FARM NOTES.

-An observer of Danish methods

worthy of notice. -Fifty bushels of sunflower seeds to the ing Russian sunflower seeds to horses, hogs and other stock. The feeding of this re-quires an exercise of judgment, as the seeds are very rich in oil, and should be mixed

—Potatoes are ready for digging as soon as the tops fall down. It is best to dig them early in the day and allow them to remain on the ground for a few hours, when they should be taken to the farm and stored in a cool, dark, dry place; but it is not advisable to place too many in a single heap. All diseased or injured potatoes should be removed from the lot, or they will have more or less effect upon the whole, as they will be the first to decay. Pota-toes may be stored in mounds during the winter, but are not easily utilized in that

—Teachers and farmers, teach the boys and girls to be henest and upright in every sense, but by all means teach them to work. It won't hurt them to do a little farm work. Send them to college if you can, but let's keep all the college boys and girls on the farm that we can, and then the farmer's interests will be looked after better. We will have better schools, better churches and better society. Insist on trying to keep the boys on the farm after they have received their education. They can have received their education. They can keep the farm books and will lend an air of intelligence to the town. We need more educated people on the farms, then we will have less boys and girls going to the cities from the farms.—J. O. Gates, in

-Millets have an important place in the forage rotation because they grow rapidly, mature early and may be seeded at any time from May until August. Three species of the Japanese millets—namely, broom corn, barnyard and Italian, original ly imported by the Massachusetts Agricul-tural college, have been tested and found very desirable at the New Jersey experiment station. Of these varieties the barnyard has proved the most profitable, the yield ranging from eight to eleven tons per acre. This crop will be ready for feeding

from forty to fifty days after seeding.

Pearl millet has also been tested. This variety makes enormous yields—fifteen tons per acre have been secured. When in full head it is from eight to twelve feet in height. Yet it is a very succulent and palatable fodder. Pearl millet is much more watery in its character than the other varieties mentioned and does not mature as rapidly. For these reasons it is not as desirable as the barnyard variety.

-Unless a lawn is seeded to grasses that can endure constant mowing, as well as remain green during a dry season, it be-comes unsightly instead of ornamental. When seeded down in the spring it becomes at times necessary to grow oats, wheat or some grain crop on the lawn, in order to shelter the young grass from the effects of the noonday sun in dry weather. This may be avoided if the seed is sown in the fall. August being a suitable month, as for several years the rains have been usually plentiful, and the young grass is not then so easily overrun with weeds. Should the grass not make a good "catch" the ground may again be seeded over in the ground may again be seeded over in the spring by simply scratching the surface with a rake, but it is seldom that seed sown in August or September fails, if a plentiful supply of seed be used and the ground properly prepared.

It is customary to use a mixed seed for lawns, which is proper, but sometimes too many kinds are used, and the best grasses are crowded out by those not so desirable. Blue grass alone makes an excellent lawn

Blue grass alone makes an excellent lawn grass, but blue grass and white clover, equal proportions of seed of each, are suf-ficient, and the seed should be used liberally, four ounces to the square rod not being too much as some of the seed will fail to germinate, while birds and parasites will destroy a proportion. The lawn plot should be first spaded (or plowed, if very large), and raked over until the soil is made as fine as possible. Lime, at the rate of forty bushels per acre, should be broadcasted over the plot, the ground rolled and the seed sown. The ground may then be simply brushed over, so as to bare the seed or the seed may be sown. ly cover the seed, or the seed may be sown and rolled down. No other work will be necessary until spring, and the grass will thicken every year. Blue grass is capable of withstanding considerable drought, and though apparently dead, if the drought is continued, it takes new life after the slighter the control of the state of the sta est shower. It is not so easily injured by trampling as some other grasses, and does not grow in stools, or tussocks, as is the case with orchard grass, while its appearance is a deep green. White clover is also hardy, and as its leaves differ entirely from those of blue grass, the two kinds answer all the purposes of a lawn, and will thrive

well together.

The fall is the time to manure the lawn, as the frost will pulverize the manure and render it fine. If fresh manure is applied in the spring it will sometimes do injury, unless before frost disappears. The manure used in spring, if any, should be well rotted. Re-seed all bare places as soon as the grass begins to grow, and in April apply potash in some form liberally, as both blue grass and white clover delight in lime and potash. Do not be tempted to mow the grass too early in the spring but give it the grass too early in the spring, but give it time to become well rooted before the first cutting. Mowing will then keep down the weeds. An application of saltpetre, early in the spring, at the rate of a pound per square rod, will also prove advanta-geous. If all the grass seed usually sown were to germinate there would be about 200 plants to the square foot. It takes to a cream, add two-thirds of a cupful of about 74,000 seeds of timothy to weigh an milk, and stir the whole thoroughly; then ounce. Careful experiments have shown that timothy seed covered by two inches of dirt cannot shoot into growth. Covered from three-quarters to an inch only about one-half of the good seeds will come forth. Red cloverseed cannot get through two whites of the three eggs. which should be inches of covering and other small seeds beaten to a stiff froth.

FOR AND ABOUT WOMEN.

To strap or not to strap (not the kiddies, but our autumn raiment) is not the question. It is all settled—we must strap!
First, because Dame fashion says so, and, second, because we like strapping. (The second "because" comes last as a mere matter of politeness.) The more one considers attempting the matter of politeness.) The more one considers should at all times have in troughs lumps of salt and chalk, the claim being that scours is sometimes due to too much acidity, which is neutralized by the chalk and salt. A successful American dairyman keeps a jug of lime water, adding a teaspoonful of lime water and a little salt to every pint of milk. As one-half the losses of calves raised on skim milk maybe ascribed to scours, these points may be worthy of notice.

matter of politeness.) The more one considers strapping the more does one wonder that the feminine world struggled along so long without it. Upon second thought, though, strapping appeared along with the necessity for it, like most other things. While the gentler half was a sort of modernized, Christianized, new world edition of the harem she needed only ribbons, and laces and frills generally, but with her emancipation the new woman found her old togs quite inadequate. Not that the strap was found an inevitable adjunct to her liberty, but rather that some plain sort —Fifty bushels of sunflower seeds to the acre is considered a fair yield; and this will produce 50 gallons of oil, worth one dollar a gallon. About 20 bushels per acre is the average. When mixed with other grains the seeds are relished by all farm animals, and are especially good for fowls. Good results are obtained by feeding. Resign any fussiness?

If you are choosing a whole suit, do not get a three-quarter coat without a flare, covered with stitched bands, short-waisted in the back, with belt run through mar

tingales.
You recognize the style at once? Haven't you seen enough of them to wonder how so many of them could be

made in so short a time?

There is no doubt that the long coat will remain fashionable through the fall, and if you want one, get the genuine Russian blouse, with its fitted skirts that flare above the knees, and its blouse buttoned at side or down front, stitched bands, with shoulders trimmed in a circular design, if at all, and moderate sleeves, slightly flaring at wrists without ouffs.

More and more are business women learning to understand that their dress cannot be too severely plain for becomingness.

A total absence of jewelry should mark it first. The shirtwaist should be very plain, and, if not either black or white, should be

of the quietest coloring and pattern.

Her skirt, preferably of black mohair or some such material that will shake off the dust, should just clear the ground all the

Her hair will be neatly arranged so as to "stay done." The big, drooping pompa-dours and fluffy locks, which quickly be-come disheveled or else require endless adjustment to keep them looking right, should also be tabooed. No woman whose mind is fixed on her personal appearance can make a success of her work. She seldon performs it in a manner acceptable to her employer.

On shoes a good deal might be written. They should be chosen with a view to their wearing qualities rather than to their stylishness. They should have good, com-mon sense heels and should be broad enough to insure comfort during the long working hours.

These things denote the business woman who never lacks for employment.

To be in the height of the mode our dresses should appear to be a size or so too and Heim, declare that a moderate use large for us. That old conundrum about of sugar stimulates digestion and prevents large for us. That old conundrum about the baggy coat being reminiscent of two French towns, Toulon and Toulouse, is constantly recalled as fair ones, young and old, are noted with unnecessary material in their dresses. As for overdoing the so-called shoulder breadth, the very statement is absurd, as the real shoulders have nothing to do with the thing. One may note plenty of waists in which the top of the sleeve not only does not fit over the shoulder, as sleeve tops were certainly designed to do, but does not reach the point by four inches—is actually sewed in that ingested in small quantities into a stomach by four inches-is actually sewed in that distance down on the arm. This means that the shoulders of the waist are about

Naturally, we do not stop here. The sleeves are the next temptation, and just how frightfully we have flown to this temptation is evidenced on every side. The only good thing about this bysterical following technical following about the interest technical following lowing of fashion is that it dies of its own

The trouble about the hair is that care is less. Hair has certain length of life. When the end of that time comes, it falls out, and if the scalp is in good condition new hair comes in its place. The scalp should be brushed with rather a soft brush. Use the fingers also in massaging, to stimulate the

You can look taller by holding yourself erect without the least bending of the knees, which must be drawn in firmly, but not held tensely. This erectness of pose can be acquired without stiffness by practice. Draw the hips well back and throw out the chest. Carry the head high and well poised. Reach up with the right arm, as though trying to touch the ceiling, then with both arms. This exercise labor or sickness grow sleek, fat, and then with both arms. This exercise lengthens the line from the waist up.

The autumn suits are not remarkable for grace, and many of us are going to look like scarecrows in them. The skirts look pathetically plain, after the frills and ruf-fles and sun-pleats of summer, and the coats have none of the swing and swirl of the irresponsible looking garments that have adorned the feminine form divine for many moons past. One suit of gray tweed of the roughest and wiriest kind has a coat that fits like the proverbial paper on the wall, from its collar to its hem, the former of which reaches almost to the ears of the wearer and the latter almost to the instep. It buttons tightly across the front to the waist line and then falls flat and straight for the rest of its considerable length. This suit is described as characteristic of the season's styles, not because of its intrinsic beauty.

A Dainty Summer Cake -- Beat half a cupful of butter and two cupfuls of sugar

Castoria.

Castoria.

A AAAAA

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 per- CHAS. H. FLETCHER. sonal supervision since its infancy. Allow no one to deceive

you in this. All Counterfeits, imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

WHAT IS CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Trobles, 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.

GENUINE CASTORIA ALWAYS

Bears the Signature of

CHAS. H. FLETCHER.

THE KIND YOU HAVE ALWAYS BOUGHT

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Sugar and Health Doctors Differ Concerning the Effects of

Sugar is getting into the hygienists' good races. Instead of being frowned upon as the cause of indigestion, bad teeth, and general ill-health, it is now regarded as a valuable food substance by most physicians. Not by all, however, for, as we are informed by a writer in the Drogistische Rund-

schau, while some of them maintain that sugar is of great service to the human body, strengthening the digestion and pre-venting undue acidity, others declare that even its moderate use is injurious to both the stomach and the teeth, while its excessive use developes diabetis. Says the author of the article just mentioned, which is translated for the Natural Druggist (July).
"Old and famous doctors, like Hufeland

ingested in small quantities into a stomach already acid or inclined to acidity, when the lactic-acid fermentation seizes upon it eight inches too broad. To such extremes do we allow ourselves to be led.

Naturally, we do not stop here. The sleeves are the next temptation, and just how frightfully we have flown to this temptation.

is stopped by an excess of sugar; but, to the disappointment of pie-eateas and bon-bon devotees, it must be stated that this overdose. There is really no limit to the effect is produced only when the substance overdose. There is really no limit to the absurdity of the pilling-on process that has been followed in sleeves.

This desire for amplitude has reached even the belt, though not in a way to increase the inches around the zone. Very deep girdles are liked. When the belt is narrow the gathered material above and below juts out in most abundant fashion.

effect is produced only when the substance is a broduced only when the substance is a broduced only when the substance is a broduced only when the substance is a basolutely pure. In this condition it seems to make no difference whether the sugar be eaten solid, in the shape of lumps, or dissolved in pure water. Sugar excites the secretions of the stomach, increases digestion of albuminous matters and of nutritives containing iron and lime, a fact which proves that under proper conditions are remedy against anemia, chlorsugar is a remedy against anemia, chlor-

osis, and in scrofula.

"This explains the love of a great many usually misapplied. Energy is put into brushing it instead of the scalp. Brush the scalp more, but don't brush the hair ward, as they grow older, avoid plain sugar, or sugar by itself, almost entirely. It seems to be a sort of instinct with children with weak bones and thin blood. As early as 1878 Dr. Bockel recommended, in his writings, engar as the best and most powerful remedy in rachitis ('rickets').
According to the theory advanced by him,
the sugar given in such cases sets up an
alcoholic fermentation, which overcomes

labor or sickness grow sleek, fat, and strong again on the return of the sugar harvest solely by chewing the cane. Englishmen and Americans eat more suga than the French and the Germans, and yet

they have better teeth than the latter. He goes on to say:
"After participating in many kinds of food, sugar seems to act as a digester, and the heaviness often felt after a hearty meal is frequently relieved by drinking a glass of sugar-water. The famous Hufe-land, in his book 'Makroblotik' (i. e.. on long life), sing a hymn of praise to sugar, and recommends plenty of sugar to all who have to eat coarse, heavy food. It is better he states, for lean persons than fat

ones.
"When we find that cake-bakers and millers habitually have bad teeth it is nat-ural to charge the fact to the use of sugar or of flour. Rather ascribe it to the lack of those people, which permits particles of food to remain between the teeth and thus further decomposition. If they used the brush frequently and properly they would have as good teeth as anybody."

First Visit to Sea Town Fatal.

The first visit of William McGuire, of Pittsburg, to Atlancti City was attended with a fatal accident. While attempting to turn a somersault on the beach he struck his head on a stone and broke his neck. He was taken to the City hospital, where have even more difficulty in that respect, hence do not cover the seed but lightly.

Cake tins.

SUICIDE PREVENTED .- The startling announcement that a preventive of suicide had been discovered will interest many. A run down system, or despondency invariably precede suicide and something has been found that will prevent that condition which makes suicide likely. At the first thought of self destruction take Electric Bitters. It being a great tonic and nervine will strengthen the nerves and build up the system. It's also a great Stomech. Time system. It's also a great Stomach, Liver and Kidney regulator. Only 50c. Satis-faction guaranteed by Green's Pharmacy Druggist.

#### Medical.

# A YER'S

Why is it that Ayer's Hair Vigor does so many remarkable things? Because it is a hair food. It feeds the hair, puts new life into it. The

# HAIR VIGOR

cannot keep from growing. And gradually all the dark, rich color of early life comes back to gray

"When I first used Ayer's Hair Vigor my hair was about all gray. But now it is a nice rich black, and as thick as I could wish."

Mrs. Susan Klopfenstein, Tuscumbia, Ala

\$1.00 a bottle. J. C. AYER CO... All druggists Lowell, Mass.

-FOR-

GRAY HAIR

# New Advertisements

# CHEESE

If you want a piece of fine American or Imported Swiss Cheese. have it.

> SECHLER & CO. BELLEFONTE, PA.

Wall Papering and Painting.

# **ECKENROTH**

THE OLD RELIABLE

PAINTER

-AND

# PAPER HANGER

Our entire stock of Wall Paper, Window Shades and Picture Frame Mouldings. I have the exclusive sale of Robert Graves Co., and M. H. Burges Sons & Co. Fine Florals and Tapestry effects. They are the Finest Wall Papers ever brought to this city. It will pay you to examine my stock and prices before going elsewhere. First class mechanics to put the paper on the wall and apply the paint to the woodwork.

All work guaranteed in every respect.

E. J. ECKENROTH. BELLEFONTE, PA. Bush Arcade.

#### McCalmont & Co.

## AN EYE OPENER

### FOR FARMERS

HIGH GRADE ACID PHOSPHATE

Guaranteed 14 to 16 per cent, Goods, In 167 pound sacks,

\$11.50 per ton cash at our Warehouse!

We saved farmers a lot of money on Binder Twine this season, and are prepared Choice Timothy Seed and Grain Drills at

McCALMONT & CO. BELLEFONTE, PA.

New Advertisements.

Salad Dressing, Olives,

Pickles, Sardines, Potted-

Pure Milk and Butter.

**D**URE MILK AND BUTTER

THE YEAR ROUND

FROM ROCK FARMS.

The Pure Milk and Cream from the Rock Farms is delivered to customers in Bellefonte daily. Fresh Gilt Edge Butter is delivered three times a week.

You can make yearly contracts for milk, cream or butter by calling on or address-

The fine Dairy Herd at Rock Farms is regularly inspected so that its product is absolutely pure and healthful. 43-45-1y

Flour and Feed.

BROCKERHOFF MILLS, BELLEFONTE, PA.

FEED, CORN MEAL, Etc.

Manufacturer, and wholesaler and retailers of

Also Dealer in Grain.

Manufactures and has on hand at all

times the following brands of high grade

FANCY PATENT—formerly Phos-

an extraordinary fine grade of Spring wheat Patent Flour can be obtained.

Whole or Manufactured.

INTERNATIONAL STOCK FOOD.

FEED OF ALL KINDS,

Exchanges Flour for Wheat.

All kinds of Grain bought at office.

OFFICE and STORE, - Bishop Street, MILL, - - - ROOPSBURG.

nix Mills high grade brand.

The only place in the county where

CURTIS Y. WAGNER,

ROLLER FLOUR.

WHITE STAR,

HIGH GRADE.

VICTORY PATENT,

OUR BEST.

SPRAY,

ALSO:

J. HARRIS HOY, Manager, Office, No. 8 So. Allegheny St. Bellefonte, Pa.

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BELLEFONTE, PA.

PINEST PURE OLIVE OIL.

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#### New Advertisements.

# A FINE ASSORTMENT

of Crackers, Biscuit and Confectionery. Sure to

> SECHLER & CO. BELLEFONTE, PA

## 30<sup>TH</sup> ENCAMPMENT

EXHIBITION OF THE PATRONS OF HUSBANDRY OF CENTRAL PENNSYLVANIA,

Grange Park, Centre Hall, Pa. SEPTEMBER 12th to 18th, INCLUSIVE. Encampment Opens September 12th. Exhibition Opens Monday, Sept. 14th.

The largest and best fair in Central Pennsylvania, by farmers and for farmers. Twenty-eight acres are devoted to camping and exhibition purposes. Ample tent accommonations for all desiring to camp.

A large display of farm stock and poultry, also farm implements, fruits, cereals, aud every production of farm and garden.

The Pennsylvania State College will make a large display of the work of the College and State Experiment Station.

ADMISSION FREE

ADMISSION FREE. LEONARD RHONE, Geo. Dale, J. S. Dauberman,

### Green's Pharmacy.

# GREEN'S

GEO. GINGERICH, G. L. GOODHART.

# HEADACHE

CURE Grows in popular favor every day

Easy to take-tastless, and does the work-12 konseals in a box for 25cts-SENT EVERYWHERE BY MAIL ON RECEIPT OF PRICE -The following is an extract from a letter from D. W. Howard, leader of the Boston Ladies Orchestra -being the third one he has written us on the subject, when ordering under date of April 24th, he says: \* \* \* "They are the best things I have ever used and as I have had head ache for nearly 50 years you may know what it means when I say this to you. I have tried many things but yours is far away from them for quick relief and cure.

GREEN'S PHARMACY Bush House Block. BELLEFONTE, PA.

# 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 fresh-est, choicest, best blood and muscle mak-ing Steaks and Roasts. My prices are no higher than poorer meats are else-I always have -DRESSED POULTRY,

Game in season, and any kinds of good TRY MY SHOP.

P. L. BEEZER. High Street, Bellefonte

# SAVE IN

# YOUR MEAT BILLS.

There is no reason why you should use poor meat, or pay exorbitant prices for tender, juicy steaks. Good meat is abundant hereabouts, because good cattle sheep and calves are to be had. WE BUY ONLY THE BEST

and we sell only that which is good. We don't promise to give it away, but we will furnish you GOOD MEAT, at prices that you have paid elsewhere for very poor.

-GIVE US A TRIAL

and see if you don't save in the long run and have better Meats, Poultry and Game (in season) han have been furnished you.

GETTIG & KREAMER,