

DON'TS FOR THE HEALTHY. Would you be healthy, wealthy and wise, obey the following rules:

Do not eat when fatigued or when overheated.

Avoid an excess of sugar, sweets and starchy food.

Do not bathe the body for at least an hour after meals

Avoid foods that disagree with you. Be cheerful at the table.

Eat sparingly of highly seasoned food.

Eat fruit before meals, says Woman's Life.

Do not eat between meals (habitualy) or at irregular intervals.

THE EMPIRE COMB.

The old-fashioned empire comb in plain shell has once more returned to fashionable favor. Just at present it seem to be the stylish caprice for women with blonde or light brown tresses to wear these and their side combs in dark tortoise shell.

The dark-haired sisterhood prefer the amber combs, which show to such an advantage by force of contrast.

The plain part of these combs is about two inches wide.

They are most attractive when worn rather high in the hair close to the knot.

Stiffness in hairdressing seems the thing to be especially avoided, an easy, natural style being preferable. -Indianapolis News.

MEN SUSCEPTIBLE TO VOICE.

Very few women realize what an effect a sweet voice has on a man. A woman may be very pretty to look upon, may be faultlessly and bewitchingly attired, and attractive in every way, and yet too often directly she

Recipe.

opens her mouth and speaks, the

Cut-out -Paste 20 boiled potatoes on top, cover with a thin crust and bake.

spell is broken, the charm is gone. Ing patent leather boots with white And this need never be.

Very few voices are so naturally bad that they will not succumb to training, and the voice can be trained to be just as sweet and gentle as we please to make it.

A woman should speak in a low voice. She should not allow her voice to raise itself to a high pitch. She should not shout her orders. This shouting and raising of the voice spoils tone and quality, and tends to make it harsh. A pretty voice is a powerful attraction in a woman, and she who would add to her charms a wondrous fascination should cultivate a voice "ever soft, gentle and low."-Indianapolis News.

MAKING OVER OLD SUITS. Of course, every one likes to have a new suit each season, but four suits a year soon land one in quite a mess

of half-worn clothes that are a burden and a reproach to a conscientious It is often wiser and more suit than to buy a new one.

Do the little task of to-day, and thus prepare yourself for the larger task to-morrow.

Having done all to stand, stand. Interruptions are often God's spe-cial messengers. Let Him bear you from the weary rut of every day monotony.

Do not discuss any important matter before breakfast.

The memory lags before breakfast. Every day is a fresh beginning. Listen, my soul, to the glad re-

frain, And spite of old sorrow and older

sinning, And puzzles forecasted and possi-

ble pain, Take heart with the day and begin

again. -Home Companion.



Foulards are in high popularity for separate waists.

Lilies of the valley are used on blue and pink stockings.

Everything tends to show that this is to be a big silk year.

Nothing is more in the style than the untrimmed fur turban.

High shoes of suede with patent

leather vamps are very smart. The best hats of the present day are not loaded with much trimming, but its quality must be of the first

degree. The kilted plaid skirt with the plain cloth bodice with tight sleeves is among the fashionable delights of the season.

Some of the girls are following a present English style and are wear

Long Island Clam Pie .- One quart of clams, finely chopped, a quarter of a pound of fat salt pork, chopped, a heaping tablespoonful of butter and two tablespoonfuls of flour. Make a sauce of the butter and flour, using either clam juice, milk or water for the liquid, season to taste and Your add the clams. Make a crust of a pint of flour, a cupful of lard and a teaspoonful of baking powder. Mix with cold water as for pie crust and roll out. Line a baking dish with the crust, fill with the clam mixture, placing a layer of sliced

There is a bandeau made for the hair of cloth or silver ribbon, hand painted with peacock's eyes and studded with small crystals.

to be more like a long scarf. It is composed of a strip of beize net, edged at either side with a wide and handsome lace insertion.

The simple white linen Russian blouse for the small boy may be made attractive by braiding a simple design about the neck and a few inches down the front of the blouse at one side.

Slippers are unusually coquettish this season. Cloth of steel and cloth of bronze are among the innovations. and they make up the smartest shoes and slippers for afternoon and evening gowns.

The crowns of some of the new hats are very tall, and the brims very large, but they are also turned up at satisfactory to remodel a last year's the side, close to the crown, and thus the circumference is greatly de-



A French Blouse

Eight Gored Skirt.

The skirt that is made in sections,

or to give a panel effect, is an ex-

ceedingly smart one that is constantly

growing in favor. This model is emi-

nently graceful yet quite simple. It

will be found adapted to all season-

able materials and also to those of

the incoming season. One of the

pretty novelties woven to give a sug-

gestion of a check is the material

illustrated and it is trimmed with

buttons and simulated buttonholes,

but buttons would be quite correct or

the edges finished with stitching or

trimmed in any manner preferred.

The skirt is in walking length and

consequently adapted to the street and to simple indoor gowns. It is

graceful and becoming without mean-

The skirt is made in eight gores

and each alternate gore is made in

two sections, the lower being pleated

and joined to the upper, which is shaped at its lower edge. The clos-

ing is made beneath the box pleat at

The quantity of material required

ng elaboration.

the back.

A new yet simple lingerie blouse is

New York City .--- Girls' dresses that are made in jersey style are exceedingly becoming and exceedingly well made of eyelet embroidery, with scalliked. This one is novel and attraclops turned upward toward the yoke tive and can be treated in two quite and overlapping it. In the sleeve the different ways, 'As illustrated the edge of the embroidery is reversed. skirt is joined to the jersey portion, and the scallops turn down over a making a one-piece dress, but if pretucked cuff. ferred the jersey portion could be finished separately and the skirt joined to a body lining. White serge with

JFFIELD yoke of baby Irish lace are the ma terials illustrated.

The dress consists of the jersey portion and the skirt. The jersey portion is cut in tabs at the lower edge which are faced and turned over to form the trimming. The skirt is straight and pleated. The trimming portions on the waist are separate and are attached and the simple sleeves are made with upper and under portions. If the jersey portion is desired separate the skirt can be joined to a second body portion, preferably

cut from thin lining material. The quantity of material required for the medium size (ten years) is five and one-half yards twenty-four or twenty-seven, four and one-half for the medium size is eight and oneyards thirty-two or three and onehalf yards forty-four inches wide with

quarter yards twenty-four or twentyseven, five yards forty-four or fiftyone-quarter yard of all-over lace, onetwo inches wide. The width of the half yard of silk for piping an. skirt at the lower edge is four and



KEEP THE CALVES.

There is no danger of overstocking the dairy cow market so long as the systematic robbing of the herds by the disposal of the calves continues. When cows sell for from \$50 to \$70 at public sales, it seems like folly to hurry off the calves for a few dollars a head .--- Farmers' Home Journal.

MONEY IN HOGS.

Any farmer who will equip his farm for swine raising and keep other stock in order to change his rotations and expand his variety of crops can become well-to-do in five or ten years by raising good hogs and fattening them for market, says an exchange. There is absolutely no question about this. Pork can be cheaply and quickly produced. It can be made on other crops than high-priced corn. Soy beans, clover and alfalfa will grow it. Corn is the most efficient fattener, but it is not necessary in pork production. Corn-belt farmers could well afford to sell their corn and make pork with other crops. By sowing clover, alfalfa, cow peas, soy beans and vetch in crop rotations the nitrogen and humus content of soils could be maintained and the element phosphorus could be applied in raw rock phosphate at compara-tively light expense. We mean to say that soll fertility@could be maintained and pork-making made profitable on corn farms without the use of corn as a hog feed .- Farmers' Home Journal.

FERTILIZING TOO MUCH.

Many farmers believe that the constant application of the accumulations of the barnyard makes their land "too rich." It might be made too rich for a particular crop if high-ly manured, but if the manure is applied where it should be, in a rotation, there is no danger of land ever getting too rich. It might be made so for an oat crop because it would make too rank a growth of straw, but there is the grass land that al-ways needs just the kind of growth that is objectionable in the case of oats. Put the manure where it belongs, and too much of it can not be used.

While the manure pile is beginning to be appreciated, there are a great many who do not know its real value. They do not appreciate the fact that if it is put in the right place it means increased yields, and returns far exceeding the cost of application. The reason why its real value is not more generally appreciated is because farmers have for so long a time been accustomed to a very rich and comparatively virgin soil, but there never was land so rich that it would not wear out by continuous cropping without any returns being made to it. Every comparatively new country is slow to learn this. The soil of such regions has the accumulations of centuries to draw upon. Eastern farmers had these accumulations, too, and so did those of the South. but in both sections commercial fertilizers are now being used at a cost far beyond the conception of the Western farmer who is still delving

FINANCE AND TRADE REVIEW

BUSINESS IS IMPROVING

Some Irregularity, but Further Improvement Manifest In Spring Trade.

"Trade irregularity is still manifest, but reports as a whole, show a still further improvement, due to the adfurther improvement, due to the ad-vance of the spring season. Improve-ment in weather, and coincidently in trade reports, is most manifest in the agricultural sections of the West. Northwest and Southwest, while the reports from the East and parts of the South show the development of spring business retarded by the lingering of winter. However, the unsettled la-bor outlook in many lines of industry, the effect of high prices as limiting de-mand, or, as in the case of cotton goods, inducing curtailment of pro-duction and the tendency to awalt ju-dicial decisions in several important dicial decisions in several important

dicial decisions in several important cases, are all laid stress upon. "There is little disposition to deny that trade is considerably better than a year ago, a period also of waiting trade, and far in excess of this time two years ago, but the rate of pro-gress is slower than sanguine expec-tations had led to expect. "A better business has developed

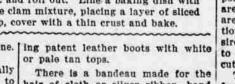
"A better business has developed in finished steel lines, specifications on bars, tubes, tin plate, sheets and wire are heavy, and new business in structural steel is still very good. Agricutural implement manufacturers figure large in the demand for bars, and the mills experience difficulty in making deliveries. Orders for steel

and the mills experience difficulty in making deliveries. Orders for steel rails continue satisfactory, and foreign trade on this item is good. "The coal trade of the West has been more active, and the railroads have been busily employed huling coal in preparation for eventualities pro-ceeding from the demand for bicker ceeding from the demand for higher wages by the bituminous coal miners.

"Business failures in the United States for the week ending with March 17 were 208 against 250 last week, 224 in the like week of 1909, 303 in 1908, 157 in 1907 and 170 in 1906

"Business failures in Canada for the week number 25, which compares with 36 last week and 32 in this week of 1909.

	MARKETS.		18
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One of the new veils is so large as ming.



A good material should give two or creased. three seasons of hard service if it is handled in the right manner. It can always be cleaned, turned or dyed so that the most fastidious woman can satisfy herself as to its absolute freshness.

A new lining, new cuff and collar facings for a coat, and a general overhauling for a skirt, will put a last year's suit quite in order if one only intends using it for hard hacking and rainy days.

But if the suit must make a presentable appearance in good society one will have to go to a little more trouble. It should be recut, the sleeves made up to date and the neck opening, collar, etc., made to answer to the last word on smart tailoring .-Indianapolis News.

FOR EVERY DAY LIVING. Make your head balance your heart.

Avoid intense excitement and fa tigue.

Eat plain, nourishing food,

When weary, take nature's tonicfew minutes of complete rest of body and mind.

Make your opportunities out of the difficulties that lie in your way.

Extract all the humor from life that it holds.

Never go nor stay where not wanted.

Treat the members of your family as if they were guests.

Do it now.

Never do what you would not like your mother to know.

Do not say anything you would not wish her to hear.

Choose the essentially necessary and relinquish the relatively unimportant.

Learn to realize the responsibility of a sacred duty in maintaining your part, and exert your best efforts to complete every task.

Look to others for inspiration, but depend upon no one for assistance. The only work that is perfectly satisfactory to you is that which you have accomplished through your own efforts.

Cashmere cloth is one of the most popular of the season's fabrics and nothing is better for practically hard wear. It is to be had in nearly any design and color. Black and blue are very popular.

The latest method of arranging the hair is called the modern "Gainsbor-ough." The hair is arranged in a chignon with a huge double coil which stands out at the side. In the front is a small flat side parting, and a few tiny curls flutter on the forehead. The heavy double coil is seen under the uplifted brim of a Gainsborough hat.



A striking model for an embroidered handkerchief linen, has a pointed over-skirt effect, cap sleeves and a most at-tractive waist that is "vesty" in design. The lower part of the skirt is laid in plasts



About ten years ago I became much interested in the improvement of seed corn and after much groping about I finally settled down on the following plan:

Start with one well established variety, and in selecting the cars for seed let one-fourth of them be from one field and three-fourths from another field, in order that there may be no "pollen relation" between them.

To secure perfect pollenization it is best to have this proportion-one row of the mother plants to three rows of those need for the sire, besides having all the outside rows of the sire plants. The sire plants are those not detasseled, and no corn is saved from them for seed.

While the corn is growing it must have every possible advantage of good cultivation, and when the time comes to detassel (which should be just before the polien ripens) make the cut with a sharp knife at the base of the tassel and then cover the cut with good grafting wax, to prevent evaporation and consequent shriveling of the grain. When husking the corn from these detasseled, or "mother" rows, select only the best for seed.

This crop of seed will furnish the mother rows for the next season, and the sire corn must be obtained from a distance, as in the first year. It would be still better if two such plats of corn could be grown, as has just been outlined; then one could be used for the mother rows the second year and the other for the sire rows.

This line of mother plants should be kept up for six years, and the sire corn selected at a distance each year; pollen is borne from one field to another by winds and sire corn must be had that has not been fertilized by pollen from your experimental plat. -Ida M. Jackson, in the Indiana Farmer.

The world's consumption of gold in the arts and industries in 1907 amounted to \$135,000,000.

LIVE STOCK.

Union Stock Yards, Pittsburg.

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	Frime, 1300 to 1400 pounds	7 63	æ	7	
	Fair, 900 to 1100 pounds	7 00	6	U.	85
	Dulin	4 00	ä.	6	\$)

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