

Democratic Matchmaker

Bellefonte, Pa., Sept. 15, 1905.

FARM NOTES.

Balking is very often caused by abuse, overloading or tight harness. A sow to raise a strong litter must be in good flesh and well nurtured.

Wood Ashes on Farm.—Wood ash is valuable as a source for obtaining potash, but as ashes vary greatly in their potash content, care should be taken to select the kind that will take the raw material and change it into high-priced beef that will be recognized as such when it comes into the hands of the man that is buying for immediate slaughter.

Onions are also an excellent nerve. They should be boiled in two waters and thoroughly cooked. For bilious disorders, influenza, insomnia—and muddy complexion—their value as a steady diet can hardly be overrated.

Asparagus, properly cooked, is easily digested and a gentle diuretic, acting upon the skin and inducing a flow of healthful perspiration. Rhubarb, or pieplant, should be eaten frequently by rheumatic sufferers, since it acts directly upon the blood, cleansing it from the uric acid which provokes rheumatism.

LIME A LARGE CONSTITUENT. As the forests are being reduced the supply of wood ashes is falling off. Cottonseed hulls are now one of the principal sources of potash, the soluble potash salts from Germany being largely drawn upon, and more care is also exercised in saving the liquids of factories that may contain potash.

FOR AND ABOUT WOMEN.

Better to hunt in fields for HEALTH unbought than fee the doctor for nauseous draught. The wise for cure on exercise depend. God never made his work for God to mend.

Physiology is a subject with which every individual should be familiar for upon a knowledge of it largely depends the all important matter of health and this is after all the foundation of comfort and happiness in the home. The average woman in planning a meal does not always consider the different kinds of foods, their nutritive values or just which kind is necessary to best perform different kinds of work.

We spoke last week of the Medicine Chest stocked with drugs as a dangerous thing. I am disposed sometimes to think familiarity with what is technically known as "Materia Medica" is a snare to the homemaker. She would better leave the selection and the handling of drugs, especially those that contain mineral matter, to apothecary and physician.

Descending—or rising—to particulars, she will then know the nutritive properties of vegetables and fruits handled with habitual thoroughness and partaken of recklessly by those for whom she cares. For example, apple sauce, hominy, Indian meal, mush and wheaten grits are excellent correctives of constipation, and should not be eaten by adult or child who has a tendency to laxness of bowels.

Onions are also an excellent nerve. They should be boiled in two waters and thoroughly cooked. For bilious disorders, influenza, insomnia—and muddy complexion—their value as a steady diet can hardly be overrated.

Asparagus, properly cooked, is easily digested and a gentle diuretic, acting upon the skin and inducing a flow of healthful perspiration. Rhubarb, or pieplant, should be eaten frequently by rheumatic sufferers, since it acts directly upon the blood, cleansing it from the uric acid which provokes rheumatism.

LIME A LARGE CONSTITUENT. As the forests are being reduced the supply of wood ashes is falling off. Cottonseed hulls are now one of the principal sources of potash, the soluble potash salts from Germany being largely drawn upon, and more care is also exercised in saving the liquids of factories that may contain potash.

Lemons are anti-bilious. A Southern planter whose field-laborers and house servants were singularly free, year after year, from malarial fevers which scourged neighboring plantations, told me that he laid in lemons by the dozen boxes, dispensing them every day to his family and employes instead of administering quinine.

September Weather, by Hicks.

In his prognostications for the last two weeks in September Hicks says: One of the most probable earthquake periods in September will be central on the 13th extending two or four to thirty-six hours before and after that day.

The next regular storm period is central on the 21st, this being also the central day of Earth's autumnal equinox. This period will express itself in falling barometer, rising temperature, threatening storm clouds, with rain, wind and thunder, the crisis falling on the 21st to 23rd, progressively from west to east.

The 27th, 28th and 29th are reactionary storm days, not far from the center of the autumnal equinox, and with the moon at new and on the celestial equator on the 28th, and in perigee, or nearest the earth, on the 29th.

When you throw a friend a bouquet, don't throw it so he will catch the thorns in his hands.

Low Rates to California.

On a number of days this summer low round-trip rates to California points are offered via the Chicago, Milwaukee & St. Paul Railway. Liberal return limits and stop-over privileges. Two through trains every day from Union Station, Chicago.

Low Rates to Colorado.

Only \$30 Chicago to Colorado and return every day this summer. Return limit October 31st. Two through trains every day from Union Station, Chicago, Milwaukee & St. Paul and Union Pacific Line.

Saddlery.

AFTER 34 YEARS

The wise buyer is "posted" in what he buys and where he buys. 34 years of unquestioned ascendancy. 34 years of steady improvement in quality and workmanship. 34 years of constant increase in sales and still growing.

SCHOFIELD'S HARNESS FACTORY.

Are there any who will deny the above? Three first-class workmen kept busy all winter making.

HEAVY AND LIGHT HARNESS

OUR STOCK IS COMPLETE IN FARM, TUG, BUGGY, SPRING WAGON AND LIGHT DOUBLE DRIVING HARNESS. OUR CHAIN HARNESS THIS YEAR ARE CHEAPER AND BETTER THAN EVER.

We have a large assortment of FINE TUG BRIDLES made in different styles. We invite you to call and examine our goods and get prices. Don't pay the price for old harness when you can buy new for the same money.

JAMES SCHOFIELD,

Spring street, BELLEFONTE, PA.

PITTSBURG VISIBLE TYPEWRITER.

THE ONLY PERFECT MACHINE MADE. VISIBLE WRITING; STRONG MANIFOLDER; UNIVER-SAL KEY-BOARD; LIGHT TOUCH RAPID ACTION.

Price \$75. It reaches the Demands of Business. Unexcelled for billing and tabulating. Send for catalog and proposition to dealers.

PITTSBURG WRITING MACHINE CO.

49-44-10r PITTSBURG, PA.

VIN-TENA for Depressed Feeling, Exhausted Vitality, Nervous Debility and Diseases requiring a Tonic Strengthening Medicine. It cures quickly by making Pure Red Blood and replenishing the Blood Supply. Benefit Guaranteed or money refunded. All druggists.

Castoria.

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, imitations and "just-as-good" are but experiments, and endanger the health of Children.

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.

THE CENTAUR COMPANY, NEW YORK CITY. 48-43-21m

Williams' Wall Paper Store

YOU INTEND BEAUTIFYING HOME THIS SPRING

Certainly you do and we wish to call your attention to the size and quality of our stock of WALL PAPER.

SPECIALTIES

Our specialties consist of a large line of beautiful Stripes, Floral Designs, Burlap Cloth Effects and Tapestries.

OUR PRICES

Are right, ranging in price from 5c. to \$1.00 per roll. We have a large line of Brown Backs at 5c. and 6c. per roll with match calling and two hand border at 2c. per yard.

SKILLED WORKMEN

Are necessary to put on the paper as it should be put on. We have them and are able to do anything in the business. We do Painting, Graining, Paper Hanging, House Decorating, Sign Writing, Etc.

JAMES S. H. WILLIAMS,

High street, BELLEFONTE, PA.

Typewriter.

PITTSBURG VISIBLE TYPEWRITER.

THE ONLY PERFECT MACHINE MADE. VISIBLE WRITING; STRONG MANIFOLDER; UNIVER-SAL KEY-BOARD; LIGHT TOUCH RAPID ACTION.

Price \$75

It reaches the Demands of Business. Unexcelled for billing and tabulating. Send for catalog and proposition to dealers.

PITTSBURG WRITING MACHINE CO.

49-44-10r PITTSBURG, PA.

Groceries

SECHLER & CO. PURE FOOD STORE.

We carry a full line of all goods in the line of Foods and Fine Groceries.

MANHATTAN DRIPS

A fine Table Syrup in one quart, two quart and four quart tin pails, at 12c., 25c., and 45c. per pail; try it. Maple Syrup in glass bottles and tin cans.

NEW ORLEANS MOLASSES

The finest new crop New Orleans—a rich golden yellow and an elegant baker. That is the report our customers bring to us. Fine Sugar Syrups—no glucose.

MARBOT WALNUTS.

These Nuts are clean and sound, heavy in the meats and in every way very satisfactory. We have some very good California Walnuts but not equal to the Marbots. Fine Almonds and Mixed Nuts.

EVAPORATED FRUITS.

Peaches 10c., 12c., 15c. and 18c. per pound. Apricots 15c., 18c. and 20c. per pound. Prunes 5c., 8c., 10c. and 12c. per pound. Raisins 10c. and 12c. per pound, either seeded or unseeded. Currants 10c. and 12c. per pound. Citron, Orange and Lemon Peel. Dates, Figs and fine Table Raisins. All these goods are well worth the prices named on them and will give good satisfaction.

MINE MEAT.

The foundation of our Mince Meat is good sound lean beef, and all other ingredients are the highest grade of goods. It represents our best effort and our customers say it is a success, and at 12c. per pound is very reasonable in price.

FOREIGN FRUITS.

We are now receiving some of the finest California Naval Oranges and Florida bright and sweet fruits. This fruit is just now reaching its very finest flavor. They are exceptionally fine and at reasonable prices. Lovers of Grape Fruit can be nicely suited on the fruit we have. Lemons for some time past have been a difficult proposition, but we now have some fine fruit.

SECHLER & CO.

Pure Food and Fine Groceries. 49-3 BELLEFONTE, PA.

Green's Pharmacy.

FISHERMEN! The fishing season has come, are you ready for it? If not, leave us help you to get ready. We have Rods, Lines, Hooks, Reels, Bait Boxes, Snells, Trout Files, Baskets, Grasshopper Cages, Landing Nets, Fly Books, Rings and Keepers, Sinkers, Silk Worm Gut, 3, 6 and 9 foot Leaders, and we think about every thing you need. We invite your trade. Don't forget if you want the best, you can GET IT AT GREEN'S.

JAPANESE CANES 5, 10 AND 15c.

We invite your trade. Don't forget if you want the best, you can GET IT AT GREEN'S.

GREEN'S PHARMACY CO.,

Bush House Block, BELLEFONTE, PA. 44-26-ly

Prospectus.

60 YEARS' EXPERIENCE. PATENTS. TRADE MARKS. DESIGNS. COPYRIGHTS, ETC.

Anyone sending a sketch and description may quickly ascertain our opinion free whether an invention is probably patentable. Communications strictly confidential. Handbook on patents sent free. Oldest agency for securing patents. Patents taken through Munn & Co. receive special notice, without charge, in the

SCIENTIFIC AMERICAN

A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms \$3 a year; four months, \$1. Sold by all newsdealers. MUNN & CO., 361 BROADWAY, NEW YORK. BRANCH OFFICE, 625 F St., WASHINGTON, D. C. 44-44-ly

Lewis and Clark Exposition.

Round trip tickets Chicago to Portland and return \$56.50 via the Chicago, Milwaukee & St. Paul railway. Tickets on sale daily until September 30th, and good for return for 90 days. Choice of routes offered by this line. Liberal stop-over privileges. Descriptive book sent for two cents postage. Folders free. John R. Pott, district passenger agent, room D, Park Building, Pittsburg, Pa.

Insurance.

LOOK! READ JOHN F. GRAY & SON, (Successors to Grant Hoover.) FIRE, LIFE, AND ACCIDENT INSURANCE.

This Agency represents the largest Fire Insurance Companies in the World.

—NO ASSESSMENTS.—

Do not fail to give us a call before insuring your Life or Property, as we are in position to write large lines at any time.

Office in Crider's Stone Building, 43-18-17 BELLEFONTE, PA.

THE REFERRED ACCIDENT INSURANCE CO.

THE \$5,000 TRAVEL POLICY Benefits: \$5,000 death by accident, 5,000 loss of both feet, 5,000 loss of both hands, 5,000 loss of one hand and one foot, 2,500 loss of either hand, 2,500 loss of either foot, 630 loss of one eye, 25 per week, total disability; (limit 52 weeks.) 10 per week, partial disability; (limit 26 weeks.) PREMIUM \$12 PER YEAR, payable quarterly if desired.

Larger or smaller amounts in proportion. Any person, male or female engaged in a preferred occupation, including house-keeping, over eighteen years of age of good moral and physical condition may insure under this policy.

H. E. FENLON, 50-21 Agent, Bellefonte, Pa.

Jewelry.

FOR THE NEW YEAR

Our stocks now complete and awaits your inspection.

STERLING SILVER

TABLE AND TOILET WARE, FINE UMBRELLAS, POCKET KNIVES, GOLD, JEWELRY, WATCHES, DIAMONDS.

F. C. RICHARD'S SONS,

High Street, BELLEFONTE, PA. - PENNA. 41-46

Flour and Feed.

CURTIS Y. WAGNER,

BRACKETT MILLS, BELLEFONTE, PA. Roller Flour, Feed, Coen Meal, Etc. Also Dealer in Grain.

Manufactures and has on hand at all times the following brands of high grade flour

WHITE STAR,

OUR BEST, HIGH GRADE, VICTORY PATENT, FANCY PATENT—formerly Phoenix Mills high grade brand.

The only place in the county where SPRAY, an extraordinary fine grade of Spring wheat Patent Flour can be obtained.

INTERNATIONAL STOCK FOOD.

FEED OF ALL KINDS. Wholesale or Manufactured. All kinds of Grain bought at office. Exchange Flour for Wheat.

OFFICE AND STORE - Bishop Street, Bellefonte, Pa. MILL ROOFBURG, PA. 47-19