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Chicago engineers are planning to build for the city water supply of Denver, Col., a dam 220 feet in height that will hold back a greater depth of water than any other artificial barrier in the world.

Take a fat duck. Open and clean. Take two mace of salt and rub over it both outside and in. Put into an earthen dish and take of fan spirits one cup, and put the cup with the spirits inside the duck.

The Chinaman is a native cook, young John Chinaman cooking as readily and neatly as his mother.

Defective Eyesight.

Three Common Conditions That Call For Correction by Glasses.

The three defects of eyesight which are most commonly encountered in otherwise healthy persons and which can be more or less perfectly overcome by means of glasses are nearsightedness, farsightedness and astigmatism.

A new fakir is abroad in the rural regions. He drives through the country and sells soap at five dollars a box, which sum includes the price of forty yards of carpet, selected from samples which he has in his wagon.

Nearsightedness, shortsightedness or myopia, as it is variously called, is a condition of the eyeball, usually a lengthening in consequence of which the rays of light are brought to a focus in front of the retina and so the object is blurred.

Many nearsighted people refuse to wear glasses, preferring to deprive themselves of sight for everything beyond the nose rather than to injure their personal appearance, as they think.

A less common defect is long or farsightedness, or hypermetropia. This is the opposite of myopia, the eyeball being flattened or shortened and the rays of light consequently not coming to a focus by the time they reach the retina.

In this case the eye often corrects the defect more or less successfully by making the crystalline lens more convex, but it does this at the expense of the sufferer's nervous force, and so we often find tired and congested eyes, headaches, indigestion and very serious nervous affections.

The third and most common defect is astigmatism. In this condition there is some irregularity of the surface of the eye or of the lens, by means of which the image as it reaches the retina is distorted.

For descriptive pamphlet, time of connecting trains, and further information apply to nearest ticket agent, or address Geo. W. Boyd, Assistant General Passenger Agent, Broad street station, Philadelphia, 45-27-6t.

Special Ten-Day Excursion to Ocean Grove, Asbury Park, and Long Branch Via Pennsylvania Railroad.

For the benefit of those desiring to visit the great Ocean Grove camping, the Pennsylvania railroad company will, on August 23rd, sell excursion tickets to Ocean Grove, Asbury Park, or Long Branch from stations named below at the very low rates quoted.

These tickets will be good for passage to Philadelphia on train indicated, thence on regular trains leaving Broad street station at 3:30 and 4:08 p. m. that day to destination.

Reduced Rates to Detroit Via Pennsylvania Railroad.

For the Biennial Conclave, Knights of Pythias, at Detroit, August 27th to September 1st, the Pennsylvania railroad company will sell excursion tickets from all stations on its line to Detroit, at rate of single fare for the round trip.

Tickets will be sold on August 25th, 26th, and 27th, good to return between August 29th and September 5th, inclusive; but by depositing ticket with joint agent at Detroit not later than September 1st, and the payment of fifty cents, return limit may be extended to September 14th, inclusive.

PREVENTED A TRAGEDY.—Timely information given Mrs. George Long, of New Straitsville, Ohio, saved two lives. A frightful cough had long kept her awake at night. She had tried many remedies and doctors but steadily grew worse until urged to try Dr. King's New Discovery. One little bottle wholly cured her; and she writes, "This marvelous medicine also cured Mr. Long of a severe attack of Pneumonia. Such cures are positive proof of its power to cure all throat, chest and lung troubles. Only 50c and \$1.00. Guaranteed. Trial bottles free at F. P. Green's drug store."

What Shall We Have for Dessert? This question arises in the family every day. Let us answer it to-day. Try Jell-O, a delicious and healthful dessert. Prepared in two minutes. No boiling! No baking! Add boiling water and set to cool. Flavors—Lemon, Orange, Raspberry and Strawberry. At your grocers. 10 cts. 45-1

Summer Outings.

Personally-Conducted Tours via Pennsylvania Railroad.

The Pennsylvania railroad company announces the following personally conducted tours for the summer and early autumn of 1900:

To the North, including Niagara Falls, Thousand Islands, the St. Lawrence, Montreal, Quebec, trip up the Saguenay to Chicoutimi and return, Au Sable Chasms, Lakes Champlain and George, and Saratoga.

To Niagara Falls, excursion tickets good to return within ten days will be sold on July 26th, August 9th and 23rd, Sept. 6th and 20th, Oct. 4th and 18th, at rate of \$10 from Philadelphia, Baltimore, and Washington.

Five-day tour to Gettysburg, Luray, and Washington Sept. 15th. Rate, \$25 from New York, \$22 from Philadelphia. Proportionate rates from other points.

A nine-day tour to Gettysburg, Luray Caverns, Natural Bridge, Richmond, Old Point Comfort, and Washington, October 9th. Rate, \$65 from New York, \$63 from Philadelphia, including all necessary expenses. Proportionate rates from other points.

For itineraries and further information apply to ticket agents, or address George W. Boyd, assistant general passenger agent, Philadelphia.

Reduced Rates to Chicago via Pennsylvania Railroad.

On account of the Thirty-fourth Annual Encampment of the Grand Army of the Republic, to be held at Chicago, August 27-31, inclusive, the Pennsylvania Railroad Company will sell excursion tickets from points on its line to Chicago, at rate of single fare for the round trip.

Tickets will be sold on August 25th, 26th, and 27th, good to return until August 31st, inclusive; but by depositing ticket with joint agent at Chicago prior to noon of September 2nd, and the payment of fifty cents, return limit may be extended to September 30th, inclusive. 45-30-3t

Low Rates to Colorado and Utah.

On July 9th and 17th, August 1st, 7th and 21st, the Missouri Pacific railway, will sell excursion tickets to Pueblo, Colorado Springs and Denver, Salt Lake City and Ogden, at the rate of one regular fare, plus \$3.00, for the round trip.

Very Low Rates to Colorado, Utah and the West.

The Missouri Pacific railway offers unusually low rates to Colorado Resorts, Utah and the West. The shortest and quickest through car line between St. Louis and Denver. For particulars, address J. R. James, C. P. A., Pittsburg, Pa., or H. C. Townsend, G. P. & T. A., St. Louis, Mo.

"TAKE HEED WILL SURELY SPEED."—Be sure to heed the first symptoms of indigestion, nervousness and impure blood, and thus avoid chronic dyspepsia, nervous prostration and all the evils produced by bad blood. Hood's Sarsaparilla is your safeguard. It quickly sets the stomach right, strengthens and quiets the nerves, purifies, enriches and vitalizes the blood and keeps up the health tone.

All liver ills are cured by Hood's pills. 25 cents.

The latest in automobile colors is cranberry red.

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Medical. DO YOU FEEL AS WELL? As you would like to feel? Probably not. You would do more work and better work and find life more satisfactory if you felt better.

HOOD'S SARSAPARILLA is America's Greatest Medicine. Sold by all druggists. Price 50c. Get Hood's and only Hood's. 45-23

Harness Oil. A good looking horse and poor looking harness is the worst kind of a combination.

EUREKA HARNESS OIL not only makes the harness and the horse look better, but makes the leather soft and pliable, puts it in condition to last—twice as long as it ordinarily would.

STANDARD OIL CO. GIVE YOUR HORSE A CHANCE! 39-37-1y

Attorneys-at-Law.

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J. C. MEYER—Attorney-at-Law, Rooms 20 & 21, Crider's Exchange, Bellefonte, Pa. 44-49

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CENTRAL HOTEL, MILESBERG, PA. A. A. KOEHLER, Proprietor.

This new and commodious Hotel, located opp. the depot, Milesburg, Centre county, has been entirely refitted, furnished and replenished throughout, and is now second to none in the county in the character of accommodations offered the public. Its table is supplied with the best and choicest liquors, its stable has attentive hostlers, and every convenience and comfort is extended its guests.

Through travelers on the railroad will find this an excellent place to lunch or procure a meal, as all trains stop there about 25 minutes. 24 24

Fine Job Printing. FINE JOB PRINTING—A SPECIALTY—AT THE WATCHMAN OFFICE.

There is no style of work, from the cheapest Dodger's to the finest, that we do not do in the most satisfactory manner, and at

Prices consistent with the class of work. Call on or communicate with this office.

Democratic Watchman

Bellefonte, Pa., Aug. 17, 1900.

Chinese Bill of Fare.

Rice is the Staff of Life in the Flowery Empire. Butter and Cheese Abhorred. The Celestials Can Stomach Many Things We Could Not Eat, but Dislike Some of our Articles of Diet.

A Chinaman will eat anything that he can bite. He turns up his nose at nothing, although he is not so fond of rats, mice and puppies as we are inclined to think. In fact, authorities agree in saying that as far as their experiences go, they have never seen either of these animals exposed for sale in the market except at Canton. Of course, the very poor, those who cannot get anything else, will eat what necessity compels, which in all probability will be a large sleek rodent. Such animals, carefully fed for the purpose on rice and such food, are no doubt to be found if you know where to look for them, but to say that these creatures form the common articles of food for the millions in China is no more truthful than it would be to say that the American dines on horse-flesh.

Rice is the staff of life in China. That is, in the southern part, but in the northern regions millet takes its place as the mainstay of the people. Both of these grains are consumed in enormous quantities. One, according to the part of China in which you are, appears on the table twice a day, for that is as often as a Chinaman is supposed to eat, in the homes of the rich and poor alike, though he generally grows weary of a few things between meals. The difference between the tastes of the rich and the poor is to be found in the relishes or side dishes which accompany this staple diet.

THE LABORER'S DIET.

The laborer is content to find on his table his bowl of rice and a vegetable or two. Sometimes a piece of pork or a fowl is added; fish are greatly prized, and are eaten in all manner of ways. None are too small to be thrown away, none so large but what they can be devoured. Sharks' fins are considered a great luxury, and are not found except on the tables of the rich. Neither are the fishes' maws despised, but rather considered as a dainty. Small fishes of a variety somewhat like the sardine are eaten alive, and the evident enjoyment which the Celestial derives from feeling them wriggle their way down affords a sight nearly as amusing as it is disgusting.

This is not the least of the articles of food considered as great delicacies by the Chinese which are rather nauseous to us. Hundreds of greenish-brown worms, fresh from the rice fields, are offered for sale by peddlers, while salted and pickled eggs, having for their recommendation their old age, are greatly prized. There are, however, certain things which a Chinese stomach rebels. Our fondness for butter and cheese, for example, is utterly incomprehensible to the Celestial. Cows' milk is rather tolerated than liked, while considered very healthy for the aged and infirm.

SNAKE EATERS IN AMOY.

Snakes are eaten by the poor people in some parts of China; for instance, in the neighborhood of Amoy. In some districts of the Canton province they are also eaten, but many other varieties of the reptile in specie, as the eel, are undoubtedly included in the term. One authority on the subject says that he saw a man in Swatow hawking long brown snakes in a basket for food. "There were three or four of them," he says, "tied with strings around the neck, the strings being fastened to the top of the basket to prevent their escape. They are rather an expensive article of diet, costing about 70 cents each," which is a great deal in a country where a man's wages are from 3 to 5 cents.

A FAMOUS SOUP.

The famous birds' nest soup is made from birds' nests brought all the way from Ceylon and Malaya, where they are gathered at great risk from the caves on the seashore. These nests are not at all like the ordinary birds' nests of which we are accustomed to think, composed of job lots of twigs and sticks and hay and grass, but they are made almost entirely of a gelatinous substance similar to Irish moss. The best quality, those free from twigs, etc., command \$20 to \$30 per pound, while none of the poorest fall below \$3. Here is a recipe for preparing birds' nest soup, translated from the Chinese: "Take clean white birds' nests shreds, or birds' nests, and soak thoroughly. Pick out all the feathers. Boil in soup or water till tender and of the color of jade-stone. Place pigeons' eggs below and add some ham shreds on top. Boil again slowly with little fluid. If required sweet, then boil in clear water till tender, add sugar candy and then eat. This is a most clear and pure article, and thick or oily substances should not be added. It should be boiled for a long time; for, if not boiled till tender, it will cause diarrhoea."

ROASTS BARELY USED.

The manner of preparing food in China is totally different than with us. Roasts are seldom indulged in, nearly all kinds of food being boiled, as the Chinese regard roasted foods as very unhealthy. Meat, instead of being the staple food, is the relish. The meat, when eaten at all, is to relish the rice or the vegetables, and not the vegetables to relish the meat. Although nominally taking but two meals a day, the first at about 8 to 10 and the other at 5 or 6, nearly every one knocks off at noon for a bite between meals. These lunches are procured at any one of the

Choked to Death by His False Teeth.

D. W. Bingham, a prosperous farmer, living near S. Arke, Fla., met with a horrible death Tuesday night by being choked to death by means of a set of false teeth that he had swallowed while eating.

When Mr. Bingham was enjoying supper he placed a piece of steak in his mouth and began chewing it rather hard, as the meat was tough. While engaged in masticating it his set of false teeth became loosened in his mouth, and as he swallowed a piece of the steak they slipped down his throat and lodged in his windpipe. He struggled to free himself and his agony was terrible. He fell on the floor and rolled over and over in agony, calling for help as well as he could and trying to remove the suffocating lump from his throat. The sharp edges of the teeth lacerated the edges of his windpipe, causing him acute pain. In fifteen minutes he was dead.

Study Made Him Insane.

His mind overcame by excessive study, Henry Beasley, of Ashley, is now in the Retreat insane asylum at Wilkesbarre, violently insane. He was taken there Wednesday morning, bound hand and foot, and guarded by three men. The young man's case is a distressing one. He was very ambitious, and after he was graduated from Lafayette in the class of '99, he returned home and spent last summer in hard study. During the school term he taught school in New York and spent his nights in study. He returned home in June and devoted himself day and night to his books, taking little exercise. A week ago he began acting peculiarly, and his condition became worse, until Wednesday he became violent. He may recover with absolute rest.

Lightning Kills Farmer and His Horse.

John Houck, a farmer, nearly 60 years old, and his team of horses were killed by lightning in Upper Mt. Bethel township, Northampton county, on Wednesday afternoon. Houck was on his way home from a field, and his 8-year-old daughter was riding with him. There was a vivid flash, followed by a deafening report. The shaft struck the farmer on the head, killing him instantly. At the same moment both horses dropped dead. The falling body of the farmer struck a child, who fell to the ground, and was severely injured. With blood streaming from a long gash in her scalp the child hurried home and told the story of death to her mother.

IF.

If she were dead, how I would grieve To think she never knew how dear And sweet her very presence was; How ever she brought summer near, And made the hours to music move, And brightened life with her rich love! If she were dead, my tears would fall Above her silent, beauteous clay— She lives, thank God! I shall I not shed Love's sunshine o'er her patient way? And daily tell her how I prize her, And how I love her, and how I prize her. Her voice, her touch, her faithful eyes! —Margaret E. Sangster, in Harper's Bazar.