



A COLLEGE PRESIDENT.

By Ability and Over Difficulties She Has Made Her Way.

Foremost among the names of the great educators of this country stands that of a woman, Dr. M. Carey Thomas, the president of Bryn Mawr college. As the leading exponent of higher education for women she has achieved a worldwide reputation. In 1895 she was elected to the board of trustees of Cornell university, the first and only time a woman has been thus honored. She was the leader of the movement to have the Johns Hopkins Medical school opened to women on the same terms with men. When the University of Pennsylvania opened its graduate department to women she was chosen to make the principal address.

Doubtless much of her enthusiasm in this cause comes from the memory of her own struggles to obtain a doctor's



DR. M. CAREY THOMAS

degree. She was born in Baltimore about forty years ago, at a time when college education for women was practically unknown. Cornell university gave her an A. B. when she was only nineteen, but the heart of the ambitious young student was set upon obtaining a Ph. D. In pursuance of this goal she went to Leipzig, but after three years of study there her application was refused. Still undaunted, she repaired to Zurich and entered the university. In eight weeks' time she passed with the highest honors the oral examinations, made extremely difficult by the faculty because she was a woman.

On her return to this country she was made dean of the faculty of the then infant college of Bryn Mawr and co-operated with its president, Dr. Rhodes, in plans for organization. So effective was her work that on the retirement of Dr. Rhodes in 1895 she was unanimously chosen by the trustees to succeed him. It is the building up of this great college for women, with its self government and group systems which have served as models for similar institutions, and its graduate school attracting students from all parts of America, that President Thomas regards as her life monument. To this work she has given all the forces of her brilliant mind and magnetic personality, and the outcome is more than fulfilling her hopes.

The new buildings which Bryn Mawr has added from time to time have always been full to overflowing, and this in spite of the fact that the standard of entrance requirement has been frequently raised.

Training of Nervous Children.

There are two types of nervous children—the active child, always on the go, inquisitive and acquisitive, but delicate as the mimosa leaf, shrinking back into itself at the first repulse of harsh word, and the pale, quiet, sensitive child, intelligent and thoughtful, but retiring. The child of the first type develops into the inventor, the active philanthropist, the promoter, the schemer, the adventurer, or the leader of criminals, according as his training has been wise or foolish. The child of the second type becomes the philosopher, the thinker, the man of letters, the poet, or the misanthrope, the sour recluse and the plotter against society and government.

One great mistake in training a nervous child is to try to strengthen the nerves by opposition. A nervous child must be guided, not driven; if afraid of the dark it must not be forced to sleep in a closed room without a glimmer of light. It should not be laughed at for its timidity, but should be gently convinced by argument of the groundlessness of its fears. At the same time its physical constitution should receive careful attention. Tonics, good, digestible food, an open air life, avoidance of long hours of study, frequent changes of air and scene are all not only serviceable, but, one might say, indispensable, in the transformation of the child of nervous disposition into the well poised man or woman.

Points on Flesh Gaining.

One woman advises one who wishes to gain flesh to follow these simple rules:

To gain flesh eat a hearty breakfast and dinner and a light luncheon.

Brood butter and stewed fruit and milk are necessary articles of diet. Let the bread be brown, or gluten loaf, and have the milk hot but not scalded

take some often during the day, but eat no solids between meals.

Olive oil and fresh green salad and cream with baked bananas are fattening foods.

Before retiring take a warm bath to induce sleep, which aids in increasing flesh. Devote ten hours to sleep, and if possible rest for ten minutes every afternoon.

Spend one whole day in bed each month, sleeping as much of the day as possible.

The only true way to rest is to lie down in a darkened room with closed eyes and think of nothing.

Even five minutes of such rest is valuable; the muscles of the face relax, and one does not get a hard, set look, which adds many years to the appearance.

Take time to eat your meals. If you have no time to get a meal leisurely go without it, as it will not injure you a quarter as much as to eat it in a hurry.

Needs Much Tact.

"In giving a small dinner," says a hostess of experience, "it requires considerable forethought to prevent husbands and wives from sitting together or even directly opposite each other. Some married people have the disconcerting habit of criticising the remarks made at social gatherings by the partners of their joys and sorrows. 'What made you say that?' or 'Why did you mention this or that?' is the not infrequent sequel to an evening abroad, and it promotes sociability to arrange things so that this kind of conjugal criticism cannot take place. With a party consisting of four married couples this is a difficult thing to do, and it is advisable therefore whenever possible to invite two married couples only, with two women and two men who are unrelated to one another. This may seem an unimportant detail, but the neglect of it is responsible for many dull dinners."

Musty Rooms.

To remove the close, "old" smell about a room it is necessary to take up the carpet or matting if there should happen to be either. The carpet should be beaten and fumigated by letting it lie on the ground for several days, removing it at night. Finally it should be covered thickly with dry salt, allowed to stay in the sun for several hours, then swept thoroughly. Before replacing scour the floor in hot water and carbolic acid. The walls, if papered, should be stripped and washed with chloride of lime. If painted scrub with carbolic acid soap. When dry have them repainted or papered. If all this is performed thoroughly there should be perfect freshness and cleanliness in place of the musty odor.

Rice Cream.

Rice cream makes a very good Sunday pudding, as it must be prepared the day before it is required. Wash two tablespoonfuls of rice in several waters and cook slowly in one pint of milk, adding more milk if necessary by degrees. Soak half an ounce of gelatin in a little water and when the rice is perfectly soft add the gelatin, with two ounces of loaf sugar. Stir till all is dissolved and mixed. Pour into a basin, flavor to taste and when cooled a little add a gill of whipped cream. Mix all together, put into a wet mold and set to cool.

An Erect Pose.

You can look taller by holding yourself erect without the least bending of the knees, which must be drawn in firmly, but not held tensely. This erectness of pose can be acquired without stiffness by practice. Draw the hips well back and throw out the chest. Carry the head high and well poised. Reach up with the right arm, as though trying to touch the ceiling, then with the left, then with both arms. This exercise lengthens the line from the waist up.

Duty of a Cheerful Face.

To wear a cheerful face when the heart is aching is no deceit. When a good housekeeper cleans the front steps and porch before she sets the house to rights she does not mean to deceive passersby. She merely shows some pride in her house and some consideration for her neighbors. We conquer our heartaches more quickly when we begin by considering the friends who are near us.

A Hand Bath.

When a woman's hands state in sign language that she is her own cook and housemaid she should try the effect of a corn meal bath. Dip the hands first in warm soapy water, then in corn meal, rubbing the meal thoroughly over them. Rinse, and it is surprising what soft, white hands will be brought to view.

Tongue on Toast.

Tongue or ham on toast is a perfect dish. Chop the tongue or ham fine, beat the yolks of two eggs, add them to the tongue or ham with one-fourth of a teaspoonful of mustard and a little cayenne pepper, stir until the eggs are cooked and serve on squares of buttered toast.

Women should take five minutes a day from work and lie flat on the back, all muscles relaxed and eyes closed. This will be found a wonderful preserver of health, beauty and strength.

Felt shoe brushes are now used by the young woman who cleans her own shoes. They are said to be superior to the old time bristle brushes.

The women's clubs in Germany exert their influence to prevent girls from serving in hotels.

A warm sponge bath will relieve nervous strain.



SUSAN'S SLEIGH RIDE.

A True Story About a Little Girl's Trip With Her Grandpa.

There was once a little girl whose name was Susan. She lived about seventy-five years ago. Susan was a child with a very vivid imagination, which she inherited from her grandfather. He was a very imaginative man.

Susan was very fond of him, and so one day in winter when he came to take her home with him she was delighted. Her grandparents lived about ten miles from the village; and her mother wrapped her up very warmly and tucked her into the back of the sleigh.

Her grandfather was so large that he had to have a whole seat for himself. When Susan's mother kissed her good-bye she said, "Be sure you do not fall out of the back of the sleigh."

"Why, of course not," said Susan, with an important air.

They started on their drive, and Susan was very happy indeed. She imagined that she was in a balloon on the way to the moon and that she was queen of all the fairies and many other things. Grandpa also was thinking of other things. In fact, he forgot all about the little girl in the back of the sleigh.

When he reached home grandma was in the door watching for him. He drove into the yard, and grandma came out.

"Why, where is Susan?" she said. "Couldn't she come?"

"Why, why," said grandpa, "how very strange! I started out with her." "Go straight back and find her," said grandma sternly. "No, you need not stop to get warm. That poor child is much colder than you are. I only hope she will not freeze to death."

So grandpa turned his sleigh and went back and found Susan sitting in the road just where she had dropped out.

"Why, Susan," said grandpa in mild surprise, "get up quickly or you will have the pneumonia in your lungs. It is very catching."

"Oh, grandpa," said Susan, "I thought I was in the sleigh all the time, and I was having a beautiful dream. What made you spoil it?"

This time grandpa found room on the seat of the sleigh for Susan, and they arrived at grandma's none the worse for their adventure.—Elizabeth Starr Chatfield in St. Louis Globe-Democrat.

Marie's Dilemma.

Baby Marie is a dear little girl who is not old enough to always say the right word to express just what she means in good English. But she gets pretty near to it. One day after she



SHE "CAN'T HOW TO DO IT."

had climbed on a chair her mother came in the room in time to hear little Marie saying to herself:

"I want to get down, and I can't how to do it."

Mamma soon had her safely down.

Charmed a Lizard.

When Mr. P. H. Gosse, the naturalist, was in the West Indies he found by accident that the lizard called iguana was fond of sweet sounds. Wishing to obtain a specimen, he made a noose of string and fastened it to the end of a switch. Then he stole quietly up to the lizard, whistling a lively air all the time. The iguana paid no attention to him and allowed him to slip the noose over its head. When the tune was ended it grew very fierce and angry, changing its color repeatedly and snapping at everything. It kept hold of a bit of linen for hours and when lodged in a cage ran about wildly. At nightfall its favorite color seemed to be green. After being detained in custody for four weeks it began to cast its skin and died during the process.

London's Big Clock.

Do you sometimes wind up the clock at home? About how many turns of the key does it require? Not more than fifteen or twenty probably. Now, in the tower of the house of parliament in London there is a big clock. You have probably seen the picture of it.

Well, how long do you suppose it takes to wind that clock up—just the striking part? I don't think you can guess, so I will tell you. It takes exactly half a day.

You wouldn't care for the job of winding the clock in that tower, would you?

Puzzling Names.

Just fancy the agony of the little Indian children who in the early days of Long Island had to learn the terrible names that their heedless elders had given to places. Down on the far end of the island is a beautiful spring called Achabacwesuck. Imagine a little papoose playfully saying, "I am going to get a drink down at Achabacwesuck!"



No. 386.—Word Square.
1 The bend of the arm.
2 A deciduous cone bearing tree.
3 That which holds or binds.
4 To be found here and there.
5 An adverb meaning at or in what place.

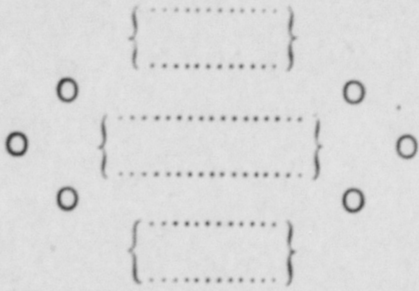
No. 387.—A Picture Puzzle.



A well known proverb is here illustrated.

No. 388.—Enigma.
This 1-2-3-4 you can try:
2-3 this 2-4 raly:
An 1-2-3-4-5-6 make
You need not fear to buy.

No. 389.—A Thanksgiving Dinner.



On one platter we perceive a secretary of state during the administration of U. S. Grant. On the one in the center a country in Europe. On the third platter a famous writer of essays. In one of the dishes a vegetable introduced by Raleigh into Europe. In another, part of the British commander during the Revolutionary war. In another, that which no nation has been able to do to the United States. For dessert, the pie, made famous by one of our poets; also the fruit of a tree bearing part of the name bestowed by his soldiers upon Andrew Jackson, and towns in New Jersey.

No. 390.—Charade.
When the first ship explores here
Into my whole a low island shore,
They found my first a savage there,
Dressed in the skins of bear or deer,
And not a second did he wear.
For the sun's rays he did not fear.
With tinsel they could not deeper dye
His dusky cheeks and swirling brow,
But since that day years rolling by
Have changed the scene, behold there
A mighty city grand and gay!
The savage tribes, oh, where are they?

No. 391.—A Novel Zigzag.
The words described are of unequal length. When rightly guessed and written one below another, take the first letter of the first word, the last letter of the second word, the first letter of the third word, etc. This zigzag will spell the name of a great poet. A second similar zigzag, beginning with the last letter of the first word, will spell the name of one of his poems.

Crosswords: 1. To perform. 2. Part of the foot. 3. Destiny. 4. Stratrum. 5. To reverberate. 6. Sunburned. 7. A pronoun. 8. Rock. 9. A number. 10. Foreign. 11. A pleasure boat. 12. The act of going out. 13. A command. 14. To faint.

No. 392.—Additions.
Add D to wrath and have peril.
Add D to a boy's name and have a top.
Add D to hindmost and have dismal.

A Crooked Path.
A disdainful flamingo once said
To a parrot in accents ill bred,
" 'Tis plain to be seen
That you're painfully green,
While I am extremely well red."

Said the parrot, "I notice you pose
As stilted and proud of your clothes,
But you can't polly-voos
Not a thing can you
But follow the bent of—"
—N. —raid.

Key to the:
No. 378.—Repetitions: car-tar. Sing Sing. So-so.

No. 379.—Changed Vowels: Cluck, clock, click, clack. Stuck, stuck, stack, stock.

No. 380.—Primal Acrostic: November. 1. Narrative. 2. Outspread. 3. Voluntary. 4. Embarrass. 5. Microcosm. 6. Barometer. 7. Exquisite. 8. Recognito.

No. 381.—Diagonal: Cooper. 1. Conifer. 2. Boston. 3. Swords. 4. Pepper. 5. Tablet. 6. Concur.

No. 382.—A Riddle: Grip, gripe. No. 383.—Reversals: Pan, nap. Bard, drab.

No. 384.—Picture Puzzle: Samuel. Hiram. Archibald. Isaac.

No. 385.—Two Diamonds:

I	II
S	H
C	M
SH	MAN
SHELL	RAVOR
DAISY	CADENCE
CHERRY	HAZELNUT
DEAR	BURNING
DOUBT	PRUNE
AT	AT

An Animal Story For Little Folks
The Terrier's Sad Fate

Willie Terrier was very proud when he had dressed himself up in his new clothes, and he was anxious to take a run downstairs and show himself off.

"I wish my master would send me on an errand," said he.

But his master did not wish to send him anywhere, although there was a letter that had to be taken to the police station by some one.

"I want Charlie Cur to take that letter," said the master as he stopped at the kennels and laid the letter on a box.

"No, indeed!" shouted the other two in chorus. "That would never do."

"They should be taught to jump!" cried the kangaroo with emphasis. "All my relatives will be glad to teach them."

"No, indeed!" yelled the other two in unison. "That would never do."

"They should be taught to look wise," said the elephant, "and all my relatives will act as teachers."

"No, indeed!" howled the other two together. "That will never do."

"Well, what will do?" they asked as they looked at each other in perplexity.

"Teach them to climb," said Mr. Monkey.

"Teach them to jump," said Mr. Kangaroo.

"Teach them to look wise," said Mr. Elephant.

And so it was that none of them would yield, and when they saw there was no chance to agree they all became angry and decided not to have any animal schools at all.

Between you and me, I expect the animals are just as smart as they would be with schools run by the elephant, monkey and kangaroo. What do you think?—Detroit Journal.

HE TOOK THE LETTER.

Now, Charlie Cur was not around at that moment, and Willie Terrier began to think it over.

"Here's a chance for me to show off my good clothes!" he cried. "I'll take the letter to the police station."

So he seized the envelope and away he went.

"Now, wait until I read the letter," said the policeman as Willie placed the envelope in his hand. The policeman read, and this is what he read:

"Dear Mr. Policeman—The bearer of this letter, one of my dogs, is no longer of any use to me. Please knock him in the head and throw him overboard."

Of course it was all meant for Charlie Cur, who was an old dog and had seen his day, and it is sad to think of Willie Terrier's fate.—Pittsburg Dispatch.

An Animal Story For Little Folks
Why The Animal Schools Failed

I wonder how many little boys and girls know why there are no schools in animal land?

Well, wherever there are schools there are school commissioners or a school board, which has charge of the schools and makes the laws to govern them.

When the animals decided to establish schools they selected a school board, consisting of Mr. Elephant, Mr. Kangaroo and Mr. Monkey, and these fellows held a meeting to agree upon their plans.

"What shall the animal children be taught in the animal school? That is the question," declared Mr. Monkey.

"Yes, that is the question," exclaimed Mr. Kangaroo and Mr. Elephant together.

"They should be taught to climb trees," said the monkey positively.



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THE SCHOOL BOARD HELD A MEETING. "All my relatives will serve as teachers."

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