the extra large over-fattened hogs that have taken two years to reach maturity. What is wanted for profitable feeding is a thrifty pig that in six or seven or eight months growth will average a pound of pork per day. This can usually be made at a profit. The heavier hog costs more to keep, and its pork is neither so good nor will it now sell so well as pork that weighs 200 nounds or less per carrage 200 pounds or less per carcass.

-Concerning farm accounts a correspond-ent of the Rural New Yorker says : I am convinced that there is not one farmer in ten who keeps any kind of a record as to cost of producing his products and their selling price, together with other regular systematic farm accounts. If farmers could only be induced to keep a record of their business as other men do there would their business as other men do there would not be so many farming simply to give them a "steady job" and keep prices down for those who are anxious to succeed in this vocation. their business as other men do there would this vocation.

-Scours in calves is the great drawback in raising them. It is due mostly to in-digestion, too much food being given or food not suitable. When a calf is taken food not suitable. When a calf is taken from its dam while very young care should be used in having the milk of the tem-perature of that which is fresh from the cow, and if the milk is skimmed a table-spoonful of flaxseed meal should be cooked as gruel and added to every quart of milk allowed. At no time should the calf be events and to cold or dampass exposed to cold or dampness.

-Experiments made at the Geneva (N. -Experiments made at the Geneva (N. Y.,) station show that Leghorn fowls produced eggs at less cost than Cochins, but considering the cost of raising and the ulti-mate value of the hens, the Cochins were the more profitable. The Leghorns ate 24 ounces of food (water free) per day and the Cochins 34 onces. The cost of the food for one year varied from 72 cents to \$1, and the value of the eggs varied from 84 cents

-The large mutton breeds of sheep are gradually displacing the merino breed, and thing more to be derived from sheep than is time to do something to increase its thing more to be derived from sheep than wool. If low prices for wool have caused farmers to turn their attention to the large breeds the apparent misfortune will in the future be looked upon as a blessing. The English farmer would consider it a waste of time and labor to keep a flock of sheep for wool only. The written sold in the

a sum before the farm will begin to pay. In the hands of an intelligent farmer such a farm may be made first-class in a few total such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for the table farmer such as an auxillary—with curry for a farm may be made first-class in a few years, but the farmer who aims to make a poor farm pay by taking crops from it without any expenditure for plant food will only make himself and the land poorer. —Fruit is no luxury, but a necessary part of the daily food, and, besides being a very profitable crop for the market in the fresh or preserved state, it certainly is to the interest of every farmer to not only set out an orchard, but to cultivate it as thor-oughly as he does his cornfield. The orground rice pudding. As an antacid for heartburn or acidity, a little whole rice chewed occasionally will often afford more relief than soda, magnesia or chalk.

## Has Dodged.

Let it at least, be said to the credit of William J. Bryan that he has not trimmed, dodged or sneaked in any of the issues of the campaign. He has been straightfor-ward in all his errors, and has never failed to make his meaning and his never failed to make his meaning and his purpose fully understood.—Philadelphia Bulletin. That is a deserved and manly tribute from a stalwart McKinley organ. We wish

## Both of Them.

Young Man-"Ah ! How do, Dick? Is our sister at home ?" Little Dick—"Which sister ? The home-ly one what's goin' to have all pa's money, because she's likely to be an old maid, or the pretty one what ain't goin' to have SOLD TO EVERY PART OF THE GLOBE. anything ?"

Young Man--"Um-er-both of them,"

-Aunt Prue-"If you tell lies, Dicky, you will go to the bad place." Dicky—"Does everybody who tells lies ?"

Aunt Prue-"Yes, Dicky, they all go there.'

Dicky—"Then I guess I ain't afraid much. It must be overcrowded now."

-Dr. Frederick Starr, professor of anthro-pology in the University of Chicago, is in Al-lentown studying Pennsylvania Germans to find out what effect American environment has upon a distinctive foreign type.

-1851-Jury Group, International Exposition-1876, for Grand, Square, and Upright gradually displacing the merino breed, and farmers are finding out that there is some-thing more to be derived from characterization in the derived from characterization of the source Pianos. value.

> -When a goldbug says a silver man is a lunatic he is beaten in argument, helpless before facts and ready for the slaugh-

for wool only. The mutton sold in the English market is of the highest quality, and is produced on land that rents for more than the same area of land can be purchased for in this country, yet the Eng-lish farmer regards sheep as very profitable. In the same track of the Mogul freight engines used in fast freight service.

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no Morphine or other narcotic property. "Castoria is so well adapted to children that I recommend it as superior to any prescription known to me." H. A. Ancher, M. D., 111 South Oxford St., Brooklyn, N. Y. From personal knowledge and observation I can say that Castoria is a excellent medicine for children, acting as a laxative and relieving the pent up bowles and general system very much. Many mothers have told me of its excellent ef-fect upon their children." Dr. G. C. Oscoop, Lowell, Mass. LDWIN F. PARDER, M. D., 125th Street and 7th Ave., New York City, "The use of 'Castoria' is so universal and its pererogation to endorse it. Few are the intelligent families who do not keep Castoria within easy reach." CARLOS MARTYN, D. D., 41-15-2ys New York City. "For several years I have recommended 'Cas-toria,' and shall always continue to do so as it has invariably produced beneficial results." EDWIN F. PARDEE, M. D., 125th Street and 7th Ave., New York City, Saddlery. \$5,000 \$5,000 \$5,000 -WORTH OF-HARNESS, HARNESS, HARNESS, Dr. Salm Snatched Her From Her Grave. Mr. Secretary:--You asked me why I did not come back last month. The medicine Dr. Salm gave me helped me so much, that I thought it was not necessary to return at present, but however, if I need any further treatment he is my physician. He cured me of scrofula, about one year ago, snatched me, you might say, from the grave. This is saying a good deal, but it is true. Mrs. A. E. Meyer. Linden Hall, Centre Co., Pa., July 14th, 1896. SADDLES and FOR SUMMER, BRIDLES -NEW HARNESS FOR SUMMER.-FLY-NETS FOR SUMMER. DUSTERS FOR SUMMER. PREFERRED BY ALL THE LEADING ARTISTS. WHIPS FOR SUMMER. All combined in an immense Stock of Fine Saddlery. Emit a purer sympathetic tone, proof against atmospheric action extraordinary power and durability with great beauty and evenness of touch. Pre-eminently the best and most highly improved .....NOW IS THE TIME FOR BARGAINS ....

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Case of Catarrh Cured by Dr. Salm. For 7 years I have had a bad case of catarrh, took cold continually and almost always had headaches; a bad stomach, as well and too many accompanying troubles to mention. But now, af-ter only a short treatment of Dr. Salm, I am al-most a new man.

Sunbury, Northumberland Co., Pa., Sep. 9th., 1896.

Received Great Benefit. I have received great benefit from the 3 months treatment, I have taken from Dr. Salm, for which I feel very greatful.

D. F. Porter. Butler, Butler Co., Pa., Aug. 1st, 1896.

Dr. Salm Snatched Her From Her Grave.

Cured of Stomach, Liver and Nerve Trouble by Dr. Salm.

Dr. Salm. For more than 7 years I have had a bad stom-ach, liver and nerve trouble. Became so weak that I couldn't work any more. For 6 and one half years I have tried the best doctors in the country but got worse and worse, but now, after a short treatment with Dr. Salm, I am able to at-tend to my daily labors again, putting in a good days work. Eat splendidly and have gained greatly in weight. Philip R. Enders. Dalmatia, Northumberland Co., Pa., Sep. 9th, 1896.

Nobody Has Done More for My Health Than

Dr. Salm. I have only taken a half month's treatment and in that time, I dare say, no one could have done more for my health than Dr. Salm, as I feel a great deal better. Troxelville, Snyder Co., Pa., Aug. 3rd, 1896.

Catarrh and Bronchitis Cured by Dr. Salm. Catarrh and Bronchitis Cured by Dr. Salm. For some years I have been in bad health. Suf-fered very much from catarrh and brouchitis, lost flesh continually, coughed a great deal and there didn't seen to be a spot about me that didn'tache. So I went to Dr. Salm, who comes here every four weeks, for treatment. I am so much pleased with the improvement that I want everyone to know it. I can eat finely, feel a good deal stronger, and I know I will soon be myself again. Mr. Henry Keithan. Sunbury, Northumberland Co., Pa., Sep. 9th, 1896.

Address all communications to box 760, Columbus, O.

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