

Bellefonte, Pa., June 8, 1900.

HEADACHE JES' 'FORE SCHOOL.

I guess my health is gittin' poor, Er somep'ner the kin'

For every mornin' jist as sure (Especially if it's fine)'
I git sich offul pains At ma says : "It's jes' cru'l Ter make 'at boy study with

Sech headaches jes' 'fore school.' Ma thinks my mind is breakin' down From learnin' of so much. She puts wet towels on my head,

An' chopped up ice, an' such, An' tries ter git me off ter bed, But pa says he's no fool,

He thinks birch oil's the only stuff Fer headaches jes' 'fore school 'Ith boys wots feelin' bad,

Fer, soon's she sees me mopin' in She says: "Now ain't 'at sad Ter make them suff'rin' children work? Young man, set on 'at stool An' do them sums." Huh! she makes fun

Of headaches jes' 'fore school. "Tis kind'r funny, though, how soon I'm over bein' sick, An' me an' Jim (Jim' he gits cramps,) We sneak off down t' the crick

An' go in swimmin'. Gee! We got

A bully divin' pool An' spring board. Gosh! you bet they cure Them headaches jes' 'fore school.

An' fishin' too. We got a raft An' dandy hooks an' lines, Ketch bullheads, lots-an' sunfish. Say! Down underneath them pines They bite like thunder! Settin' there, Feet swashin', nice an cool. Pains, nothin'! Say, d' you ever git

Them headaches jes' 'fore school? -Maurice C. Johnson in Chicago Chronicle. Fruit as a Spring Diet.

Food that Acts as a Blood Purifier and a Regulator of

As a blood purifier, renovator and tonic fruit is invaluable, and at this season should form one of the staples of diet. The lassitude which we call "spring fever" the generally run-down feeling to which we are liable, and the debility which takes on one form or another of disease, if unchecked, may be overcome in most case by an appropriate modification of diet.

Less meat and more fruit and vegetables, especially tart fruits and salads, are desir able. Simple salads, such as cress, chick ory and lettuce, with lemon juice substituted for vinegar, could be eaten with advantage three times a day. Mayonnaise and other heavy dressings should be avoided, however, and even in the French dress-

ing it is better to use less oil than usual. Fruit salads or fruit alone are medicin as well as appetizing. Grape fruit, which was prohibitive in price for many persons during the winter has become cheaper, and there is nothing better for the system. Plentiful indulgence in it will make the doctor's visits few and far apart. Oranges. too, have been unusually good this spring, and cheap enough for anybody to enjoy.

Tart apples are still in the market, al

though their price is soaring. Baked, they constitute a wholesome dish for breakfast and luncheon or for dessert with dinner. Many persons are fond of apples served as a salad, although this is said to be a cultivated taste. When so used they should be sliced thin and sprinkled with lemon juice before being dressed with the oil, pepper aud salt. Many persons omit not only the vinegar but the pepper in salt salads of this sort. This is a matter of taste. In regard to pepper, paprika is recommended whenever seasoning is used, it being better flavored and more wholesome than the white or black peppers and less aggres-

sive than the red. A doctor of wide experience says that in fevers he gives to his patients grapes and strawberries in small, but frequent doses, or, if these are not obtainable, he substi-tutes oranges and baked apples. You may not like your baked apples so well without sugar and cream, but they are better for you as a spring food.

Apples are considered an ideal food, there being but for persons who cannot eat them, raw or cooked. When fresh ones are out of season or expensive, dried apples form a good substitute. Dried pears, peaches, prunes and apricots are excellent "between seasons," and if properly prepared are highly palatable. They should always be well soaked before cooking and should be cooked thoroughly. A bit of lemon peel sometimes improves the flavor. Prunes, or peaches are nice served in a gelatine jelly flavored with the juice of the fruit. Another variation may be made by pouring over the fruit a light meringue and setting it in the oven for a few minutes before serving.

Baked apples may be served in the same way. Bananas contain iron and are beneficial in enriching the blood. For those who find them hard to digest raw they may be baked, a little sugar, lemon juice and butter being added. In this form they are both palatable and digestible.

Much has been said recently about the lemon juice cure for rheumatism. Many physicians indorse this and recommend it for the gout. The great English authority on gout, Garrod, prescribes oranges, lemons, strawberries, grapes, pears and apples, for his patients. A French physician of equal prominence says that the salts of potash found so plentifully in fruits and vegetables are the chief agents in purifying the blood from rheumatic and gouty pois-

The sluggish action of the liver and bowels, which produces so many ills in our highly civilized life of to-day, may be overcome more readily by the use of fruit than drugs, according to a recognized medical authority.

The whole profession regards a diet of fruit and vegetables as the only remedy in scurvy and some other diseases attended by a general breaking up of the system, and science is looking to the same remedy for help in the treatment of everyday diseases resulting from impure blood, such as

rheumatism, skin disease, rickets. etc.

The reason that food of this kind is so essential at the end of winter is that our energies have been strung so taut to meet the exigencies of cold weather that the reaction of the first warm days is likely to bring about a corresponding debility. The blood, which has been nourished by heavy foods all winter, is thick and sluggish and needs to be purified. Fruit acids

and vegetable salts accomplish this.

Rhubarb, although strictly a vegetable, is usually regarded as a fruit. Its medicinai properties are of the highest value. Many tire of it quickly because it usually is served in the stereotyped, not especially tempting, stew. This may be varied agreeably by baking or serving with a meringue.

long time, but are just beginning to be available for the ordinary housekeeper. This is an excellent spring food for those

Real Pride.

"No. We haven't felt as yet that it was necessary for her to go."

"But I didn't know that people usually went abroad because they thought it was necessary. I supposed it was the pleasure of the thing that they were looking after.' "Mebby that's it, but we met a noblewould come back in the spring. Nobody

THE HEALTH PROBLEM—Is much simpler than is sometimes supposed. Health de-pends chiefly upon perfect digestion and pure blood, and the problem is solved very readily by Hood's Sarsaparilla. You may keep well by taking it promptly for any stomach or blood disorder. Its cures of scrofula, salt rheum, catarrh, dyspepsia, rheumatism and other diseases are number-

ed by the thousand. The favorite family cathartic is Hood's

Medical.

burg, Pa. Montgomery & Co. WHY IT SUCCEEDS. PREPARED

BECAUSE IT'S FOR ONE THING ONLY, AND

Nothing can be good for everything.
Doing one thing well brings success.
Doan's Kidney Pills do one thing only.
They're for sick kidneys.
They cure backache, every kidney ill.
Here is Bellefonte evidence to prove it:

BELLEFONTE IS LEARNING THIS.

Mrs. J. Cowher, of Bishop street, says: "I was veryload with my back and head. I suffered pain, in both and was very restless nights besides being so tired all the time that I could hardly keep myselfabout. I was very lame across my kidneys and bending over or being on my iest much was extremely painful. Reading about Doan's Kidney Pills and seeing them so highly recommended for these troubles I procured them from F. Potts Green's drug store. They gave me positive relief, caused me to sleep well, stopped the pains, removed the lameness and invigorated me generally." generally."

For sale by all dealers, Price 50 cents,
Foster-Milburn Co. Buffalo, N. Y., sole
agents for the U. S. Remember the name
Doan's and no substitute.

45-12

GLORIOUS NEWS.—Comes from Dr. D. B. Cargile, of Washita, I. T. He writes: "Electric Bitters has cured Mrs. Brewer of scrofula, which has caused her great suffering who can eat it, but there are those to whom the strawberry acid is a poison. This is said to be true, however, only of the cul-tors could give no help; but now her health tivated berry and not of it in its wild is excellent. Electric Bitters is the best blood purifier known. It's the supreme remedy for eczema, tetter, salt rheum, ulcers, boils and running sores. It stimulates liver, kid-"Has your daughter ever been to Europe neys and bowels, expels poisons, helps digestion, builds up the strength. Only 50cts. Sold by F. P. Green Druggist. Guaranteed.

Grain-O! Grain-O!

The Centaur Company, New York City. Rememberthat name when you want a delicious, appetizing, nourishing food drink to take the place of coffee. Sold by all grocers and liked man who was traveling in this country last, by all who have used it. Grain-O is made of pure summer and when he left us he said he grain, it aids digestion and strengthens the nerves. It is not a stimulant but a health buildshall ever say my daughter ran after the er and the children as well as the adults can title if she can get it by waiting patiently drink it with great benefit. Costs about 1/4 as at home for a few months. much as coffee. 15c. and 25c. per package. Ask your grocer for Grain-O,

Tourists.

Colorado Illustrated.

A new book, giving complete information relative to this wonderful state as a tourist resort or home location, has just been issued by the Chicago & North-Western railway, via which line "The Colorado Special" leaves Chicago at 10:00 a. m. every day in the year, arriving Denver 1:20 next afternoon. Colorado Springs and Manitou the same evening, requiring only one night en route. Free copy at ticket offices or mailed on receipt of four cents postage by

A. Q. Tallant, 507 Smithfield street, Pitts-45-22-2t

NATATATATATATAT MEMORIAL DAY, FOURTH OF JULY

> AND THE COUNTY CENTENNIAL

BY PURCHASING HATS, CLOTHING, ETC., from us.

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MONTGOMERY & CO.

For the Spring Trade.

ECKENROTH & MONTGOMERY, We have in Stock for im-PAINTERS. mediate use THE LARGEST AND BEST SIGN WRITERS, ASSORTMENT OF WALL PAPER GRAINERS, PAPER HANGERS.

We take contracts for Painting and Papering all kinds of public and private buildings. We use nothing but the best White Lead and Pure Linseed Oil that is made

Our prices are the lowest for a good class of work, with the Best Mechanics to do it

Fine Groceries

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BELLEFONTE, PA

SECHLER & CO.

Curtin Pole Specialties.

——G R O C E R S.—

Look at these prices and then remember that they are for the very best grades of the articles mentioned: Fancy California Seedless Oranges 30c., 40c. and 50c. per dozen.

3 Cans Standard Tomatoes for 25c. 3 " " Corn for 25c. Fine Canned Peas 12c., 15c., 20c and 25c. California Unpared Peaches at 10c. per pound, a bargain Fine California Prunes 8c., 10c., 12c. and 15c. per pound. Fine Raisins 10c. Try our 40c. Table Syrup. It beats em all.

We have a pure Sugar Syrup at 60c. per gallon. This is rare The very Finest full Cream Cheese 16c. per pound.

We charge the working man no profit on his Dinner Pail, regular size 20c. large size 25c. If you want a package of Lake Fish don't spend any time in looking for them. Come straight to us and get just what you want.

New Maple Syrup in one gallon cans \$1.25. This is straight Maple Goods. We get it direct. New Crop Maple Sugar in bricks 121/2c. per pound. Bright pure

These are only a very few of our bargains. Our store is big and full of them. You wont go amiss by giving us a call. SECHLER & CO.

42-1

BELLEFONTE, PA.

Saddlery.

\$5,000 \$5,000

-WORTH OF---HARNESS, HARNESS

HARNESS,

SADDLES,

\$5,000

BRIDLES,

PLAIN HARNESS, FINE HARNESS,

BLANKETS, WHIPS. Etc.

All combined in an immense Stock of Fine Saddlery.

NOW IS THE TIME FOR BARGAINS ...

To-day Prices have Dropped

THE LARGEST STOCK OF HORSE COLLARS IN THE COUNTY.

> JAMES SCHOFIELD, BELLEFONTE, PA.

Coal and Wood.

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ANTHRACITE AND BITUMINOUS

COALS. -CORN EARS, SHELLED CORN, OATS,-

and other grains.

-BALED HAY and STRAW-

BUILDERS' and PLASTERERS' SAND, -KINDLING WOOD-

oy the bunch or cord as may suit purchasers.

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SEASONABLE SELLERS.

We have still many novelties left from the Holiday season and are ready with numberless suggestions for useful and

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FANCY CLOCKS, JEWELERY

UMBRELLAS AND POCKET BOOKS.

SILVERWARE, ETC.

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A LEAKING ROOF

IS A

PESKY NUISANCE.

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Spouting.

SPOUTING! SPOUTING! SPOUTING! SPOUTING! SPOUTING!

W. H. MILLER,

Allegheny St. - BELLEFONTE, PA Repairs Spouting and supplies New Spouting at prices that will astonish you. His workmen are all skilled mechanics and any of his work carries a guarantee of satisfaction with it. 24 38

For Sale.

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Horses, Cows, Sheep, Shoats, Young Cat-tle and Feeders for sale at all times.

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W. F. REEDER.

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fourth floor, Bellefonte, Pa. All kinds of lega
business attended to promptly.

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Physicians.

S. GLENN, M. D., Physician and Surgeon State College, Centre county, Pa., Office at his residence. 35 41 HIBLER, M. D., Physician and Surgeon, offers his professional services to the citizens of Bellefonte and vicinity. Office No. 20 N. Allegheny street. R. JOHN SEBRING JR., Physician and Surgeon, Office No. 12, South Spring St., Bellefonte, Pa. 43-38-1y

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Gas administered for the painless extraction o teeth. Crown and Bridge Work also. 34-14 R. W. H. TATE, Surgeon Dentist, office in the Bush Arcade, Bellefonte, Pa. All modern electric appliances used. Has had years of experience. All work of superior quality and prices reasonable.

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BELLEFONTE, PA.

CENTRAL RAILROAD OF PENNA Condensed Time Table.

READ UP. READ DOWN Jan. 21st, 1900. No 1 No 5 No 3 No 6 No 4 No 2 a. m. p. m. p. m. Lve. Ar. p. m. p. m. a. n †7 10 | 6 30 | †2 40 BELLEFONTE. 9 02 5 10 9 4

7 53 7 15 3 23Clintondale... 8 16 4 24 8 54 7 57 7 19 3 27 ...Krider's Siding. 8 12 4 19 8 49 8 02 7 24 3 32 ...Mackeyville... 8 06 4 13 8 43 8 08 7 30 3 38 ...Cedar Spring... 7 59 4 07 8 37 8 10 7 32 3 40Salona.... 7 7 7 4 05 8 35 8 15 7 37 3 45 ...MILL HALL... +7 52 | 4 00 | 8 30

10 40 19 30NEW YORK.... (Via Phila.) p. m. a. m. Arr. †Week Days. §6.00 F ‡10.55 A. M. Sunday. §6.00 P. M. Sundays

PHILADELPHIA SLEEPING CAR attached to Eastbound train from Williamsport at 11.30 P. M. and West-bound from Philadelphia at 11.36.

Travelers Guide.

DENNSYLVANIA RAILROAD AND BRANCHES. Schedule in effect Nov. 20th, 1899.

VIA TYRONE-WESTWARD.

Leave Beliefonte, 9.53 a. m., arrive at Tyrone
11.10 a. m., at Altoona, 1.00 p. m., at Pittsburg
5.50 p. m. 5.50 p. m. Leave Bellefonte 1.05 p. m., arrive at Tyrone, 2.15 p. m., at Altoona, 3.10 p. m., at Pittsburg, 6.55 p. m.

p. m., at Attobia, 3.10 p. m., arrive at Tyrone, 5.50 p. m.

Leave Bellefonte, 4.44 p. m., arrive at Tyrone, 6.00, at Altoona, 7.35, at Pittsburg at 11.30.

VIA TYRONE—EASTWARD.

Leave Bellefonte, 9.53 a. m., arrive at Tyrone phia, 5.47 p. m.

Leave Bellefonte, 1.05 p. m., arrive at Tyrone, 2.15 a. m., at Harrisburg, 6.45 p. m., at Philadelphia, 10.20 p. m.

Leave Bellefonte, 4.44 p. m., arrive at Tyrone, 6.00 at Harrisburg, at 10.00 p. m.

VIA LOCK HAVEN—NORTHWARD.

VIA LOCK HAVEN—NORTHWARD. Leave Bellefonte, 9.32 a. m., arrive at Lock Haven,

Leave Bellefonte, 9.32 a.m., arrive at Lock Haven, 10.39 a.m.

Leave Bellefonte, 1.42 p.m., arrive at Lock Haven 2.43 p.m., arrive at Williamsport, 3.50 p.m.

Leave Bellefonte, at 8.31 p.m., arrive at Lock Haven, at 9.30 p.m.

Leave Bellefonte, 9.32 a.m., arrive at Lock Haven 10.30, leave Williamsport, 12.40 p.m., arrive at Harrisburg, 3.20 p.m., at Philadelphia at 6.23 p.m.

Partisourg, 3.20 p. m., at Philadelphia at 6.23 p. m.

Leave Bellefonte, 1.42 p. m., arrive at Lock Haven 2.43 p. m., arrive at Williamsport, 3.50, leave 4.00 p. m., Harrisburg, 6.55 p. m., Philadelphia 10.20 p. m.

Leave Bellefonte, 8.31 p. m., arrive at Lock Haven, 9.30 p. m., leave Williamsport, 12.48 a. m., arrive at Harrisburg, 3.55 a. m., arrive at Philadelphia at 6.52 a. m.

Leave Bellefonte, at 6.52 a. m.

VIA LEWISBURG.

Leave Bellefonte, at 6.40 a. m., arrive at Lewisburg, at 9.05 a. m., Montandon, 9.15, Harrisburg, 11.30 a. m., Philadelphia, 3.17 p. m.

Leave Bellefonte, 2.15 p. m., arrive at Lewisburg, 4.47, at Harrisburg, 6.55 p. m., Philadelphia at 10.20 p. m.

TYRONE AND CLEARFIELD, R. R. SOUTHWARD. DAY EXPRESS. Nov. 20th, 1899

BALD EAGLE VALLEY BRANCH. EASTWARD

Nov. 20th, 1899. | March | Marc

4 05 12 29 9 15Eagleville.... 10 08 2 23 9 10 4 02 12 26 9 12 ...Beech Creek... 10 11 2 26 9 13 3 51 12 16 9 01 ...Mill Hall.... 10 22 2 37 9 24 3 49 8 59 ...Flemington... 10 24 2 39 9 26 3 45 12 10 8 55 ...Lock Haven... 10 30 2 43 9 30 P.M. P. M. A. M. Ly. Arr. A. M. P. M. P. M. BELLEFONTE.

WESTWARD.

MAIL. EXP.

Mixed

....Cherry Run..... Lindale...... Pardee.....

.Glen Iron. .Milmont ..

....Swengle..Barber... Mifflinburg

LEWISBURG & TYRONE RAILROAD.

UPPER END.

Nov. 20th, 1899.

LEWISBURG & TYRONE RAILROAD. EASTWARD. Nov. 20th 1899. MAIL. EXP. STATIONS.

P. M. A. M. Lv. 2 15 6 40 2 21 6 45 ...BellefonteAxemann......Pleasant Gap...... Peru..... GENERAL FIRE INSURANCE.Dale Summit..... ..Lemont... ..Oak Hall. Oak Hall
Linden Hall
Gregg
Centre Hall
Penn's Cave
Rising Spring
Zerby
Coburn
Ingleby

EASTWARD.

Court House.

GRANT HOOVER, RELIABLE

> LIFE. ACCIDENT

SAMUEL E. GOSS is employed by this agency and is authorized to solicit risks

Travelers Guide.

BELLEFONTE & SNOW SHOE BRANCH. Time Table in effect on and after July 10, 1899. Mix | Mix | Stations. | Mix | Mix 5 45 9 53 Lv.....Bellefonte.. 5 55 10 01Milesburg f6 15 f10 14 "f' stop on signal. Week days only.
J. B. HUTCHINSON, J. R. WOOD.
General Manager. General Passenger Age

BELLEFONTE CENTRAL RAIL-Schedule to take effect Monday, Apr. 3rd, 1899. EASTWARD read up †No. 5 | †No. 3 | No. STATIONS. tNo. 2 tNo. 4 P. M. A. M. A. M. Lv. Ar. A. M. P. M. P. M. 4 15 19 30 6 30 ...Bellefonte ... 8 50 2 40 6 40 4 21 10 37 6 35 ... Coleville ... 8 40 2 25 6 30 4 22 10 47 6 43 ... Whitmer ... 8 37 2 22 6 27 4 28 10 47 6 43 ... Whitmer ... 8 35 2 17 6 23 4 33 10 51 6 46 .Hunter's Park . 8 31 2 10 6 21 4 36 10 56 6 50 ... Fillmore ... 8 28 2 06 6 18 4 40 11 02 6 55 ... Briarly ... 8 24 2 06 6 18 4 43 11 05 7 00 ... Waddles ... 8 20 1 55 6 10 4 45 11 08 7 03 ... Lambourn ... 8 18 1 52 6 07 4 55 11 20 7 12 ... Krumrine ... 8 07 1 37 5 52 5 5 00 11 35 7 25 ... State College ... 8 00 1 30 6 44 5 5 5 11 20 7 72 ... Strubles ... 7 45 1 34 5 25

7 45 5 10 7 35 Pine Grove Cro. 7 35 5 10 5 15

. | †4 30 89 00 Lve. a. m. p. m. Trains from Montandon, Lewisburg, Williams port, Lock Haven and Tyrone connect with train Nos. 3 and 5 for State College. Trains from State College connect with Penn'a. R. R. trains at Bellefonte. † Daily, except Sunday.

F. H. THO M AS Sup J. W. GEPHART.