



MRS. ELLA S. STEWART.

President of the Illinois Equal Suffrage Association.

Mrs. Ella S. Stewart of Chicago, president of the Illinois Equal Suffrage association, is one of the progressive and public spirited women of her state. She is intensely interested in all movements making for the advancement of her sex and the general welfare of mankind. Mrs. Stewart is vice president of the Illinois Women's Christian Temperance union, and she is well known and beloved by all the club wo-



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men of the state. She is devoted to the cause of temperance, and her husband, Oliver W. Stewart, is a noted Prohibition leader.

Mrs. Stewart is a trustee of Eureka college, secretary of the reform department of the Chicago Woman's club and has been a resident of Chicago for the past eight years. She was born in Decatur, attended the public schools of that city and afterward was graduated from the University of Michigan.—Chicago Record-Herald.

**Excessive Maternal Devotion.**

Eighteen months ago the transcendent joys of motherhood came to a little woman known to the writer. It made her supremely happy, for hers is the nature to feel the truest and tenderest mother love. When the baby came, a robust, healthy boy, she at once worshiped him. The cot bed where he lay became a shrine. Every night she bent over it, singing him to sleep in those soft lullabies which only mothers know, and the place was holy.

As time went on, however, her passion of love developed to excess. Her physician and friends counseled her not to lift or carry the baby, being so frail and slight; but, behold, she firmly and consistently refused to permit the services of any one else. No hands but hers must minister to so precious a treasure. Every care connected with him she has made her own, and so, being exceptionally large and strong and vigorous, the baby is fast wearing his mother out. Already she is half an invalid, martyr to a weak back and to nervous malaises.

Her love was great, but was it wise? Ah, no! The time of that boy's greatest need is not now. He is now little but a bundle of physical needs, which any kind hands could supply, but in years to come no one will be able to take the place of his mother.

Those years to come! When he passes through the tragedies of childhood, when he meets the difficulties and perplexities of school life, when he knows the struggles and discouragements of early manhood, when he is old enough to feel pain and disappointment and loss and all the crosses of poor humanity, oh, then he will need his mother! And, if she has passed on, how irremediable the loss of her guidance, of her companionship, of her faithful affection, the love that never wearies nor grows cold!—Philadelphia Ledger.

**Life Without Love.**

Is it worth having? Well, hardly. We may not be sentimental. We may be the most matter of fact person in the world. Unless we are very crabbed and very foolish, however, we must appreciate the help love proves in all walks of life. Without love would the tired mother care to sit up and work for her little one, tend and wait on the ailing child all night? Without love would the father be always anxious to get on in the world and be helped in his daily work by looking forward to the evening at home?

Most of us know the difference love makes in the countenance of the engaged girl and man. Certainly the knowledge of it changes their outlook in every way, while love entirely alters the relations of a brother and sister. With it they are chums and take an interest in all that concerns one another. Without it they are strangers, probably, with the ordinary restrictions of good manners removed. No; even the most matter of fact among us must own that "the love that makes the world go round," and certainly the unhappiest person in the whole community would be the one who was doomed to "life without love" were it possible to find any such.—Woman's Life.

**A Successful Invalid.**

I know a lady who has been confined to her couch in a small room for years and can see only the tops of trees from her resting place, yet she is so cheerful and hopeful that people go to her with their troubles and always go away comforted and encouraged.

"Oh, isn't the spring beautiful?" (or summer, autumn or winter, as the case may be) is her exclamation to callers even when her body is quivering with pain. Her eyes are always smiling. A light shines through them which was never seen on land or sea.

Will any one say that this woman, who has brought light and cheer to all who know her, is poor or a failure simply because she has been confined to that little room all these years? No; she is a greater success than many a rich woman. She has the wealth that is worth while—the wealth that survives pain, sorrow and disasters of all kinds, that does not burn up, which floods or droughts cannot affect—the inexhaustible wealth of a sunny, cheerful soul.—Success Magazine.

**Using Cosmetics.**

The harm does not come in using a cosmetic, but in having it show. So declares a beauty specialist. She says a woman should apply rouge if necessary and that the only crime lies in detection. The woman who goes about the street looking like a poster picture is neither a pleasing nor a forgivable sight, but, on the other hand, neither is the woman who goes about her house with a draggled gown and a scraggy neck and deep wrinkles in her forehead and her face when she might look young and attractive. It is not the big things that count, but the little ones. Ten minutes' work each day will keep any face free from wrinkles and any complexion in a presentable condition.

**The Oyster Fork.**

A helpful idea in table setting when there are to be a number of elaborate courses, necessitating various forks and knives, is to have the small oyster fork laid across the others ready for the first course. This precludes the possibility of any mistake either through ignorance of the intricacies of modish serving or absentmindedness. Then, as each succeeding course is brought on, the deft fingers of the maid or discreet butler can give a slight tilt to the correct fork to use for that particular dish.—New York Press.

**Burning Food.**

If you are cooking fish, ham or anything else that makes a strong odor, or if something has boiled over or burned in the oven, scatter a little coffee on top of the stove or on a hot griddle and let it burn. The odor of the coffee will be much stronger than the others and far more agreeable. It will not do any harm on the stove, so let it burn up and if necessary carry some through the house on a hot pan. This is better than the old method of burning sugar.

**A Mistress of Languages.**

Miss Minnetta Taylor of Greencastle, Ind., for years professor of Romance languages in the De Pauw university, speaks fluently twenty-two different tongues, is able to converse fairly well in nine others and can read four more. From early childhood she showed astonishing ability to master languages, and when little more than a child became so familiar with Latin, Greek and Hebrew that she spoke each of these tongues.—Kansas City Journal.

**Kitchen Paints.**

Kitchen paints will soon acquire a shabby, dull look from the frequent cleaning that is necessary in this room. The use of soap only increases the difficulty, especially if the paints are varnished. The best plan is to boil one pound of bran in a gallon of water for an hour, then wash the paint with this bran water, and it will not only be kept clean, but bright and glossy. A woman who rejoices in a spotless kitchen will welcome this idea.

**Don't Tell.**

Don't tell any one your children's faults, even to their relatives. If you need advice get it privately. Mortifying the children creates bitterness in their untrained hearts and estranges them from you, says Woman's Life.

Don't tell your own age or ask for figures concerning others.

Don't tell your neighbor that you disapprove of his or her ideas. By so doing you will find how soon you will be forgotten by them.

**Cleaning Brass Utensils.**

A brass teakettle and other brass articles can be easily cleaned, with the exception of Benares ware, in the following way: First clean well with a little suds made of ammonia and soap without water and then quickly rinse it off. This will give a semipolish to the article and will also leave it perfectly free from any grease. Then any

**Sore Throat Wisdom**

If every mother could realize the real danger that lurks behind every case of sore throat, she wouldn't rest until she had effected a cure every time a child has it.

Your family physician will verify the statement that it is a positive fact that every child with sore throat is in immediate danger of contracting Croup, Quinsy, Tonsillitis or Diphtheria, and is not removed from that danger until the throat is cured. Think of it!

Liniments or outward application of medicines do not and cannot cure the ailment, though they may offer temporary relief. Neither can you cure sore throat with a cough syrup or a cold cure.

To cure, you must get at the seat of the disease, removing the cause. Nothing does that so quickly, safely and surely as TONSILINE. A single dose of TONSILINE taken upon the first appearance of sore throat may save long weeks of sickness, great expense, worry, even death. TONSILINE is the stitch in time.

Use a little sore throat wisdom and buy a bottle of TONSILINE today. You may need it tomorrow.

TONSILINE is the standard sore throat remedy—best known and most effective and most used. Look for the long necked fellow on the 25 or 50 cent sized bottle when you go to the drug store to get it. The Tonsiline Co., Canton, Ohio.

good proprietary brass polish will add a shining surface to the ware.

**A Sickroom Hint.**

If hot applications are required for a person taken suddenly ill, when the fire is out and there is no better convenience for heating at hand, a lamp chimney fills the breach admirably. Light the lamp full head, and in a twinkling the chimney is hot and ready for use when wrapped in a woolen cloth. A stove lid answers the same purpose when the fire has been retained.

Bermuda onion and water cress make a good combination either in a salad or a sandwich. The addition of a little horse-radish gives an extra flavor to the combination. When the onion figures in a sandwich scrape or mince it. In the salad slices are better.

An excellent article of food for children is skim milk. People think all the goodness is extracted with the cream, but this is not so; only the fat has been removed. All the proteids remain behind.

The average woman is either worried to death because she has no servants or because she has.—Philadelphia Record.

The average boy's idea of a sissy is a fellow who never smokes or swears.

**PAINS IN THE BACK.**

Are the signs of the deranged Kidneys. And as the Kidneys are the most important organs in the human body except the heart, and have more work to perform than any other of the organs, these first symptoms of approaching disease should be heeded.

Krine's Kidney Pills are a specific for Kidney and Urinary troubles and will cure quickly by supplying that which Nature lacks, thus assisting nature in its important functions, of filtering the poisons from the blood. One month's treatment one dollar, at Krumine's Pharmacy. If not benefitted ask for your money back.

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—IN—

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Are completely covered by the new stocks we are receiving daily, and we wish you to note the WALK-OVER we have in the WALK-OVER SHOES for Men. They are the leaders at popular prices, and you should examine them first.

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