



A WOMAN COMPOSER.

Mrs. Florence McPherran of Chicago is a Promising Musical Student.

Mrs. Florence McPherran, a writer of catchy and melodious music, is one of the most talented women in Chicago.

Mrs. McPherran was educated in Chicago. She studied under the most noted teachers and today is considered



MRS. FLORENCE McPHERRAN.

one of Chicago's talented amateur pianists. She has done a great deal of accompanying for public singers, but of late has given up her public playing and now devotes her entire time to writing music.

Her first composition was published but three years ago. It was a tone poem, "The Spinning Song," and at once became popular. The greater part of Mrs. McPherran's work is still in manuscript, and most of it which has appeared lately is of recent composition.

Value of Good Stenographers.

The average office girl recently graduated from a "business college" is paid little enough, and the great majority of stenographers receive less than a living wage.

One of them is the secretary of a certain trust magnate. When he is interviewed by the newspapers it is through her. She knows what he wishes to say, and it is almost impossible for any one to get any expression from him.

Let There Be Light.

In and throughout the house there is an old, old saw, as good as it is old, that where the light seldom enters the physician often comes.

People who live in dark houses become sadly pale, anemic, nervous and the first prey of diseases, for there is no life without air and there is no health without light.

We do not breathe with the lungs alone; we also breathe with the skin, whose capillary vessels circulate millions of blood corpuscles which are hungry for oxygen and whose millions of nerve filaments are thirsty for light.

When we cogitate a minute on the potency of light in the vegetable and animal worlds we are better able to understand how considerable must be its influence on the growth, development and health of our noble selves.

Plants are bloodless without the light and fruits grown without the light never arrive at maturity.

"More light!" Goethe's words, have become a watchword in today's medicines, and baths of light irradiating either from Old Sol or from a giant electric jet are one of the latest successful physician's prescriptions.

But those who live in sunny rooms and flood their homes with fresh sunlight will not need to leave their own ingloides to go to the hospitals for sun baths which they might and should have at home.

"Kept For Company."

There are still a few benighted housekeepers who persist in keeping

their best treasures "for company." Frequently the looked for company fail to appear at the time they are expected, and the things saved for their delectation are useless to any one else.

Tulle in Table Decoration. The women of Canada have a unique way of decorating their lunch and dinner tables. Around the centerpiece of flowers or ferns they stuff a lot of tulle.

The Art of Serving. Many a good meal has been spoiled by the appearance of the table and the manner in which the vlands themselves were served.

The Charming Woman. The power of the charming woman is almost infinite. She may not be witty or unusually intellectual or notably brilliant in conversation.

Steadying the Table. Every jar given my extension table caused it to spread apart, which was very annoying. To remedy this I got two brass hooks and eyes at the hardware store.

Comfort and Beauty. There was a time when women thought they could not have pretty figures unless they were uncomfortable.

A Tip on Cleaning Furniture. Furniture which has been finished with shellac or varnish, whether in glossy or dull finish, should never be cleansed with soap or water.

Curly Hair. Many preparations for keeping the hair in curl are sold, but they are generally unpleasant to use, as they make the hair pasty and stiff.

Women are especially prone to put off making a will. They shrink from contemplating the possibility of their own demise.

When walking don't throw the shoulders far back of the line of the hips and do not hold the arms rigidly at the sides.

A jewel rarest of all under the sun is the woman whose heart is warm and whose head is cool.

Don't have heavy curtains at bedroom windows. Let the sunshine pour in.



No. 285.—Metagram. 1. Orange peel cut thin. 2. Pestilence. 3. Standard. 4. That which is left. 5. To put in possession. 6. To make sport. 7. In the highest degree. 8. A collection of boxes. 9. A point of the compass.

No. 286.—Dry Water. A ring or coin is thrown into a basin filled with water. The performer announces that he will take the article out of the water without wetting his hand.



Solution: Get a few cents' worth of lycopodium powder and strew it over the surface of the water. The hand when being immersed will have to go through the layer of powder.

No. 287.—Double Rhymes. The crowded *** had little *****. She had, to *** a pleasant *****. Her robe was *** a queen to *****.

No. 288.—Additions. Add a letter to a body of water and have a marine animal.

No. 289.—Riddle. To my first there daily come sounds of sorrow, sounds of mirth. My second holds small feathered folk.

No. 290.—Double Acrostic. My initials spell the title of a popular book, and my initials spell the surname of the author.

No. 291.—Jumbled Quotations. 1. Eternal in springs breast the human hope. 2. Never but always bleat man to be is.

No. 292.—A Few Pets. 1. Part of a flower. 2. A long winged sea bird. 3. An inflammable liquid.

Not Meant For Blowing. "What's the matter with the rhinoceros these days?" inquired the lion.

Pickle Mary. Mary had a little calf; It was a pet, you know, And every time she rode her wheel

Key to the Puzzler. No. 276.—Word Building: 1. A. 2. At. 3. Bat. 4. Beat. 5. Bleat. 6. Battle.

No. 280.—Picture Puzzle: The stifle in the lane. No. 281.—An Octagon: A R O S E V T E N B O O N P E A K I

No. 282.—Behandals and Curtailings: Flower, lower, low, O. No. 283.—A Charade: Automobile.

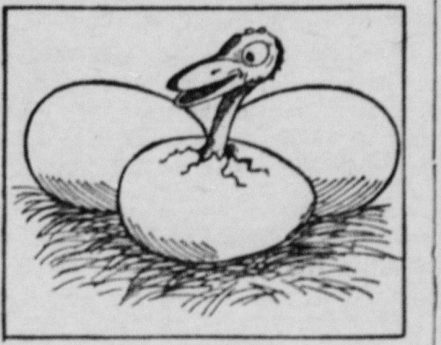
No. 284.—Intentions: Compliment, Inducement, Tenement, Element, Supplement, Presentiment, Detriment, Nourishment.

An Animal Story For Little Folks The Foolish Little Duck

Have you ever seen a duckling? A duckling is a small duck, and they are the cutest, yellowest little things you ever came across, without a single feather, their little bodies being covered only with fine down, from which the feathers later grow.

There was once a duckling—not a very old one either; in fact, he had just got his head thrust through the shell of an egg and taken his first peep at the wide, wide world.

"My," he exclaimed, "isn't this grand to be able to leave this old shell and see the sights!" "But," cried a spring chicken who was standing near, "you may not like



HIS HEAD THRUST THROUGH THE SHELL. It after awhile. The rain may pour down and wet you as it did me the first day I was in the barnyard."

That gave the duckling something to think about. Presently he made up his mind as to what to do.

"I shall simply stay in my shell," said he. "When it rains I shall draw in my head, and if the water rises about me my shell will float like a boat."

Of course Master Duckling was very much pleased with his idea, and he drew in his head and went to sleep. While he slept a great storm came up, and the shell, instead of floating like a boat, sank in the water like a rock.

Master Duckling was sure that he would drown before help could reach him.

"Come out of your shell!" cried a big duck, who was swimming about in the water.

Then the duckling, with a mighty effort, burst the sides of his shell and in a few minutes was paddling around as happy as he could be.

"Isn't it a shame," said he to himself, "that I did not have sense enough to come out of my shell before?"—Detroit Journal.

Be Moderate.

A great writer tells us that "moderation is the inseparable companion of wisdom," and another writer says, "Moderation is the silken string running through the pearl chain of all virtues." When we try to do too many things at once we are unfitting ourselves for that practical usefulness which holds no overcrowded state of affairs.

If linoleum is losing its freshness it may be restored and made to last twice as long. Melt a little ordinary glue in a pint of water. At night have the linoleum clean and dry, go over it with a flannel cloth dipped in the glue water and by morning it will have a fine, hard gloss.

TRY OUR BLENDED TEA

40c., 60c., 80c. and \$1.00 per lb. You will be well pleased. SECHLER & CO., Bellefonte, Pa.

Rusty Flatirons. Rusty flatirons can be made clean and as smooth as glass by the use of beeswax and salt. Tie a lump of wax in a piece of cloth and keep it for the purpose.

Fainting. A fainting fit often spreads consternation, but this is unnecessary. It is caused by the blood leaving the brain, and the patient must be laid down at once, with the head somewhat lower than the body.

The sun always has time to burn. The fellow who never swears may still give a cursory glance.

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