

The Centre Democrat.

CHAS. R. KURTZ, - - - PROPRIETOR

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CHAS. R. KURTZ.

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EDITORIAL.

The Pennsylvania legislature is booked to adjourn on this Thursday, April 13th. The date is an unlucky one, but the fact is fortunate.

GOVERNOR PENNYPACKER has signed the bill allowing school directors \$2 a day for attending the annual meeting of the county association of school directors.

The Pennsylvania Dutch idea is different, apparently, from that held by most people. A Lutheran minister who jilted a girl in Eastern Pennsylvania and had to pay her \$1,500 because he did, has been presented with the money by his congregation and has had his salary raised in addition. Which is evidence that sometimes the world loves a jilted.

Nor only did the Democrats last week carry Chicago and St. Louis and most of Colorado cities—event those that were reliably Republican—but they carried Kansas City and Leavenworth, both in Kansas, where Republicans supposed they were perfectly secure, and they carried Jefferson City, Mo., for the first time in twenty-five years, and made gains in all the Missouri towns. The party is all right; it was suffering last fall from a little mental aberration.

The Democratic state committee meet in Harrisburg on the 10th inst. to set the date for holding the state convention. As one Democrat is to be chosen to the state superior court bench this fall, there will be no end of candidates for the nomination. The term of Judge P. P. Smith, of Lackawanna, will expire and he is a candidate for another term. Among the prominent men mentioned for the place are C. LaRue Munson, of Williamsport, and ex-Judge D. L. Krebs, of Clearfield.

It is of interest to the public to know that the postoffice department has issued instructions to exclude from the mails all newspapers and periodicals which publish notices of drawing contests and similar devices to boom trade. The newspapers will not be allowed to announce piano drawings by merchants. The drawing coupons must not be printed in connection with the advertisements. The order applies to church fairs also. The postoffice department maintains that this comes under the head of lotteries and the law prohibits the postoffice from aiding lotteries in any way.

Weather Report.

Weekly report—Bellefonte Station.

DATE	TEMPERATURE
	Maximum Minimum
Apr. 7, cloudy	47 31
8, pt. cloudy	47 33
9, clear	61 30
10, cloudy	79 38
11, cloudy	68 43
12, pt. cloudy	63 40

Rain: On 10th, .64 inch; on 11th, .62 inch. Frosts on 7, 8 and 9th.

POLITICAL ANNOUNCEMENTS.

All persons who will seek nominations for office on the Democratic ticket in Centre county, according to the rules adopted by the party, cannot be voted for at the primary elections unless they have registered their names in a book kept by the County Chairman for that purpose, three weeks before the primary election, paid him a certain fee, for defraying necessary party expenses, and pledged themselves to vote for and support the ticket thus nominated.

The regular Democratic primaries for Centre county for the year 1905 will be held in the various voting precincts of the county on SATURDAY, JUNE 3RD, and the Democratic convention of Centre county will convene in the Court House, at Bellefonte, on TUESDAY, JUNE 6TH. H. S. TAYLOR, Co. Chairman.

We are authorized to announce the following named persons as Democratic candidates for the various offices named, subject to the decision of the Democratic county convention:

- Sheriff.**
ELLIS S. SHAFFER, of Miles Twp.
- County Treasurer.**
JOHN D. MILLER, of Walker Twp.
- DR. F. K. WHITE, of Phillipsburg Bor.**
- Register.**
D. WAGNER GEISS, of Bellefonte.
HARRY JACKSON, of Bellefonte.
- Recorder.**
JOHN C. ROWE, for re-election.
- Auditor.**
J. W. BECK, of Howard Boro.
S. H. HOY, of Benner Twp.
- Co. Commissioner.**
JAMES J. GRAMLEY, of Miles Twp.
W. H. FRY, of Ferguson Twp.

We are authorized to announce the name of H. E. Zimmerman, of Benner Twp., as a candidate for the office of County Commissioner, subject to the rules governing the Republican primary election in Centre county, to be held Saturday, April 15th, 1905.

HOME SLAVERY.

Some Wives and Mothers Become Too Self Sacrificing.

Self sacrifice is natural to some women. Often its power masters them altogether until their lives become one ceaseless devotion to endless labor and acceptance of unpleasant things that the pleasant part of living may be kept sacred for the rest of the family.

The purely useless side of this entire self effacement must sometimes strike the beholder, who realizes that it gives as little real benefit to the family as to the individual. Putting aside the moral effect on the younger members of a family brought up to regard their mother as a machine operated for the family convenience, the woman who consecrates herself to the well being of her family does not really accomplish all she desires.

If she renounces all recreation and higher life for herself and gives up all communion of mind and spirit with her husband and children, it is doubtful if she has chosen the best way of spending her health and energies.

If overfatigue numbs her mental brilliance or saps her buoyancy, the atmosphere of home is more greatly injured than the added cleaning and stiches and cooking can repair. If she is too worn out to give sympathy to the children's joys and sorrows, what do the lavish larder and fine furniture avail?

And if, as does happen, overtaxed nature gives way and others must step in the breach to take up her work, and to take care of the worker as well, what has she gained that she does not finally lose in her breakdown?

A life laid down in a worthy cause is not lost, but gained, but to teach children and husband selfishness and to ruin one's own helpfulness to them by useless drudgery is not a worthy cause.—Chicago Record Herald.

LARGE HATS.

How to Fasten Them on When Driving in the Wind.

I have heard it said there is money awaiting the woman who will patent a device for keeping on a large hat while driving in the wind. My neighbor offers the following original idea: Stretch a fine black silk cord across the front of



SECURING THE BIG HAT.

the hat and on top of the brim, as shown in the illustration (A A), fastening it on each edge with a veil pin. Pass it along the sides of your face and tie it together over your hair at the back. Try it if you want to prove that the hat cannot blow upward in front.—K. in Good Housekeeping.

Don't Grow Old.

Many women become middle aged from the simple reason that they allow middle aged habits to steal upon them and relapse into a state of physical indolence just at a time when they should fight against this tendency to give up exercise, says Woman's Life. "The best preventives against growing middle aged," says a charming woman of forty-five, whose unwrinkled face and slim figure give her the appearance of being at least fifteen years younger than her real age, "are cheerfulness, a strict determination not to worry over trifles and a sense of humor that saves one from depression. A cold tub every morning, a walk every day in rain or sunshine, face massage with cold cream at night, ten minutes' physical exercise immediately on rising, friction of the hair to stimulate its growth, will keep any woman free from wrinkles and will preserve the contour of her figure."

Two Kitchen Comforts.

I find my two best kitchen friends are a high stool and a camp chair; cost \$1. The high stool saves strength and rests the feet when employed in the ceaseless round of washing dishes. So many women stand to peel potatoes or apples, while I find it a great pleasure to sit in my camp chair with lean back. It is very light and can be easily lifted to the handiest place in the kitchen or carried to the open air. Then, again, I sit in my camp chair by my blue flame when frying fritters or doing the many things which need almost constant attention. Ofttimes I can have paper, magazine or book in hand, but with the nose and ears so close the cooking can be attended to even if the eyes and mind are otherwise engaged.—Brown Book.

Baked Potatoes.

Baked potatoes are supposed to be very easily digested, and so they are when they are baked properly. A hot oven is necessary, for a strong degree of heat is required to turn the starch of the potato to dextrin. Cooked in a slow oven a baked potato is no more digestible than boiled. Potatoes in the shell are very good, besides being wholesome. Bake large potatoes, and when quite done cut off a piece from one end and scoop out the inside. Mash with salt, pepper, butter, a little hot milk and the white of an egg to three potatoes, the egg beaten stiff. Refill the shells and return to the oven for a few minutes.

CHILDREN'S APPETITES.

Satisfy Them With Proper Foods, Digestible and Nourishing.

Children are often accused of eating too much, and it is very probable that they do in many cases. But when plain, nourishing food is given them and indigestible sweetmeats kept away or given in moderation the small people are not likely to overeat. Parents should remember that children are growing and that a healthy boy's appetite instead of being a sign of natural depravity may be a proof of loyalty to the laws of health.

It is the regulation of the quality more than the quantity that should be carefully looked after. Instinct is always unerring when it comes to the food that a child will naturally choose if a certain amount is placed before him and his taste has not been perverted by overeating of dainties. Children are like monkeys. They like milk, honey and nuts and, above all, fruits. It is suggested that this test be tried on a growing boy of, say, ten years of age. Offer him his choice between a huge ripe pear and a porterhouse steak. Almost any parent can see in advance that the lad will jump for the fruit.

Many times it is the children who first rise up and refuse food when they have had sufficient, not eating it simply because it is nice and palatable. "I'm full," they cry, which is a plain statement of a plain physiological fact. The "schoolboy" hunger is seldom paralleled in after years. It should be satisfied, but with proper foods, digestible and nourishing.—Detroit T. M.

Well Chosen Clothes.

To be well dressed does not necessitate an abundance of clothing. It rather means a few things carefully chosen and treated with close attention. One well fitting gown is worth more than a half dozen indifferent ones, no matter what their material. But with it there must be plenty of the little but necessary things that distinguish the well groomed woman from the frump. It is the old story of the small details of which every department of life is built up—the absence of good results when they are neglected and the transformation caused by brushing them up. We often forget their power, but they have a way of nudging our elbows till we remember their presence if we take no action on it.—Boston Traveler.

Boiled Rice.

This is the method followed by a cook whose boiled rice is always perfect: She washes the rice through several waters and afterward puts it in a calander, allowing the cold water from the faucet to run through it. The rice, a little at a time, is thrown into rapidly boiling water and cooked for about fifteen minutes. At the end of that time the saucapan is placed uncovered in the oven, where after a few minutes every bit of water evaporates, leaving the dry rice as fluffy as possible.

GENERAL HOUSEWORK.

Why It Suits Some Servants Better Than Special Work.

The woman who keeps but one servant generally has more difficulty in obtaining her than the woman who requires two or three, each specialized along certain lines, such as cooking, chamber work and waiting.

Appropos of this it is interesting to note in the Bulletin of Household Research an interview with applicants for general housework, which brought out the following facts explaining the preference of a very few women for general housework rather than for special work:

The general girl has more time to herself than the girl who specializes, because few families who keep but one girl expect her to answer the doorbell in the evening, so the day's work is practically ended with the washing of the dinner dishes. One girl, who seemed to have thought the matter over, said that people who could afford only one girl "belong to the class who have 6 o'clock dinners, so that everything is out of the way by 7:30 o'clock."

Employers are now allowing general girls every Sunday afternoon and every Thursday afternoon as well, while if there are several girls in a household they have only every second or third Sunday, according to the number of employees.

It was also alleged as an advantage that the general girl is more independent and that she is sure of a room to herself, while in more complicated households the girls are obliged to room together.

ROOM GROUPS.

The Art of Effectively Placing Pictures and Furniture.

Even where the room is large enough for the furniture to arrange itself in groups, as where the piano is under a large dark picture, with a table at the right, a lounge or chairs set diagonally at the left, all together making a mass of shadow there, no other group is to be considered so important an object as the fireplace group for the first glance. Where there is a rare picture or piece of sculpture it may well be left by itself in dignified and serene space, but ordinary pictures are better if arranged together and in reference to one another. A charming result is sometimes obtained by grouping on one wall or in a corner several tiny miniatures, silhouettes or small old fashioned prints, and a screen of plain drilling or a superb brocade half covered with these is often very effective. Choice bits cut from the magazines or from old books and framed at home in passe partout are often as rich in result as something a thousand times as costly. The desirable end in furnishing is not to have the house an exhibit of wealth, but to use the knowledge and appreciation of beauty and familiarity with the means of obtaining it in giving and receiving enjoyment and to maintaining the standards of taste and refinement.

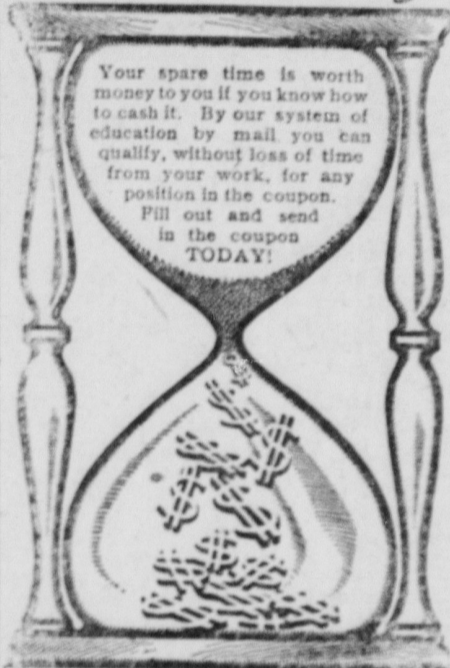
A Creamy Rice Pudding.

Place three tablespoonfuls of rice in a double boiler over the fire; add a pint and a half of milk and half a pint of cream. Season with half a teaspoonful of salt, four tablespoonfuls of sugar and a teaspoonful of extract of vanilla. Cover the kettle and let the rice cook in the milk until it is soft; then turn the whole into a well buttered pudding dish; grate a little nutmeg over the top, stand the dish in a moderate oven, and let the pudding bake until it is like a thick cream and is a light brown over the top. Do not let it bake too long. A few raisins added to the pudding before placing it in the oven will improve it. Serve cold with currant jelly.

The Glass Tray Protector.

When you have a handsome serving tray in burnt or lacquered wood, one on which every stain shows and which is yet so pretty to hand a glass of wine or water or a biscuit, have a piece of glass fitted to the bottom. Any glazier can cut a piece correctly by exact measurement, and it can be such a tight fit that it springs in and needs nothing to hold it, or it can be fastened at each corner by small brads, such as hold in window panes.

Turn Time Into Money



INTERNATIONAL CORRESPONDENCE SCHOOLS, Box 789, Scranton, Pa.

Please explain how I can qualify for position marked X below.

<input type="checkbox"/> Mechanical Engineer	<input type="checkbox"/> Sanitary Engineer
<input type="checkbox"/> Electrical Engineer	<input type="checkbox"/> Architect
<input type="checkbox"/> Civil Engineer	<input type="checkbox"/> Textile Engineer
<input type="checkbox"/> Telephone Engineer	<input type="checkbox"/> Chemist
<input type="checkbox"/> Steam Engineer	<input type="checkbox"/> Ad. Writer
<input type="checkbox"/> Marine Engineer	<input type="checkbox"/> Bookkeeper
<input type="checkbox"/> Civil Engineer	<input type="checkbox"/> stenographer
<input type="checkbox"/> Electrician	<input type="checkbox"/> To Speak French
<input type="checkbox"/> Mining Engineer	<input type="checkbox"/> To Speak German
	<input type="checkbox"/> To Speak Spanish

Name _____
St. & No. _____
City _____ State _____

Albert Thompson, LIVERYMAN.

I wish to inform the public that I have withdrawn from the livery firm of Thompson & Bartley, at Brandt House, and have purchased the complete livery outfit of Samuel Brooks, at rear of Sheffer's Grocery, Pike Alley. Am prepared to supply the best equipment at reasonable prices.

ALBERT THOMPSON, Bellefonte, Pa.

REXALL MEDICAL NEWS

Testimonials

MARCH 8, 1904.

"I am pleased to take this opportunity to state that for over two years I have been a sufferer from stomach trouble, until I was told by physicians that my case had developed into chronic dyspepsia and that the only cure, if there was a cure, could be obtained by going to a lower altitude and drinking freely of mineral waters. I could not afford to do this and had about given up all hope of getting much benefit or relief until I saw the Rexall Dyspepsia Tablets advertised as being a guaranteed cure for all forms of stomach trouble. I determined to try this new remedy and bought a box of dyspepsia tablets with the understanding that if it did not help me I could get my money back. After taking half of the box I was fully convinced that I had found the remedy for which I had been so long in search, and that I was on the road to recovery. I bought four more boxes of the Rexall cure for dyspepsia and took every box faithfully according to directions and I am now glad to say I have a new stomach. My weight has increased eight pounds and I feel like a new person. Rexall Dyspepsia Tablets are entitled to all the credit for making a new stomach for me." Signed E. H. Craven, Colorado Springs, Col.

Now are you surprised that I guarantee to refund you the price you pay me if Rexall Dyspepsia Tablets do not give entire satisfaction. I sell a large sample box, enough for fifteen days treatment, for twenty-five cents, and refund you the purchase price if you are in any way dissatisfied. I want you to try a box.

GREEN'S PHARMACY CO.,
Rexall Agency

Careful Dressers

—those who take an interest in appearing properly clothed, will find that the largest assortment of good clothes is here ready for them.

Distinctive Suits for Men

New Spring models, both single and double-breasted, radically new.

IN BEAUTY OF DESIGN
PERFECTION OF FIT
CHARACTER OF STYLE
AND QUALITY

you will find this showing to lead all others.

The best dressed man you see on Easter, ask him who supplies his clothes.



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SIM, THE CLOTHIER

GOOD CLOTHES STORE.