

Interesting

TO

WOMEN

Overwork and Worry.
To eat a grape a minute for an hour at a time, and to repeat this performance three or four times a day, eating very little else meantime but dry bread, may seem a monotonous way of spending the time. This treatment works wonders for this nervous anaemic people whose digestions have got out of order from worrying or overwork. It is no mere quack prescription, but a form of cure recognized and advised by many well known physicians. Grapes are, perhaps, the most digestible of any fruit in existence.—New York News.

Women Aeronauts Record.
Miss Houston has just beaten Mme. Saunier's long distance record for women aeronauts.

Mme. Saunier recently floated from St. Cloud to Bayreuth, Bavaria, a distance of about 450 miles in an air line.

Miss Houston left the Aero club grounds in St. Cloud at 5 p. m. last Tuesday, accompanied by Count Castillon de St. Victor, and descended at noon the next day near Breslau, Prussian Silesia, a distance of 975 miles in a straight course.

Santos Dumont, fresh from enthusiastic reception in Brazil, has promptly taken up his old work. He is particularly occupying himself at present with his passenger balloon No. 10.

Captain Von Corvin, Count Henry de La Vaux and M. Chardonnell have just visited Santos Dumont's aerodrome. Von Corvin, who is in charge of the ballooning department of the Austro-Hungarian army, under Archduke Leopold Salvator, was much impressed with the technical features of Santos Dumont's new "Aeronor" (airship), and says the archduke wants to be present at the first ascent of No. 10.—Chicago Inter-Ocean.

College Girls' Athletics.
President Elliot of Harvard does not believe that women can indulge much in athletics without injuring themselves, and condemns boating, putting the shot and such violent forms of exertion for women.

"Women will never compete with men's colleges in athletics," he said recently. "I see absolutely no possibility of that ever taking place. The women do not seek competition, and it would be of no benefit to them. Women were not originally intended for such violent exercise as men, and some of the things that they go into must strain them. For women to put the shot is preposterous."

"There may be women living who are made in such a strange and unnatural way that it is not injurious for them to put the shot, but for the majority of women it would be enough to hurt them for life. Boating also is bad for women. Women's colleges do not have crews to any great extent, but the women who do go into it will not last long in their athletic life. Women's athletics are a good thing in moderation, but for them to try to do all that their brothers do is a mistake. They will only hurt themselves in the attempt."

When to Shake Hands.
When to shake hands, and when only to bow, either on being introduced or on first meeting afterwards, perplex many people. Anxious to do right, not to be either too familiar or too forward, they are not quite sure of their ground, and often having done the one wish on reflection they had done the other.

I should like to make the why and the wherefore of this matter clear to my readers, as no hard and fast rule of etiquette can be laid down. The exceptions are so many that it cannot be said definitely that this or that should always be done.

It greatly depends upon by whom you are introduced, and to whom you are introduced, whether you bow only or shake hands. When introduced to strangers, or when they are introduced to you by a friend you should bow without extending your hand, and they should do the same.

There are many occasions when it would be quite out of the question to offer to shake hands; for instance, when introduced to fellow guests at dinner party you should bow only, and again you may chance to have become intimate enough to shake hands.

Beauty of Mirth.
What a difference to the sunny smile of welcome, which lights up the whole face, and makes one feel that your coming is a real pleasure which has been looked forward to!

The plain-featured girl, with a happy, genuine smile, is far more attractive and fascinating than the doll-faced girl on whose pretty face is never reflected a happy spirit and pleasing disposition. Real beauty is something deeper than color and regularity of features. One often meets with comparatively plain women, whose genuine, heart-warm smiles and sweetly modulated voices become



For Burns and Scalds.

Always keep carbonate of soda in the house—it is useful for so many purposes. For burns and scalds it is an excellent remedy; the surface of the burn should be covered with it, either dry or just dampened. It relieves the pains caused by the bites or stings of insects. A small tablespoonful in half a tumbler of water will relieve heartburn and indigestion, and if taken with tepid water last thing at night will frequently induce sleep in restless persons.

A Model Housewife.

Governs her servants well, because she can govern herself.

Does not have a nervous spasm over a broken dish, as if it were a broken bone.

Understands herself distinctly, the duties which she requires of servants. Sees to it that food is not wasted by carelessness and bad cookery. Is not eternally sighing over the shortcomings of the servants, but helps the latter to overcome them.

Is not forever doing something and "driving" all the rest of the household. She indulges in intermittent attacks of idling.

In short, must have good temper, patience, self-control and a thorough knowledge of domestic matters before she can hope to "keep house" with credit to herself or comfort to others.

Your Cut Glass.

Few people know how to care for the beautiful cut glass in their possession, and it is usual for it to lose much of its original color and lustre. Carafes and bottles are especially neglected, being most difficult to clean.

A medium stiff brush should be kept for scrubbing the pieces, and a little intelligence used in handling them. Unless there is a prejudice against having persons of any kind in the house—and that is a very sensible prejudice—keep a bottle of muriatic acid on hand. Potato parings are almost as good for cleaning inside of bottles, etc. Never plunge cut glass into very hot or very cold water, never set it on marble or in a draft after washing. Cut glass has a singular propensity to break neatly in two when a cold draft strikes a damp piece. To clean a carafe cut up some potato parings and put in the bottle with a little lukewarm water. Allow this to stand for an hour, when shake well for several minutes. Empty and wash in soapy water. Rinse in clean warm water and dry.—Green's Fruit Grower.

To Make Washing Easy.

A housekeeper in Farmers' Review says on this subject: In these days, when help is scarce, the busy housewife should save herself all she can, by using her mind to study up methods of making her work easy.

In washing, for instance, much hand labor can be saved by using a liberal amount of water and plenty of soap, and then if a machine is used, putting only enough into the tub or boiler to work easily. Experience tells us that too many or too few clothes cannot be washed easily. If a little dissolved lye is used and a little kerosene is added to the water, it will loosen the dirt. Use about one tablespoonful of each to a pail of water. Judgment should be exercised in the use of lye, as too strong a solution will injure the hands. The soiled clothes may be put into a boiler filled with cold water into which has been put enough kerosene, lye and soap to make a good suds. Let them heat slowly and pound while heating until as hot as they can be wrung out. Then put into another boiler of water to which only soap or a tablespoonful of borax has been added. They should be pounded a little in the rinsing water, then lifted out of the rinsing water with a paddle into a large basket, placed over a pan or tub into which the water can drain. This saves the time and strength required to wring them.

Recipes.

Devilled Chestnuts.—Shell one cupful of cooked chestnuts and fry until browned, using enough butter to prevent chestnuts from burning; season with tabasco sauce or a little paprika.

Figs with Whipped Cream.—Soak figs several hours in cold water, then put them in an agate pan; add water enough to just cover them and cook until plump; when the figs are nearly tender, add a little lemon juice; serve in a glass dish; garnish with whipped cream, sweetened and flavored with vanilla extract.

English Monkey.—Soak one cupful of stale bread crumbs in one cupful of milk; melt one tablespoonful of butter; add half a cup of soft mild cheese; when this is melted add the soaked bread crumbs, one egg beaten a little and salt and cayenne pepper to season; cook three minutes and pour over toasted crackers.

iced Apple.—Stew one pound of apples with sugar and lemon peel, and press through a wire sieve. Place half a pint of milk in a saucepan, with the beaten yolks of three eggs and thicken with cornstarch. Remove from the fire, add the apples, and half of a pint square of lemon jelly, melted in as much water as possible. Whisk all together and then add the stiffly beaten whites of the eggs. Pour into a mold. Place in an ice cave and serve half frozen.



New York City.—The handkerchief-bertha has a peculiar grace and style that separates it from all others. The very charming waist illustrated in-



Lady Doll's Walking Costume.

The up-to-date doll is as carefully dressed as her little owner and must have proper equipment for the various occasions of daily life. This very stylish costume includes one of the latest shirt waist gowns, with a long tailored coat and flaring hat. As illustrated, the coat and skirt are made of dark blue Scottish mohair and the shirt waist and hat of taffeta, but the waist and skirt can be of one material and the coat of another if preferred and various changes can be made. In the case of the model the hat is trimmed with fur and a pompadour, but fancy braids or rickings of any sort can be made to take its place. So long as the style of the garments is retained the little mother will be quite sure to be content.

The shirt waist is tucked at the front to yoke depth with a wide box pleated effect at the centre, but includes a plain back. Its sleeves are full and are tucked above the elbows in con-

WAIST WITH BERTHA.

cludes one of the sort and, also, the new gauntlet cuffs with wide, drooping puffs above. As shown it is made of violet crepe mousseline, with the yoke and cuffs of chiffon velvet in a deeper shade and trimming of cream lace, but innumerable variations can be arranged. Yoke and cuffs of lace, mousseline lined, are charming, ruffles of tiny chiffon flowers make admirable

A Late Design by May Manton.



substitutes for the lace applique and many other combinations might be made, while material may be anything soft enough to drape well.

The waist is made over a smoothly fitted foundation and closes invisibly at the centre back. The lining is faced to form the yoke when high neck is desired, is cut away on indicated lines when a low effect is preferred. The bertha is made in handkerchief style, with deep points at front and back, and that droop well over the sleeves, and serves to outline the yoke. Beneath the bertha the waist is full and soft. The sleeves are the new ones that are shirred to fit the upper arms snugly and form full puffs below the elbows, then are gathered into deep gauntlet cuffs.

The quantity of material required for the medium size is five and one-quarter yards twenty-one inches wide, four yards twenty-seven inches wide, of two and five-eighths yards forty-four inches wide, with one yard of velvet and one-quarter yards of applique to trim as illustrated.

New Coats and Wraps.

New coats and wraps in cloth, velvet and peau de sole are handsome and substantial garments. Practically all are three-quarter length, against the very long coats worn last year. A large number of light colored wraps are seen. A very elegant wrap of deep cream-colored cloth is faced with satin of the same color, the satin being velled with accordion pleated brown chiffon, with a border of ecru lace. The coat is trimmed around the shoulders, upper sleeves and skirt with alternate rows of narrow and wide brown velvet ribbon.

Vandyke Points.

The neckband of the fine lawn or lace which has three or five Vandyke points beneath the chin is far more becoming than that which has four, or

formity with the latest style. The skirt is circular and is laid in backward turning pleats, which are stitched flat with corticelli silk to flounce depth, below which point they fall to produce the fashionable flare. The coat is the accepted one of the season, is plain and severe in cut, but includes the full sleeves that can be drawn over those of the skirt waist without difficulty.

The quantity of material required for the medium size is for skirt and coat, seven-eighths yards twenty-seven, or three-quarter yards forty-four inches wide; for waist, three-eighth yards twenty-one, or one-half yard twenty-seven inches wide, or one-quarter yard forty-four inches wide.

The quantity of material required for the medium size is five and one-quarter yards twenty-one inches wide, four yards twenty-seven inches wide, of two and five-eighths yards forty-four inches wide, with one yard of velvet and one-quarter yards of applique to trim as illustrated.



LADY DOLL'S WALKING COSTUME.

with three-eighths yards silk for the hat.

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COLLEGE BITS.

The University of Michigan has more students for the roll of 1904 than ever before.

The success of Huron College, of South Dakota, has been assured by the raising of the first \$100,000 of the endowment fund.

Harvard University will discontinue its custom of hiring pews in several churches of Cambridge, Mass., for the use of its students.

The University of Virginia has been presented by Bernard Shipp, of Louisville, Ky., with his splendid library, valued at nearly \$100,000.

The catalogue of Colby College for 1903-4 has been issued. The summary shows a faculty of sixteen members and a total of 307 students.

Amherst College students have formed a mountain-climbing club and have elected as its President Dr. Edward Hitchcock, dean of the faculty.

The catalogue of the Bowdoin College for the year 1903-1904 shows a total enrollment of 392, of which number 277 are in the academic department.

The year 1903 will always be remembered by those who are interested in the history of Brown University, as its period of greatest outward prosperity and growth.

The University of Vermont, which will celebrate next summer the centennial of its first graduating class, was chartered in 1791. In 1804 it graduated its first class of four.

The National Board of Directors of the Knights of Columbus has arranged to give \$50,000 to the Catholic University, at Washington, D. C., to endow a chair of secular history.

The reports of the President and Treasurer of Radcliffe College for the year 1902-03 show the number of students admitted to registration in the college during the year was 420, twenty-seven less than the preceding year.

NEWSY GLEANINGS.

There were 251 strikes in Chicago, Ill., during 1903.

The total commerce of Abyssinia is about \$9,500,000 a year.

Russia has purchased all the available horses at the chief horse market of Northern China.

More than 10,000 men and boys are employed on the oyster boats in Chesapeake Bay every winter.

German bankers met recently in convention to devise means of rendering the imperial market more stable.

The Russian budget for 1904 estimates the ordinary receipts at \$909,047,240, against \$948,816,329 for 1903.

Jewish emigration to America is constantly increasing in proportions, in consequence of the scarcity of work.

The investigation of Berlin theatres resulted in stationing six or more firemen behind the footlights of each play-house.

Indications are that the orange crops now coming upon the market will be the largest ever produced in the United States.

The increase for the year 1904 in the tax assessments of New York City on realty is \$281,978,288, and on personal property \$105,161,288.

The Clarence River (Australia) Farmers' Union has declined an offer to purchase sugar cane on the terms in vogue in Queensland.

At an arbitration conference in Washington, D. C., resolutions were adopted urging an arbitration treaty with England and other nations.

Southern cotton manufacturers met recently at Charlotte, N. C., and invited other sections to join in a movement to curtail the output of mills.

Emperor William of Germany has displayed extraordinary interest in the St. Louis Exposition, and it is more than probable he would send one of the royal princes to represent him there.

Services of Bacteria.

Bacteria operate both where inorganic matters is to be converted into organic matter and where organic matter is to be broken down into its inorganic constituents. They "fix" nitrogen, for example, taking it from the atmosphere and supplying it in a utilizable form to the roots of clover, peas, beans, etc. They take part in digestion in the human stomach, converting solids into liquids which can be assimilated. So small are bacteria that they are invisible to the unaided eye. A glass of water may contain a billion of them and yet it will be clear. A temperature less than that of boiling water kills them, but cold—even 200 degrees below zero—only torpifies them. They swarm in the atmosphere, thousands to the cubic inch of air, and begin at once to grow and multiply as soon as they fall upon a most organic substance at the right temperature.

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Are prompt, safe and certain in result. The genuine Dr. Peal's never disappoints. 50c per box. For sale by R. Allen Drake.

Hard on Poor Rockefeller. It has been a hard winter on poor people so far, and especially upon Mr. John D. Rockefeller. There will be a general feeling of sympathy for that good man because he is denied this year the pleasure of giving the usual Christmas turkey to the employes of the Standard Oil Company. It has been the custom of that eleemosynary corporation to present to each man in its service a Christmas turkey, with a quart of oysters for filling. But the employes were notified that the price of turkeys had advanced to so high a figure that Mr. Rockefeller and his associate philanthropists were denied the pleasure of making the donation.—Baltimore Sun.

School Baths. All new schools in Switzerland have a portion of the ground floor appropriated for baths. Each class bathes about once a fortnight, summer and winter. Soap is used, and a warm bath is followed by a cooler one. Sick children and those having skin diseases are excluded.

The use of electrical power on the New York elevated railway has reduced the percentage of expenses to earnings from 51 per cent to 42 per cent.