



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 she.



LADY CONSTANCE MACKENZIE.

mer of England. She is noted throughout the United Kingdom for her repeated triumphs at the London swimming bath contests.

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.

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.

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 surprising that the charitably disposed have not arrived at an understanding that recreation is a legitimate need of the girl nature.

Object Lesson in Lying.

A mother overheard her nurse-girl 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 eat you a-l-i-u-p."

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.

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.

Every sectional school board should have a woman upon it. If half were women, the schools would all be the better for it.

Ohio 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 soda.

issued the mandate, "Babies should not be rocked to sleep." This would at first seem cruel and arbitrary, but it is not as unreasonable as would appear.

Carpet Fasteners. Pins and sockets for putting down the ordinary floor carpet are not new at all, but they are so useful that they are worth mentioning.

Piano Drapery. The prettiest drapery for the back of an upright piano is some rich stuff, brocade or church embroidery or a piece of not too gaudy eastern stuff.

Lamps. Apropos of lamps in general, it is well to exercise some care in making a selection from the general supply.

Lye Water. Strong lye water will cleanse the lids of metal, self sealing cans quicker than anything else.

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."

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.

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.

Salted Popcorn. Economical, easy to prepare and wholesome for a party is salted popcorn.

The Silver. In the care of silver the work of polishing becomes easier if the whitening is made into a thin paste to which a little ammonia has been added.

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

HOUSEHOLD HINTS.

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 piano 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 quilt 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.

Leather furniture may be cleaned and polished by the use of a mixture composed of equal parts of vinegar and linseed oil.

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.

A Pretty Wall Pocket.

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.



A HANDY POCKET.

word "Letters" on the top. The ends are of double satin four inches wide at the top and gradually sloped to a point at the lower end.

Cotton Sheeting.

Cotton sheeting is now considered far more desirable than linen, and if sheets of the latter material are desired they should be in addition to the regular supply.

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.

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.

The Silver.

In the care of silver the work of polishing becomes easier if the whitening is made into a thin paste to which a little ammonia has been added.

WHY MEN GROW WEAK.

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.



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.

The well-known druggist, Charles W. Eggleston, Esq., 329 Park Ave., Worcester, Mass., says: "Some time ago I was taken with nervous prostration. I suffered terribly with my nerves and could get no sleep at all."

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.

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.

Mingle's Shoes advertisement featuring a large illustration of a shoe and descriptive text.

Doing One Thing Well advertisement for M. C. Gephart, featuring a large illustration of a shoe and promotional text.

RAILROAD SCHEDULE.

Table with columns for Westward and Eastward routes, including stations like Harrisburg, York, and Philadelphia.

BAIRD EAGLE VALLEY.

Table with columns for Westward and Eastward routes, including stations like York, Harrisburg, and Philadelphia.

LEWISBURG & TYRONE RAILROAD.

Table with columns for Westward and Eastward routes, including stations like Montandon, Lewisburg, and Tyrone.

BELLEFONTE & SNOW SHOE BRANCH.

Table with columns for Westward and Eastward routes, including stations like Bellefonte, Snow Shoe, and Harrisburg.

THE CENTRAL RAILROAD OF PENNA.

Table with columns for Read Down and Read Up routes, including stations like Harrisburg, York, and Philadelphia.

BELLEFONTE CENTRAL RAILROAD.

Table with columns for Westward and Eastward routes, including stations like Harrisburg, York, and Philadelphia.