

Bellefonte, Pa., August 24, 1906.

#### THE GOOD OLD DAYS.

Try Now the Ways of Yore and See

How You Like Them Good old times, says the San Antonio Light; are a delusion and a snare, and the man who sighs for them has little conception of what they were. Return to them, would you? Then rise on a cold morning and wash at the pump, pull on a pair of rawhide boots that rival a tin can in stiffness, pull on a woolen shirt over your back and sit down to a bare meal with your three legged stool dancing around on a split slab floor, eat corn pone and bacon for a steady diet and labor fourteen hours out of twenty-four. Go without a daily paper, a fly screen, a mosquito bar, a spring mattress, a kerosene lamp, geehaw your oxen to market and sit on the floor of an ox cart as you wend your way to church or a frolic. Parch corn and peas for coffee and sassafras for tea and see how you

like It. The old days are looked backward to affectionately, says the Galveston News, because they were the days of our youth, of bounding blood and supple joints, the days of hope and the days of love and laughter and song. The days of the present will be the good old days of the coming generation and will be regarded by our successors as rather crude in customs and barsh in many ways, yet withal not to be despised. The progressives of our age are the mossbacks of later eras. Fifty years hence we will be accounted as slow and immature as we now regard those of half a century ago.

#### CHIRSCHMUS.

A Swiss Dainty That Is Made of Pre-

served Cherries. Last summer I ate genuine Swiss chirschmus twenty years old. It tasted like a concentration of all the richness and sweetness of the most perfect cherries. In appearance it was a purplish black mass. Age had not impair ed it in the least.

Upon inquiry I learned how this cherry concoction, with its wonderful preserving quality, is made. The cherries used must be perfect-very large, ripe, juicy black ones and, above all.

very sweet. The juice of them pressed out and strained through a bag is put in a large preserving kettle, at the bottom of which is placed a piece of smoked pork fastened to a block of wood. The wood serves as a weight to keep the fat down and prevent the juice from

burning as it thickens. The cherry juice is boiled for about twenty-four hours without sugar, but stirred from time to time until it becomes a mass of sweetness so firm and thick that it would not fall if the

kettle were inverted. That is all, a simple process, but the result is delicious. This chirschmus is in general use in Switzerland with the "susse anke" (sweet butter) and bread. -London Ladies' World.

## Feeding Silkworms.

The quality and quantity of silk produced by your silkworms will all depend on how you feed them. Too much food should not be given at once, but they should never be left entirely without at any time during the day or night. You must, therefore, watch carefully to get an idea of their appetite and provide accordingly, says Home Chat. Fresh mulberry leaves are the proper food for silkworms, but if at any time these are not procurable young lettuce leaves are the best substitute, but they are only a stop gap. Silkworms cannot live for a long period without their natural food.

A Rich Man.

Standards of prosperity vary in different parts of the country, but that of Captain Jack is purely local-to himself. The old man came out of his cottage door one morning and discovered some ne'er-do-well neighbors digging clams in the flat in front of his

"Dear me, boys," he quavered in a weak, old voice, "don't dig my clams! There's Abel Wyman over there across the cove; he has ham for breakfast every, morning in the year. Go over there and dig his clams, boys."

His Awful Mistake. "Young man," said her father, "do you smoke cigarettes?" "I should say not," declared the

vouth hastily. "I would consider it

disgraceful to be seen with one of the vile things in my mouth. I think all cigarette smokers should be jailed. Why do you ask, sir?"

"Thought perhaps you could let me have one," said the old man pointedly. "I smoke 'em myself."-London Tele-

No Siren. Mr. City Boarder was being enter tained by his rural sweetheart. "Do you play and sing 'When the Cows Are In the Corn,' Miss Milky

"Lord bless you, no!" she ejaculated; "I get the dogs and chase 'em out."-Harper's Weekly.

Unnatural Finish. Mrs. Meeds-And did your husband

die a natural death? Mrs. Weeds-No, he died suddenly. Mrs. Meeds-What was there unnat ural about that?

Mrs. Weeds-Why, poor, dear John was the slowest man that ever lived .-Chicago Tribune.

#### POINTED PARAGRAPHS.

Don't save your money and starve your mind.

Vigorous thought must come from a fresh brain. Tens of thousands of people fail be-

cause they love their ease too much. "Keeping alive that spirit of youth," Stevenson used to say, was "the perennial spring of all the mental facul-

A man may build a palace, but he can never make of it a home. The spirituality and love of a woman alone can accomplish this.

If we are contented to unfold the life within according to the pattern given us we shall reach the highest end of which we are capable.

By proper training the depressing emotions can be practically eliminated from life and the good emotions rendered permanently dominant.

Every time you crowd into the memory what you do not expect it to retain you weaken its powers and you lose your authority to command its services.-Success.

John Wesley and Beau Nash. In a book about Bath is set forth a story about John Wesley. Beau Nash had told Wesley that his preaching in the street was not only contrary to law, but it "frightened people out of their

"Sir," said Wesley, "did you ever

hear me preach?" "No," said the master of ceremonies "How then can you judge of what you never heard?" "By common report," said Nash

stoutly "Common report is not enough. Give me leave, sir, to ask, is not your name Nash?"

"My name is Nash." "Sir," said Wesley, "I dare not judge of you by common report."

Foods That Make You Fat. Potatoes, peas, baked beans, fats, sweets-such as puddings, pies and cake-ale, beer, sweet wines and even

water, when taken with meals, all conduce to obesity. But in lieu of the foregoing flesh producers one may satisfy hunger with a moderate amount of lean meats, poultry, fish; with fruits (excepting figs, dates and bananas) and with vegetables, such as spinach, string beans, eggplant, celery, beets, etc. I would recommend also that those overfat from a too rich and too generous diet abstain from much liquid at meals, but that they drink copiously of water between meals to flush their systems. Water, be it remembered, is an excellent purgative .- G. Elliot Flint in

Not Burled Yet.

"There has never been any decisive action on that bill you introduce year after year."

"No," answered the statesman. "That bill has been of such value in giving me prominence that I should rather regret to see it removed from active controversy and buried in the statute books."-Washington Star.

His Exact Meaning.

Bellefield-What did you mean by saying that Spiffins was a man of rare intelligence? That isn't the way in which he is usually regarded. Bloomfield-I mean that his gleams of intelligence are so far apart as to be very

A First Essay In Housekeeping. Mr. Jones-What is it, my pet? Mrs. Jones-This rabbit (sob)-I've been plucking it (sob)-all the afternoon, and it isn't half done yet!-Punch.

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#### AZTEC ARCHITECTURE.

Wonderful Endurance of the Old Mexican Buildings.

The Mexicans or the Aztec Indians can give the people of the United States lessons in architecture and in solid construction of buildings. There are buildings standing today in the City of Mexico that have stood for three centuries and are in an excellent state of preservation. There is not a frame building in the city. There are a few adobe, but most all are stone, brick or cement. There is a brick building down in the old part of the town that was erected prior to 1450.

It shows that so long ago as that the Indians were experts in the manufacture of bricks. But probably 80 per cent of all the buildings are made of concrete cement. Cement and concrete have been used successfully in Mexico for 500 years, and all the cathedrals and churches are of that material. On the line of the Vera Cruz Pacific can be seen the ruins of Toro Bravo, where there are evidences of a city ruined centuries ago. There are some twenty pyramids of solid cement which must have been erected over 500 years ago. One of these pyramids is 170 feet in height, and on the summit rests a cement ledge thirty feet in diameter. This, as well as others, is of filigree work and carved statuary.

Near this stands another of white limestone, built in four terraces, with carvings and ornamentations which would put to shame the modern American sculptor. It has stood all these centuries, yet the limestone is much easier broken than the cement. Think of a town of almost 400,000 persons and the fire record is three in one year. The inside walls of many of the build ings are as much as six feet through and all buildings are built around courts. There is no provision in any of them for fires, and at the present time small coal oil stoves are selling in the city for \$20-the same that sell for \$3 in the states. The floors are of stone, the ceilings of filigree cement, the walls of coarse plaster and almost without exception hand painted. The architecture on many buildings in the republic shows that the Indian of centuries ago was ahead of the modern builder of today. - Hobart News-Republican.

A woman who shall be nameless furnishes the following essay on husbands:

"There are three kinds of husbandsthe young husbands who make us unhappy because we are so jealous of them, the middle aged husbands who break our hearts because they would rather make money or play golf than devote any attention to us and the old husbands who sicken us with their silly objections whenever we turn to look at younger men."-Chicago Trib-

G: Absorbing interest. "Aside from the principle involved and in addition thereto," remarked the great financier, "the banking business is one of absorbing interest."-Toledo

We dare not trust our wit for making our house pleasant to our friends, and so we buy ice cream .- Emerson.

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CHAS. H. FLETCHER.

#### Travelers Guide.

MENTRAL RAILROAD OF PENNA Condensed Time Table effective June 18, 1966

READ DOWN				WN		Stations		READ UP.					
No 1		No 5		No	0 3	Stations		No 6		No 4		No 2	
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				General Super				

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4 15		7 31	Blormedo Pine Grove M'ls	7 40		4 25		

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50-16

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29 16 ceive prompt attention.

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