



MRS. MARILLA M. RICKER.

She is the Most Distinguished Woman Lawyer in America.

Mrs. Marilla M. Ricker, who was born on a farm near New Durham, N. H., in 1840, is the most distinguished woman lawyer in America, and that means in the world, because this is the only country where women are permitted to plead in the courts. She is one of the few women who have been admitted to practice before the United States supreme court and the only woman to be made United States commissioner and examiner in chancery by the judges of the District of Columbia. This latter appointment she secured because it entails judicial powers in the District, and her work has been generally for charity. Every morning for twenty years Mrs. Ricker has gone down to the jails in Washington and helped the women and children who have been caught in the police dragnet during the night.

Mrs. Ricker is an ardent advocate of woman suffrage, a noted lecturer and an enthusiastic clubwoman. One of her interests is the Wm. Douglas, a club for women in Washington, though, as the constitution states, "while the organization was formed



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primarily for women, it is not limited in its work; men are welcome to all its privileges." The name is made by welding the words wives, mothers, daughters and sisters. Mrs. Ricker is one of the honorary vice presidents of this club. It is now a prominent club in Washington. Poor girls can go there in the evening and for a very small fee receive instruction in all useful branches of education. Mrs. Ricker usually has a class in the club in English grammar and pronunciation, which, like all the rest of her work, she does for love of it.

Mrs. Ricker's advice to pretty girls is characteristic of the woman. It is as follows: "Never believe one thing a man says to you unless it is disagreeable; then you may be sure he means it. Be independent. You must feel that you can take care of yourself. A girl never need be afraid of anybody but herself."

Women and Poultry Raising.

A considerable number of young women are engaging in the poultry business and seem from all accounts to be making a success of it. A correspondent tells of being in a Chicago dry goods store on a Saturday afternoon not long ago when she saw one of the salesgirls receive her wages for the week. She was paid \$2, having been in her place from 8 o'clock in the morning until 6 o'clock in the evening every day. It was necessary for her to be well and more or less expensively dressed, to be constantly on her feet and to keep her temper and her self-possession, frequently under trying circumstances. On the other hand, says our observer, take the case of the farmer girl. None makes less than \$2 per week, and many make \$5. They work only two or three hours a day; their surroundings are conducive to good health and cheerfulness, and they can dress as they feel inclined. The writer mentions the case of two young girls who sold last year an average of \$5 worth of eggs every week during the spring and summer. Nor did they sell all they might have disposed of, for they raised over 400 young chickens besides.—Harper's Weekly.

Penalty For Singers.

When a woman makes up her mind to excel as a singer she must, no matter how greatly endowed by nature, remember that the beauty of her voice depends very largely on her being able to say "no" to herself. For her many of the sweets of life must be nonexistent. The diet of a singer has to be as carefully considered and limited as that of an athlete in training. Mme. Melba is devoted to sweets, but she never allows herself one; Mme. Nordica confesses to sometimes having a perfectly childish craving for an abundant feast of sweets and pastries, yet she denies herself both. Mme. Calve once expressed a longing for a big, rich, hearty workman's dinner, which she might enjoy without thought of consequences or any reminder of the fact that she had a voice to spoil. Mme. Patti has sacrificed practically everything to her voice, and she says that she owes its preservation to the fact that she never for one moment forgets she is a singer. That this is often inconvenient she frankly owns, "but," she says, "it is a penalty I have to pay for a great gift."

The Dress Rest Cure.

Not satisfied with her own rest cures, the up-to-date woman has taken to rest

ing her clothes. It works like a charm. Nothing induces shabbiness in coats and gowns more than the lines and wrinkles which show that they have been worn and reworn. Sitting crosses and the walking creases make a garment old before it has done half its duty.

Men know this better than women. A man is well dressed with a small wardrobe, because every week or so he makes a change of clothes, sends the suit he has been wearing to the tailor and never by any chance allows a wrinkle to become fixed in his garments.

Not all of woman's frocks can go to the tailor, though with the inexpensive tailor service now to be had she will do well to send her street frocks frequently to be brushed and pressed. But she can manage to change her clothes often enough to give them all an entire rest.

Beauty Your Arms.

Arms are very seldom round and firm upon women who have passed their thirty-fifth year, and they very often lose their shape before that. It is unnecessary for women to lose their beauty so early, and it shows that they have not paid attention to the laws of beauty or to the laws of hygiene. You can take a flat, flabby arm without any shape and make it round and symmetrical, and you can take an arm that is so thin that it looks almost like a broomstick and make it beautiful, plump and round down to the very wrist. Arm exercises are necessary, and here the woman who does her own housework has the advantage over her sister who has no work to do. If a woman is not compelled to work—that is, to wash windows, scrub floors—then she must take exercises that take the place of work.

A Hint For Careful Housekeepers.

A bit of household wisdom that is practiced by many women and will bear handing round is to straighten up the rooms before leaving them for the night. "I always straighten the parlor before leaving it," explained the hostess to an overnight guest recently. And she straightened up pillows, set chairs in order, piled up music and arranged the draperies before going up stairs. "One thing, I like to have things in order in case of anything happening, and, besides this, while it is a very little exertion to me, it is a good bit of help to a busy maid who often has much more than she can accomplish before breakfast."

Cream Wafers.

To make cream wafers warm three tablespoonfuls of butter, work into it five eggs, one at a time; then add a quart of sifted flour, a teaspoonful of banana, half a teaspoonful of vanilla extract; mix into a smooth paste, spread into a hot, oiled dripping pan and bake in a hot oven until a delicate brown. Cut into squares, prick with a fork, dip into powdered sugar and cool. When serving place on a fringed napkin in a silver cake basket. These are very acceptable for afternoon tea or for luncheon.

The Household Indicator.

One of the handy things in the kitchen is the household indicator. This is a sort of tally board on which are listed all the articles used in the kitchen from bacon up to matches and flour. There are small pegs fitted to the small holes opposite each item on the list, and all one has to do when out of a needed article is to place a peg and then when the butcher or grocer boy calls there is no excuse for forgetting supplies.

The Woman Who Swims.

Swimming will do more to develop perfect health in woman than any other form of exercise. It develops the whole body symmetrically, loosens the joints, gives free action to the limbs. It increases the lung capacity, inducing deep breathing, straightens the frame, throwing the chest forward and the shoulders back. The woman who swims gains all this and in the gaining has much pleasure.—Macfadden's Magazine.

Look to Your Letters.

A business woman who has a large correspondence says that women are guilty of two epistolary sins. One is the omission to send a stamp when a reply is sought, the other the failure to indicate whether the writer is to be addressed as Miss or Mrs. Each of these sins generally brings its own punishment and may in time work its own cure.

Cleaning Mirrors.

Mirrors are never so well cleaned and polished as when wet newspapers are used for the first process and soft, dry, crumpled papers for the last. If the mirrors are very much soiled—with flyspecks, for instance—put ammonia in the water. Soap should not be used at all.

Bath Temperatures.

Remember that a cold bath is one from 50 to 70 degrees F.; tepid, from 85 to 92 degrees; warm, from 92 to 98 degrees; hot, 98 to 100 degrees. In the case of vapor baths the warmest degree under ordinary circumstances is about 130 degrees.

In walking don't take a heavy stride, but one that is light, free and firm, balancing the upper part of the body alternately upon each hip, but without swaying it perceptibly.

The heads of six universities declare that young women outstrip young men in studying; that women average higher than men in their climbing toward knowledge.

Cool water with a little borax or ammonia in it is preferable to soap and hot water on white paint.

A little turpentine takes the grease off old furniture previous to repainting.

CULINARY CONCEITS.

Cover a custard while cooling and a thick skin will not form on top.

Use hot water instead of milk to thin the eggs in an omelet. It makes it more tender.

Young white onions are very nice cooked in boiling water, sliced and served on buttered toast like asparagus.

The familiar cold boiled egg salad is greatly improved by the addition of a few split sardines and a bed of water cresses.

If a fork is used in turning meat the juice will run out. Always be careful to keep the outside sealed if you want it tender.

If boiled or roasted meat which is to be served cold is wrapped in a napkin wrung out of cold water before being put away it will be moist and tender.

A French batter for frying vegetables is made by moistening a little flour with water, adding a good pinch of salt, two teaspoonfuls of olive oil and the same of French brandy.

Peas should be washed in the pods to remove mildew and dirt. Indeed, the flavor and delicacy of peas are much improved if the pods are soaked in cold water for some time before shelling.

Tired Feet.

A woman who has to stand a good deal while working around a hot kitchen cannot afford to be careless in the care of her feet. Careful bathing should be followed by gentle rubbing of the tired feet; any chafed or roughened spot that suggests an incipient corn should be rubbed with vaseline and the nails should be as carefully tended as those of the hands. When the dress is changed after active kitchen work is over the stockings should be changed, too, and hung up to air before they are put on again. When the feet are very tired and burning they are much comforted by bathing in lukewarm water containing a little white hazel. While light and comfortable shoes should be worn about the house, old and worn foot gear is certainly a mistake, especially if "run over" or out of shape. Rubber heel plates will be found a great comfort-saving feet, back and nerves. A flat pad or cushion about two inches thick to stand upon while ironing or doing similar work will also be found restful.—Rural New Yorker.

Rocking Chairs and Nervousness.

Women with a propensity to fidget should cultivate the habit of sitting perfectly still in a chair with their hands loosely clasped in their lap. A quiet, reposeful manner is more to be desired than riches. Fidgety women have nervous fingers which apparently must always be doing something—playing with a chain worn around the neck, beating a tattoo on the lap, crumpling the bread at dinner or otherwise occupied in irritating the nerves of the on-looker. Such women should avoid a rocking chair as they would the plague. It offers too many opportunities to indulge their restless habits. Nervousness of this sort is sometimes due to ill health, but frequently it is affection. The well-poised woman has no fidgety tricks.

The Cleaning Cupboard.

A box or small cupboard containing a supply of cleaning fluids and materials will be found a source of comfort in the household. Ammonia, gasoline and a small bottle of chloroform, than which there is nothing better for cleaning silk and delicate materials, will do for liquids. French chalk and pumice should be included, and this will suffice for all practical purposes, although many people have their own favorite preparations which they will always have on hand. It goes without saying that the cleaning cupboard should be placed out of reach of children and away from all danger of fire.

Broken China.

In mending broken ware rub the edge of the china or glass with the beaten white of an egg. Tie very finely powdered quicklime in a muslin bag and sift it thick over the edges of the dishes that have been previously rubbed with the egg. Match and bind the pieces together and let it remain bound several weeks. This is good cement for every kind of crockery but thick, heavy glass and coarse earthenware. The former cannot be cemented with anything; for the latter white paint will answer. Paint and match the broken edges, bind both tight together and let them remain until the paint becomes dry and hard.

To Cure Freckles.

Lemon juice enters into the composition of many preparations for the cure of freckles. One part of Jamaica rum to two parts of lemon juice is the favorite prescription of one beauty, who finds that the rum tones up her skin, while the lemon whitens it. Equal parts of rosewater and glycerin, with enough lemon juice added to make the face feel it, is beneficial for freckles and also for sunburn.

London Working Women.

There are at present twenty-five women inspectors in London appointed to look after the health of working women, visit all places where they are employed in numbers and attend to the interests of the public generally in matters appertaining to cleanliness and decency. It is some ten years since women were first appointed to this position in London, and there were then but two.

Mildew.

Mildew is one of the most difficult of all stains to remove. Rub well with brown soap, then apply a paste of chalk and water and put the stained article in the hot sunshine. After two or three applications the mildew may be bleached out.



No. 199.—Word Building.

1. An article (two letters).
2. Part of a verb of movement.
3. Falling in drops.
4. Seen at court and on a railway.
5. An injury caused by too much exertion.

No. 200.—Hits From Box.



The two characters represented are from "Great Expectations" and "David Copperfield."

No. 201.—Riddle.

Behind a counter oft I stand,
Laces and ribbons in my hand,
Or on your dinner table sit,
While from me oft you take a bit.
I'm dark and dour, seldom dry;
Full often less and never high.

No. 202.—Behandings and Curtailings.

1. Behend and curtail a present and leave a conjunction.
2. Behend and curtail a pitcher and leave a pronoun.
3. Behend and curtail finished and leave to forfeit.
4. Behend and curtail to discover and leave a preposition.
5. Behend and curtail supports and leave lineage.

No. 203.—Diamond.

1. A letter. 2. A pronoun. 3. A palm tree bearing the coconut. 4. To draw or paint a resemblance of. 5. To agitate. 6. A crowd of small fish. 7. A letter.

No. 204.—Enigma.

You eat me, you drink me; describe me who can.
For I'm sometimes a woman and sometimes a man.

No. 205.—Charade.

My first is mighty wielded aright;
My second is an egotist.
My third a dwelling airy, light;
Have you its pleasures missed?
My whole feels sorrow, grief and shame
And meekly bears deserved blame.

No. 206.—Double Acrostic.

My primals spell the name of an important female character in one of Dickens' novels, and my finals spell the name of an important female character in one of Scott's novels.

Crosswords: 1. A place of noise and confusion. 2. A name mentioned in I Chronicles xii, 20. 3. A spring flower. 4. Meeting with good fortune. 5. A name mentioned in Judges i, 31. 6. In what place. 7. A fluid that supplied the place of blood in the veins of the gods. 8. Having comparatively little weight. 9. The bottom of a room. 10. Beyond what is usual. 11. A royal jurisdiction.

No. 207.—Ice.

An ice used by sailors.
An ice that lasts but a short time.
An ice that repeats itself.

Key to the Puzzler.

No. 199.—Reversed Syllables: Fatten, ten fat, Boxwood, wood box, Attract, tract at, Mayor, or May, Let gant, gauntlet, Amount, mount a, Andiron, iron and.

No. 191.—Missing Rhymes: Tree, sky, sea, I.

No. 192.—Double Acrostic: Primals—Daffodil. Finals—Geranium. 1. Divulging. 2. Aperture. 3. Flatter. 4. Fatina. 5. Omen. 6. Demi. 7. I U. 8. Laudanum.

No. 193.—Word Puzzle: 1. Howl. 2. Prowl. 3. Bowl. 4. Cowl. 5. Fowl.

No. 194.—Diamond In Quadrangle:

I P R E D I C A T I O N 2.
E L A P A
R F A T A L T
T L A Z A R U S U
I C A T A M A R A N R
N P A R A P E T A
E L U R E S L
N S A T L
S T R I E N N I A L L Y 4.

No. 195.—A Popular Maxim: Well begun is half done.

No. 196.—False Comparatives: 1. Pill, pillar; ache, acre. 3. Clove, clover; bow, bower. 4. Rank, rancor; gate, galter. 5. Din, dinner; cape, caper. 6. Bet, better; mat, matter.

No. 197.—Concealments: 1. Year, ear. 2. Yeast, east. 3. Yarrow, arrow. 4. Lattice, attic.

No. 198.—Syncope: Pe-al, Ho-i-st, Pa-i-ut, Ra-t-ta.

Combined Desk and Bookcase.
If you have books and a desk and no bookcase, it is an easy matter to evolve the latter. Make two upright rows of bookshelves far enough apart to allow the desk to be placed between them. Shut off the lower part of the



HANDY BOOKCASE.

shelves on each side with a door, which may be decorated with iron hinges or blackened metal. These false hinges are, of course, placed against the real ones on which the door swings and are purely ornamental. These little closets make fine places in which to keep unsightly books and magazines which look untidy, but which one always wants to keep. There is a shelf over the top of the desk, on which could be placed a row of plates or photographs, and a nice little etching would give interest to the big panel. This panel, by the way, need not be made of wood, but could be closed in by a piece of colored burlap or buckram. The case would then have to be braced by three slats of wood nailed across the back behind the buckram.—Harper's.

Things to Be Avoided.

Don't make a narrow door narrower by a heavy portiere. A small house is made stuffy by too many hangings.

Don't put chandeliers in a room with a low ceiling. Side brackets are to be had in artistic shapes.

Don't have too much of any one kind of decoration in the house. Grill work and stained glass repeated in more than two rooms become monotonous.

Don't buy a bright colored carpet to put in rooms where the furniture is not to be correspondingly toned up.

Don't have the floor, wall and furniture in a room covered with material which has a decided pattern.

Don't put into a room unsteady little tables loaded with meaningless bric-a-brac.

Onion Soup.

Onion soup is wholesome and "tasty." Slice two or three large onions and fry until soft in butter or clarified drippings. Add three tablespoonfuls of flour and stir until it is cooked. To this add slowly a pint of boiling water, stirring until it is smooth. Have ready three potatoes, boiled and mashed, and add to them a quart of milk just scalded. Put the potato and onion mixtures together. Let it get very hot and pass through a strainer into the tureen, which should also be heated. Sprinkle over the top a little parsley chopped fine and a few croutons.—Washington Star.

PENNA R. R. EXCURSIONS.

TO SAN FRANCISCO AND LOS ANGELES.

On account of the National Encampment, G. A. R., at San Francisco, Cal., Aug. 17 to 22, 1903, the Pennsylvania Railroad Company will sell excursion tickets to San Francisco, or Los Angeles from all stations on its lines, from July 31 to August 13, inclusive, at greatly reduced rates. These tickets will be good for return passage to reach original starting point not later than October 15, inclusive, when executed by Joint Agent at Los Angeles or San Francisco and payment of 50 cents made for this service. For specific information regarding rates and routes, apply to Ticket Agents.

TO THE SEASHORE.

The next Pennsylvania Railroad low-rate ten-day excursion for the present season from Lock Haven, Troy, Bellefonte, Williamsport, Moccasin, 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, will be run on Thursday, August 6.

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.

Summer Tour to the North.

The Pennsylvania Railroad personally conducted tour to Northern New York and Canada, leaving August 12, covers many prominent points of interest to the Summer tourist.—Niagara Falls, Thousand Islands, Rapids of the St. Lawrence, Quebec, The Saguenay, Montreal, Au Sable Chasm, Lakes Champlain and George and Saratoga. The tour covers a period of fifteen days; round-trip rate, \$125.

The party will be in charge of one of the Company's tourist agents, assisted by an experienced lady as chaperon, whose special charge will be unescorted ladies.

The rate covers railway and boat fare for the entire round trip, parlor-car seats, meals en route, hotel entertainment, transfer charges and carriage hire.

For detailed itinerary, ticket, or any additional information, apply to ticket Agents, Tourist Agent, 261 Fifth Avenue, New York; or address Geo. W. Boyd, General Passenger Agent, Broad Street Station, Philadelphia.

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, Moccasin, 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 21, 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 1:58 P. M., Renovo 3:55 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; \$6.40 from Bellefonte; \$5.90 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, Baltimore, Washington and other points on the Pennsylvania Railroad east of Pittsburg, 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 \$115 two in 1 berth, \$28 each.

Round-trip rate, covering all expenses to Los Angeles, including transportation, meals in dining car, and visits to Grand Canyon, Pasa dena, and transportation only through California and returning to the east by Oct. 15, via any direct route, including authorized stop-overs, \$115; 2 in 1 berth, \$95 each. Returning via Portland \$11 additional will be charged.

Rates from Pittsburg will be 8¢ less in each case.

For full information apply to Ticket Agents, or Geo. W. Boyd, General Passenger Agent, Broad Street Station, Phila., Pa.

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