

BOX OF WAFERS FREE—NO DRUGS—CURES BY ABSORPTION.

Cure Belching of Gas—Bad Breath and Bad Stomach—Short Breath—Bloating—Sour Eructations—Irregular Bowels, Etc.

Take a Mull's Wafer any time of the day or night, and note the immediate good effect on your stomach. It absorbs the gas, disinfects the stomach, kills the poison germs and cures the disease. Catarrh of the head and throat, unwholesome food and overeating make bad stomachs. Scarcely any stomach is entirely free from taint of some kind. Mull's Anti-Belch Wafers will make your stomach healthy by absorbing foul gases which arise from the undigested food and by re-enforcing the lining of the stomach, enabling it to thoroughly mix the food with the gastric juices. This cures stomach trouble, promotes digestion, sweetens the breath, stops belching and fermentation. Heart action becomes strong and regular through this process.

Discard drugs, as you know from experience they do not cure stomach trouble. Try a common-sense (Nature's) method that does cure. A soothing, healing sensation results instantly. We know Mull's Anti-Belch Wafers will do this, and we want you to know it. This offer may not appear again.

2106 GOOD FOR 25c. 142

Send this coupon with your name and address and your druggist's name and 10c. in stamps or silver, and we will supply you a sample free. If you have never used Mull's Anti-Belch Wafers, and will also send you a certificate good for 25c. toward the purchase of more Belch Wafers. You will find them invaluable for stomach trouble, cures by absorption. Address: MULL'S GRAPE PIONIC CO., 328 3d Ave., Rock Island, Ill.

Give En. Address and Write Plainly.

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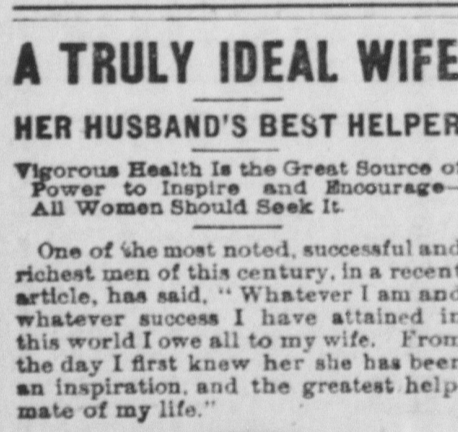
It makes an employe feel he has been cheated to have a relative die before the baseball season opens.

Beware of Quackery For Catarrh That Contains Mercury. Quackery will surely destroy the whole system and completely derange the whole system when eaten; it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is tenfold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure, be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists; Price, 75c. per bottle. Take Hall's Family Pills for constipation.

To Make Indelible Ink. Indelible ink for marking linen may be easily prepared at home by putting two inches of lunar caustic in an ounce bottle and filling the bottle up with good vinegar. Be careful that the bottle is perfectly clean, or the result will not be satisfactory. Cork tightly and leave in a sunny place for two days before using. In using indelible ink it will be found more satisfactory to write on the goods if the following preparation is first used: Put in a clean bottle a scant desertspoonful of salts of tartar and a lump of gum arabic the size of a hickory nut. Fill the bottle with rain water and stand in a sunny place for a couple of days before using. To use, dip a camel's hair brush in the gum liquid and paint over a space on the linen large enough to contain the initials or name desired—then allow it to dry for at least twenty-four hours and iron before using the indelible ink. Always use a new pen and dry in the sun, if possible.

A TRULY IDEAL WIFE HER HUSBAND'S BEST HELPER

Vigorous Health is the Great Source of Power to Inspire and Encourage—All Women Should Seek It. One of the most noted, successful and richest men of this century, in a recent article, has said, "Whatever I am and whatever success I have attained in this world I owe all to my wife. From the day I first knew her she has been an inspiration, and the greatest helpmate of my life."



To be such a successful wife, to retain the love and admiration of her husband, to inspire him to make the most of himself, should be a woman's constant study. If a woman finds that her energies are flagging, that she gets easily tired, dark shadows appear under her eyes, she has backache, headaches, bearing-down pains, nervousness, irregularities or the blues, she should start at once to build up her system by a tonic with specific powers, such as Lydia E. Pinkham's Vegetable Compound. Following we publish, by request a letter from a young wife: Dear Mrs. Pinkham: "Ever since my child was born I have suffered, as I hope few women ever have, with inflammation, female weakness, bearing-down pains, backache and wretched headaches. It affected my stomach so I could not enjoy my meals, and half my time was spent in bed. Lydia E. Pinkham's Vegetable Compound made me a well woman, and I feel so grateful that I am glad to write and tell you of my marvelous recovery. It brought me health, new life and vitality." Mrs. Bessie Ainsley, 611 South 10th Street, Tacoma, Wash. What Lydia E. Pinkham's Vegetable Compound did for Mrs. Ainsley it will do for every sick and ailing woman. If you have symptoms you don't understand write to Mrs. Pinkham, daughter-in-law of Lydia E. Pinkham, at Lynn, Mass. Her advice is free and always helpful.

NEWS AND NOTES FOR WOMEN

EARLY MORNINGS IN THE HOME.

This is the month when, if at all, the busy mother can count on a little leisure; but more often than not, the short days find us with many an unfinished task on our hands. In these cases, we must make up our minds to do the very necessary things first, leaving the less needed for another time. Let the girls and boys help all they will in the early mornings and evenings. Let them feel a responsibility for part of the work, assigning some regular tasks to each, and insisting on its timely performance. Have a regular hour for getting up, even though the morning is cold, and do not let the family lie in bed until you have the breakfast on the table. If you do, there will be cross, snarly little faces, and the children at least, will want to come to the table half dressed, uncombed, and oftentimes unwashed; they will be irritable, and ready to snap and "fuss" with each other, thus starting the day with clouds and contention. If called up soon after the fire is started in the living room, with the consciousness that their part of the morning work is awaiting them, they will be ready for their breakfast; and if the hour of rising be such that the getting ready for school, or other duties need not be of the "rush" order with plenty of time to make themselves neat and tidy, the day will be much pleasanter for all concerned. One of the greatest mistakes of mothers is that of letting the children lie until breakfast is so nearly ready to be dished up that they have not time to get their stomachs aroused from the night's inertia, and they do not appreciate the intended kindness, which is, indeed, no kindness at all. Teach the little folk that "life is real, life is earnest," and that it is much better to meet the duties of the day, fully prepared for them, than to have the "crush" come upon them when they are not yet "ready to receive."

HOW SHE DRESSES.

The time when a woman began at the beginning of her toilet, and finished off by pinning on her hat, buttoning or her gloves and slipping into her wraps, is no more. Nowadays, when no means, gentle reader, that you see her put on her hat, think by she is at last ready to accompany the patient man who has been gnashing his teeth down in the parlor. At that stage her toilet has little more than commenced.

For the latest edict from Paris, whence come all the queer little chapeaux we have been wearing this year in that these same chapeaux, to achieve their proper effect, must be put on before the hair is combed. Hence the fashionable lady, having firmly screwed her hat to her scalp, proceeds to roll up her locks into wads and curls, and pin them all around the edge of the hat.

Heaven only knows what would happen if necessity arose for the said lady to remove her hat in public. By this method it has become as much a portion of her anatomy as her hair—more so than some of the hair she wears, if all the hairdresser says is true—and it would be about as reasonable to expect her to hand out her right eye or remove an ear from her head as to separate herself from a hat worn in this manner.

But a little while ago it became necessary to put on our gloves before we donned our bodices, because our gloves are long and our sleeves are short, and there must be no gap or wrinkle where the two are coupled together. So it will be perceived that when a woman has her hat on she is only about one-tenth ready, for after that her hair must be "done," then her gloves put on, and finally her bodice adjusted, and in about an hour and a half from the time she dons her millinery, madam is likely to be "ready."

COULDN'T FOOL THE WOMAN.

State Geologist Kummel, of New Jersey, was expatiating on the qualities that spell success in any undertaking. "What is needed," he said, "in business or professional life, besides industry and intelligence, is act. You simply can't have too much tact." "Did you ever hear of John Maidment? He keeps a big store and sells everything, and manages to convince all his customers that they're getting their money's worth. "One day a woman came in, warm and angry. 'Look here, she scolded, that rocking chair you sold me yesterday was no good.' "How so, madam? Maidment asked. "Why," said the woman, 'the rockers aren't even. As you rock, the foot for nothing chair keeps slipping sideways all over the place!'" "Maidment threw up his hands. "What!" he cried, "I'll discharge that stupid clerk! If he hasn't gone and sent you one of our new patent rockers, warranted not to wear out the carpet all in one place! That style costs two dollars more than—"

"But the woman had turned, and was already nearly out of the store. "Mistake or no mistake," she said, "I won't pay the extra two dollars and I won't return the chair either—so there."

there."—Woman's Home Companion.

THE CATERRESS, A BUSINESS WOMAN.

The catering business is offering a field for women. In the last five or six years many women, trained in schools of domestic science, have found lucrative employment as cateresses. The positions many of them fill acceptably are heads of department stores, restaurants, managers of noon-day rest clubs, superintendents of golf clubs, and in some cases, cateresses, or, virtually, stewards of summer and winter resort hotels.

The women who have made the greatest success in this line of business have had the good sense to be "business through and through" in their management, and to place business always before social matters. The most difficult places for them to fill have been the clubs, where cliques exist among the members, and great tact has to be shown to keep out of trouble, by avoiding any show of favoritism to one clique or another.

The women who fill these positions must of necessity have a thorough knowledge of foods, the buying, handling, and proper serving of them; and also, a requisite is that they be able to surround themselves with competent and able assistants, and have sufficient knowledge of stock-keeping and book-keeping to be able at any time to produce an intelligent report of the business.—Boston Cooking School Magazine.

BLOUSE AND LINING NEWS.

A garment which has come into existence with the very thin blouses is a shield corset cover. In this garment the dress shield is buttoned inside the armhole, which has an extension the size and shape of the shield. The extension is trimmed to match the rest of the corset cover.

Quite a marked amount of elaboration is apparent on the latest things in blouses. One continues to refer to them as blouses, from force of habit, perhaps, for there is hardly a particle of blousiness left in the later designs. In fact, the latest separate bodice to give it its correct title is expected to be of the fitted lining and loose-top variety.

Taffeta silk separate waists have come into favor again and are more or less elaborate. This chiffon taffeta is soft and pliable, and wears far better than the taffeta of a few years ago. Narrow lace and velvet ribbon trimmings are the most fashionable of any, with tucks and plaittings Indianapolis News.

SHIRTWAIST DECORATION.

Tiny buttons and long braid "buttonholes" have appeared upon so many silk and flannel shirtwaists that now the loops and buttons come joined ready to apply. Some of them are made with colors that contrast—the peacock coloring being especially noticeable—green silk loops ending in blue buttons, or blue or green loops setting off the weird beauty of buttons made in close imitation of the eyes of a peacock's tail, and strong royal blues and greens that flash and change as you look at them.

FASHION NOTES.

That purple, plum, deep red and garnet are as fashionable as anything that can be chosen.

The newest neckwear in the form of collars shows a generous sprinkling of color. All that has been prophesied for boas and neck ruffles is rapidly coming to pass, and the most fascinating of new fluffs are being introduced from week to week.

That purples and dark reds, the very deep orchids and the clarets predominate in the imported gown designs.

A long wide crepe de chine scarf in light blue has tufts of soft feathers sewed all along each edge in such a way that when the scarf is gathered up and knotted a new kind of boa is produced.

Some lovely stock and yoke combinations have an all over embroidery of ribbon flower work. Colored cravats are much seen worn with white stocks.

Nothing gives better satisfaction in the wearing than the well-made French garments. The plainest pieces are trimmed with embroidered scallops and the chemises and corset covers have embroidered eyelets through which ribbons are drawn.

In Dead Earnest.

A traveling man received the following telegram from his wife: "Twins arrived tonight. More by mail."

He went at once to the nearest office and sent the following reply: "I leave for home tonight. If more come by mail, send to Dead-Letter Office."—Lippincott's.

South America has about twice the area and about one-half the population of the United States.

At Gera, Germany, a man who had had a tooth pulled sued the dentist for the tooth.

WORTH QUOTING

If you are a farmer, be a good one, or else devote your efforts toward some other means of making a livelihood, advises the Weekly Witness.

American girls have paid \$160,000,000 for titles. The balance of trade was affected by this branch of business.

New Jersey has a cow that can bark like a dog. This looks like the state of industrial mergers is getting up an animal merger.

As another evidence of the prosperity of the great common people, we note that \$36,000,000 worth of diamonds were imported into this country during the present calendar year, observes the Atlanta Constitution.

The Kansas City Journal remarks that Count Witte says the revolutionary party is small but determined. Russia seems to be having a tremendous amount of trouble with small but determined people.

London is undoubtedly leading the world in the matter of women's clubs. Twenty-one years ago there was not a single institution of the kind; now there are thirty, with a total membership of over 20,000. There are also several mixed clubs, of which the women members number about a thousand, concludes the London Woman at Home.

For the first time in the financial history of the South, the deposits in that region exceed one billion dollars. Should there be no relapse from his present position as a wealth producer, three years hence the farmer will find that the farming element, which forms thirty-five per cent. of the population, has produced an amount of wealth within the preceding ten years equal to one-half of the entire national wealth produced in three centuries.

It is asserted by the newspapers that women are writing the best fiction of today, states Lippincott's. The head of a large publishing house goes further and declares that "nine-tenths of the good fiction of today is written by women." The substantial profits many women receive tell loudly and convincingly that in this channel their work is rated beside that of "mere man."

The higher the average of intelligence among a given class of men, the reader they will be to combine for mutual protection and benefit, declares the Coast Seaman's Journal. Lunatics never combine for any purpose, whatsoever; that is why a great crowd of them is easily managed by one keeper—just like the citizens of a great city are managed by one boss in control of a well-organized political machine. Great is the power of organization, greater even than was Diana of Ephesus.

We do harm when we limit the phrases "social work" and "social workers" to those who are working through societies, declares the Christian Register. The majority of the best social workers in any community are those who give their personal influence, their daily attention, and the work of their hearts and hands to increase the well-being of their neighbors and fellow-citizens. Social work of this kind often opens out into the well-ordered work of a society, but the society is nothing unless behind it is the social force of a community of well-wishing men and women.

Private ownership in public utilities seems doomed in Europe, says Charles Edward Russell in Everybody's Magazine. The practical demonstrations are all against it. The most obvious trend of thought is surely destructive of it. Originally in the cities private ownership was the rule; in a few more years it will be a rarely found exception. In European cities, at least, the people have fully satisfied themselves that they can do many things they formerly had done for them and do them better and more cheaply. That settles the fate of private ownership.

Virtue, charity, appreciating morals, individual and collective self-sacrifice form the broad, indispensable background of ours and of all races, asserts the Atlanta Constitution. But to the great hurrying, scurrying public, such topics are not of intense interest. Undoubtedly, they could be made so by a careful and skilful recital of all the facts and conditions leading up to and governing the individual instance. The greatest tragedies in life and in literature are those silent chapters which end in the very crimes so dismally catalogued; or in the financial, industrial or moral victories which are exploited or not, according to their picturesque features. We must, however, be in immediate contact and sympathy with all the details bearing on these tragedies, or comedies, or melodramas, to appreciate them, or even read with unalloyed interest the various phases of their happening. We consider this inability of the press to record uniformly the nobler deeds of life to be responsible for the apparently gressome showing society makes when its deeds are sought to be reduced to statistics.

LOST 72 POUNDS.

Was Fast Drifting Into the Fatal Stages of Kidney Sickness.

Dr. Melvin M. Page, Page Optical Co., Erie, Pa., writes: "Taking too many food drinks in New York in 1895 sent me home with a terrible attack of kidney trouble. I had acute congestion, sharp pain in the back, headaches and attacks of dizziness. My eyes gave out, and with the languor and sleeplessness of the disease upon me I wasted from 194 to 122 pounds. At the time I started using Doan's Kidney Pills an abscess was forming on my right kidney. The trouble was quickly checked, however, and the treatment cured me, so that I have been well since 1896 and weigh 188 pounds."



Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

NOT QUITE THE USUAL STORY.

Wanderer Had Not Returned to Enrich Native Town.

It was Old Home week, and the returned sons and grandsons had been telling with more or less pride of the changes time had wrought for them. At last Edward Jameson spoke:

"I went away from here twenty years ago a poor young man with only one solitary dollar in my pocket. I walked the four miles from my father's farm to the station, and there I begged a ride to Boston on a freight car. Last night I drove into town behind a spirited pair of horses, and my purse—guess how much my purse holds in money to-day, besides a large check," and Mr. Jameson looked about him with a brilliant smile. "Fifty dollars!" "Seventy-five!" "A hundred!" shouted the boys, filled with admiration.

"No," said Mr. Jameson, drawing a large, flat purse from his pocket when the clamor had subsided, "none of you have guessed right. When I had paid the twenty-five cents to Ozy Boggs for my refreshing drive in the coach I had, besides my trunk check (which I retained for financial reasons), exactly four cents. I have come back, my friends, to stay. Any little job of sawing and splitting will be gratefully received."—Youth's Companion.

Willie's Dream of Papa.

Willie (very seriously)—"Papa, had a strange dream this morning."

Papa—"Indeed! What was it?"

Willie—"I dreamed, papa, that I died and went to heaven; and when St. Peter met me at the gate, instead of showing me the way to the golden street, as I expected, he took me out into a large field, and in the middle of the field there was a ladder reaching away up into the sky and out of sight. Then St. Peter told me that heaven was at the top, and that in order to get there I must take the big piece of chalk he gave me and slowly climb the ladder, writing on each rung some sin I had committed."

Papa (laying down his newspaper)—"And did you finally reach heaven, my son?"

Willie—"No, papa; for just as I was trying to think of something to write on the second rung I looked up and saw you coming down."

Papa—"And what was I coming down for?"

Willie—"That's what I asked you, and you told me you were coming for more chalk."—Judge's Magazine of Fun.

Forty railroads in the second week of January showed a gain of 21 per cent. in gross earnings.

OVER SEA HABIT

Difference on This Side the Water.

The persistent effect upon the heart of caffeine in coffee cannot but result in the gravest conditions, in time.

Each attack of the drug (and that means each cup of coffee) weakens the organs a little more, and the end is almost a matter of mathematical demonstration. A lady writes from a Western State:

"I am of German descent and it was natural that I should learn at a very early age to drink coffee. Until I was twenty-three years old I drank scarcely anything else at my meals."

"A few years ago I began to be affected by a steadily increasing nervousness, which eventually developed into a distressing heart trouble that made me very weak and miserable. Then, some three years ago, was added asthma in its worst form. My sufferings from these things can be better imagined than described."

"During all this time my husband realized more fully than I did that coffee was injurious to me, and made every effort to make me stop."

"Finally it was decided a few months ago, to quit the use of coffee absolutely, and to adopt Postum Food Coffee as our hot table drink. I had but little idea that it would help me, but consented to try it to please my husband. I prepared it very carefully, exactly according to directions, and was delighted with its delicious flavor and refreshing qualities."

"Just so soon as the poison from the coffee had time to get out of my system the nutritive properties of the Postum began to build me up, and I am now fully recovered from all my nervousness, heart trouble and asthma. I gladly acknowledge that now, for the first time in years, I enjoy perfect health, and that I owe it all to Postum." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs. Postum Food Coffee contains no drugs of any description whatsoever.

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