

FOR AND ABOUT WOMEN.

You must certainly wear an Aiglon belt if you wish to be in fashion these days. The newest consists of narrow bands of gold cloth, mounted on black velvet, and fastened with Aiglon clasps.

Why harmful insects have greatly multiplied. In destroying birds and small wild animals, the farmer does away with the guardians of his crops.

The farmer has not yet discovered a method for preventing the destruction of his crops by field mice and insects, but he devotes more time to seeking the lives of his friends, the owl and hawk, than he gives to the insects which he can control.

The following exercises are beneficial to almost anyone toning up the muscles and aiding the circulation:

In a good standing position, head up, chin in, shoulders back, hips back and out, extend the arms forward and parallel, then together move them upward, back and down again, describing as nearly as possible a complete circle.

With arms up and knees held firm extend the arms downward until the finger tips touch the floor. The success of this exercise depends upon holding the knees unyielding.

In laying the table, dust the table and cover it with an undercloth of cotton flannel or an old blanket. Next put on the tablecloth, with the centre of the cloth to be the centre of the table.

The goods we have suitable for holidays are sensible, practical ones, the kinds that give ample returns in usefulness for every cent of cost.

Coal in Japan.

The development of the coal mining industry in Japan is remarkable. A few years ago that country was dependent upon other countries for this article in order to drive industrial machinery, to provide fuel for her merchant marine and her navy.

Whoever our particular tendency may be, to grow too thin or too stout, a normal state or "happy medium" may be acquired by judicious exercise.

A DEEP MYSTERY.—It is a mystery why women endure Backache, Headache, Sleeplessness, Melancholy, Fainting and Dizzy Spells when thousands have proven that Electric Bitters will cure such troubles.

For Sale. ROCK FARMS. J. HARRIS HOY, Manager. Office, No. 8 So. Allegheny St. Bellefonte, Pa.

Telephone. A LONG DISTANCE TELEPHONE. COMBINES PERFECT LOCAL SERVICE WITH THE ADVANTAGES COMING FROM ALL LONG DISTANCE SUBSCRIBERS.

Green's Pharmacy. SOUND SENSE GIVING. The goods we have suitable for holidays are sensible, practical ones, the kinds that give ample returns in usefulness for every cent of cost.

GREEN'S PHARMACY, High Street, Bellefonte, Pa. 44-22-1y

Money to Loan. MONEY TO LOAN on good security and houses for rent. J. M. KEIGHLINE, Attorney at Law.

Real Estate.

REAL ESTATE, LOAN AND TITLE COMPANY. JOHN C. MILLER, Pres. EDWARD BLANCHARD, Sec'y. J. THOMAS MITCHELL, Treas.

Silverware. "1847" ROGERS BROS' DAINY DESIGNS. IN SPOONS, SUGAR SHELLS, BUTTER KNIVES, Etc.

Dr. Stites. DR. STITES CONTINUES. To Demonstrate with Success The New Treatment for CATARRH AND CATARRHAL DEAFNESS.

Green's Pharmacy. SOUND SENSE GIVING. The goods we have suitable for holidays are sensible, practical ones, the kinds that give ample returns in usefulness for every cent of cost.

McAlmont & Co. LARGEST FARM SUPPLY HOUSE IN CENTRAL PENNSYLVANIA. Their prices are right and their guarantee is behind the goods, which means many a dollar to the farmer.

Meat Markets. GET THE BEST MEATS. You save nothing by buying, poor, thin or gristly meats. I use only the LARGEST, FATTEST, CATTLE, and supply my customers with the freshest, choicest, best blood and muscle making Steaks and Roasts.

McAlmont & Co's. RUBBER TIRES. RUBBER TIRES. At the Carriage Shop of S. A. McQuiston & Co., the place to have your Carriages and Buggies fitted with the celebrated

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