

MRS. JOHN D. SHERMAN.

A Chicago Woman Who Is an Expert on Parliamentary Law.

Mrs. John D. Sherman of Chicago, recording secretary of the General Federation of Women's Clubs and one of the most prominent club women in the Illinois state federation, also holds the position of instructor of parliamentary law in the John Marshall Law school. Before assuming this position Mrs. Sherman had been lecturing to the women of the school on parliamentary law, but now she is instructor to the more advanced classes of men students, a position heretofore filled by men of national reputation.

Mrs. Sherman began the study of parliamentary law about ten years ago.



MRS. JOHN DICKINSON SHERMAN. Five years ago she became instructor to small classes organized in some of

the leading women's clubs of the city. Mrs. Sherman is also the official parliamentarian of the Illinois Federation of Women's Clubs. In addition to her class work, Mrs. Sherman conducts a parliamentary law department in the stir into the butter two tablespoonfuls American Monthly Magazine, the official organ of the Daughters of the American Revolution, and she is the author of a book on parliamentary law Chicago Inter Ocean.

Youthfulness.

Youthfulness is a quality very difficult to describe. As often as not it proceeds from the mind rather than from appearance, and one often feels with they are in reality far more youthful in mothers of families and grandmothers, too, who own to an enjoyment and zest for life equal to those experienced in early years. Youthfulness is temperament and the capacity for taking the simple goods that are to be found in existence rather than in waiting for superlative joys which may never arrive, says Woman's Life. The bored person of either sex is invariably a wearisome companion, while one with a keen sense of enjoyment adds to the well being of others a thousandfold.

Daughters and Home.

Mothers who love their daughters supremely cannot afford that any place should seem pleasanter to them than the home nest. A mother should not be so interested and insistent on keeping the home in apple pie order as to frown upon the free and hospitable welcome within it to her children's friends. She should open wide the doors of heart and home. It costs little to have boys and girls come to the house for informal frolics, to practice songs together, to play games, to talk over plans and pleasures. A mother should make it natural for her daughters' friends to come because the welcome is so warm, the meeting place so cheery, the atmosphere so friendly and uncritical, as to make self consciousness impossible. In this way mothers will get to know their daughters' friends and make it unlikely that any unfortunate attachment should grow and ripen without her knowledge until too late to uproot it.

The Girl Who Works.

God bless the girl who works! She is brave and true and noble. She is not too proud to earn her own living inches off one end and one side and reor ashamed to be caught at her daily hem them. This process will change task. She smiles at you from behind the places of the folds and will add the desk or counter or printer's case. There is a memory of her sewed up in towels should be treated in the same the silent gown. She is like a brave way .- Household. mountaineer already far up the precipice-climbing, struggling, rejoicing. The sight should be an inspiration to us all. It is an honor to know this girl and be worthy of her esteem. Lift alone should not be used; this will deyour hat to her, young man, as she velop only one or more muscles at the passes by. Her hand may be stained by dishwashing, sweeping, factory grease or printer's ink, but it is an hon- is brought into use. est hand and a helping hand. It stays misfortune from home; it supports an invalid loved one maybe; is a loving. potent shield that protects many a family from the almshouse. All honor to the brave toller! God bless and protect the girl who works! -- Chicago Chronicle

Her Unenviable Lot.

Under heaven there is no other creature so foriorn as the woman of educated and refined tastes who marries a really poor man and who must combine in her own person mother, wife, cook, seamstress, laundress and nurse. In comparison the lot of the so called working woman is idyllic ease and lux-

ury, for she at least has some hour out of the twenty-four that she can call her own and some money, however little, that she can spend on herself, whereas the unpaid household slave has none. The romantic goose of a girl who is willing and anxious to marry on nothing a year dreams of spending her life in a rose covered cottage, where she will hang perpetually over a rustic gate welcoming and speeding her adoring spouse, and it is only when it is too late that she realizes that, translated into actualities, the vine embowered cot is a 2 by 4 flat and that it is her unhappy destiny to fry Cupid to death over the kitchen range.-Chi-

Woman's Wisdom.

Women are the inheritors of the oldest, most universal human wisdom. They have more sense than men, for the simple reason that a man has to be a specialist, and a specialist has to be a fanatic. The normal man all over the world is a hunter or a fisher or a banker or a man of letters or some silly thing. If so, he has to be a wise hunter or a wise banker. But nobody with the smallest knowledge of professional life would ever expect him to be a wise man. But his wife has to be a wise woman. She has to have an eye on everything .- G. K. Chesterton in London Daily News.

Nerves and a Milk Diet.

An entire milk diet is an excellent thing for the woman who is troubled with insomnia. It is also good for the one who is so nervous that when she does sleep she has the sensation of falling and wakes with a terrific start. When these conditions exist it is well to subsist on milk alone for some time. A grown woman should take a pint of milk as a meal, but to keep up her strength she should take four meals a day instead of the usual three. People with weakened nerves require a larger quantity of water than those whose nerves and brains are strong.

Curried Meat.

Cut into dice two cupfuls of cold roast beef, veal, lamb, mutton or chicken. In a frying pan melt three tablespoonfuls of butter, and fry in it a sliced onion. Take out the onion and She comes to stay with me and Ben. of browned flour mixed with a tablespoonful of East India curry powder. When well blended, pour in a pint of stock and stir to a smooth brown which is now in its fourth edition .- sauce. Now add the cold meat, which should have been seasoned with salt should be accompanied by bananas.

A Graceful Hand.

The most graceful carriage of the middle aged and elderly people that hand is with the second and third fingers held slightly together. To acideas, in the keenness of their enjoy- quire this carriage practice the followment and in their fresh outlook than ing exercise: Holding the second and many of one's acquaintances who in third fingers together, curve them and point of years are mere girls. It is the thumb in toward the palm of the said that every age has its compensa. hand until a perfect circle is formed, ibtedly there are many then open slowly until the fingers and thumb are again straight. Practice the exercise until the fingers naturally assume the above carriage when the hand is in repose.

Be Careful When Making a Home. make our wills. We should be far wander in search of food and leave epmore careful where we make our och. Triply behead tan and leave to homes. To the sensitive man or wom- scorch. Triply behead a city of India an place means very much. It affects and leave a small gulf. Triply behead the health of the body. It consider- to terrify and leave the whole quantity. ably transforms the mind, changing Triply behead the edge and leave a magreatly the outlook on life. It even chine for separating the seeds from cotplays tricks with that very delicate ton. Triply behead a Swiss lake and

Ginger Jars.

Hichens.

The person who would throw away the ginger jar after the ginger has been eaten has no appreciation of beauty. The jars are excellent for flowers and, being low, are especially adapted to table use. In pictures of Japanese arrangements of flowers jars of this shape are frequently seen, and no one will deny that the surface is as interesting as many expensive potteries.

What Women Are Learning.

The gift of commanding friendship is undoubtedly of far greater worth than beauty; but, like beauty, it can be to some extent cultivated. This is a with others; truthful. fact not generally recognized. But then a few years ago women allowed themselves to age prematurely because they did not know of certain ways to keep themselves young both in appearance and manner.-Lady's Pictorial.

Economy In Table Linens.

When tablecloths are beginning to wear out in the folds cut two or three new life to the cloth. Serviettes and

Plump Arms.

Physical culture will produce round, well shaped arms. One set of exercises expense of the rest of the arm. Have the exercises arranged so every muscle

When cleaning wall paper use dough made of flour mixed with a little soda and water. The soda will not injure the paper, and the work will be done more rapidly with it.

The vinegar cruet should be put into, a closed closet after each meal. Light renders vinegar tasteless and takes away its snap.

Cotton rugs are best for bathrooms. Have them of white and a color to match the tile paper.

When walking breathe deeply, carrying the chest elevated and expanded.



No. 269 .- Diagonal.

much as the hand can hold. '3. Concord of musical strains differing in pitch and ter. Place a yeast cake in half a cupquality, 4. With weight, 5. Wife of a peer. 6. Object to be accomplished. 7. To hinder.

Diagonal names a busy season.

No. 270.-Illustrated Letter. PERHAPS AS U R &R 2 BZ U B G 2 RE TE TST HAVE U FOR 一个一个 O APID REST DEED US ELY U HAVE TUP TO M B4THIS PID XCEPT 2 UNCLE SE N.

-St. Nicholas.

No. 271 .- Metagram. 1. To murmur. 2. A small channel. 8. A swift sailing vessel. 4. An oily substance. 5. To dawdle.

No. 272.-Hidden Word Square. I make the choicest chocolate creams. They're sweet as love's young dreams. I eat them to the very last And have no toothache when they're past. Poor Kate cannot indulge like me Her every tooth rebels, you see, And so we never have them when

No. 273 .- Rhombold.

Across: 1. A flower. 2. A word in law signifying small. 3. Doctrine. A fruit usually eaten raw. 5. A kind of vessel having one mast only.

Down: 1. A letter. 2. A preposition. and pepper. Toss and stir until heated 8. Allow. 4. A separate particular. 5. through. Serve with boiled rice. It Languishes. 6. To number. 7. An adverb meaning "also." 8. A word of denial. 9. A letter.

No. 274 .- Anagrams.

[Two of the United States.] This state is such a timid maiden That at trifles she will quall, She can never crush a spider, Kill a bug on Touch A SNAIL

All the fair New England sisters Well filled pantries have, not small.

MASH WHEN RIPE the golden pumpkin

No. 275 .- Triple Beheadings. Triply behead a curious tropical plant

and leave concealed. Triply behead to go over again and leave to consume. Triply behead harmony and leave a Most of us are careful when we measure of wood. Triply behead to piece of mechanism, the heart.-Robert leave a feminine name. Triply behead a bulwark and leave a portion. Triply behead a spicy seed and leave at a dis-

No. 276 .- Triangle.

1. A city of Michigan. 2. Wandering. 3. Hackneyed. 4. Degree. 5. A number. 6. A pronoun. 7. A letter.

No. 277 .- Word Building.

1. A preposition; two letters. Add one by soaking in sour milk. letter for each change.

3. A sound sometimes, but not

ways, musical.

4. A hard, useful mineral substance.

No. 278 .- Nature Puzzle.

1. The wood that is a fish. 2. The wood that is a brilliant color.

3. The wood that is a favorite flower. 4. The wood that is a domestic ani-

The wood that is a downy sub-

stance. 6. The weed that is a mild fluid. 7. The root that is a weapon.

8. The berry that is a wild bird. Key to the Puzzler, No. 260.-Floral Arithmograph: Poly-

No. 261.-In the Woods: Oak, pine, spruce, maple, hemlock, cedar, larch, yew, fir, ash, dogwood, poplar.

No. 262.-Postman's Puzzle: Lover, glover. Pet, poet. Pauper, paper. Dunkard, drunkard. No. 263.-Disguised Vegetables: Arti-choke. Par-snip. Car-rot. A-spar-a-

No. 264 .- A Flight of Stairs:

S. DENTAL 4. TALMUD 7. 5. M U D

No. 265.-Illustrated Puzzles: Newport. Steamer. No. 266. - Arithmetical Examples:

D-aunt. M-end. No. 267.-Geographical Acrostic: Torquay. 1. Texas. 2. Ontario. 3. Rouen. 4. Quebec. 5, Url. 6, Arno. 7, Yang-

No. 268 .- A Basket of Fruit: Peaches. Oranges. Pears. Grapes.

GOOD BREAD.

Put four tablespoonfuls of shorten-

The Way to Have Loaves That Will Be Satiny and Elastic.

1. A hanging resting place. 2. As blespoonful of salt into a bread raiser promising industrial signs. and pour over it a quart of boiling waful of lukewarm water and stir with stuffs is no cheering news for farmers. a tenspoon till dissolved. When the The "increasing demand for the work water in the bread pan becomes luke- of American artisans" is simply the outwarm pour in the yeast and stir thor- put of the trusts that sell their goods in flour, beating it as it goes in with a they do to our own American farmers, wire whisk. When it becomes too hence the home farmer is being ground thick to move with the whisk use a between the upper and nether millslitted wooden spoon and stir thoroughly, so that the flour and wetting may Don't you see it? become well mixed. When it is spongy, but not dry, turn it out on a well floured molding cloth and knead. It can hardly be too well kneaded. It is the kneading that gives it the satiny Lock Haven, and demanded something are invariable tests of good bread. It ought even during this process to begin to show bubbles in its texture. Knead them out as much as possible. When dough is put back in the pan to rise with bubbles showing here and there it will be full of holes and poor of taste after it has been baked. After the kneading is finished and the attack him. Mr. Randecker then picked the bread raiser and dry it; then rub well inside with butter or lard before scalp wound. Chief of Police Lanner putting the dough back again for the was on his way up town from dinner and second raising. If this plan is followed the bread will slip out so clean after it has risen that the pan will scarcely require washing .- Good House-

EXERCISE FOR BABY.

Give the Infant Freedom to Kick and Roll and Grow.

Tiny infants need exercise as much as other human beings do. They have a natural instinct for it. Watch even a very young baby as it lies in your lap with its clothing removed and see how it will twist and wriggle and move its little arms and feet. As soon as it is able it will toss them about, draw them up and thrust them out, often uttering little squeals and noises of contentment. His little efforts at original gymnastics should be helped. and he should be given a special chance each day to stretch his small muscles. A daily airing is not enough, and from the first the long skirts and bandages should be loosened regularly and his body given full freedom.

Put him on the bed at first and let Put him on the bed at first and let S. G. ROTE, Coburn, room must be warm, so that he will not feel the lack of his skirts. Five or ten minutes of this fun will do his body a world of good. When he is several months old he can be put down on a rug after warm weather has come, but this would not be advisable during the winter, for floors are drafty.

He will not have enjoyed the rug on the floor so very long before it seen that he is learning to get about in some sort of way. His efforts probably will make creeping motions, or it may be that he is beginning to roll from place to place.

Some hables have been known to hitch themselves about seated on the floor. However he makes his progress, It really doesn't matter, for any of the movements is giving him the exercise he needs, and that is the main thing.

CULINARY CONCEITS.

Lamb chops are delicious if dipped in lemon juice just before broiling. If onlons are strong, change the water several times while they are boil-

Potatoes will bake more rapidly if a pan of water is put into the oven with

Some cooks soak salt ham overnight in milk before broiling for breakfast. Salt mackerel is said to be improved

All starchy foods require long cook-2. The seventeenth part of one-third ing. Albuminous foods, such as eggs,

oysters, etc., must be cooked at low temperature or they will harden. The novice should memorize this

rule: White meats well done; dark 5. Just and upright; fair in dealing meats underdone, except in fowls, which should always be thoroughly



outside, everywhere. Cost ess-takes less paint to cover

ter, crack or peel. Ask your dealer. John Lucas & Co Philadelphia

the same surface; wear longer;

look better longer; don't blis-

DON'T YOU SEE IT.

"Although there has been a decline of \$1,000,000,000 in the exports of breadstuffs from the United States this year, other exports, especially manufactured ing, either butter and lard mixed or one of the good fats on the market; The increasing demand for the work of two tablespoonfuls of sugar and a ta- American artisans is one of the most

So says one of our republican exchanges. Such a decline in our export of bread stones of the tariff protected trists.

Tramp Gets Just Deserts. A tramp called at the Dietz bakery smoothness and the elasticity which to eat from Mrs. Fred Randecker. She decker's husband, who was lying on a Pa. pearance and after a few words with Mr. Tramp, the latter made an attempt t dough feels as smooth as silk wash up a solid wood chair and hit the impudent visitor on the head, inflicting being informed of the fracas arrested the tramp and placed him in jail.

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About 15 years ago I was all run down with nervous prostration and palpitation of the heart (often getting black in the face and thought to be dying) losing flesh, till from 130 pounds my weight was reoughly. Add five cupfuls of sifted foreign countries for far less money than duced to 93 pounds, and for six months I was confined to my bed. A relative of mine who had been troubled with female weakness and nervous prostration and had been cured by Thompson's Barosma, recommended it to me. I began taking Thompson's Barosma at once and was not only cured of nervous prostration and palpitation of the heart, but began to gain in flesh until in a short time I weighed 140 stated that dinner was over and that she pounds, and from that time on until now had nothing to give him. He refused to have been perfectly well, doing my own leave and became insolent. Mrs. Ran- housework.—Mrs. Ely Marsh, Titusville,

> sofa in an adjoining room, made his ap- Thompson's Barosma, Kidney and Liver Cure is acceptable to the most delicate stomach and is pleasant to take. It cannot possibly do you any harm and has cured many children of non-retention. Thompson's Barosma, 50c and \$1.00.

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Green's Pharmacy Co., Bush House Block.

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