LADY MACKENZIE.

An All Around Athlete and Champion Swimmer of England.

Lady Constance Mackenzie has been repeatedly referred to as a "representative English woman," whereas no woman was ever more thoroughly Scotch in name and sentiment than while he is vigorously protesting she. She is the daughter of the second earl of Cromartie. Her mother was the daughter of the fourth Baron awhile even this will not be necessary. Macdonald. Like all the Scotch, she is It is not only better for the child, but fond of vigorous sports. Lady Constance is the champion woman swim-



LADY CONSTANCE MACKENZIE.

mer of England. She is noted throughout the United Kingdom for her repeated triumphs at the London swimming bath contests. She is an all round athlete and excels in many sports, and she is also an expert player on the guitar.

Lady Constance is also rich and will probably be richer. She is the possible heir to one of the largest fortunes in the United Kingdom. Her sister, the piece of not too gaudy eastern stuff. Countess of Cromartie, who is also Viscountess Tarbot of Tarbot and Baroness Macleod of Castle Leod, is possessed of estates the income from which is estimated at \$200,000 a year. The Countess of Cromartie married Major E. W. Blount of the Royal artillery, a man twenty years her senior. A boy was born to them, but the child died, and unless other children are born to the countess the vast estates will revert to Lady Constance.

Lady Constance was born in 1882. She is a great traveler and has made tours of Europe, Asia, Egypt and the United States.

The Club For Working Girls.

The girl wage earner leads, as a rule, a comfortless life, whether she be an inmate of her home or a boarding house in a strange place. After her toilsome day she needs the change that

THE CENTRE DEMOCRAT, BELLEFONTE, PA., MARCH 6. 1902.

HOUSEHOLD HINTS.

issued the mandate, "Bables should

not be rocked to sleep." This would at

first seem cruel and arbitrary, but it is

not as unreasonable as would appear.

It is vastly better for the baby to be

undressed and laid down in the crib,

with a cool, fresh pillow under the

little head, to drop into a quiet sleep

than to be held in mother's warm arms

close against her breast and rocked

for half an hour or more. With most

babies a very little training will be

sufficient to induce them to sleep when

laid down if they have never become

accustomed to the rocking. If you are

not Spartan enough to leave the baby

against this procedure, sit by the crib

and gently pat him to sleep. After

also for the mother, as the rocking

habit, if persisted in, soon becomes a

tax rather than a pleasure .- Arthur W.

Yale, M. D., in the Woman's Home

Carpet Fasteners.

the ordinary floor carpet are not new

at all, but they are so useful that they

are worth mentioning. The great util-

ity of these is that the carpet can be

taken up with but little trouble for a

weekly shaking instead of sweeping if

one desires. The sockets are driven in-

to the floor at regular intervals around

the room. The carpet is put down, and

for each socket there is a pin or brass

headed nail which goes into it, holding

the carpet as firmly in place as the or-

dinary tack. But with the pin and

socket there is no trouble in lifting it again. The pins are replaced in the

sockets to keep them from filling with

dust, and when the carpet is cleaned it

can be put down again with ease. The

pins are sufficiently long, two and

three-quarter inches, to hold the carpet

firmly. In some houses hall carpets are

put down without lining and taken up

Piano Drapery.

an upright piano is some rich stuff,

brocade or church embroidery or a

Throw it over the top of the piano and

let it fall straight over the back with-

out rod or rings. If something thinner

is used, it should be hung, very slightly

fulled, on a fine wire or rod that is

made invisible. In the case of a simple

material it is better to choose one not

too flowery, letting its purpose, that of

concealing the unfinished back, be free-

ly seen. A low backed sofa or a table

may stand in front of the piano, pref-

erably the latter, as a sofa frame

against the back is apt to pull and dis-

arrange the drapery, while the use of

the piano itself as a seat back may in-

terfere with the sound if not actually

injure the instrument. A square plano

is better undraped unless a particularly

Lamps.

choice piece of rare stuff is owned.

The prettiest drapery for the back of

frequently to be shaken.

Pins and sockets for putting down

Companion.

Don't put damp towels and napkins in the hamper. Dry them first or they will mildew.

A writer says equal parts of vinegar and paraffin oil make a better polish for a plano than any furniture cream. Crockery ornamented with gilt bands or figures should be washed quickly and drained dry, never wiped, even with a soft cloth.

If brooms, both large and small, are washed often, then dried and turned upon their handles, they will sweep cleaner and last longer.

When an elderdown guilt has become hard and lost all its elasticity, hang it in the sun for a few hours, and all the life will come back to it.

Nothing will give such a polish to glass, even the finest, as washing it with slightly moist newspaper and using dry newspaper to give it the finishing touches.

Vinegar and tea leaves will quickly and effectually clean off the discoloration in specimen glasses and vases which have contained cut flowers. Rinse in clear cold water.

Leather furniture may be cleaned and polished by the use of a mixture composed of equal parts of vinegar and linseed oil. Apply with a flannel cloth and polish with a soft duster.

In sweeping a carpeted room if a newspaper is first soaked in clear water and then torn into small pieces and scattered over the carpet it will gather up much of the dust and prevent it from settling on the woodwork.

This is a very useful pocket to hang in any room to hold keys, letters or any small article. The back and front are made on a foundation of cardboard, which should be cut to the shape of the illustration, about 10 inches wide and 9 inches high. The piece for the front is the same width and about five inches high. Both these pieces are covered with satin, either painted or embroidered with sprays of flowers, having the



A HANDY POCKET.

word "Letters" on the top. The ends Apropos of lamps in general. it is | are of double satin four inches wide at well to exercise some care in making the top and gradually sloped to a point can best be supplied by the well ap- a selection from the general supply. at the lower end. The embroidered satin must be strained over the card, then the back lined with sateen, slipstitching the turned in edges of lining to the turned over edges of satin. Seam the satin for the ends to the back and front, then join the lower edges of back and front together, fold the end satin so that the fold turns in to the center of the case. A brass ring is sewed to the top by which to suspend the case.



Dr. Greene's Nervura Makes Men Healthy, Strong, Vigorous, Powerful.

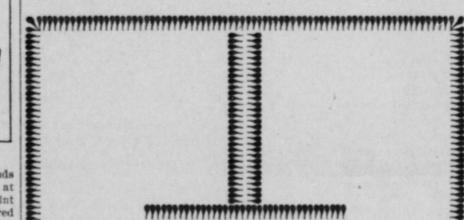
'Tis indeed the pace which kills. It is not work which injures, it is overwork, worry, confinement, over-taxing the strength, strain upon nerve and body, dissipation or spring debility, which breaks down the health, weakens the nerves, exhausts the body. You become weak, nervous, restless, or fretful; have dizziness, bad-feeling head and unsteady and trembling nerves, strange sensations, a feeling of anxiety, gloom, and discouragement; you are sleepless, and wake tired and unrefreshed; appetite and digestion fail, and you have kidney and liver complaint, constipation, rheumatism-and finally nervous prostration, heart failure, paralysis, insanity-death.

Now, what is the remedy? Obviously something which will rebuild the shattered nerves, restore tone and vitality to the blood, brain, and nerves, and strengthen and invigorate all the organs of the body. There is nothing else known which will so completely and perfectly do this as Dr. Greene's Nervura blood and nerve remedy, that grandest of medicines, which is restoring the health of the people, recognized at the present day as the master remedy of the world.

The well-known druggist, Charles W. Eggleston, Esq., 329 Park Avc., Worcester, Mass., says:

Worcester, Mass., says: Worcester, Mass., says: "Some time ago I was taken with ner-vous prostration. I suffered terribly with my nerves and could get no sleep at all. I was in a terrible condition from dys-persia, and I could eat hardly any-the serveral medicines, but without benefit. Being in the drug usines myself, and having had the determined to try it. After taking only one-half bottle I began to feel much better. I slept soundly all night, and my appetite was spiendid. After taking three bottles, I ate feet the manufacturers of Dr. Greene's Nervura blood and nerve remedy, and I deter to the respect I have the sick and suffering made well and strong. I beart liverous and inclined to way dys-pensia, and especially to people who are the same as I was, nervous and inclined to way dys-pensia and indigestion, and suffering from not being able to sleep well at night."

Especially do men grow weak in spring from the change of season, and every one needs a spring medicine and should take this best of spring remedies, Dr. Greene's Nervura blood and nerve remedy. It is not a patent medicine, but the prescription of a famous physician, and is therefore exactly adapted to cure. It has standing behind it the most famous and successful specialist in curing nervous, chronic, or lingering diseases, Dr. Greene, 101 Fifth Avenue, New York City, and an added value and assurance of cure is given to this wonder ful remedy because the Doctor can be consulted, without charge, about your case, personally or by writing to him.



RAILROAD SCHEDULE.

PENNSYLVANIA BAILEOAD AND BRANCHES. In effect on and after Nov. 24, 1901.

In effect on and after Nov. 24, 1901. VIA. TTEONZ-WESTWARD. Leave Bellefonte 9 53 am, arrive at Tyrone 10 65 am, at Altoona, 1.00 p m; at Pittsburg 5 50 p m. Leave Bellefonte 1 05 p m; arrive at Tyrone 2 30 p m; at Altoona 3 10 p m; at Pittsburg 6 55 p m. Leave Bellefonte 4 44 p m; arrive at Tyrone 6 00; at Altoona at 6 50; at Pittsburg at 10 45 VIA TYRONZ-BASTWARD. Leave Bellefonte 9 53 am, arrive at Tyrone 11 05; at Harrisburg 2 40 p m; at Philadel-phila 5 47 p m. Leave Bellefonte 1 05 p m, arrive at Tyrone 2 20 p m; at Harrisburg at 9 45 p m; at Phila-delphila 10 20 p m. Leave Bellefonte 4 44 pm, arrive at Tyrone 2 20 p m; at Harrisburg at 9 45 p m. Leave Bellefonte 4 53 n. arrive at Lock Harven. 10.00, leave WilliamSport, 12.49 p.m-arrive at Harrisburg, 3.16 p. m., at Philadel-phila at 6.23p.m. Leave Bellefonte 1 05 p m, arrive at Lock Have Bellefonte 1 05 p m, arrive at Lock

arrive at Harrisburg, 3.15 p. m., at Philadel phia at 6.23p. m.
Leave Bellefonte 105 p m, arrive at Lock Haven 210 p m; at Williamsport 2 48 p m.; Harrisburg, 5 66 p m; Philadelphia 7 32 pm; and Buffalo 7 40 p m.
Leave Bellefonte, 8.16 p. m., arrive at Lock Haven, 9.15 p. m., leave Williamsport, 1.25 a. m., arrive Harrisburg, 4.15 a. m., arrive at Philadelphia at 7.22 a. m.
Leave Bellefonte at 6.46 a. m., arrive at Lewisburg at 6.05 a. m., Harrisburg, 11.30 a. m., Philadelphia, 3.17 p. m.
Leave Bellefonte, 2.15 p. m., arrive at Lewisburg at 6.05 a. m., Harrisburg, 11.30 a. m., Philadelphia at 7.22 p. m.

BALD EAGLE VALLEY.								
WESTWARD.			EASTWARD.					
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LEWISBURG & TYRONE RAILROAD

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-	BELLEFONTE CENTRAL RAILEO To take effect Apr. 3, 1899.					
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	WE PRINT					
	BILL HEADS,					
	ENVELOPES, NOTE HEADS.					
	STATEMENTS.					
	SHIPPING TAGS,			*		
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A Pretty Wall Pocket.

pointed club

This will doubtless appear a frivolous view to take of the proper use to which the girl wage earner should put her leisure hours, for it is the custom of those who interest themselves in the welfare of the girl to persuade her to study after working hours. It is not disputed that the knowledge may be of advantage to her, but the criticism here made is that the almost invariable programme offered to the girl is restricted to opportunity for improving her mind and rendering skillful her fingers, these chances not being, as is the case with boys' organizations, one of several features.

It is surprising that the charitably disposed have not arrived at an understanding that recreation is a legitimate need of the girl nature. When one considers the prodigious amount of money and time spent in providing the daughters of the rich with pleasure, it does seem as though women of position would long before this have made adequate provision for this requirement of girl nature among the less fortunately placed. Is it not about time to rest the boy club question and take up that of the girl on a scale as large and as ambitious as ever was, planned for the boy?--Vogue.

Object Lesson In Lying.

A mother overheard her nursegirl talking to the little child she was putting to sleep, and among other legends of the nursery in which she indulged was this, "If you don't go right to sleep this very minute, a great, big, awful, black bear, with eyes like coals of fire and sharp, cruel teeth, will come out from under the bed and e-a-t y-o-u a-l-l u-p!" This poor little thing nestled down under the clothes to dream of borrid bears eating her up.

That night when the stolid nurse had composed herself in her own comfortable bed and had put the lamp out there came a sudden tap at the door, and the voice of the mistress called loudly through the panels: "Maggie, Maggie! Get up as quick as you can. There's a burglar under your bed!" At the word "burglar" the girl sprang screaming from her bed, tore open the door and fell into hysterics in the hall. The lesson was more instructive than the mistress designed, but when the girl's fears had calmed she said to her: "You did not hesitate to tell my little dellcate child, who could not 'possibly know that it was a lie, a cruel story of a bear under her bed. Now, when I treat you to the same kind of story you are nearly frightened to death. Tomorrow you can go into the kitchen and work there. You are not fit to care for little children."-Philadelphia Ledg-

Babies Must Not Be Rocked to Sleep.

Doctors are not as a general rule greatly influenced by purely senti-mental considerations, and they have

If intended merely for ornament, the round globes now so popular are satisfactory, but for a library or reading room the lamp should have a spreading globe. Green is recognized as the best color for the eyes, while yellow or white shades on reading lamps are most trying, and blue globes reflect a sickly light that is exceedingly unpleasant. Red shades are effective if used with moderation and in the right place, but a preponderance of this color is apt to prove unsatisfactory. To get the best results from lamps they must receive

Lye Water.

trimmed.

Strong lye water will cleanse the lids of metal, self sealing cans quicker than anything else. Every housekeeper knows the crust that forms on the in side and that looks bad, though it does not injure the usefulness of the can. Put a tablespoonful of lye in half a gallon of rainwater. Let it get hot and pour over the lids. Let them stand in it twenty minutes, but not on the stove, as heat loosens the porcelain. lining. Remove to clear water and wash well.

Sleeping Rooms.

"Every sleeping room," says a lecturer on house building, "should have a fireplace or a ventilating flue of fifty square inches of area. The smaller the room the more important this becomes. The neglect of this precaution, which is common in apartment houses, is a serious matter and will not be without an injurious effect upon the health of the community." It is on these practical points that the woman electing to build a house this spring should inform herself.

A Woman Police Sergeant. If Sergeant Mary E. Owens of the Chicago police department is not a good officer, six mayors of the city have failed to find it out, Mrs. Owens, who began her work in 1889, wears sergeant's badge No. 97 and reports daily to the chief of the detectives .- Chicago Record-Herald.

It is the parents who are oftenest to blame for allowing their children's brains to be packed without any regard to their capacity or peculiar powers or weaknesses .- Ladies' Home Journal.

Every sectional school bcard should have a women upon it. If half were women, the schools would all be the petter for it .- Philadelphia Press.

Obio has 26,920 working women. Their average weekly wages are \$4.83 and savings 14 cents.

Gas globes should be cleansed by scrubbing with a firm brush dipped in anda

Cotton Sheeting.

Cotton sheeting is now considered daily care and be properly filled and far more desirable than linen, and if sheets of the latter material are desired they should be in addition to the regular supply. Linen is often considered a luxury in warm weather and in cases of illness is at times very desirable. One-third of the sheets may be of fine cotton, but the remainder should be of a heavier quality. Sheeting comes in many widths, the favorite size for a double bed being two and a half yards wide and two and threequarter yards long. Some housekeepers, however, prefer sheets three yards long as giving a better allowance for head and foot when making the beds. Ready made bed linen torn by the thread, but machine hemmed, is popular with the overburdened housekeeper. but nothing can equal the finish of hand hemmed sheets and cases. The top hem should be double the width of the bottom one, and very fine sheets may have a drawnwork hem, using the simple ladder stitch if one has the time to do it .- Ledger Monthly,

Headaches.

The Countess of Warwick is quoted as saying that a sure cure for headaches and heartaches in a woman is work-any sort of work. "Every woman should do some work," said the countess. "If it is unnecessary for her to work for herself, she ought to do something for others. The sum of human happiness can be enlarged by women if they would undertake it. The woman who thinks she makes people better by a perpetual whine mistakes the situation."

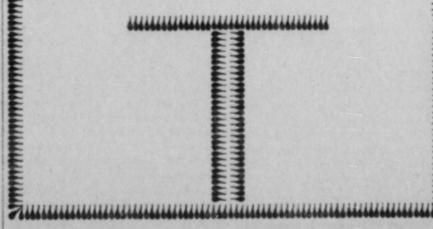
Salted Popcorn.

Economical, easy to prepare and wholesome for a party is salted popcorn. Prepare after the corn is well popped exactly as you would salted almonds or peanuts and heap in low glass dishes. It' will not hurt the children, no matter how heartily they eat, and makes a pretty addition to the table

The Silver.

In the care of silver the work of polishing becomes easier if the whiting is made into a thin paste to which a little ammonia has been added. First put the silver into a bath of hot soapsuds and then use the paste, rubbing it off with a piece of chamois.

Mingle's Shoes.



Doing One Thing Well

In the business life it is a case of the survival of the fittest. Hours of toil, planning, studying to understand business more fully and increase the output. No experienced business man would attempt sell a poor article.

WHAT IS IT?

We have for several months been displaying the finest stock of pianos and organs that it has been possible for us to procure. Many homes bear evidence of our increasing business. But we have not reached you. Times are prosperous now. They are helping you to adorn your home. Come in and let us suit an instrument to your taste and finances.



In fact any and all kinds of Commercial Stationery.

LETTER HEADS.

BUSINESS CARDS.

We pride ourselves on doing neat work and charge only reasonable prices. When you need anything in the line of printing, from a fullsheet colored poster down to a visit-ing card call at THE CENTRE DEMOCRAT OFFICE.