FARM NOTES.

-Every breeder of thoroughbred stock who aims to make a reputation never fails to cull from the flock or herd any animal that has the least blemish.

-Potatoes grown on land upon which rye or clover has remained during the winter and plowed under in spring, according to experiments made, were free from disease. Potatoes grown on land heavily manured with stable manure showed more liability to disease than when fertilizers were applied and no manure used.

-Under favorable circumstances four tons of clover hay should be taken from an acre. Some farmers report as many as five tons, but such yields are not often obtained. The use of potash, lime and manure will accomplish much with clover. Many farmers are satisfied with two tons per acre, but the object should be to make the land produce more every year.

-Any method of conserving moisture will prove of assistance later in the year. The amount of moisture absorbed by the various plants is enormous. It is estimated that one acre of barley will absorb 500 tons of water a day, a fact which has been demonstrated by experiment, but which will not be accepted by many.

-Gardens should be ornamental as well as useful, but especially should the soil of the garden be very rich. There will be no danger from using too much manure in the garden if it is applied about this season of garden if it is applied about this season of the stout women adds about ten pounds they ear. The soil of the garden should be to their avoirdupoise in appearance. It seems very singular in these days that any fine, hence it will be an advantage to plow the garden early so as to permit the frost to assist in pulverizing the lumps.

—The asparagus beetle is a destructive enemy that has done more than its share to injure asparagus. The stalks standing or asparagus beds should be cut down and the beds burned over, while the ground is frozen. Cover with fine horse manure that is free from litter and rake the bed over about the first of April. Asparagus is one of the earliest crops that come in the spring.

-The sunflower is overlooked as a crop in this country. It will produce as many bushels of seed as corn, and a bushel of seed will produce about a gallon of oil. The residum is equal to linseed meal for stock. The flowers are worked upon by bees, and the stocks make excellent fuel. The leaves are said to be cured and used as fillers in cigars, and the seed can be ground into meal from which bread may be made and are also excellent when fed whole to

-Farm implements do not wear out so much as they rust out. Plows, cultivators, harrows, etc., that are left in the open air usually end their usefulness in one season instead of lasting for several years. A mower or binder that is not kept perfectly still. dry will be almost useless when desired for use. There should be a place for every machine or tool, and each should be examined before spring. Every blade should be sharp, and oil should be now applied freely to all implements.

-The application of fertilizers should be made under the most favorable circumstances, if possible. The loss from rains and snows is less when the fertilizer is inrated with the soil. When broadcasted on the surface by hand there may be too much applied in places and an insufficiency to others. The use of a fertilizer drill will give good results when using fertilizer at time of drilling seeds, but a harrow on the surface, after broad-casting the fertilizer, will aid in more evenly distributing it in the soil.

-The growing of strawberries, if the harvesting of the crop is excepted, entails but little more trouble than wheat, but it may not be known to some that five times as many bushels of strawberries can be grown per acre as can of wheat; yet such is the fact, and the prices per bushel are much higher. Strawberry plants that are set out this spring, will bear a crop next spring and if the plot is kept clean of weeds, and fertilizer applied, another crop can be secured the next season. me growers take as many as three crops before plowing the plants under.

Land plaster is an excellent fertilizer for all kinds of leguminous crops, being a special fertilizer for clover. One hundred pounds per acre will show excellent results, but twice that quantity may be used. It is sulphate of lime, and is partially solnble in water. It has the power of absorbing and retaining ammoniacal gases and gives them up to the plants. While it serves also to induce chemical reaction in the soil yet the fact that it is partially soluble gives it a great advantage in supplying lime to some plants in a form that is immediately available.

-It has long been an expression in England that the best way to increase the size of a farm was by going down deeper, in-stead of widening out from the sides Those who cultivate only the six inches of the surface soil are limiting their operations. While the cold sub-soil should no be turned over so as to be placed on the surface, yet the plow can encroach a little on the subsoil every year, and if a subsoil plow is used, then the lower soil may sened so as to permit of the easier penetration of the roots of plants. The sub-soil is rich in plant foods that can be made available for crops, and as long as clover and other crops are grown and turn-ed under there will be added to the surface soil portions of the fertilizing elements that are taken up by the growing crops and returned to the land.

with the handsomest brood or she had used it to catch ones the preference. The majority of growers seem to prefer large trees, but the small tree will make a better start options attained in the su and in a few years be fully as large as the others. The larger the tree the larger the root. Fibrous roots grow at once, and the more of them the better. The roots of large trees are often injured in digging them at the nursery, while the small trees are rarely so injured. The larger the tree the more it costs, and consequently the small trees are cheaper. When the trees are received all the injured roots should be trimmed and the location carefully prepared. Use no manure at the roots, but good rich top soil may be thrown in. After the tree is in place pour a bucketful of water around the base and when it has soaked into the ground throw dry soil over the surface. Bear in mind that the more top to the tree the greater the work for the roots to perform, for which reason all trees should be cut back as far as possible, allowing but few buds to grow the first year.

FOR AND ABOUT WOMEN.

Skirts for summer, which have their gores set together with insertion, will be all the prettier if butter-fly bows mark the spot where the insertion ends and the lounce begins.

To cure a corn tie a tiny pad of cotton wool that has been dipped in linseed oil over the corn every night after washing and kept on all night. A bit of oiled silk tied over the pad will prevent the oil soak-ing the sheets. This treatment gives won-derful relief in the cases of a hard corn.

pink cushion of flesh, eat cereals and sweets, exercise the neck muscles by slowly moving the head in each direction, and rub all the lanoline into the pores you

To reduce your double chin take away your pillow at night, skip your mid-day luncheon and massage the throat with firm upward strokes fifteen minutes each day. It will take months.

As aids to flesh building potatoes taken at each meal, especially when milk and butter are added, cannot be rivaled. Liquids are excellent flesh formers.

Stout persons should substitute toast for fresh breads, and even of that eat as little as will suffice. Never drink at meal time if you would grown thinner.

The girl with ugly hollows and deep shadows around her collar-bone should take the arm gymnastics. Outward and upward, four times, then to either side. Singing lessons have often worked magic upon a seemingly impossible throat.

The ungraceful carriage of nine-tenths self-respecting woman should throw out her abdomen, when by a slight forward poise she might keep it in line.

Cocoa butter is only a degree less fattening than German lanoline, and many persons prefer it. For increasing the bust or arms the best physicians commend it highly. Olive oil is good, also, but landline is the quickest known flesh forming application. Before using see that the pores are open; else how could it benefit?

Let the lean girl who sits in judgment upon her own piysique take courage. She can have all the candy, creams, sweets and good things she wants, and, if she will, acquire a rounded figure by "reading up" the list of flesh building edibles.

Obesity is a stubborn disease, and needs heroic treatment, beginning from within. Stopping certain foods alone will never cure "fat." The liver and the blood must be taught new workings. A little too much flesh is not obesity, and is easily

Beverages containing lemon or lime juice should be chosen by the stout woman. The acidity is useful because it allays thirst and reduces the consumption of water. Appollinaris and vichy are better

Tight lacing is a bar to all known physical efforts. The circulation is cut off literally, and the flesh pulled entirely out of place. To exercise in a corset is fool-

One of the greatest cures of the sauitar-iums established all over the country is the simple sun bath. The solar heat gives the essential to our health and happiness that drinks. The very thought of her delicat ter is over most town people are weak, run down and pale, but when they go out into the warm sunshine again new strength and health quickly come to them. The sun bath is absolutely essential. Take it every day. Cut down the trees that are so close to the house that they obscure the sun and have every living room flooded with light. If one is forced to stay indoors all day try to get near the sunny window, where the full effect of the sunlight can be felt. It will oute neuralgia, nervousness, faintness, weakness and a dozen other complaints. It will give color and beauty to the com plexion by making the blood purer and better. The purest and prettiest complexions are those which are wind-swept and sunbrowned during the summer time and not those which come from a dark room.

Hats worn over the face are exceedingly popular. There is a never-ending discussion as to whether this is or is not a becoming fashion. If a woman is tired and nsequently not looking her best, the hat and with a becoming veil apparently takes

several years off the eyes.

Hats made of folds of tulle, chiffon, velvet or silk, are still being made up, and the delicate colors that are in style are most attractive. Three or four different shades of one color are often most cleverly combined.

The new visiting cards, so much reduced in size, are much more dainty, appropriate and ladylike than the useless breadth and length of cardboard so long in vogue. Some of the French styles are as small as the name and address will permit. Roman lettering has increased in popularity, and with ultra fashionable women has for the moment superseded script, and certainly has the advantage of being more legible and of allowing the use of a much smaller card.

The fashion of pinning brooches just on anywhere for show has passed with other useless fads. Looking over the audience at the theatre the other night every other girl had her collar band behind pinned with the handsomest brooch she possessed, or she had used it to catch the little stray

locks of hair at her neck.

Speaking of hair, after the terrible proportions attained in the summer by a pompadour "built up by rats and other things," as George Ade described it one of his latest fables, it is a relief to see that this monstrosity has entirely disappeared with waved hair. In its place has come a shining, well-brushed coiffure, the knot coiled very far forward, a slight droop over the forehead, but close at the sides. Nothing must mar the contour from the neck up. Instead of one little pin, a long narrow comb is placed almost at the base of the knot, and below an oval shell or gold pin.

If you run across a lace collar going at a bargain pick up one. The newest show several circular collars one above the other, and go by the famous name of "Nell

-Subcribe for the WATCHMAN.

Making Grandma Happy.

"I told you last Sunday that I wished each of you would try to make at least one person happy during the week. Did you?" asked the Sunday school teacher. "Yes, Miss," replied a sharp lad. "I made grandma happy." "That's noble. How did you do it?" I went to visit her, and she's

A FIREMAN'S CLOSE CALL .- "I stuck A FIREMAN'S CLOSE CALL.—"I stuck to my engine, although every joint ached and every joint was racked with pain," writes C. W. Bellamy, a locomotive fireman, of Burlington, Iowa, "I was weak and pale, without any appetite and all run down. As I was about to give up, I got a bottle of electric bitters and, after taking it, I felt as well as I ever did in my life." Weak, sickly, run down people always gain new life, strength and vigor from their use. Try them. Satisfaction guaranteed by F. B. Green. Price 50 cents.

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When she became Miss, she clung to Castoria

Genesee Pure Food Co., Le Roy, N. Y.:

Dear Sirs:—Some days since a package of your GRAIN-O preparation was left at my office. I took it home and gave it a trial, and I have to say I was very much pleased with it, as a substitute for coffee. We have always used the best Java and Mocha in our family, but I am free to say I like the GRAIN-O as well as the best coffee I ever draph. Respectfully wours. ever drank. Respectfully yours, 5-26. A. C. Jackson, M. D.

Castoria.

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> The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his

ceive you in this. All Counterfeits, Imitations and "Just-asgood" are but Experiments that trifle with and endanger, the and health of Infants and Children-Experience against Experi-

Drops and Soothing Syrups. It is Pleasant. It contains ing Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

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Fortunate is the "grip patient" who possesses a genuine old-fashioned grandmother, with a thorough knowledge of whole system a strength and vigor which the good old home-made wines and no nourishing food can impart. It is so skill in the preparation of strengthening when it is taken away from us we become egg wines, her rich old mulled wines and weak, puny and ghastly pale. When win- fragrant mint juleps, give a delightful fragrant mint juleps, give a delightful promise of health and strength to the fagged-out victim fighting the grip. Here are a few that can be made at home, even if we cannot quite succeed in giving them 'grandmother's touch in the mixing:

A delicate egg wine is made thus : Beat the yoke of an egg very light; add to it two teaspoonfuls of powdered sugar and two tablespoonfuls of sherry, or one of brandy or whisky; beat the white of the egg to a stiff froth and stir into the yoke mixture. Pour into a glass with cracked ice.

To make mulled wine, use one cup of fine sugar, a tumbler of sherry and one egg; beat the egg to a froth and add the sugar; heat the wine, and when it is at boiling point put the egg mixture in a pitcher and pour the hot wine over it, stir-

over the face hides many unbecoming lines, cinnamon, three cloves, a pinch of ground

ed by a vote of the directors on Tuesday, the largest salary ever paid a bank presi-

was raised to \$40,000.

The reason given for the increase is that the business of the bank has become so great that the responsibility of the executive head merits a salary only \$10,000 less than that of the president of the United States.

There are not many banking institution in New York which pay over \$25,000. There are some which give their presidents \$20,000, but their number is not large. The average for institutions of great wealth s somewhere between \$12,000 and \$25,000.

Mistress-Remember, Bridget, we want

Bridget—'Tis 3 o'clock, joost.
Mistress—Well, youd' better begin to make the frozen custaid for dessert in that

YOUR BEST WORK-Cannot be done unless you have good health. You cannot have good health without pure blood. You may have pure blood by taking Hood's Sarsaparilla now. You cannot realize the good it will do you until you try it. Begin taking it to-day and see how quickly it will give you an appetite, strength and vigor and cure your rheumatism, catarrh or scrofula. All liver ills are cured by Hood's Pills.

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ring it constantly; put in four whole cloves and the same quantity of allspice. Drink as soon as possible.

mace and a half-cup of water; cover and place over the fire in a pan containing boil-ing water, and let it remain ten minutes; when heated add to it two tablespoonfuls of sugar and a half-pint of port wine; again cover, and let it remain until the wine is hot; strain, and let it be taken as hot as possible. It may be poured over a well-beaten egg if neurishment is needed.

Salary Raised to \$40,000.

Richard Delafield, the president of the National Park bank, of New York, receivdent in that city. His stipend of \$25,000

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Another mulled wine is prepared thus:

Put in an earthen bowl a small piece of Dr. Stites, the Eminent Specialist, is Now Demonstrating in Bellefonte the Success of the New Treatment For Deafness and Catarrh.

Until within a very few years diseases of the eye and ear have baffled the most learned men of medicine. It is within the range of the prevent generation to remember when there was little or no hope for the person whose sight or hearing had become impaired by age or disease. But thanks to the untiring efforts of men who have devoted their lives to study and research, these conditions no longer exist. Like the advance in electrical science, so has wonderful progress been made in eye and ear surgery; and to-day diseases that less than a score of years ago were pronounced incurable yield at the hands of the adept surgeon to the work of a few moments, a few hours, or possibly treatment for a few weeks.

The best part of Dr. Stites' life has been spent in the active practice of medicine, with frequent periods of study and research in the best medical science. Always ready to learn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of earn, he does not scorn to accept new truths of more the has contributed his share and more to the scor of knowledge. His crowning success, his last and greatest achievement, is his New Treatment for Catarrh and Deafness. It has now been thoroughly tested, and the results has now been thoroughly tested, and more to the store of the store and more to the score of knowledge. His crowning succe

referring to the British army in Africa, criticizes the lack of initia-

NEW TESTIMONIALS.

Thought the Head Noise Would Almost Set Him | Can Now Hear the Trains Passing, Something She Crazy at Times, Can Now Hear Ordinary Conwas Unable to Year for 8 Years. versation Without Trouble.

was Unable to Year for 8 Years.

Deafness and catarrh have made me a great sufferer for years. Hawking, spitting, dropping in the throat, besides all kinds of head noises, such as whistling, buzzing and shrieking which almost set me wild at times, and various other miserable symptoms almost made me dispair of ever being relieved, I grew very deaf—could not hear the trains which passed by. I spent a great deal of money for various remedies and cures, but noticed little benefit. The New Treatment gave me some hope, and since taking it the result is more than I ever hoped for, for today, after 8 years' deafness, I can now hear the trains once more, which was the first great in dication I had of what the New Treatment is doing for me. I am rapidly recovering and highly recommend the New Treatment to all sufferers.

Mrs. LUCY AUMAN, Mingoville. versation Without Trouble.

For three years I have been growing worse and worse from Catarrh and Deafness, Catarrh of the head set in gradually, followed by loss of hearing then ringing and buzzing noises became noticable until they grew so terrifying, with their whistling and shrieking that I was almost crazed sometimes. I caught cold continually and felt wretched generally. The New Treatment, which I have been taking but a short time, from our specialist Dr. Stites, is doing more for me than anything I have ever heard of. The result has been more than I can fully realize for I feel a most remarkable change. The head noises have gradually ceased, my hearing is so much improved that I can now hear ordinary conversation in a room, and can once more hear the church belis ringing. Fire alarm and whistles, which I could not do for a long time, or account of the noises in my ears. To-day I am on a fair road to health, after one physician prononneed me incurable.

Respectfully,

JOHN H. ANDREWS, Bellefonte, Pa. Mrs. LUCY AUMAN, Mingoville.

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