

## FARM NOTES

-Take a log the length of the harrow, split in two and attach each end of it to a harrow, by means of a stout wire about six feet long, placing the oval side of the log down. Such an implement works well in smoothing the surface after the harrow. -E. Dickenson, in *Farm and Home*.

-White Wyandottes are recommended by one very good authority as a typical fowl for the farmer, being blocky, broad in the breast, with meaty body and having a low rose comb. The hens are excellent minter buyers. The chickens are hardy winter layers. The chickens are hardy and make flesh development equal to that of the Barred Plymouth Rock. They are great favorites with broiler raisers.

-The osage orange will grow to a large size if planted like other trees. It is free from disease, can endure severe cold and produces a hard wood. As a hedge plant it has a superior provided the severe cold severe cold and it has no superior, provided the plants are trimmed and properly trained the first three years. If allowed to grow on the north an excellent wind-break, though not equal to the evergreen arbor vitae for that purpose, but it will last much longer than the latter.

-There is no such diseased condition of the horse's mouth as lampers. Sometimes,

-Tapeworms sometimes infest poultry to such an extent that they become very troublesome. No less than nine varieties are known to infest fowls, and when fowls are so infested they become distinctly un-profitable, both for egg production and for fattening. One medical authority advises the use of one teaspoonful of powdered pomegranate root bark for every 50 fowls. It is however, easier to prevent than to It is, however, easier to prevent than to cure such troubles, and the necessity for greater cleanliness is apparent. The same ground should not be used for confining fowls year after years.

-Complete fertilizer is one which contains the three essential fertilizing constituents, i. e., nitrogen, phosphoric acid and potash.

Nitrogen exists in fertilizers in three distinct forms, viz., as organic matter, as ammonia, and as nitrates. It is the most expensive fertilizing ingredient.

Organic nitrogen is nitrogen in combination with other elements either as vege-table or animal matter. The more valuable sources are dried blood, dried meat, tankage, dried fish, and cotton seed meal.

Ammonia is a compound of nitrogen more readily available to plants than organic nitrogen. The most common form is sulphate of ammonia, or ammonium sulphate. It is one of the first products that results from the decay of vegetable or animal substance

Nitrates furnish the most readily avail-able forms of nitrogen. The most common are nitrate of soda and nitrate of potash (saltpeter.)

Phosphoric acid, one of the most essen-

FOR AND ABOUT WOMEN.

A beantiful definition of home was given by Lady Aberdeen in the address delivered by her before the recent meeting at Toronto of the National Council of Women. "What is that indefinable something that makes a home; that reveals itself in the books and pictures in the pictures, in the arrangement of the rooms, in the preparation for a guest, in the tones of the children, in the expression of hus-band and wife? We cannot describe it, but we recognize it at once when it is present and no house can be truly a home without some measure of it. We do not need just houses were we can eat heartily and sleep near the mean themes full of rest and

well, but we want homes, full of rest and peace and beauty and refreshment."

For certain occasions and for country wear sailor hats are just as fashionable as they have ever been. The newest are rath-er higher in the crown, and are either trimmed with a simple band or, if for boating or cycling, often with a bow of waterproof ribbon and a fancy quill. Later on it is more than likely colored silk handkerchiefs, caught up at the side with contrasting quills, will serve for trimming.

for which very often the afflicted one her-self is responsible. If one is in ill health it is a different matter. Disease will cause the lungs to shrink and contract, and then depression of the chest is un-avoidable. Full, perfect development of but this only lasts a few days and never allow any one to cut or burn your horse's mouth under any circumstances, as there is no disease that such treatment will benefit. —Tapeworm

pavement. The day of the woodeny, corset-leashed figure has departed—praise be to the gods ! The present mode is the rational one of natural soft lines. The slender woman entirely shuns corsets and wears a canning trely shuns corsets and wears a canning little girdle of tapes or ribbons that brings absolute comfort and yet holds the abdo-men in place and gives a support for petti-coat and gown. Now she knows the joy of full lung expansion—a privilege which civilized women have only acquired in re-cent years. The girdle is worn loose enough that the breathing can some from the that the breathing can come from the diaphragm. Now let me suggest some ex-ercises which will make you as supple as a

Hindu acrobat. Stand in a doorway-a narrow doorway preferred. Place the palms of the hands flat on the door casing, the tips of the fin-gers being placed at the height of the shoulders. Walk through the door without re-moving your hands until you are the length of your arms away. At first you will de-clare you cannot do it, but keep on day THE after day and the first thing you know you will become so supple that you will float through the door after the hygienic fashion just described. And it is such fun; ask your friends to try it. It looks so easy— but it isn't. This exercise draws back the shoulder blades, bringing into play all the important chest muscles. It will make your throat full and pretty, and the bony girl will find that it will help fill up the ugly hollows in her neck and throat and chest. Night and morning walk through

the doorway fifty times. Breathing exercises are invaluable if one would have a high chest, firm, full bust tial fertilizing ingredients, is derived from materials called phosphates. It does not exist alone, but in combination, most com-ing chests, looking like consumptives ready ate of lime in the form of bhate and phosphatic slag. limit. Raise your chest and keep it raised. Practice the exercises as they are given here, but make it a rule to breathe correctly all the time. It is quite as necessary to get all the bad air out as it is to get plenty of an the bad air out as it is to get pienty of fresh air in. When you rise in the morn-ing slip on a bath robe and bedroom slip-pers. Open the windows. To take breath-ing exercises without perfect ventilation in

## Wife-Beater Consents to a Whipping

Anthony Still, Joseph Bassett and Joseph Goldboro, three negroes with good reputa-tions, were recently brought to the jail in Camden, N. J. They were charged with tying Joseph Fischer, of Sadlertown, to a tree and beating him with switches.

Fischer's wife is a sister of Still. Earlier in the week Fischer beat his wife so that she has since been in bed. Fisher was repentant after abusing his wife, and when Still told him he should be punished for the act Fischer agreed. It was proposed he should be switched for his act, and to this he consented.

Fisher was accordingly taken into the woods far from any house, and, after being stripped to the waist, was tied to a tree

The punishment agreed upon was twenty lashes. Long birch rods cut in the woods were used. The men laid on the whips with vigor, and almost every blow brought blood. Fischer groaned but made no other outery

been given and then fainted. He was then cut loose and revived. He was taken home and his lacerated back treated.

against his torturers until others heard of A hollow, caved-in chest is a condition turn has been arrested for the beating he gave his wife. He is not bitter against the men who beat him, and thinks he should not have been arrested, having explated his offense by accepting the whipping.

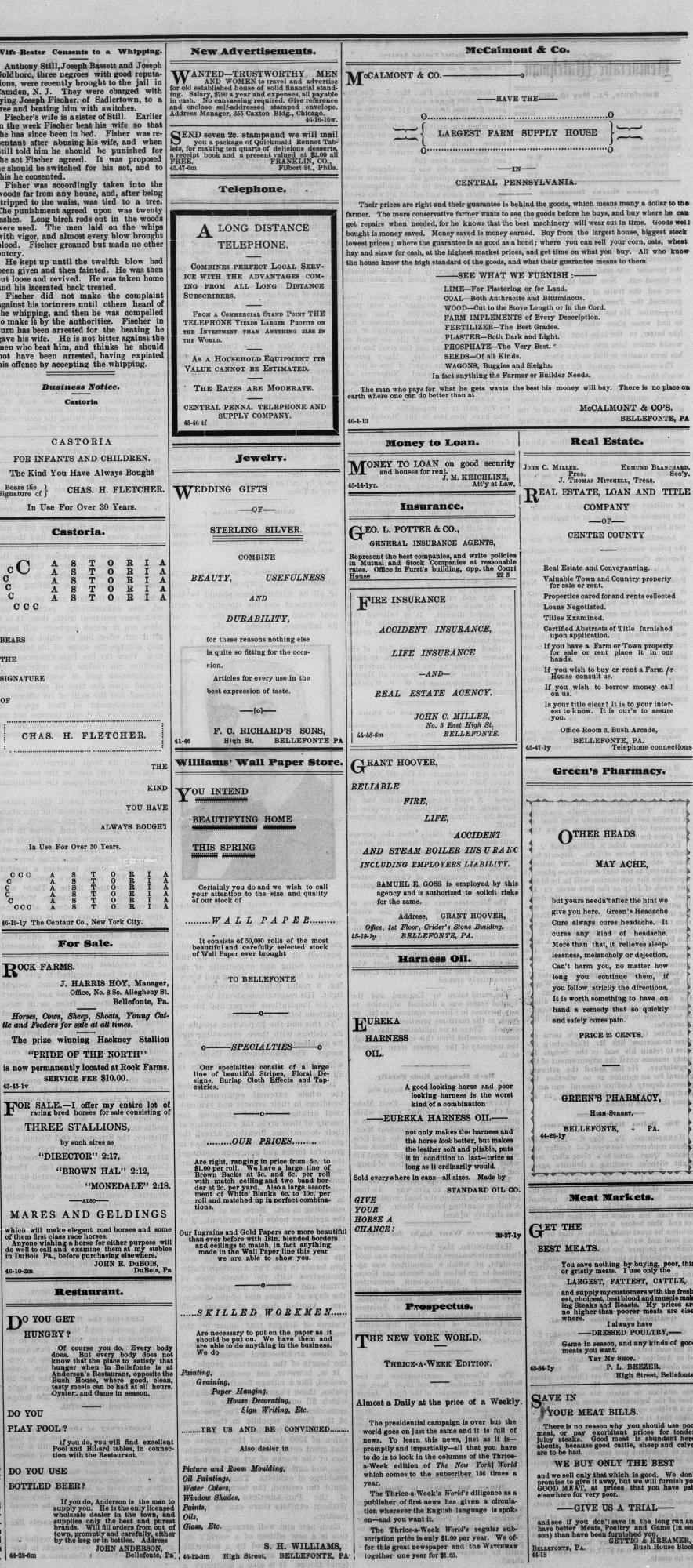
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bones, rock phosphate and phosphatic slag. Phosphoric acid occurs in fertilizers in three forms-soluble, reverted and insoluble phosphoric acid.

In natural or untreated phosphates the phosphoric acid is insoluble in water and not readily available to plants. Super-phosphate is prepared from these by grind-ing and treating with sulphuric acid, which makes the phosphoric acid more available to plants. Superphosphates are sometimes called acid phosphates.

Potash, as a constituent of fertilizers, exists in a number of forms, but chiefly as chlorie or muriate and as sulphate. All forms are freely soluble in water and are forms are freely soluble in water and are believed to be nearly. if not quite, equally available, but it has been found that the chlorides may injuriously affect the quality of tobacco, potatoes and certain other crops. The chief sources of potash are the potash salts from Stassfurt, Germany—kainit. sylvinit, muriate of potash, sulphate of soda, and sulphate of potash and magnesia. Wood ashes and cotton-hull ashes are also sources of potash.

—I have found early peas my most remunerative garden crop. I select the right varieties for actual table quality and see that they are picked when not too young or too old, taking them to the con-

sumer as soon as picked. Any pea that has passed through a mid-dleman's hands is spoiled. The pea picked to-day is always handled so as to be eaten for to-morrow's dinner. I can keep them over a single night by putting in a cellar over a single night by putting in a ceilar cool as to cause a dew upon the pods when brought out next morning. The Premium Gem and Abundance are the kinds selected after long searching among varieties. I formerly made successive plantings as late as June 1st, but since the advent of the new large to put in sub assessive Max 1st

the pea lcuse I put in all peas by May 1st. This year I shall go light on Abundance and put in a patch of Alaska. If handled

and put in a patch of Alaska. If handled quite fresh and sweetened a bit when cook-ing, these will not be complained of. The few peas planted last year I put in the apple orchard and did not see a louse. I shall plant peas more extensively this year, hoping that the shade will again prove effectual. Professor Johnson recom-mends the Alaska as in a cartain deverse mends the Alaska as in a certain degree louseproof. This kind is also of a better eating quality than most of the early, round Examination shows it to be slightly sorts. wrinkled.

The foregoing is the experience of a Rural New Yorker correspondent, who further says on the subject of shade: I find the orchard an admirable place to raise most garden crops. Potatoes may be made to grow fine vines, but a small yield of tubers. The trees both prevent evaporation from the surface and exhaust the moisture from below. A wide diversity of climate may be found between the dense shade and the more open spots. Where vacancies occur corn and squash did well.

corn and squash did well. Lettuce grew nicely where too shady for other crops. Beans and peas take kindly to partial shade. Through a period of ten years I have found the shade of apple trees an ideal place to grow the Cuthbert rasp-berry. A little more moisture is needed, perhaps, but the vines seem to come through without winter killing. A like experience with the Agawam blackberry has not prov-en so favorable. A blight of the leaves has resulted in the fruit taking on a taste-less flavor when ripening. This varidy I should plant on elevated land, with full exposure to sun and winds.

the room is to waste your time. Place yourself in an erect, easy position, with one foot a little forward, allowing the weight to rest upon it. Put the arms akimbo, with fingers pressing on the ab-dominal nuscles in front and the thumbs on the muscles on either side of the spine. Hold the head straight and the hips back, the same with the shoulders, chest high and full. Take a deep, tranquil breath, but one that will cause the chest to rise and fall fully and freely at every effort. Do this twenty times. In the act of inspira-Do tion take in as much air as you can hold. In the act of respiration give out as little as possible. This is particularly necessary in effusive breathing, which is excellent for chest development. Draw in a full breath and send it forth in a prolonged sound of the letter H. Never mind if you do sound like a steam radiator ready to explode. You will get a chest, and the girl who

laughs and sneers will not. ' laughs and sneers will not. Exercise in expulsive breathing: Draw in a full breath and emit it with a lively expulsive force, still clinging to your H sound. Do not prolong it like you do in your effusive breathing. Let it be a sort of snort, the breath being projected into the air. Before going to sleep give your lungs an air bath. Lie flat on the back with no nillow under the head. Place the with no pillow under the head. Place the arms close to the sides, then inhale and exhale slowly, allowing yourself a rest of five or ten seconds between breaths. Do this fifteen times. Then, with arms extended straight out across the bed, breathe slowly and deeply fifteen times more. You will sleep like a top.

It is strange how things grow when we brood over them. The magic bean that shot up to the clouds in a single night is nothing to the phenomenal growth that a trouble or wrong con take on if we plant the seed in some silent hour, and water it with a four tear. We have a little court 46-10-2m the seed in some silent hour, and water it with a few tears. We have a little cough, for instance. Instead of taking our ail-brood over them. We recall pathetic cases of young lives blighted by consumption. We dig back into our family history and rake up ancestors who had coughs, and be-fore we know it we are trembling on the brink of the grave, in imagination at least. "Don't brood !' These two words are a fne moto for women. Women worry and "Don't brood !" These two words are a fine motto for women. Women worry and vivisect themselves and their affairs too much. They not only cross bridges before they come to them, but they go out of their way to build them. There is no reason for taking life too seriously. We can labor better and accomplish more to the ac-companiment of laughter than tears, and the best medicine for an aching heart or a sick body is a good, hearty, blood-stirring laugh. DO YOU

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