

If It Seems to Fail You Just Give it a

Good Jogging. Memory does not "fail" (except in Joss of all the faculties): it simply gets weak and languid for want of use, just as the physical organs do. People often say "My memory is failing" when it is really as good as ever if they would give it a chance.

A word, a date, a name, an incident. comes up, or, rather, fails to come up when you want it. There seems to be no possible way of remembering it. You make two or three efforts, give up and say. "There's no use; it's gone from me."

Nonsense: It hasn't. It is there just as much as it ever was, only there are a lot of things over it. Keep at work. bring your will to bear upon it, try and try and try, and after awhile you can get it.

And, better, you will find that the exercise required in remembering it will help you next time and that a little toil and determination put together will accomplish wonders in the whole range of faculties.

Look over your memory, see where you are most deficient and exercise it in that respect. You can do it at any odd time, while you are walking. riding, resting after a day's work, listening perforce to a dull speaker. Don't let a few failures discourage you. The long corridor of recollection lined upon both sides with valuable material will be opened for you because of your any portunity if you use it.-Exchange

Spinach Rich in Sulphur and Iron, Pumpkin in Phosphorus.

The French have a saying that "parsley is a broom to sweep the stomach." Lettuce is a nerve food. Radishes build tissue and are rich in phosphorus and in iron.

Horseradish contains a higher percentage of sulphur than all the other vegetable roots, spinach ranking pext in value. Spinach also contains a large proportion of iron.

A mayonnaise dressing with lettuce is especially desirable for thin people. but for the overplump Freuch dressing is to be recommended. The action of vinegar on the digestive organs. however, is not to be considered. The acid of lemon juice is preferable.

While apples are a most excellent fruit for brain building, which phosphorus aids in, the bumble pumpkin, desecrated to the uses of ple and jack o' lanterns, holds the prize. Pumpkin rates 2.79 in phosphorus, while apple is but .45.

When in search for this special element take up a pumpkin diet. But as winter squash would stand the same analysis it can be used as a vegetable in many varieties and thus the needed phosphorus supplied. Cucumbers rank next in phosphorus value to pumpkin. being 2.08.-Vegetarian Magazine.

for an opening in the ice where the

Happiness In Sleep. I saw once how like sleep was to life

in the deep waters. A man who to my waking eyes looked cold and starved and ragged sat upon one of the benches on the embankment. He was sleeping, and I knew from his face that then at least he did not count himself miserable. But presently a policeman came and shook the sleeper into wak-ing life. Then all the violence of the world seemed to be let loose upon this wreck of a man. He shook and blinked his eyes and breathed with heavy spasms. It was just as when a fish is caught out of the depth of the sea and suddenly cast into a basket. I have seen mackerel shake and gasp like this poor man suddenly caught up out of the native depths of sleep. Or if you think that a fish thus dying is only an amusing and not a painful sight then think of what it might be if some giant of fable could catch us up out of our native air into the space between the stars. Would we not willingly sink back again into the depth of air? So it is when the loud world lets us glide down into sleep .-- London Outlook.

"One funny thing I have learned about human nature." said the drug store cashier. "is the habit many people have of marking their own names in the city directory. They do that because the directory is the only place where their names ever get into print. and it has such a fascination for them that they can't resist calling attention to it. A funny old man who likes to talk tells me that he has made special trips to different parts of the city just to mark his name in the directories of the neighborhood. He puts a little cross in red ink before it. I asked him what good it did. He said none possibly, although he is a teacher of languages and may get a few calls on account of that queer advertisement. But his is an exceptional case. Not many persons spend time and money hunting city directories. but every time they happen to see a new one they can't help looking up their nameand putting some kind of a mark around them."-New York Sun.

Mansfield's Coaching.

"Richard Mansfield," said an actress who played in his company, "was a great teacher, but terribly relentless. I shall never forget a time when I was playing with him in 'The First Violin.' I could not, strive frantically as I would, do the thing he wanted. He was gentle at first, and then, persisting in my failure, he began to lash and whip and sting me with his words until I thought I should have to run away. In agony of impotent desperation I cried out: "'I cannot! Oh, I cannot!'

"Mr. Mansfield threw up his hands in a gesture of relief, and a smile played about his lins

"'Why,' he said sweetly, 'you're doing the very thing right now. No one on earth could do it better.' And then I knew what he meant, and those lines

The Strenuous National Game of the American Women.

There is always something impres sive about a crowd that is swayed by a single emotion. You get an impres sion of force, says Mary Heaton Vorse in Success Magazine. These women. who a few moments ago had been quiet shoppers, formed a mob. They swayed and pushed as though moved by a common impulse toward a table where were the embroideries. From their throats came a little dull growi. a curious noise-the whisper of a mob The noise of a mob in joy or in anger or in fright or just its restless murmur as it waits is different from any other noise that comes from the human throat-quite distinct, of a curious animal timber. I heard it once on the occasion of the throwing of a bomb, again from a crowd waiting for a bank to open and a third time in a theater when fire had been called. and now here it was in miniature from a couple of hundred women waiting to buy ten cent embroideries.

They were poor women with shawis and baskets, women with bables in their arms, women with threadbare clothes carefully brushed, who must think before spending each dime in the dollar, but for once induiging in the great sport of American womenbargain hunting.

Edward Everett.

Edward Everett was one of the most purely literary of all American orators. Among the more eminent scholars and statesmen of our land no one has ever been more deservedly bonored for intellectual power, purity of character. public and private, and for clearness and perception of judgment than Everett. To the efforts of Edward Everett more than to any other one person is to be credited the raising of funds sufficient to purchase the home of Washington at Mount Vernon. He delivered a lecture on the character of that great man more than a hundred times and gave the proceeds to the Ladies' Mount Vernon association. He personally placed over \$40,000 in the treasury. It is probable that his oratory won for benevolent purposes at least \$100,000.-St. Louis Republic.

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Hood's Sarsaparilla

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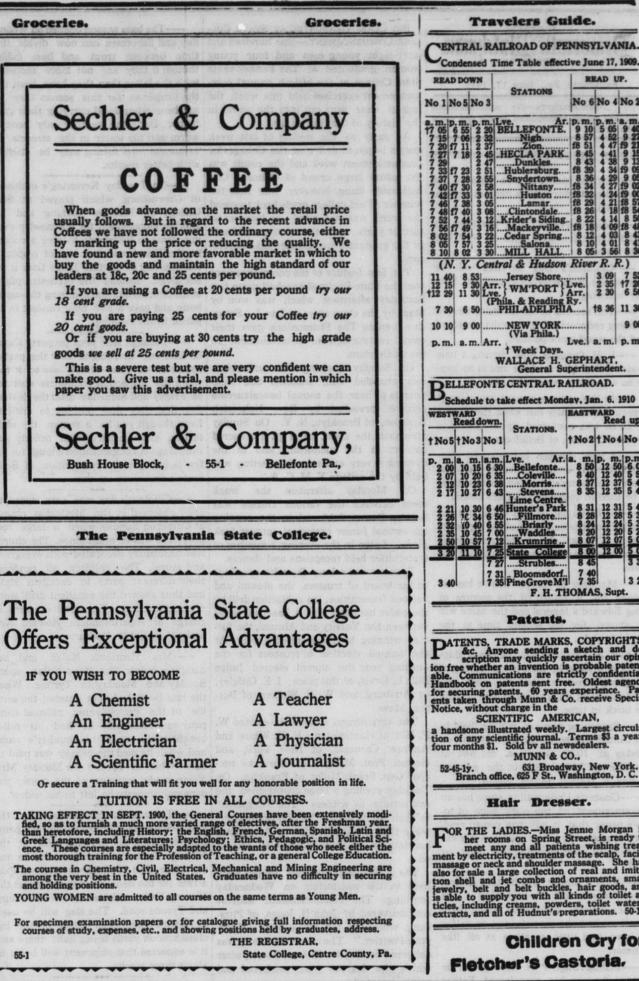
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Cures all humors, catarrh and rheum-atism, relieves that tired feeling, re-stores the appetite, cures paleness, ner-vousness, builds up the whole system. It purifies, enriches and revitalizes the blood as no other medicine does. If urged to buy any preparation said to be "just as good," you may be sure it is inferior, costs less to make, and yields the dealer a larger profit. Get it today in usual liquid form or chocolated tablets called Sarsatabs. 55-24



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p. m. a. m. Arr. t Week Days. WALLACE H. GEPHART. General Superintenden DELLEFONTE CENTRAL RAILROAD. BSchedule to take effect Monday, Jan. 6, 1910 EASTWARD Read up. STATIONS. t No2 t No4 No6
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3 20 11 10 7 25 State College 8 00 12 00 5 0 7 27Strubles..... 8 45 7 31 ... Bloomsdorf... 7 40 7 35 PineGrove M'l 7 35 3 20 F. H. THOMAS, Supt. Patents. PATENTS, TRADE MARKS, COPYRIGHTS, &c. Anyone sending a sketch and de-scription may quickly ascertain our opin-ion free whether an invention is probable patent-able. Communications are strictly confidential. Handbook on patents sent free. Oldest agency for securing patents. 60 years experience. Pat-ents taken through Munn & Co. receive Special Notice, without charge in the SCHENTERIC AMERICAN SCIENTIFIC AMERICAN, a handsome illustrated weekly. Largest circula-tion of any scientific journal. Terms \$3 a year; four months \$1. Sold by all newsdealers. MUNN & CO., 52-45-1y. 631 Broadway, New York. Branch office, 625 F St., Washington, D. C. Hair Dresser. FOR THE LADIES.—Miss Jennie Morgan in her rooms on Spring Street, is ready to meet any and all patients wishing treat-mansage or neck and shoulder massage. She has also for sale a large collection of real and imita-tion shell and jet combs and ornaments, small jewelry, belt and belt buckles, hair goods, and is able to supply you with all kinds of toilet ar-ticles, including creams, powders, toilet waters, extracts, and all of Hudnut's preparations. 50-16. Children Cry for

READ UP.

No 6 No 4 No 2

STATIONS

Fletcher's Castoria.

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Clothing.

The Tricky Fox. were a triumph to me all that season. A gentleman while bunting near a -Detroit Free Press. river one winter day saw a fox run out on the ice and make at full speed

Walking. The Almighty has not freighted the rushing water of the river could be plainly seen from the bank, says the Scotsman. At the edge he stopped. use. turned, followed his tracks back to the hank and then ran some distance down the stream and sat there. Soon a dog came crashing out of the woods, baying finely, hot on the fox's trail. Now, dogs when on a chase of this kind trust almost entirely to their noses. This one was no exception. He rat along the ice, head down, and when he reached the hole he could not stop, but plunged into the water and disappeared forever. Then the fox trotted -New York Press.

The Praetorian Guard. The Praetorian guard was a select

away with every sign of satisfaction.

body of troops instituted by the Emperor Augustus to protect his person and consisted of ten cohorts, each of 1,000 men, chosen from Italy. They had peculiar privileges and when they had served sixteen years were retired on a pension of about \$500 Each member of the guard had the rank of a captain in the regular army. Like the bodyguard of Louis XIV., they were all gentlemen and formed gradually a great power. like the janizaries at Constantinople, and frequently deposed or elevated the very emperors themselves.

The Dead in India.

Three distinct methods of disposing of the dead are in vogue in India. While the Mohammedans inter the dead. the Hindoos prefer to throw the bodies into the purifying waters of the Ganges, and even now there are constant infractions of the severe regulations framed to suppress this dangerous practice. The form of funeral adopted by the Parsees is that of sim-ply exposing their dead at a great altitude to the scavenging services of crows and vultures.

Procrastinate. Teacher-What is the meaning of the word "procrastinate?" Pupil-To put off. Teacher-Right. Illustrate it in a sentence. Pupil-I tried to steal a ride on a street car yesterday, but I was procrastinated.—Toledo Blade.

Not Fussy. The Missus-No; I tell you I object to giving money at the door! The Tramp-Well, marm, perhaps you'll hand it out of the window. I'm not pertikler.-Ladies' Home Journal.

Strictly Accurate. Lawyer-So you say the defendant pushed you against your will? Witness-No, sir; I said he pushed me against the door.-Baltimore American.

foot with a single superfluous part. Every inch of every foot is meant for When a man walks in the right way, speaking literally, the back of the heel strikes the ground first. Then the rest of the heel comes down, after which the outer edge of the foot takes the bulk of the burden until the forward movement shifts the weight to the ball of the foot and finally to the toes. The ideal step is a slightly rocking motion. At no time should the entire foot be pressed against the ground. Heel to toe is the movement. Try it and see how much farther and more easily you can walk. It's the Indian's way, and what poor Lo doesn't know about footwork can go into the discard.

A Lesson With His Autograph. An admirer once wrote to Lowell describing his autograph collection and concluding with the remark. "I would be much obliged for your autograph." The reply came, bearing with it a lesson on the correct use of the words "would" and "should," which deeply impressed itself on the mind of the re cipient. The response read: Pray, do not say hereafter, "I would be obliged." If you would be obliged, be obliged and have done with it. Say, "I should be obliged," and oblige yours truly. JAMES RUSSELL LOWELL.

A Remodeled Text.

"Perhaps you could preach us a sermon about the condition of things in our town," says the resident pastor to the visiting one. "Saloons, gambling houses and the like run wide open all the time, and the officers pay no attention to them." "Yes," agrees the visitor; "I might take as my text, 'There's no arrest for the wicked.' "-Judge.

Grace Before Meat.

The Zulu admires a woman according to her weight. The Zulu can respect a 200 pound woman, but it is only a 300 or 400 pound one that he can really love. We enlightened persons, on the other hand, have been taught to like grace before meat .-- Exchange.

Made a Noise. "He didn't win the prize in the life race, did he?" "No, but he hollered like he had it, and some people died envyin' of him." -Atlanta Constitution.

Armed For Peace.

ing finish late? Husband-Yes, about

midnight, I expect. But don't be nerv

ous. I shall have my revolver .- Bon

Wife-Will your disarmament meet-

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