

THE PERFECT FIGURE.

How Young Girls May Attain Physical Grace and Attractiveness.

Beauty of figure is more attractive than even the beauty of regular features. The beautiful features will lose much of their charm if the figure be not graceful.

We have said self beautifying is possible; that plain features, ungainly figures, may attain grace and attractiveness, but not alone by the rules laid down by the gymnast or physical culturist.

It is absolutely necessary that she be ever mindful of her bearing. She must stand erect, hold her shoulders back and chest forward—with head and neck carried gracefully.

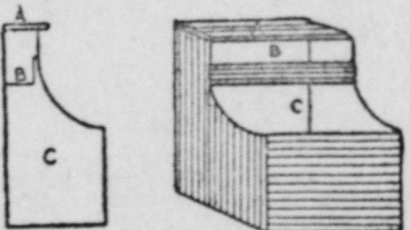
A few simple exercises calculated to make the back strong and supple are: Swinging on the rings found in the gymnasium, bending forward and touching the toes without bending the knees.

Fortunately this is an era of outdoor amusements, and girls do not need to be urged to take the needful exercise.

Convenient Wood Box.

A correspondent of the St. Louis Republic writes to that paper:

I send you a sketch of the most convenient wood box that I have yet seen.



B is a shelf with board four to six inches wide in front, as shown, making a little box or bin to put the kindling wood in. C is the main part of the box for wood. The ends, deck and front may be made of beaded ceiling, nailed to cleats on the inside.

Necessary to Management.

I appeal to mothers to teach their daughters or have them taught to cook. It cannot harm them, and if they are to preside over homes of their own they are certainly better equipped for preserving the health and happiness of themselves and families.

How to Vary Dinner Dishes.

Of life in the dining room as well as elsewhere it is a scheme to give a thought to novelties on the everyday bills of fare.

Morsels, big and little, of cooked meats are deliciously disguised in toothsome croquettes, ragouts, curries, souffles, minced on toast or in the center of an embankment of rice or potato—nay, even in the despoiled and none-less grateful hash, which offers seventeen sorts of meat all in one gustful mélange.

Shrunkon Garments.

It is possible to wash flannels without shrinking them, but the average laundress is ignorant of the process. After they have shrunk it is well to know how to restore them to their normal size.

LAUNDRY LINES.

For removing coffee or milk stains from white goods glycerin is an efficacious agent.

Bluing put in the water in which the clothes are boiled, instead of the rinsing water, will make them whiter.

If you line your flatiron holder with a piece of soft old leather like that of the top of a shoe your hand will receive good protection from the heat.

Colored wash goods are said to become absolutely "unfadeable" after they have been soaked for three hours in a gallon of water to which has been added a tablespoonful of turpentine. Dry thoroughly before washing.

Borax has a good many uses, especially in the laundry. It is excellent to use in washing flannels, a tablespoonful to six quarts of water. It keeps them soft, helps hold the color of colored goods and prevents white clothes from turning yellow.

By putting an ounce of alum or sal ammoniac in the last water in which muslins or cottons are rinsed or a similar quantity in the starch they will be rendered almost unflammable, or at least will take fire with difficulty, and, if they do, will burn without flame.

Her Signs of Conquest.

What silly things will a girl not do to induce her girl friends to believe that she has many male admirers? One of the silliest is the absurdity of collecting men's visiting cards and sticking them up around her room, chiefly around her mirror, where, presumably, each time she admires herself she may be reminded of the admiration of others.

"The girl who does this," said a middle-aged teacher of girls the other day, "is usually of the matinee variety, and her sole motive, I have observed, seems to be to excite the envy of the cardless. I have known instances when visiting cards were actually pilfered from friends' houses to impress the innocent beholder. From semitelebrates and desirable acquaintances of that sort there is a regular system of begging visiting cards, little less annoying from their point of view than is the autograph rables. For my part, the sight of a mirror lined with these bits of paste-board always reminds me of an Indian scalp belt, and, as a matter of fact, the object in displaying them is not so dissimilar. They are both regarded as emblems of conquest."—Philadelphia Bulletin.

To Erase the Lines of Time.

Women worry a great deal. And as soon as a woman be ins to worry about her looks it is all over with her. Worry brings an anxious look into the face, an anxious look brings wrinkles, and wrinkles bring age. And there you are. To take the look of age out of a woman's face you must convince her that she looks young. Make her think she has no wrinkles, and, ten to one, half her wrinkles will disappear.

Using the Mop.

Every one who has mopping to do should use two mops for doing it, one for cleaning the floor and another large dry one for wiping it. In this way the work is done more easily, quickly and, I think, better. If there is so much mopping to be done that the wiping mop gets too wet the cloths might be changed for dry ones, but for an ordinary floor one large mop will do very well. After the mopping is done the mops should of course be rinsed and may be hung up to dry over a railing or fence in the back yard. In this way the wringing, which is the hardest part of the work, is avoided entirely. I have never used a patent mop wringer, so I cannot say that my way is better than theirs, but it certainly is cheaper.—Good Housekeeping.

Keeping Up Appearances.

You will see plenty of women who will look smart for a few weeks each season and then degenerate into dowdiness. It is because they do not take good care of their clothing, and its freshness lasts only a short time. A tired body and very little spare time will receive pardon for many omissions of duty, but, truth to tell, not among such surroundings do we find untidiness as a general thing. Business women are compelled to keep up appearances sometimes by the rules of the house which commands their services and always by the knowledge that a pleasing appearance is of financial advantage to them in any employment.

A Model For Mothers.

With unceasing devotion and zeal Queen Wilhelmina's brave and clever mother, who during Wilhelmina's later girlhood was the queen regent, did whatever she could to make her daughter's education a truly excellent one. Among the names of those who taught the young queen, Queen Emma's name deserves a fair place. It was the queen regent herself who regulated and supervised all the lessons of Wilhelmina, being present at most of them and taking quite as much interest in them as her little daughter.—St. Nicholas.

Housework.

No girl should be ashamed to do housework. It is a most womanly accomplishment. One can never be a really good housekeeper unless one has a practical knowledge of even the humblest work in the house. It is a fallacy, for no one can command well who has not served. Learn to do and know how to direct.



No. 293.—Progressive Enigma.

1. The house dog found, 1, 2, 3, 4, 5, 6 up in his kennel, a 1, 2, 3 which had been 4, 5, 6 there by the comfort to be seen within.

No. 294.—Diamond.

1. A letter. 2. Cunning. 3. A garden implement. 4. Scouring. 5. A soft translucent variety of sulphate or carbonate of lime. 6. Tending the sick. 7. A staff or truncheon. 8. A wager. 9. A letter.

No. 295.—Enigmatical Flowers.

1. Fragrant letters. 2. An unfortunate love affair. 3. An animal and a chime. 4. A masculine name and a feather of a bird. 5. A singing bird and to incite.

No. 296.—Behandments.

To tales of revelry and mirth My name is oft appended; Behind me, and I am a word To Meters recommended; Again behind; with dewy morn I have association; Once more, and now my home is claimed By those of English nation. And if again my head should fall I am of value to you all.

No. 297.—Inverted Pyramids.

I. ***** II. *****

I. Across: Going past. A salutation. To be ill. A consonant. Down: A consonant. An exclamation. A body of water. A sliver. Not well. A negative. A consonant. II. Across: A cordial reception. A girl's name. Consumed. A consonant. Down: A consonant. Two letters from elm. A shore. A large town. The first name of a noted Norwegian violinist. One-half of mate. A vowel.

No. 298.—What Book?



What book by a well known writer does the picture suggest?

No. 299.—Buried Proverb.

1, 2. Love may come and love may go And fly like a bird from tree to tree. 3. 4. He has ten miles to go in the rain. But why does he make such a fuss? 5, 6. Ellen, thy hand; the ring is thine; Each guard and usher knows the sign. 7. A simple maiden in her flower Is worth a hundred coats of arms. 8. Oh, that we two were Maying! 9, 10. In summer when the days are long Perhaps you'll understand my song. II. And then shall his detested plaid, By bush and brier in midair stayed, Wave forth a banner fair and free, Meet signal for their revelry.

No. 300.—Anagram Verse.

The ***** all about the mines Are so ***** with clinging vines Through the ***** part the sun ne'er shines.

No. 301.—Anagrams.

1. The curb. 2. Ten ran. 3. Rage, rend! 4. May I darn? 5. Darker mess. 6. Pert crane. 7. Truer fire. 8. Uri bled. 9. Take room B. 10. Ask me, Hero. 11. I ran pet. 12. One rug S. 13. Grin no more. 14. Lion ma. 15. D. sent it. 16. 'Tis one rat.

A Quick Answer.

Johnny's elder brother (who wants Johnny to go on an errand)—Didn't you know I was looking for you everywhere? Johnny—No, I didn't. If I had you wouldn't have found me.

Love In Spectacles.

He—I suppose now that I shall have to ask your father for his consent. She—No, Harry. After the first time you called pa said I might have you if I wanted you. Pa and I have understood it for a long time.

Key to the Puzzler.

No. 285.—Metagram: 1. Zest. 2. Pest. 3. Test. 4. Rest. 5. Vest. 6. Jest. 7. Best. 8. Nest. 9. West. No. 286.—Dry Water: No answer required. No. 287.—Double Rhymes: Pit, space; sit, place; fit, grace; whit, trace; lit, plays; frit, days; knit, lace; wit, ways. No. 288.—Additions: Sea-l. Spin-y. Clove-n. No. 289.—Riddle: Ear-nest (earnest). No. 290.—Double Acrostic: Primals—The Crisis. Finalis—Churchill. 1. Trafic. 2. Hitch. 3. Elihu. 4. Checker. 5. Relic. 6. Inch. 7. Seml. 8. Identical. 9. Sentinel. No. 291.—Jumbled Quotations: 1. Hope springs eternal in the human breast. 2. Man never is but always to be blest. No. 292.—A Few Pets: 1. Petal. 2. Petrel. 3. Petroleum. 4. Petiole. 5. Petition. 6. Petrification.

An Animal Story For Little Folks How the Grasshopper Lost

A grasshopper because he had won a jumping match from the cricket challenged a bullfrog who lived near by. When the date for the match approached, the grasshopper worked very hard so as to jump at the proper weight. He would run a mile or two, jump rope, fly over fences, until he was really the



DOWN THE THROAT OF A TURKEY GOBBLER. greatest jumper that had appeared in the neighborhood for years. At last everything was ready for the contest. The bullfrog toed the mark and sang a sort of refrain like this:

Watch me jump! Watch me jump!

Then he jumped at least six feet. "That's nothing," said the grasshopper. "I told you all that I'm the greatest jumper on earth. After this jump I intend to go with the circus and do a jumping act." Then he threw out his legs in one grand leap and would certainly have won the match, but through a faulty steering gear he jumped right down the throat of a turkey gobbler who had been watching the performance.

An Animal Story For Little Folks HOW MR. TOM CAT CULTIVATED HIS VOICE

There were few cats in all animal land who had better voices than Mr. Tom Cat. He knew all the latest songs and could sing them with an earnestness and vigor that aroused the admiration of his friends and the envy of his enemies. It was his proud boast that nobody within three blocks of him could sleep through one of his nightly open air concerts.

If Mr. Tom Cat had been given a penny for every window that had been opened, for every head that had been stuck out, for every missile that had been thrown at him while he was singing, he would have been a very wealthy cat indeed.

But, like a great many people, Mr. Tom Cat was not satisfied. He was not contented to let well enough alone. He wanted to become still more famous. He wanted his voice to swell out upon the night air until its volume was so great that it would sound like two cats singing instead of one. As he did not know exactly how to attain



HE SAT DOWN AND BEGAN TO THINK. this end he decided to consult some one who could enlighten him. And it was just here that he made his mistake. Instead of going to a friend for advice he sought a rival, a cat that could sing as well as he. This cat naturally did not want Mr. Tom to improve, and so he was not liable to give any good advice.

"Eat a pound of sawdust," he said to Tom, and Tom very foolishly went off to a carpenter shop and bought the sawdust and ate it. Then he sat down and began to think, and the longer he sat the more he thought. And while he thought he suffered the worst pain that he had ever been called upon to suffer in all his life. The sawdust weighed on his stomach like a ton of lead. The tears came into his eyes, and he could not stop them. It was almost enough to kill him, and it is a great wonder that it did not kill him.

It was three whole days before he could resume his nightly songs, and he found his voice had not improved one whit. But there were two good lessons he learned—first, to be contented with what he had, and, second, never to try to make a meal on sawdust.—Detroit Journal.

CURES CATARRH.

"Hyomei the Most Wonderful Cure for Catarrh Ever Discovered."

Do not try to cure catarrh by taking drugs into the stomach; it cannot be cured in that manner. The only way in which this too common disease can be cured is through a direct application that will kill the bacilli of catarrh and prevent their growth.

Hyomei is the only known method of treatment that accomplishes this. It is the simplest, most pleasant, and the only absolute cure for catarrh that has ever been discovered.

Thousands of unsolicited testimonials have been received from the most prominent men and women in the country who have been cured by this remarkable remedy. Ministers, bankers, lawyers, even eminent physicians have sent strong testimonials as to the remarkable powers of Hyomei to cure catarrh.

Former Mayor Emory M. Yard, of Trenton, N. J., writes: "You have my permission to say that I believe 'Hyomei' to be one of the most wonderful cures for catarrh and throat trouble that has ever been discovered. I enclose you money order for two outfits for friends of mine to whom I have recommended 'Hyomei' and who I am anxious shall have the benefit of this remarkable panacea."

The complete Hyomei outfit costs but \$1.00, consisting of an inhaler, dropper and sufficient Hyomei to last some weeks. This will effect a cure in ordinary cases, but for chronic and deep-seated cases of catarrh, longer use is necessary, and then extra bottles of Hyomei can be obtained for 50c. It is not alone the best (it might be called the only) method of curing catarrh, but it is also the most economical.

S. Krumine had so much confidence in the power of Hyomei to cure catarrh, that he will for a limited time, sell this medicine under his personal guarantee to refund the money if the purchasers can say that it did not help them. x42

Reduced Rates to Harrisburg.

For the benefit of those desiring to attend the Supreme Court, Knights of the Golden Eagle, to be held at Harrisburg, Pa., October 13 to 19, the Pennsylvania Railroad Company will sell excursion tickets to Harrisburg, Oct 12 to 18, good to return until October 20, inclusive, from all stations upon its lines in the State of Pennsylvania, at reduced rates (minimum rate, 25 cents.)

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A GOOD RUBBER

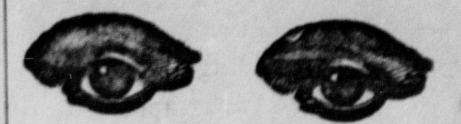
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