

The Care of the Eyes.

great many of the mysterious headaches with which women are afflicted must be put down to overstrained eyes; and this kind of headache can only be cured by giving the eyes a thorough rest, and when a cure has been effected great care in the use of the eyes in future is indispensable. Reading, writing or sewing in a dim and flickering light must be given up, and the common practice of attempting to read in a folting train or omnibus must also be discarded. The eyes should never be used too long at a time, say Woman's Life, and when muc eye work is necessary brief rests and bathings in hot water should be resorted to, if the dreaded headache is to be kept at a distance.

President's Wife in Russet.

Mrs. Roosevelt has yielded to the golden brown mode, and her latest evening gow is of an exquisite bronze satin, which chimmers in gastight like the rays of the setting sun. It is embellished with heavy Oriental lace with the design outlined in golden and gemmed threads, and a most artistic touch is a cluster of autumn leaves, merely flecked with jewels, which make a half chaplet for the hair. Bronze slippers with a big tuscan gold buckle are just the thing for such a tollet. Mrs. Roosevelt wore this gown at her now famous musicale, at which the Indian opera "Pola" was produced, and she never looked more girlish and charming. Another effective costume ts of black broadcloth with a cutaway coat and embroidered linen blouse The skirt clears the ground by a good three inches and is untrimmed save by three wide bias folds. The coat is lined with grass green satin, and a hint of this color shows on the collar and cuffs.-New York Press.

Girl Steeplejack.

A girl 17 years of age has accomplished the extraordinary feat of ascending a church spire 260 feet high in the teeth of a gale of wind.

The steeplejack had undertaken to secend the spire of All Saints', Hereford, the highest in the west of England, when Miss Elsia Helns, the daugh ter of one of the church wardens, volunteered to accompany him.

The ascent was made by means of a steeplejack's cradle. In spite of the force of the wind and the swaying of the cradle, the girl, says the steeplejack, was remarkably cool all through the perilous ascent and descent, says Home Chat. Needless to say, the spire had never been ascended before by any except male climbers.

The ascent was made on market day, and a great crowd watched in thrilling suspense every movement of the swaying cradle. Traffic was engirl had gained the summit, descended again and reached the ground safe and unharmed.

Hoped It Wasn't So.

Miss Mary N. Murfree, the novelist, who is known as Charles Egbert Craddock, has had some amusing experiences with the unlettered mountain peoeither sacred or profane history. On one occasion when Mis Murfree stopped at a wayside house for a glass of water she found a party of old women stolidly engaged in patching clothes. With characteristic hospitality they asked her to be seated and rest herself before continuing on her journey. A few questions made it plain to Miss Murfree that the old women were hopelessly ignorant, so she told them the story of the crucifixion. As she surmised, there was not a gleam of recognition as she told the simple tale, but its pathos almost moved one of her listeners to tears, "You say they done Him like that fur nothin' morn'n jest tryin' to save 'em?" she asked anxiously. "Yes," said Miss Murfree. The the old woman leaned over, stroked the novelist's knee, and said Well, stranger, let us hope that hit sin't so."-Philadelphia Record.

Peacocks as Garden Pictures

Country estates stately enough in many respects, nevertheless seem lacking in an important detail of impressiveness if one does not see two or three lordly peacocks strutting about the lawns or perched in sun-bathed bliss on broad stone balustrades. The beautiful bird somehow is an integral part of the dignity that hovers about rural palaces in other lands, and since American millionaires have borrowed so many other features from the outdoor life of England, France and Italy, it is amazing they have not become fond of the princely fowl from India or Java. What can be more beautiful than to see a really fine peacock in the full spread of his tail against a background of terraced verdure, or sweeping with drooping feathers the snow) surface of a marble court? The peais too arrogant and suspicious for exchange of affection with humans. But he assuredly is picturesque and as cersainly the patrician of the feathered tribe. A free republic may not care to have aristocrats among its citizens but there is no reason why the aesthe-He should not be carried to the point of exclusiveness among birds and

Undoubtedly the peacock is beasts. more desirable in every way than the live stock generally to be seen in the grounds of American country houses, not excepting those of the ultra-rich. -New York Press.

Women as Swimmers.

The proverbial endurance of women stands them in good stead when it comes to swimming. That is how it happens that in Australia, which has produced the champion woman swimmer of the world, Miss Annette Kellermann, it is a common thing for girls to swim five miles, while not one boy in a hundred ever does it.

"But sometimes," sald Miss Kellermann, in a talk at the New Grand hotel, "a man has as much endurance as a woman, and, with his superior brute strength no woman can hope to compete with him. I don't like to say it," concluded the fair champion, "but it

Miss Kellermann does not look as if she could swim any further than any other young woman who has had an opportunity to form aquatic habits, She is very slight in figure, not particularly tall, and in a smart tailored suit of dark red cloth there was nothing about her to sugge st the professional athlete, yet she is the victor of many battles. She has won 40 long distance contests, from one mile up to 30 miles, and she has almost swam the English channel, a feat that no one but Captain Webb has ever accomplished. She might have got all the way across had it not been for seasickness and storm, and she means to try again.

"It is like hunting for the North Pole," she said. "You get fascinated with it end always want to try again. But I want to wait awhile, till I get over the horror of the mal-de-mer, for the fear of it helps to bring it on. It's a dreadful experience, though, to swim the channel and a very weird one. You start at 1 o'clock in the morning amid yells and shricks and flickering lights. Your eyes are covered with black goggles fastened down with collodion, so that when you take them off at the end of the swim a lot of the skin comes with them. You wear a coating of lanoline about an inch and a half thick all over your body to keep out the cold, and the little swimming costume is as light as possible, leaving the limbs and neck bare, as every atom of weight is a burden. I have only tried to swim the channel twice, while the two men who got further than I did have made half a dozen attempts, and once when I swam with them I got further than they did. So I don't think I did so badly."

Miss Kellermann says that she just drifted into swimming. She has been perfectly at home in the water ever since she was seven, but until she was 14 swimming shared equally in her favor with riding, tennis and dancing. Then she happened to see Fred Lee

"I thought his stroke the most beautiful I had ever seen," she said, "and I began to imitate it. It was the double over-arm stroke, and I have used it ever since, though other swimmers think it only suitable for short swims. Well, in a few weeks I found I could ple of the south. Some of these moun-taineers are unbelievably ignorant of swim better than any girl of my acquaintance. Then I entered a contest and won it, and my career as a swimmer had begun."

Miss Kellermann is now looking for new worlds to conquer. She talks of swimming from the Narrows to Coney Island, and will try some of the great rivers. She is greatly desirous also of meeting some American woman swimmer of importance. She is already in love with American women whether they can swim or not.

"I think they are absolutely the loveliest in the world," she declared. "They are so well made, and they dress so well and walk so well. In other countries you may see one women in ten who walks well, but here it is 10 in 10."-New York Tribune.

Fashion Notes.

Ribbed ribbons are growing in favor. A considerable vogue for the Lierre laces has arisen.

For the hair is a wreath of laurel leaves and tiny silver apples.

A hat worn with a brown taffets suit was of chestnut colored straw.

Pumpkin yellow paper is seen. Burnt umber and bright red sealing wax is

used with it. Cherries, peaches, apples, grapes, currants, and even tiny tomatoes are

seen on hats. Among the automobile veils, the la test novelty is a silk hood with a chif-

fon veil attachment. A fad of the moment is mourning paper with a narrow black edge and a monogram in silver.

Floral Chile ribbons and velvet e bossed broche ribbons have been seen on some of the most expensive head-

She vogue for long flowing skirt line, short waists and full flowing sleeves just suits the tea gown and all its companions down to the hum-

The kimona sleeve in one with the waist, after the manner of the com-fortable nightgowns made in that way, is considered a good design for the dress of foulard or other soft silk.

A SHAKESPEARE GARDEN.

York Suburb Rejoices In Possession of a Fine One.

In a New York suburb lives an old lady who has created around her little cottage a Shakespeare garden which deserves being mentioned even in connection with the famous Shakespeare garden at Cambridge.

Among the trees she has planted are oak, elm, chestnut, mulberry, pine, cherry, peach, apple, linden, orange, cedar, hawthorn, locust, pear, plum, quince, sycamore, willow and aspen. Here is a list of flowers which grow in the garden, and the plays to which they are assigned by a writer in Suburban Life:

The monkshood, blackberry, chamomile, gooseberry and radish are mentioned in "Henry IV.;" the almond in "Troilus and Cressida;" fhe apple, cowslip, health, mallow and peony in "The Tempest;" the apricot, bean, eglantine, garlic, honeysuckle, leck, pansy, primrose and thyme in "A Midsummer Night's Dream;" the ash, mulberry and grape in "Coriolanus;" the aspen and laurel in "Titus Adronleus;" balm in "King Richard II.;" the bay tree and marigold in "Pericles;" the birch and peach in "Measure for Measure;" the box, fix, olive and pepper, in "Twelfth Night;" the briar, mar-joram and onion in "All's Well that Ends Well;" burnet, clover, elder and strawberry in "King Henry V.;" cabbage, gourd, pear and plum in 'The Merry Wives of Windsor;" carnation, crown imperial, current, daffodil, fleurde-lis, ivy, lavender, mint, oxlip, rue, saffron and summer savory in Winter's Tale;" caraway in "King Henry II.;" cedar and fernseed in "King Henry VI.;" cherry and grape in "King Henry VII.;" chestnut, mustard, and parsley in "The Taming of the Shrew;" columbine, buttercup and ladysmock in "Love's Labor's Lost;" crow flower, daisy, fennel, long purple, rosemary and wormwood in "Hamlet;" the elm in "A Comedy of Errors," harebell in "Cymbeline," hawthorn and holly in "As You Like It," the hemlock and oak in "King Lear," hyssop, lettuce, locust, poppy and sycamore in "Othello;" lily in "Two Gentlemen of Verona," medlar in "Timon of Athens," myrtle in "Anthony and Cleopatro," orange and woodbine in "Much Ado About Nothing," the pine and willow in "The Merchant of Venice," pinx, pomegranate and quince in "Romeo and Juliet;" rhubard in "Macbeth," rose and violet in "King John."

QUAINT AND CURIOUS.

A watch rescued from a well near Butte, Mont., by Jerry Mason, a miner, after having been in water two months began running of its own accord when dried out.

The battle of Cannae, fought B. C. 216, between Hannibal and the Romans. Out of \$8,000 men, against Hannibal's 50,000, the Romans are said to have lost all but 7,000.

A man in Reno County, Kansas, has just bought a sawmill and is to begin cutting the trees he planted thirty years ago in the desert. These trees will make saw logs thirty feet long.

Sunday newspapers began with the British Gazette and Sunday Monitor, March 26, 1780. After the Gazette came the Observer, 1791; Bell's Messenger, 1796; Weekly Dispatch, 1801.

Ching-Noung, the successor of Fohi is said to have been the first to teach men (the Chinese) the art of making bread from wheat flour. This valuable bit of information was given about 1998 B. C.

Cock partridges are caught on French shootings by means of a trap that closes on the entrance of a bird, the lure being a mirror in which it sees its own reflection, which it is anxious to attack.

At Atherington, England, a sweep named Joshua Folland, was sweep ing the chimney of an unoccupied house, when to his great surprise, he swept down seven full-grown live wild rabbits, which he bagged,

As the new Lord Mayor of London rode in state along the streets the other day he heard one of his constituents remark to a companion, as they watched the procession: "Well, 'e do fancy himself, don't 'e?"

Japanese enterprise is establishing bean cake factories in Manchuriathe land of beans. The capital of the company is \$2,490,000. Most of the cake manufactured will be sent to Japan for cattle feeding and fertilizer.

With British capital and British engineers China will now build the Canton-Hongkong railway. It is expected that it will be completed in three years, and will eventually connect with the Hankow-Canton trunk line,

Getting Rid of His Cards.

The other day one of the members, raw to London, was introduced to a party of ladies in the dining room of the House of Commons. As he left he gravely presented each lady with his card. A friend ventured to hint that this was carrying politeness too far for London customs. "Sure," was the reply, "it didn't matter. I had two hundred of them printed. And I've changed my address, anyway, so they're no use to me."—Leeds Mer-

The Christian name of Norway's King, Haakon, comes from the same root and is pronounced the same as the English names, Hawkin or Haw-

Responsibility

You wouldn't pay railway fare to anybody who happened to ask you for it, but only to the responsible uniformed conductor.

You shouldn't feel bound to take the first cigar that's offered to you, but only the one that's plainly marked with the stamp of responsibility—the "Triangle A."

You know what you're getting when You buy a "Triangle A" Cigar

What do you know about the nameless and irresponsible cigars offered you?

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One Side stands for knowing how.

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FEMININE NEWS NOTES.

Mrs. Elijah Dowie is now running E. NEFF

The Empress of Japan made an address at a meeting of the Red Cross in Tokio. Miss Helen M. Gould gave a Dal-

matian puppy to the firemen of En-gine Company No. 8. Edna May, the American actress, was married in London to Oscar Lewissohn, of New York City.

Mrs. Howard Gould instructed her counsel to lay before Mr. Jerome a formal complaint that her mail

had been stolen. The persistence of the English women suffragists in adopting the

ing the British Government. The National Women's Trade Union League will meet in Chicago July 14-to further the idea of or-ganizing all women workers.

Mrs. L. Kilcrease, who lives with her daughter at Pine Mills, Texas, celebrated her 131st birthday. She is said to be the oldest woman in the United States.

Miss Ethel Roosevelt, the daughter of the President, who was graduated from the Washington, D. C., Cathe-dral School, stood second in her class, Miss Helen Durant Church having excelled her.

A "vanity box" is quite indispensa-ble to a woman of fashion. Good ones may be obtained for \$1000 each, so there is really no need of any one being without them. The best come higher. One that was lately lost and recovered cost \$15,-

Mrs. Thomas F. Ryan, wife of the New York City traction millionaire, has so much charity work on hand that she has a private office and staff of clerks and stenographers. has given away about \$4,000,000 in building hospitals, convents, schools

Victor Emmanuel's collection of the coins of his own country amounts to more than 50,000 specimens, with a catalogue of nearly 25,000 slips.

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Every time anybody says anything about the burning of witches, Massa chusetts throws a fit. She wants it clearly understood, suggests the Atranta Journal, that they were mere ly hanged.

The air pressure produced by explosions often renders a miner uncatches and kills even when the victim was neither burned nor near the initial explosion.

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A recent novel says a man really needs two wives-a Martha wife to air the beds and order the dinner, and conscious so that the afteramp a Mary wife to look at and talk to. Guess whether the novel was written by a woman or a man, insists the Boston Globe.