

She Dare Not Overeat.

Mme. Jeanne Granier, the charming and vivacious actress, lives a Spartan life of self denial in food, says the London Graphic. She takes tea in the morning, and after that only a lunch, dinner at half past 1-no tea, so supper, no late meal. She says could not get through her work if she ate more. No doubt we all overest, which is the cause of so much cheumatism and gout: but where would English people be without their great lunches and dinners? It is their one way of spending the funds of any sodety or club.

Perfumes Match Coatumes.

This, says the Lady's Pictorial, is a wonderful season for perfumes, and in the use of scents, as in all other things we are showing a commendable avoidance of mere crude effects and a pleasing striving after an artistic ensemble A few years ago a woman used any perfume which pleased her in and out of season. Then came the craze for essociating one particular odor with eneself, such as violet or attar of roses or peau d'Espagne or vervaine. But now we have gone a step farther and adopted the very charming habit of using eartain fashionable scents with certain clothes and on certain occations, being careful that it shall "match," so to say,

Carmen Sylva's Romance.

"Carmen Sylva," the royal author, met her husband, the king of Roumania, in quite a romantic way. As a cirl of 17 she was running down the staircase of the palace at Berlin when her foot slipped on the marble, and she would have fallen to the floor below, but at the moment Prince Charles of Hohenzollern stepped from an anteroom and caught her in his arms. She did not accept him, although he made her the offer at once. In joke-for it was then most unlikely-she said she preferred to remain queen of herself, but if she became queen of any country at all she would prefer Roumania. Bight years afterward the beautiful Carmen was married to Prince Charles, who had been proclaimed king of Roumania and thus she realized her am-

The Age of Charm.

In an article in Ainslee's Magazine Miss Geraldine Bonner discusses "The Age of Charm" in women, and gives a very interesting running summary of the ages of the famous women in fiction and history. Sir Walter Scott's heroines were 16 or 17 years old; those of Thackeray and Dickens 20. Jane Evre was only 19 years of age, "an error in art for which the fashion of the day is responsible." Juliet, the only heroine in Shakespeare whose age is given, was 14 years old. Balzac surprised the world by introducing to it still fresh and bewitching women of 30. Diane de Poicters and Madame de Maintenon were 40; and "the women of the salons and the Revolution" continued these traditions of an irresistthle fascination at the age of autumnal maturity. Anne Boleyn was 24 years eld. Stella was loved best by Dean Swift when she was nearly 40. Venus de Milo was 32, and Thackeray is the expert authority who declares that 32 is the age when a woman is in her perfect moment of full bloom. Cleopatra was 38 when she and Antony "kissed away kingdoms," and Helen of Troy was nearly 40 when Paris was emitten with her beauty.

Wheels as Skirt Decoration.

A favorite way of trimming a gown is wit ha series of wheels, either solid or transparent, according as satin, cloth, silk, linen or lace be used. A pretty dancing dress of sweet pea silk shot through with changeable pink and white, with a very occasional tinge of bluish threads, has an arrangement lace wheels set on the flared gores of the skirt near the hem in default of flouncing. The wheels are round wafers of lace. Care must be taken select a web not too fine. The coarsor or firmer lace wheels produce a much better effect than those of cobweb tissue. The wheel of colored lipen is a flat rosette, so is the wheel of silk. These are carefully spaced about the bottom of the skirt and occasionally are mounted upon a shaped flounce. A novel arrangement shows the wheel suspended from a long straight line. The narrow bands start from the waist and radiate down the skirt, spreading further apart as they so with the increasing circumference of the gown. At the foot of each band is the wheel or medallion, rendered more important by being encircled by the band. A long band sometimes has two wheels or medallions, one r little distance above another.

Freak Meals Out of Order.

Drop the pink teas and the yellow Sinners and all such colored fads. They are no longer the style in Paris. Those who give dinners and teas there have returned to the normal and sane ideas eating naturally, Freak foods and ak decorations have been brushed side together and things of the season

nust be eaten in season.

It is now the fashion to have everything in season, the flowers as well as the food. Forced hothouse plants and vagetables are to be avoided, as well

as imported meats. Spring flowers are chosen for spring luncheons and dinners, just as summer flowers are chosen to decorate summer tables, with vegetables that are in season and con-

sequently at their best.

The elaborate ribbon and lace accessories which formerly adorned tables are entirely dispensed with. The tablecloth is of rich damask, handsomely embroidered, with the napkins to match, and decorated with a centre piece of seasonable flowers, encircled with a wreath of green foliage or vine, Masses of silver and gold plate are left on the sideboard.

Only the knife and fork are placed for each person and changed for others with each course. The rows of knives and forks on each side of the plate are scrupulously avoided, together with all kinds of specially shaped knives and forks, invented by the jeweler to create a want, but which are to be dispensed with; even the oyster fork is made to resemble the ordinary fork as much as possible, and many smart hostesses do not even use a special fork for oysters.

As for the finger bowl, it has com pletely disappeared from all smart tables, and is caricatured even in the salon under the title of "Julie's Bath," a picture by Jean Veber, showing a big, fat woman washing her hands in a large finger bowl after dinner.-New York Mail ad Express.

To Make Dainty Stoles.

Such dainty stoles, pelerines, shoul-der capes—call them what you will can be made by the woman at all clever with her needle.

The one desideratum is that they shall be flat and fall in line with the fashion ukase for sloping shoulders and flat effects. But these two commands obeyed, you can make your stole as dainty, original or daring as you please.

The straight, flat stole effects perhaps have the preference. These can be worn around the shoulders or dropped Empire scarf fashion down the arms to rest at the elbow.

But many prefer a flat cape effect, with ruffles or ruching on the edge to give the bit of frou-frou fluffiness dear to the feminine heart.

Tulle, chiffon, mousseline or fine soft liberty silk, either black or white, is much used to make these stoles. Four yards of wide, coarse mesh tulle is gathered into a series of boullonnees at regular intervals, until the width is reduced to some 12 inches, a plain, straight piece of the tulle being requisitioned to steady the whole filmy concern, while, around all, a plisse frill is disposed in rayishing fashion. In black or white these stoles are simply

Another pretty one can be made of chiffon, set into corded shirtings, with a fine and dainty lace for edge. This can be slightly shaped to the figure by tightening the drawing threads about the upper edge.

In the realm of fancy stoles, designs grow limitless. A simple latticework stole of ribbon velvet dotted with tiny velvet edged rosettes of tulle is quite a novelty; and very smart was a pelerine of black taffeta strapped with graduated bands of white linen, the long ends being composed of three or four wide mitred bands overlapping each other, strapped with linen to correspond with the cape and caught with round gold military buttons, . Another charming pelerine was an effective combination of the palest primrose taffeta and point d'arabe.

White Irish lace and white chiffon is elegant. But as we have said, there is really no end to the combinations one may effect, and these things are easily made at home.-Philadelphia Telegraph.

Fashion Notes.

The Gainsborough hat is, so report says, to have another season of popularity.

Chiffon lace has the sheerness of chiffon, but is exceedingly strong and durable. Colored silk mousseline, splashed all

over with white, is finding great favor with French dressmakers. Shaded mousseline is used not only

for scarfs, parasols and trimming, but also for whole frocks. Fringes are unquestionably successful at last, and their vogue will doubt-

less continue through the coming sea-Black and white checked silk grenadine, made up over white and trimmed

with touches of color is particularly chic and successful. Jewelled gold or silver tassels finish the ends of chiffon scarfs or narrow chine ribbons, which are tied around

the throat and hang down the back. White cotton net, printed in a soft blue trellis pattern over which clamber trailing vines of pink roses, is ideal material for a picturesque bergere

Plain mull or batiste with trails of white hand embroidery running around the border of hemstitched flounces and frills is the last note of modishness

in lingerie gowns. Plumes of exaggerated length, formed by putting together several ordinary plumes, are used upon many of the French hats, and fall far down over the shoulders.

There is a noticeable use of brown as a relieving note in place of the favorite black. Even upon French frocks of white net or other sheer stuffs ; note of nut brown is often introduced

Deep girdles on which are draped shimmering silk in myriad blending hues are called rainbow girdles and are worn with one-tone frocks in any one of the shades represented in the girdle.

The quantity of material required for the medium size is five and three-one and seven-eighth yard forty-four inches wide, with one-quarter yard of girdle.



New York City.-Waists made with | forty-four inches wide, or three and tucks that extend from the shoulders a quarter yards fifty-two inches wide. to yoke depth always are becoming and provide most desirable of all lines



BLOUSE WAIST.

This pretty May Manton one combines that feature with the plain centre front which is attached to the tucked ones beneath their edges. The original is made of embroidered batiste with trimming of Valenciennes lace, but the design suits all the materials of the season, cotton, linen, wool and silk, and can be made lined or unlined as may be deemed desirable.

The waist consists of the fitted foun dation, the back, the tucked fronts and the centre front. The back is tucked for its entire length. The fronts are laid in one tuck at each edge and in three from the shoulders to voke depth The centre front is plain and trimmed on indicated lines and is attached to the right side, hooked or buttoned into place at the left. The sleeves are able than the ordinary tulle. made in the latest style, which means that they are somewhat snug above the elbows but full and ample below.

The quantity of material required for the medium size is four and a half yards twenty-one inches wide, three ed in shadowy fuchsias in their natural and three-quarter yards twenty-seven tints.

A Mirror Fad. Within the past few years a decided fad for the collecting of antique mirrors has developed, and many a looking glass of ancient days, treasured more for association's sake than for its intrinsic value, has assumed considerable importance commercially. Colonial mirrors are having a decided vogue at the present time, more particularly those decorated with a pastel across the top, but in the opinion of one critic they are not entitled to consideration on the score of beauty .-New York Journal.

The Triumph of the Mistletoe.

In lace and embroideries it looks as if the too, too popular grape was about to be replaced by the mistletoe. Though less showy than the fruit of Bacchus, its artistic possibilities are quite as good. Furthermore, it has traditions and associations of its own that are distinctly pleasant, and, last

Top Collars and Auto Cuffs.

Top collars and cuffs are daily grow ing deeper, and rather more important Vandyke points are favorite shapes and they are treated with vivid splashes of embroidery in colors, red, pale blue and black being most effect-

Tulle Avaignee.

A new and popular material of the net class is tulle avaignee, a fine silk tulle with meshes forming symmetri-

A Hand-Painted Frock.

Among the hand-painted mousseline frocks worn at a recent Paris function was one in soft gray mousseline, paint



inches wide, three and three-quarter yards thirty-two inches wide, or two and a half yards forty-four inches

A Popular Costume.

Shirt waists are among the good ton one, shown in the large drawing, is to yoke depth at the front, so to the becoming folds over the bust, while sirable.

The blouse is made with the fitted equally suitable.

fitting lining, which can be used or tucks at the neck and both front and omitted as preferred, the fronts and backs are gathered at the waist line. back is drawn down smoothly and snugly at the waist line, while the

into straight cuffs at the wrists. The quantity of material required for the medium size is four and a half yards twenty-one inches wide, yards twenty-seven inches wide, three and three-quarter yards thirty-two inches wide, or two and a quarter

yards forty-four inches wide. Walking skirts have become so much of a necessity as to be included in every wardrobe. The very stylish one illustrated in the large picture is adapted to cloth of all grades, to etamines and the like and to the heavy linens now in vogue, but as shown is made of Sicilian mohair in royal blue with stitching in corticelli silk.

The skirt consists of nine gores which are shaped to fit with perfect snugness above the knees and to flare free ly about the feet. The fullness at the back is laid in inverted pleats.

Tucked Blouse.

Blouses made with horizontal tucks are greatly in style and suit girlish figures to perfection. This one, designed by May Manton, shows three tucks in the blouse and three in the sleeves made on continuous lines, so giving the things of which no woman ever has broad effect which is demanded by enough. The very stylish May Man- present fashions. The model is made of white handkerchief linen with col new and becoming to the generality of | lar and cuffs of lace and is unlined. figures. The tucks, which are arranged but the design suits wool and silk as to give a pleat effect, are stitched only well as cotton and linen fabrics, and

ure. The original is made of dotted foundation, the tucked front and chambray, but all waist materials are tucked backs, and is shaped by means of shoulder and under-arm seams. The The walst consists of the smoothly fullness in the front is laid in tiny the back, and is shaped by means of The sleeves are the new ones that are shoulder and under-arm seams. The snug above the elbows but form full soft puffs at the wrists.

The quantity of material required for front blouses slightly over the belt, the medium size is three and three The sleeves are cut in one piece and quarter yards twenty-one inches wide, are full below the elbows and gathered three and three-quarter yards twentyseven inches wide, two and three-quar-



MISSES' TUCKED BLOUSE

FOR THE

Medicine Chest Needs,

Accidents and ailments of one sori or another are of such frequent occurrence wherever there are small children that every mother, unless she wishes to be incessantly sending for a doctor, must needs possess some defi-nite knowledge of what may be called 'First aid" science. Of course, in many instances, the advice of a physician is both desirable and necessary. but in fully as many others the prompt application of a simple home remedy will be quite as effectual as professional treatment; and even when medical aid is indispensable much may depend upon mother's knowledge of what ought to be done and her ability to do

For in almost all infantile illnesse the manifestation of the disease is so abrupt and its progress so rapid that the danger mark may be reached while one is awaiting the doctor's arrival. Never allow the medicine chest to be without absorbent cotton, pieces of old linen for bandages, a roll of cheese cloth, cut into narrow strips, a box of mustard, a bottle of sweet oll and a bottle of castor oil. Have nearby the hot water bag.-New York American.

Borax.

As a remedy borax has two great qualities—it is cheap and harmless. It is a good cosmetic. An ounce of powdered barox dissolved in a quart of hot water may be bottled and kept on the toilet table.

Scrub the face with soap and water on retiring. In the morning dash upon cold water to which some of the borax

solution has been added. Pure borax will not hurt the skin. The borax that dries it is adulterated

with soda. Borax is an antiseptic, and twice week the kitchen sink may be flooded with strong borax suds to good advantage.

It is well to sprinkle borax under the papers on the pantry shelves to prevent insects.

It is well to boil a strong solution of borax in the coffee pot, as well as in the tea kettle every few days.

To clean silver dissolve a teaspoon ful of borax in a cedar tub of hot water for a few moments. Then take it out and polish with a chamois.

Pure borax will entirely dissolve in hot water.-Philadelphia Record.

How to Choose Cheese

Most housekeepers, says the St. Louis Republic, quail before that part of the family marketing which relates to the purchase of cheese, and wish the man of the house, who is usually the chief consumer as well as the critic, would always buy it. Such may find the

words of an authority of value: "A cheese with an indication of goodners will have an even-cotored not mottled, rind. The moment you press your fingertips on the rind you can begin to judge of the interior make-up of a cheese. If it yields read ily to the pressure of the fingers, and the rind breaks or does not spring back readily when the pressure is withdrawn, you have got a soft article, caused by the slack cooling of the curd, a want of acid, or both. At best it will have an insipid flavor and will 'go off' as it ages. Cheese which feels so hard that you cannot press it on the rind is either sour, salted too heavily, cooked too much, skimmed or suffering from a touch of all these com-

plaints. "A good cheese will be mellow to the touch, yet firm. Its rind will be of an even tint, elastic and free from puffs, and the sample will reveal firm, closegrained, buttery cheese of a nutty flavor."

Recipes.

Cream Toast-Toast slices of bread golden brown; while hot butter and pour over a little thick cream; put in a hot oven for three minutes; serve

Clams Maryland Style-Put one tablespoonful of butter in a frying pan over the fire; when it is hot add one tablespoonful of finely chopped onion; fry slowly five minutes without browning; then add 15 softshell clams; cover and cook five minutes; season with pepper; beat yolks of two eggs; add half a cup of cream to them; add this to the hot clams and cook, stirring until creamy; do not let boil.

Raised Muffins-Scald one pint of milk: add two level tablespoonfuls of butter and stir until melted; when the milk is lukewarm add two teaspoonfuls of sugar, two beaten eggs and onethird of a yeast cake dissolved in onethird cup of tepid water; stir in flour until the batter will drop from the spoon; let this stand over night; do not stir this in the morning, but lift out lightly with a spoon and drop in muffin rings; bake 10 minutes in a quick oven.

Prune Pudding-One pint of milk, three eggs, half a cupful of sugar, two shredded wheat biscuit, one-fourth teaspoon of cinnamon, one tablespoon of butter, and one cupful of cooked chopped prunes; beat the eggs, salt, sugar and cinnamon together; add the milk and mix well and pour over the biscuit crumbs; add the chopped prunes, turn into a buttered baking dish; put small pleces of butter over the top; put in a moderate oven and bake slowly until firm in the centre; serve with lemon sauce.

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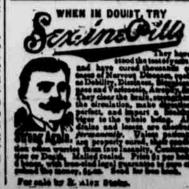
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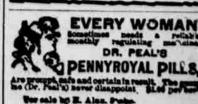
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The Agricultural Department has es tablished a microscopic laboratory for the inspection of imported foods as provided in the pure-food laws is effect from July 1. Cheap coffees are adulterated with blue clay. Coffee berries made of chickory, starch clay and other ingredients are shaped in molds, colored and, in some instances, flavored so as to resemble the genuine