

DRESS HINTS.

Don't wear pink and scarlet if the hair is frankly red. Green and white are the colors. Don't imitate in too many flowers, feathers and flares if you possess much height, weight and color. Don't always wear red if you are a brunette, or think blue the only color for blonds. Reverse the order. Don't wear black, mauve or green if the hair is black and the complexion swarthy. Yellow, scarlet and pink should be chosen. Don't count that time lost which is spent in studying the effects of harmonious colors. Color is of prime importance in dress. Don't hesitate to sacrifice a bargain and shut your eyes to hats that are "dreams," if you want to make a pleasing picture of yourself. Don't wear a hat that too closely follows the outline of the face if the face is round and plump. It suggests the framing of the full moon. Don't choose delicate shades of pink, lavender and blue, except a deep navy blue, if the eyes are blue, the hair dark brown and the complexion not clear.—Exchange.

High Heeled Shoes.

Women who persist in wearing high heeled shoes are doing themselves a great injury. From the physical standpoint the harm done is in constant evidence. In the first place the muscles of the heel are strained and then the whole body is thrown out of balance. The weight of the body is not distributed properly. This results in the abdomen being tilted forward so that the muscles are strained in a manner that indirectly impairs the general health of the entire system. A constant nervous strain comes from this throwing the body out of proper position; for all women try to keep their equilibrium, and the struggle between nature and the abnormal shoe's inclination is disastrous. Then a woman who wears high heeled shoes cannot walk any distance. Lack of exercise is a result, and the health receives another injury. Of course the fact that a high heeled shoe cripples the foot is obvious, but the effect upon the general health is more serious than many imagine.—Dr. Cyrus Edson in New York World.

Girls and Sewing.

In spite of the advent of the sewing machine we ought still to teach our little girls to sew. Every day the little one should devote a short time to the use of the needle. At first, no doubt, it may be considered a trial until the pressure of a skillful handling of the needle can be felt. But may not the training of character also be going on while the little fingers patiently work at "over and over" that will not look even or hemming that seems so endless? Those poor little fingers will be often pierced. Tears perhaps will be shed when imperfect work is picked out, but if with the effort such qualities as attention and accuracy are developed, together with those good old virtues of lifelong need, patience and perseverance, is not the result well worth the daily discipline? In due time there will come, too, the joy which work well done brings to the worker as a reward for our painstaking little women.

Borax in the Home.

Borax water is a good thing to have about the washstand. It is easily made. Pour a pint of boiling water over six table-spoonfuls of powdered or crystallized borax and let it get cold, then strain and bottle. The water will take just about this amount of borax, this being a saturated solution. Keep well corked so no dirt can enter. When washing in hard water add a spoonful of this solution, and the water will be smooth and pleasant, besides helping the little sore or inflamed places which are so apt to come on the hands when doing housework. Pour some on your toothbrush and it will help whiten the teeth. If the teeth are bad or the mouth sore or "bad tasting," a teaspoonful of borax water diluted with twice as much water makes a healing and sweetening mouth wash.

Headache.

The ordinary feminine headache will be greatly relieved and in many cases entirely cured by removing the waist of one's dress, knotting the hair high up on the head out of the way and, while leaning over the basin, placing a sponge soaked in water as hot as it can be borne on the back of the neck. Repeat this many times, also applying the sponge behind the ears, and the strained muscles and nerves that have caused so much misery will be felt to relax and smooth themselves out deliciously and very frequently the pain promptly vanishes in consequence.

A Kitchen Convenience.

Slates have gone out of schoolroom use altogether in enlightened communities, but they are still convenient things to have in the household. A slate in the kitchen once used becomes a necessity. On it may be jotted down the amount of ice taken, the extra milk and cream ordered to be paid for with the weekly reckoning, kitchen wants, the time the cake went into the oven, memoranda of all kinds. A small slate in the sewing room is also a convenience.

Woman's Progress.

The independence of the American and English woman, for a long time regarded as a scandal on the continent, in time came to be envied and is now being emulated everywhere. All trades and professions are being opened to women in such conservative countries as Russia, Holland and Germany. In Russia there are several business firms conducted wholly by women.

TOILET TIPS.

Greasy preparations used too freely on the face will cause the growth of that much dreaded down. A toothbrush should always stand so that it will drain when not in use and it should be exposed to the air. A nightly massaging of the forehead with the tips of the fingers will do wonders in smoothing out wrinkles. Don't use lemon juice too often on the hands. Try white vinegar instead. Lemon juice shrivels and yellows the surface. Cold cream rubbed around the nails will counteract the tendency to crack and will keep the skin around the nails soft and fresh looking. One dram of boric acid mixed with four ounces of distilled witch hazel makes a good lotion for a greasy skin. Apply with a soft cloth or velvet sponge. For dry hair an effective wash is one part glycerin to three parts rose-water, with five grains of salt of tartar to about one-half pint of the lotion. All lotions must be well shaken before using. The following is a thoroughly reliable prescription for blackheads: White precipitate, one dram; cold cream, one ounce. Mix thoroughly and apply to the face twice daily. It will remove the blemish.

Girls as Wage Earners.

This idea that women should seek to become wage earners, should work for money, is not one to be dismissed with a mere phrase or two. Its growing effects are too pernicious to admit of that. The conditions which confront us are so different from the theories with which advocates of the economic independence of women seek to dazzle us as to demand some reconciliation. One would suppose, to hear the argument for it, that there is something directly ennobling in such wage earning. Its advocates seem to hold the idea that the business world opens up vistas of intellectual advancement and enfranchisement. Any one who has ever watched the stream of girl toilers pouring down the minor avenues at 6 o'clock or who has made a study of their industrial pursuits can judge how far they are elevated or likely to be by their employment and its remunerations. What we need is a reaction against the madness of social destruction that has of late years turned our girls into wage earners.—Household.

House Cleaning Hints.

If in preparing for the cleaning and settling of a new house, or the cleaning and readjustment of the old, the housewife sees to it that all her tools and cleaning supplies are in readiness an incalculable amount of time and strength will be saved. An excellent plan is to make an itemized list of necessities before "tearing up," and then see to it that everything is on hand. Nothing is more vexatious than to find out after getting in working trim that there is no carpet thread for the long rip that must be mended before the carpet can be laid, no fresh paper for the pantry shelves, no tacks, a misplaced carpet stretcher, no soap, ammonia or stove polish, a shortage in cleaning cloths, no stepladder; worse than all, a marked deficit in the food supply, says the Philadelphia Inquirer. If work is to be done to advantage the workers must eat, and yet they cannot stop to do much cooking. Neither is it always convenient to run out to the bakery or delicatessen, though it may be on the next corner.

Character Building.

The girl who is devoted to her home, who loves and respects her parents and is kind and helpful to her sisters and brothers will have much to brighten and sweeten her future years. The girl who is bent on making a "career," who is anxious to get away from the home nest, is, generally speaking, the girl who makes the most mistakes in life. Self dependence is an excellent thing, but unless it be associated with rare wisdom and some practical experience with the world it is very apt to reap more loss than gain. My dear girls, now is the time for you to gather the sunshine that will brighten the present and radiate the future. Remember that nothing will beautify your after life more powerfully than your loyal devotion and affection to home. Tennyson says, "Better not be at all than not be noble," and certainly it is in trying to be noble that we accomplish the best results.

Girls Should Remember—

That the home kitchen, with mother for teacher and a loving, willing daughter for a pupil, is the best cooking school on earth. That true beauty of face is only possible where there is beauty of soul manifested in a beautiful character. That the girl everybody likes is not affected and never whines, but is just her sincere, earnest, helpful self. And, finally, that one of the most beautiful things on earth is a pure, modest, true young girl—one who is her father's pride, her mother's comfort, her brother's inspiration and her sister's ideal—which girl we should all try to be.

Window Blinds.

Objection is sometimes raised against the use of holland or other cotton blinds on the score that they soon soil and spoil or run up in washing. There is no need to have them washed, as there is a much simpler way of cleaning them. The blind should be spread flat on a table and well rubbed all over with bread crumbs. This will make it look quite clean and fresh. While it makes much less work than washing, it will prove more satisfactory.

BEAUTY SPOTS.

Don't let the hands hang down or the blood will fill and stretch the veins. Don't wear gloves every night or the hands will become yellow. Occasional use of gloves, however, is advisable. Bathe the eyes several times a day in cold water. This will make them bright and also help to preserve the sight. Don't use lemon juice too often on the hands. Try white vinegar instead. Lemon juice shrivels and yellows the surface. Half olive oil and half glycerin is good to massage arms and throat. Once a week bathe with rosewater containing a few drops of benzoin. To darken the eyebrows a harmless stain is made of one-half dram of gum arabic, four ounces rosewater and enough india ink—perhaps half a dram—to color the mixture. With a high forehead and a large face wear the hair parted with "love locks" over the temples; or, if you don't care for a part, brush it straight back, bringing a few wavy locks about the brow. For an oily complexion bathe the face twice a week in warm water containing powdered borax, one teaspoonful of borax to one quart of water. Rinse with clear water. Daily use of borax would make the skin too dry.

Furnishing the Sick Room.

The essential furnishings of the sick room are a bed, a bedside table, an easy chair, a lounge and a large movable screen. The latter can be readily improvised by fastening a shawl or a sheet over an ordinary clotheshorse. Convenient tables are made with the point of support very much on one side so as to reach well over the bed. They may be raised or lowered to any desired height. Bed trays, with a low rim around three sides, standing on legs high enough to keep the weight entirely off the body, may be used by the patient for all the purposes of a table. A bed rest, a commode and similar small conveniences may be desirable, but the fewer superfluous things the better. All the furniture should be of the simplest possible style. Elaborate carvings only afford lodging places for dust, and whatever adds to the difficulty of maintaining absolute cleanliness is to be avoided. Everything should be substantial and in good repair. Ill fitting blinds, rattling windows and creaking doors are nuisances demanding speedy remedy.—Textbook on Nursing, by Clara Weeks Shaw.

Cooking Salt Cod.

Captain Joshua Slocum, the old New England seaman who made a voyage around the world in a sloop forty feet long and entirely alone, says: "Very few people know how to treat a salt codfish properly. To freshen it they let it stand in water half a day or more, and, it may be, use several waters. That takes all the goodness out. You can get rid of the salt just as effectively and without hurting the fish by picking it to pieces and washing it with your hands—just shaking it up and down in the water. Then put it right into the pot and boil for fifteen minutes. When you get it ready for the table add butter and pepper and chop up a hard boiled egg and put on top. You take codfish cooked that way and I want to sit down prepared to hoist in a meal of it, and all I want besides are potatoes, coffee and bread and butter."

Cane Chairs Easily Cleaned at Home.

It is an easy matter to clean cane chairs at home. Wash the seats well with soap and hot water—not soda, for it makes them yellow. Turn the chair upside down, wet the seat well on the inner side, push the bulge to the right side and leave to dry. If not quite tight repeat the process. Should the canes be much discolored wash them over with a weak solution of vitriol and water. Dry in a shady place. Good drying weather should be chosen for washing the chairs, or if done in winter dry before a fire, with the legs and underside of the seat toward the fire. It is a great mistake to allow the canes to get very dirty before attending to them.

A Milk Diet.

An entire milk diet will be found an excellent thing for the woman who is on the brink of a nervous breakdown. A grown woman should take at least two quarts a day. No other food should be taken, unless perhaps a little fruit—a scraped apple or a little orange juice.

In cases where it is possible the person who is living on a milk diet should go to bed and stay there for a week, resting and living on milk. Most wonderful results have been derived from this simple remedy. If you are nervous and worn out try it.

Hygiene in the Home.

Household hygiene is by no means limited to sanitary dwellings and suitable diet and dress. It extends to the atmosphere of the home and includes the influence of thoughts and emotions upon the body. It is a physiological fact that gloom or constant fault finding in the family besides depressing the spirits actually reacts upon the vital forces. Morbid tendencies are strengthened and incipient diseases are developed in the homes which lack the healthful stimulus of cheer and kindness.

Has She Indeed?

Since the age at which a girl becomes attractive has been so much advanced and the matured maiden and matron of experience have taken complete possession of the field the very young girl who was once the novelist's ideal and the young man's fancy has well nigh disappeared from view.—Lady's Pictorial.



No. 181.—Easy Word Squares. I.—1. A measure of time. 2. An imaginary monster. 3. To coax. 4. To stagger. II.—1. A substance used for cleansing. 2. One time. 3. The highest point. 4. The cry of a young chicken.

No. 182.—A Poet.



What poet's name does the picture suggest?—New York Tribune.

No. 183.—Diagonal Acrostic. Letters from left upper corner to right lower spell the name of a celebrated orator.

Crosswords: 1. A box for jewels. 2. A noted English poet. 3. A little gold case. 4. An animal that gnaws. 5. A shelter. 6. Name of an Indian tribe.

No. 184.—Charade. We went to the first to stay A second and a day, But the time sped quickly past, And we stayed a whole at last.

No. 185.—A Cat and Dog Puzzle. [Example: My cat takes a pinch to make an herb. Answer—Cat-nip.] 1. My cat takes a sum to make an animal. 2. My dog angles to make a small shark. 3. My cat takes part of a Greek chorus and makes a calamity. 4. My dog takes a common abbreviation and makes a tenet. 5. My cat takes relatives and makes an agent. 6. My dog takes a prominent actor and makes Sirius. 7. My cat takes a heavy stick of wood and makes a list. 8. My dog takes a forest and makes a stary blossom.

No. 186.—Numerical Enigma. I am a familiar proverb composed of twenty-six letters. My 1, 4, 3, 13, 9 are plants with bitter juice. My 5, 11, 10 is a division of land. My 2, 6, 7, 8 has no end. My 23, 24, 16, 17 is a troublesome insect. My 20, 18, 21, 12, 15 is a bitter medicine. My 14, 19, 22, 25, 26 is a fixed number of small articles.

No. 187.—Diamond. 1. A letter. 2. Acquired skill. 3. Weak. 4. A soft white metal. 5. A letter. No. 188.—Suffix Puzzle. One suffix use for every change. And mark in each transition change. From works which grind or change. To grass where stock may range. From yellow leather, soft and bright. To public place of lunches light. From common vehicle to sign. We place below the written line. From growing grain that feeds the mill. To horn of music, sweet and shrill. From tool with head of iron hard. To faithful soldier keeping guard.

No. 189.—Curtailments. Curtail a kind of cloth and leave a row. Curtail the opposite of day and leave near. Curtail a fruit and leave a vegetable. Curtail a poet and leave a verb. Curtail a harbor and leave a verb. Curtail a bird and leave to talk wildly. Curtail class and leave a verb. Curtail to compare and leave equal.

Key to the Puzzler. No. 172.—Numerical Enigma: Marsh marigold. No. 173.—Added Syllables: Doll, dollar. Plum, plumage. Tip, tippet. No. 174.—Flower Puzzles: 1. Larkspur. 2. Dahlia. 3. Primrose. 4. Violet. 5. Cowslip. No. 175.—Missing Rhymes: Side out, doubt, shining, pining, side out. No. 176.—Connected Triangles: Decalogue. Emollient. Defendant. Lemon. Loyal. Linen. No. 177.—Illustrated Rebus: Buffalo, Baltimore, Indianapolis, Washington, Manchester, Columbus. No. 178.—Cross Purposes: Jungle, jungle. Billet, bullet. Excise, excise. Limber, lumber. Simmer, summer. Mister, muster. Bitter, butter. No. 179.—Charade: Pun-gent. No. 180.—Decapitations: H-ash. I-deal. G-I-ess. R-ice. G-out. R-eel.

Advertisement for 'Force' cereal. Includes illustration of a man and a child, and text: 'Force the A-B-C of good health. The Ready-to-Serve Cereal. Boy Big and Healthy. My little boy was very sick and would not take any nourishment. I got a package of 'Force' and fed him on it, and am pleased to say he is thriving. I will now put him beside any boy of his age, as he is big and healthy. All I feed him on is 'Force.' Mrs. J. LINDLEY KREEK.

PENNA R. R. EXCURSIONS.

To the Seashore. The Pennsylvania Railroad Company has arranged for four low-rate ten-day excursions for the present season from North Bend, Troy, Bellefonte, Williamsport, Mocoanaga, Sunbury, Shenandoah, Dauphin, and principal intermediate stations (including stations on branch roads), to Atlantic City, Cape May, Ocean City, Sea Isle City, Avalon, Angelsea, Wildwood, or Holly Beach, on Thursdays, July 9 and 23, August 6 and 20, 1903. Excursion tickets, good to return by regular trains within ten days, will be sold at very low rates. Tickets to Atlantic City will be sold via the Delaware River Bridge Route, the only all-rail line, or via Market Street Wharf, Philadelphia. Stop over can be had at Philadelphia, either going or returning, within limit of ticket. For information in regard to specific rates and time of trains consult hand bills, or apply to agents, or E. S. Harrar, Division Ticket Agent, Williamsport, Pa.

Niagara Falls Excursions. The Pennsylvania Railroad Company has selected the following dates for its popular ten-day excursions from Niagara Falls from Washington and Baltimore: July 24, Aug. 27 and 31, Sept. 4 and 18, and Oct. 2 and 16. On these dates the special train will leave Washington at 8 A. M., Sunbury 12:58 P. M., Williamsport 2:30 P. M., Lock Haven 3:58 P. M., Renovo 5:55 P. M., arriving Niagara Falls at 9:45 P. M. Excursion tickets, good for return passage on any regular train, inclusive of limited express trains within ten days will be sold at \$7.80 from Altoona; \$7.40 from Tyrone; \$5.45 from Bellefonte; \$5.00 from Sunbury; \$5.75 from Williamsport and at proportionate rates from principal points. A stop over will be allowed at Buffalo within limit of ticket returning. The special trains of Pullman cars and day coaches will be run with each excursion running through to Niagara Falls. An extra charge will be made for parlor car seats. An experienced tourist agent and chaperon will accompany each excursion. For descriptive pamphlet, time of connecting trains, and further information apply to nearest ticket agent, or address Geo. W. Boyd, General Passenger Agent, Broad Street Station, Philadelphia.

Tour to the Pacific Coast. On account of the National Encampment of the Grand Army of the Republic at San Francisco, Cal., August 17 to 22, the Pennsylvania Railroad Company offers a personally-conducted tour to the Pacific Coast at remarkably low rates. Tour will leave New York, Philadelphia, Bal-

timore, Washington and other points on the Pennsylvania Railroad east of Pittsburgh, Thursday, August 6 by special train of the highest grade. Round-trip rate, covering all expenses for 27 days, except 3 days spent in San Francisco \$125.00 in 1st berth, \$200 each. Round-trip rate, covering all expenses to Los Angeles, including transportation, meals in dining car, and visits to Grand Canyon, Pasadena, and transportation only through California and returning to the east by Oct. 15, via any direct route, including authorized stop-overs, \$115; 21st 1st berth, \$105 each. Returning via Portland \$11 additional will be charged. Rates from Pittsburgh will be less in each case. For full information apply to Ticket Agents, or Geo. W. Boyd, General Passenger Agent, Broad Street Station, Phila., Pa.

Reduced Rates to Baltimore. The next Pennsylvania Railroad low-rate ten-day excursion for the present season from Lock Haven, Troy, Bellefonte, Williamsport, Mocoanaga, Sunbury, Shenandoah, Dauphin, and principal stations (including stations on branch roads), to Atlantic City, Cape May-Ocean City, Sea Isle City, Avalon, Angelsea-Wildwood, or Holly Beach, will be run on Thursday, July 23. Excursion tickets, good to return by regular trains within ten days, will be sold at very low rates. Tickets to Atlantic City will be sold via the Delaware River Bridge Route, the only all-air line, or via Market Street Wharf, Philadelphia. Stop over can be had at Philadelphia, either going or returning, within limit of ticket. For information in regard to specific rates and time of trains consult hand bills, or apply to agents, or E. S. Harrar, Division Ticket Agent, Williamsport, Pa.

Reduced Rates to Baltimore. For the benefit of those desiring to attend the meeting of the Benevolent and Protective Order of E.ks, at Baltimore, Md., July 21 to 23, the Pennsylvania Railroad Company will sell round-trip tickets to Baltimore from all stations on its lines, except Woodberry, Harrisburg, and intermediate stations, Columbia, Frederick, and intermediate stations on the Northern Central Railroad, Lancaster, Harrisburg, and intermediate stations, and stations on the Philadelphia, Baltimore and Washington Railroad (exclusive of stations south of Towson, Del., from which tickets will be sold), on July 19 and 20, good for return passage, until July 31, inclusive, at rate of single fare for the round trip, plus \$1.00.

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