



MRS. MAY WRIGHT SEWALL.

A Prominent Reformer and Founder of Women's Clubs.

Mrs. May Wright Sewall, founder and ex-president of the International Council of Women, is of New England stock, born, however, in Wisconsin. She became a schoolteacher, a principal of a college and teacher of languages soon after winning her A. B. Matrimony beckoned her in 1880, but did not deter her in her work along educational lines, but rather broadened it. She possesses the degree of A. M. and with all her public life is a thoroughly domesticated woman, her home in Indianapolis being a model one and not neglected.

She is the founder of other organizations, notably the Indianapolis Woman's club, Art association, Equal Suffrage society, Indiana State Suffrage



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society, Association of Collegiate Alumnae, Kamabal circle, university extension work, Woman's Exchange, Indianapolis Contemporary club and the Local Council of Women. Mrs. Sewall originated the plan for the Indianapolis Propylaeum, a company of women who have erected a handsome building for helpful purposes. She is a prolific writer of books and articles on literary reform and educational subjects and is in constant demand as a lecturer. Mrs. Sewall is still in the prime of life, is fond of society and is a power in the social life of her city. Her weekly "at homes" are largely attended. Probably no woman in America so completely represents the life of modern woman, with its marvelous round of occupations and duties. Many official honors have been conferred upon her. She is a member of the New York Sorosis and of the American Historical association.

Inflammable Flannelette.

Surely the days of inflammable flannelette should be speedily numbered. The death roll among children who have been fatally injured by the ignition of this perilous fabric is simply appalling. The wearing of flannelette has again and again exposed children to the same risk as if their night dresses were soaked in spirit. The fabric catches fire as easily and burns with the same intense flame as alcohol, and the flames are not readily extinguished. "An inquest was held yesterday on the body of a little boy, aged two. He was left to play in a room while his mother was absent. He was in a flannelette night shirt. The mother had not left the room long when she heard screams and found the boy in flames. He was terribly burned, and the poor little fellow died within twenty-four hours of the occurrence." Such is the sort of heartrending paragraphs constantly appearing in the newspapers. One corner alone has stated that last year he held no less than seventy-three inquests on children who had been burned to death, and a large proportion was due to flannelette igniting.—Medical Journal.

A Perfect Bed.

A perfect bed, like a perfect woman, is deliciously soft without being too impenetrable. The quality of rebound is indispensable—it is the lack of it which makes the feather bed and its prototype among womankind after a while pre-eminently tiresome. As to clothes for it, Brunel's famous aphorism about dining out, "The finest linen, plenty of it and country washing," applies excellently. An exception may be noted—the linen need not be overfine provided it is generously supplied, of a fair whiteness and smelling of rose leaves and lavender or new mown hay. The coarsest textures so conditioned make even beds of straw or husks more inviting than those stuff monuments of great estate, flock beds, down beds or hair mattresses, even though they be sheeted with satin and lace. By the way, it was a flock bed, "my second best," that Shakespeare willed Anne Hathaway, his wife, not, as some have said, in misprision of her, but because the best bed, like freeholds and leaseholds, was subject to entail and went invariably to the heir.—Good House-keeping.

The Girl From School.

The daughter who comes home from boarding school is often a disappointment to her mother. Is she not so? She is inclined to be critical and make remarks about the furniture, the table, even your gowns, which hurt bitterly, even though she is your daughter. She seems discontented with the old life, and you are at a loss as to what is to be done. But do not take the situation too seriously, and, above all things, do

not harass her with showing her what you consider her "plain duty." She loves you just as much, but she is young and has been away, says Woman's Life.

Although she seems very self-assured, very confident of herself and her abilities, she has only not gone far enough to realize how little she knows. She must be led by affection and led with tact and gentleness. If she wants to make changes in the home life, so far as they are possible permit her to do so. It will give her occupation, and possibly the new ideas she brings out will mean something to you too.

Cleaning Windows.

Kerosene is a splendid acid in the cleaning of windows. Into a basin put two tablespoonfuls of kerosene and two of water. Take a soft cloth a little larger than the hand, dip it in the basin, half wring it and wash your windows, both sash and glass. Then rub dry with a soft newspaper and polish with a soft towel. This process will remove flyspecks and dirt from both glass and paint more easily and quickly than soap and water and leaves the glass with a better polish. The quantity given is sufficient for washing two ordinary sized windows.

Bedroom Climate.

On the tombstone of tens of thousands of those who have died from tuberculosis might appropriately be inscribed, "Disease and death were invited and encouraged by a death dealing bedroom climate."

To show that this is no exaggeration it is only necessary to call attention to the fact that fully half the tubercular patients placed in outdoor consumptive hospitals make a satisfactory recovery. If fresh air will cure the disease, it is certainly a wonderful preventive of it.—Dr. David Paulson in Good Health.

Baby's Short Clothes.

When mother is making baby's short clothes she will find it a great saving of labor if she will do these two things—make the neckbands of the little dresses a trifle larger than necessary, then draw very narrow tape through. When making the sleeves cut them a little longer than needed and sew two horizontal tucks below the elbow. Baby grows very fast, and as the arms lengthen the tucks can be let out and the tape is not drawn so tight. In this way the dresses will last much longer without being outgrown.

Lip Salve.

A delicious lip salve that can be used during the day is made of one ounce of spermaceti ointment, fifteen grains of balsam of Peru, fifteen grains of alkanet root and five drops of oil of cloves. Let the alkanet stand in the ointment over a gentle heat until the liquid is deep rose colored, then put through a strainer. When cooled stir in the balsam and let all settle. When it is clear pour off, leaving the sediment at the bottom, and to the clear add the oil of cloves. When cold it will be hard.

For Hardwood Floors.

Half a gallon of boiled linseed oil heated in an old iron saucepan until almost at the boiling point when applied to an oiled hardwood floor with a clean brush will prove to be an excellent cleanser. Three coats should be put on the first time and then one coat every six months to keep the floor in good condition. Such a floor is excellent in a kitchen, as it only requires wiping with a damp cloth once a week.

Bamboo Chests.

Many inexpensive little furnishings come in bamboo, as the bookshelves, both hanging and standing, which can be bought for a dollar or two; the tea tables, taboretts, corner brackets, India stools and like trifles. A new idea is the bamboo and grass chest, which is about the size of a shirt waist box and makes an excellent convenience for that very purpose.—Pittsburg Press.

Candlesticks.

Do not stand the candlesticks on the stove to melt the grease off, as people so often do, for an easier and better plan is to fill them with boiling water. Don't allow it to stand any time, but pour it off and rub the candlestick well with a dry cloth. Enamelled candlesticks as well as those of plain metal should be treated thus.

Matting.

Never use soap in washing a matting, because the alkali in it will eventually yellow and destroy the fiber. The most effective mode of washing a matting is to use lukewarm water, adding salt in the proportion of a handful to a bucket of water. The floor should be dried thoroughly.

Dishcloths.

Put two tablespoonfuls of soda in a small tub of cold water, put the dishcloths in and allow to soak about one hour. Stir them with a stick. Then lift them into a pan of warm water, wash the cloths with soap and rinse in cold water. They need no boiling.

When feeling faint or the symptoms of heart palpitation, bend the head downward. Some persons cannot stand so violent a remedy, but it is effectual, as it allows the blood to run to the head.

Many people do not know how to rest when tired. If the waist is aching badly, lie down on a sofa or bed and thrust the arm under the left knee while lying on the left side.

Moth patches may be removed by a lotion of salicylic acid and rose water—two ounces of rose water to half a dram of acid.

A little sugar added to the water used for basting the roast, especially if it be veal, improves its flavor.

LIVING AT A HOTEL.

Sensible Advice to Women Who Have to Travel Alone.

When you go to a hotel you will be met at the door by a porter, and you can either go to the office with him or ask him to engage a room for you from the clerk. But it is altogether customary for a woman to go to the office to engage her room, and you need not feel that you are doing anything conspicuous. State what sort of room you wish and learn the price. The clerk will give you the key of your room. When you are there, do as you please. If you want the chambermaid, ring for her and tell her what you need. After that behave as you would in any private house where you felt at home. Leave the key at the office when you are going out. Bear in mind that for the time being the hotel is your home and that you have a right to order anything in it that you are prepared to pay for. Don't be afraid of any one.

Keep the same thing in mind when you order meals. Take your time over the menu card. Select what you want as you would if the waiter were not there. If you look grave and dignified the attendants will think you are a haughty, reserved person who knows it all and will defer to you. Keep up this impression. Tip the waiter a quarter for any order of from \$1 to \$2 and beyond that on a scale of 10 per cent. The bell boy who takes up your bag will expect a dime tip. The chambermaid will look for a quarter if she has done anything especial for you. If not, don't tip her.

Don't be afraid of anything or any one. In all probability they are all as much in awe of you as you are of them.—Philadelphia North American.

CREEPING BAGS.

The Best Way to Make These Useful Baby Garments.

Absurd as a baby appears in one, there is no more useful garment than the practical creeping bag if correctly made. A closed end to the bag to cover the baby's legs and feet is a great mistake, as it seriously hampers the child's motions, but the bag made with length enough to turn up under the skirts and button or tie around the waist, entirely protecting the petticoats and yet leaving the baby's feet free for exercise, is a great success. The child uses his feet to propel himself or push himself over the floor, and of course his moccasins and stockings will be soiled in the process, but one can save the more perishable lace and lawn by using a creeping bag as a covering for his dress.

Gingham is the best material to choose, and two or three should be made, so that one may always be clean. One and a half yards of blue or pink gingham will transform the family cherub into a little working-man. The lower edge of the apron or bag is to be gathered into the band, which is provided with a button and buttonhole and buttoned around the baby's waist after being turned up under his petticoats.—New Orleans Times-Democrat.

THE HOME DOCTOR.

Wet cooking soda spread upon a thin cloth and bound over a corn will remove it.

If ice is applied to a burned finger until it stops smarting the skin will dry down and leave no blister.

A raw egg, swallowed, will usually detach any foreign substance, like a fish bone, if lodged in the throat.

A paste made of equal parts of brimstone, saltpeter and lard, if bound about a felon, will cure it. Renew as soon as it gets dry.

Never meddle with the ear if a foreign body such as a bead, seed or pellet enters it. Leave it absolutely alone and have a physician attend to it.

An ounce of alum stirred into hot milk makes a fine bath for parts affected with rheumatism. The curds which form when the mixture gets cold make an excellent poultice to put upon the parts overnight.

Soft Castile Soap.

Many persons who cannot use castile soap for the face and hands will find it agrees perfectly with the body, and in that case is better for the bath than any other soap. One of the most convenient things to have on every washstand is a jar of soft castile soap. This is made by scraping a cake of pure soap and adding about a pint and a half of water. Put them together into a saucepan and stand over a brisk heat, but not one that will boil the liquid. When the soap is dissolved pour into a wide mouthed jar. When the mixture cools it will be jelly. This is excellent to have by to rub on the hands when washing, diluted with more water to which a couple of pinches of soda are added. It is a harmless and cleansing shampoo to be rubbed into the head, which is then rinsed thoroughly.

A Homemade Antique.

A woman whose desire for beautiful things quite outstrips her pocketbook created from an old square piano case a magnificent library table. The works of the instrument had become absolutely worthless, so they were taken out. When the piano was closed it was a tight box of rosewood. The front piece was taken off, and a pine drawer was fitted in with the front piece for the front of the drawer. Two old fashioned glass knobs were screwed into the drawer for handles. The legs were beautifully carved, but were of course too long, so they were sawed off to make the top come to a convenient height for a table. The whole thing was polished highly, and the result was a table that could not be bought for \$100.—Brown Book.



Womanlike.

"Please, ma'am, the florist's man left some roses addressed, 'To the most beautiful woman in the world.'"

"Yes. Where are they?"
"Why, you see, I didn't know whether they were for me or for you. Suppose we divide them."—Boston Journal.

A Double Pleasure.



The Lion—If I had your figure I'd go to the theater every night.

The Giraffe—Why so?
The Lion—You have the advantage of being able to sit in the orchestra and see from the balcony at the same time.—Leslie's Weekly.

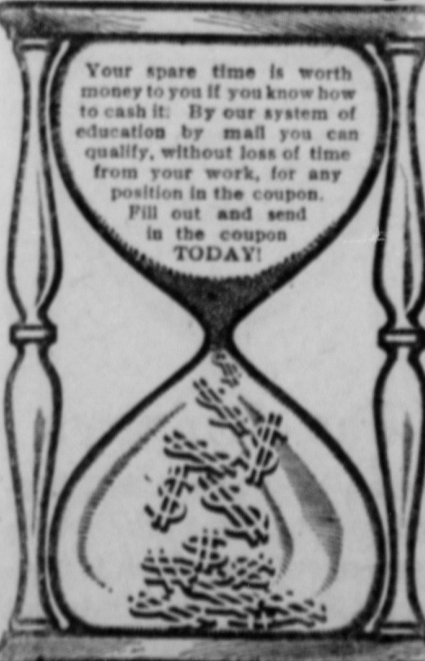
Limb Exercise.

Exercise is the best possible method of enlarging the legs. Long walks will soon produce results. A gymnastic feat which is said to be a certain enlarger for the lower limbs is to stand on one foot and, with the other leg held out as nearly at a right angle to the body as possible, try to touch the knee to the floor.



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