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Phrases From Scott and Others. In spite of Scott's popularity few people remember that from "Old Mortality" we have "A sea of upturned faces," and Byron is never thanked for "Flesh and blood can't bear it." The "Most humorous and least exemplary of British parsons" is known to have thought "They order things better in France" and "God tempts the wind to the shorn lamb," but we seldom credit him with "I saw the iron enter into his soul." Yet that keen image of grief, so often on our lips, may also be found in the "Sentimental Journey." Cowper is comparatively little read, the immortal "John Gilpin" always excepted. Therefore we may be forgiven if the source of "Hand and glove" or "Her dear 500 friends" has slipped our memories. The same may be said of Rogers' "To know her was to love her," Congreve's "Married in haste and repent at leisure," Farquhar's "Over the hills and far away" and Southey's "March of intellect." Sir Philip Sidney, who was poet, philosopher and, best of all, hero, should share a better fate. How many can tell that it was he who first said in English, "God helps those who help themselves?"—Cornhill Magazine.

IN AFRICA. To such an extent was the love of perfumes carried that each part of the body had its special perfume. The hair required wild thyme, the neck and knees sweet marjoram, the cheek and the breast palm oil, the feet and legs sweet ointment.

The perfumers' shops in ancient Athens were the rendezvous for the beaux to discuss politics and intrigue. The love of perfumery spread to the Romans, and the business became so great that a bunch of sage denoted their shops. A Roman lady frequently kept one slave to sprinkle her hair. Nero had a rare device of ivory leaves which shed sweet scents over his guests.

In the time of Elizabeth perfumes were very rich and numerous. Civet, a scent taken from the civet cat, and musk are often mentioned in the literature of that time. Perfumed gloves were in vogue then, and the queen had her portrait scented with them. Even her shoes were made of leather steeped in scented oils, which permeated the skin.

Charles V. and the Cobbler.

A pleasant story is told of the Emperor Charles V. One night he strolled into a cobbler's shop to get his boot mended. It happened to be the festival of St. Crispin. The cobbler was making merry with his friends and declared that no work could be done on that day for any man, even though he were Charles himself, but the stranger was cordially invited to join in the merrymaking. He did as he was bidden. "Here's to the health of Charles V.," said the cobbler. "Do you love him?" asked the emperor. "Love him?" said the cobbler. "I do. I love his long nosepiece well enough, but I should love him more if he taxed us less." They finished St. Crispin's day very pleasantly.

Upon the morrow the emperor sent for the cobbler to the palace and greatly surprised him by thanking him for his hospitality of the previous evening, asking him what reward he would like best. The amazed cobbler asked for a night to think of it. The next day he appeared before the emperor and requested that the cobblers of Flanders might bear for their coat of arms a boot with a crown upon it.

Honey as a Food.

Honey is one of the most nutritious of foods. "A hand flowing with milk and honey" meant a great deal to the weary travelers in the desert. Give the children all the bread and butter and they will never get sick and surfeited from too much sweet, as they would if they ate the same amount of jam. Strained honey with one-fourth lemon juice taken in teaspoonful doses every hour is a splendid remedy for a cold, cough or any throat trouble. Taken in hot milk it is said to be an invaluable aid in pulmonary troubles.

—Subscribe for the WATCHMAN.

MANAGING HUSBANDS.

Some Eighteenth Century Ideas on This Interesting Subject.

Most quaint is some of the advice to women contained in an old book published in 1737. The volume describes itself as "an infallible Guide to the Fair Sex, containing Rules, Directions, and Observations for their Conduct and Behaviour through all Ages and Circumstances of life; as Virgins, Wives, or Widows, with Directions how to obtain all Useful and Fashionable Accomplishments suitable to the Sex." If the lady's husband was choleric she was told how to secure her own way by dexterously "yielding everything till he begins to cool, and then by slow degrees she may rise and gain upon the Man," or "when other Remedies are too weak, a little Flattery may be admitted, which, by being necessary, will cease to be criminal." With a covetous husband, pride, ambition, vanity, anger, kindness or even a dose of wine may be expected "to open or enlarge his narrow Mind." "The wife's business must be to watch for critical moments, and not let one of them slip without making her advantage of it." And a wife may be said "to want skill if by these means she is not able to secure herself in Good Measure against the inconveniences this surly Quality in her husband might bring upon her." All the frailties of poor, erring husbands are here set forth, singly, in plain, unmistakable language, neatly docketed, each with the recipe for cure appended thereto.

There are other interesting passages in the same book. Of spinsters the author says: "An old maid is now thought such a curse as no poetic fury can exceed, looked on as the most calamitous creature in nature. Modesty and Obedience, though necessary to all, are yet in a more eminent degree required here. Their Look, their Speech, their whole Behaviour should own a humble distrust of themselves." Concerning amusements this: "The reading of Romances seems now to be thought the peculiar and only becoming Study of young Ladies. It must be confessed their Youth may a little adapt it to them when they were children, and we wish they were always in their event as harmless."

Of another vanity: "There is also another great devourer of Time—we mean Dressing. Sure 'tis allowable upon a soberer account that those who design Marriage should give themselves the advantage of decent Ornaments and not by the negligent Rudeness of their Dress bely Nature and render themselves less amiable than she has made them. But, all this being granted, 'twill by no means justify that excessive Curiosity and Solitude, that Expense of Time and Money, too, which is more used."

—There always is a sense of satisfaction in hearing abused those one dislikes.

A Curious Oath.

The following curious oath was until recent years administered in the courts of the Isle of Man: "By this book, and by the holy contents thereof, and by the wonderful works that God has miraculously wrought in heaven above and in the earth beneath in six days and seven nights, I do swear that I will, without respect of favor or friendship, love or gain, consanguinity or affinity, envy or malice, execute the laws of this island and between party and party as indifferently as the herring's backbone doth lie in the middle of the fish."

The Bright Spots.

No man knows his strength or his weakness till occasion proves them. If there be some thoughts and actions of his life from the memory of which a man shrinks with shame, surely there are some which he may be proud to own and remember—forgiven injuries, conquered temptations (now and then) and difficulties vanquished by endurance.

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Through tourist sleeper to Los Angeles leaves Union passenger station, Chicago, 5:15 p. m. every day. Route—Chicago, Milwaukee & St. Paul railway, Union Pacific and the new San Pedro, Los Angeles & Salt Lake railroad. Rate for double berth, Chicago to Los Angeles, \$7. John R. Pott, district passenger agent, room D, Park building, Pittsburg, Pa.

Medical.

ALL HUMORS

Are impure matters which the skin, liver, kidneys and other organs can not take care of without help, there is such an accumulation of them.

They litter the whole system.

Pimples, boils, eczema and other eruptions, loss of appetite, that tired feeling, bilious turns, fits of indigestion, dull headaches and many other troubles are due to them.

HOOD'S SARSAPARILLA AND PILLS

Remove all humors, overcome all their effects, strengthen, tone and invigorate the whole system.

"I had salt rheum on my hands so that I could not work. I took Hood's Sarsaparilla and it drove out the humor. I continued its use till the sores disappeared." Mrs. IMA BROWN, Rumford Falls, Me.

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Through travelers on the railroad will find this an excellent place to lunch or procure a meal, as all trains stop there about 25 minutes. 24 24

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Try My Saus. P. L. BEEZEL, High Street, Bellefonte 43-31-y

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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.

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