

CLEAN UP AND PAINT UP.

Do you find a bit of dust? Clean it up! Clean it up! Do you see a blight of rust? Rub it up! Rub it up!

RETURNING FROM INDIA.

By One on Medical Duty in that Far Eastern Country. Good-bye to India and a Visit to the Island of Ceylon.

COLOMBO, CEYLON, FEBRUARY 12th, 1914. Y. W. C. A. House.

Dear Home Folk: In Colombo and the moon is full—could one ask for a more perfect setting for a whole week of sight-seeing. I think I left you at Madras, just before starting to see wonderful temples hundreds of years old.

These are curious affairs; first there is an immensely high gateway since all are surrounded by high walls. These gateways, called "gopurms" reach the immense height of 150 to 180 feet and have most unusual shapes.

Are your streets clean and attractive? Are owners of stables, etc., disposing of waste matter in a sanitary way? Rotting manure is a dangerous breeding place for flies.

What can a boy or girl do? A boy or girl can assist in the collection of waste matter; can rake neglected lots or collect other rubbish. Dig up the ground and plant seeds.

Boys and girls can load wheelbarrows, carry baskets, run errands, and give polite and helpful assistance to the grown people who devote next week to making Bellefonte a pleasanter, cleaner and happier place to live in.

STATE COLLEGE, PA., May 5.—"As the cattle are turned onto pasture, the question of churning temperature should have the attention of every buttermaker," suggests Professor C. W. Larson, head of the department of dairy husbandry at the Pennsylvania State College.

"I am truly grateful to you for what you did for me last winter," writes Mrs. Edward Smith, of Jeddo, Orleans Co., N. Y. "Your Invalids' Hotel is truly a home for the sick."

I stayed there two days; there are fifty Americans right there—bright, well-educated and interesting so that it was with regret I finally came on. I got to Colombo without the least bother and came right to this house and here I am, very comfortable, so you see I am getting along decently.

I have not had any letters for a couple of weeks so can only hope you are all well and happy. Now I am off to bed since the woman who is sharing my room is already there.

Two days later, I am off to Kandy tomorrow, a little journey of five hours, to see the inner part of the island and will try to tell you of it tomorrow night.

To the Business Men of Bellefonte.

Are you willing to help in making the Municipal "Clean-up and Paint-up" week a success? Your help is needed.

Have you stopped to think that the cleaner, healthier and more attractive you make Bellefonte the more people will wish to live in it, the more valuable your property will be, and the more prosperous your business will become?

Every business man has a part to play next week. Those who cannot give their own labor or time could contribute money, wheelbarrows, shovels or other implements necessary for the thorough cleaning and renovating of Bellefonte.

Are your public buildings clean and sanitary? Are those appointed for this purpose doing their part? If not, what can you do about it?

Are your merchants keeping their sidewalks clean and attractive? Are owners of stables, etc., disposing of waste matter in a sanitary way? Rotting manure is a dangerous breeding place for flies.

Are you solving the garbage and ashes problem intelligently? Are your shade trees properly cared for?

Please bear in mind that there is a profitable use for nearly every kind of waste, and that all waste which has no use should be destroyed and never allowed to mar the beauty and order of your town.

Will you help? To the Children of Bellefonte.

Some day the children of Bellefonte will be American citizens. No one can be a good American citizen without beginning as a child. Every child in Bellefonte should join in the General Town-Cleaning. Remember that on next week you are to be of use to Bellefonte.

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A Hint to Buttermakers.

STATE COLLEGE, PA., May 5.—"As the cattle are turned onto pasture, the question of churning temperature should have the attention of every buttermaker," suggests Professor C. W. Larson, head of the department of dairy husbandry at the Pennsylvania State College.

"When cattle are turned onto grass," explained Professor Larson, "they produce butter of a different composition than when they are receiving dry feeds in the stable, and a much lower temperature is required to obtain a firm body in the butter."

"I am truly grateful to you for what you did for me last winter," writes Mrs. Edward Smith, of Jeddo, Orleans Co., N. Y. "Your Invalids' Hotel is truly a home for the sick."

—Subscribe for the WATCHMAN.

HOW THE "CLEAN-UP AND PAINT-UP" MOVEMENT ORIGINATED.

The most successful season in the history of the National "Clean Up and Paint Up" movement, launched in the spring of 1912, was that of 1914.

This movement to co-ordinate and systematize a sporadic "flash-in-the-pan," "clean up" work by a "National Clearing House," disseminating constructive and solid ideas for permanent civic effort, was started and is being carried on by a newspaper man who believes in it—and at considerable personal sacrifice of time and money.

Owing to the immense national and even international publicity which the campaign secured through various channels, the first inquiries from hundreds of towns and cities where thorough campaigns later were waged, came from newspaper publishers, women's clubs, mayors, health departments and boards of trade.

It is absolutely out of the question to incorporate in this summary the complete "story of the 1914 campaign." Such a story, if written briefly and without literary embellishment, would require months for the writing. The files of the Bureau contain an endless array of facts and figures and local reports; they are replete with tales of human interest, of living and working conditions that are better now because of "Clean Up and Paint Up" activity during the past year.

The "story of the campaign" which the newspapers alone tell, in "Clean Up and Paint Up" clippings snipped from thousands of papers, would cover completely a strip of paper a column wide and over ten miles long. The immense flood of correspondence, ranging from an appeal by a village parson's wife to the curt note of rebuff from a large manufacturer, engulfs the would-be historian of this movement.

The Bureau's co-operation was extended to approximately 2,200 towns and cities during the past year—a hundred per cent increase over the 1913 campaign. Through "Clean Up and Paint Up" campaigns were not conducted in all of these towns, because in some instances where the spirit of the local committee was willing the backbone was weak. The active efforts of the Bureau were confined to the United States, but the campaign itself spread to such widely separated countries as France and Australia. It practically permeated Canada, and not a State in the United States escaped its influence.

Most thorough and definite local campaigns were conducted in both the smallest villages and in the largest cities. A town where every citizen but one painted his house, made repairs to the premises, fixed up his lawn and arranged flower and shrub gardens was described today by C. F. Chase, who visited the town last week. The town is Greenfield, Ia., and the effect of "Clean Up and Paint Up" week there is remarkable, says Mr. Chase.

"Clean Up and Paint Up" week in Greenfield went further than that proposed for Clinton. Greenfield has 2,000 inhabitants and the program was a more beautiful city was started by newspaper, taken up by the Commercial club and backed by the city officials. Every house in the city with a single exception was repainted. All porches, windows, fences, sidewalks and other things in disrepair were attended to. Then refuse, ashes and other matter was cleaned up. Attention was then turned to lawns and gardens and the result is one of the neatest and most attractive towns in America.

Suggestions for Pruning Trees.

By Harry J. Mueller, City Forester, of Harrisburg.

1. Preserve the natural habit and character of the tree. A well pruned tree does not show where branches were removed. Provide for the free circulation of sunlight and air.

2. All cuts must be made as close and parallel to the trunk as possible. This allows nature to heal the wound more expeditiously and the cut surface will weather better.

3. Stubs, dead and dying wood, interfering and fungus covered branches must be removed.

4. All wounds over one inch (1) in diameter must be coated with a heavy bodied paint. The Department standard preservative. Be sure the Cambium (growing circle) is well covered.

5. All heavy limbs must be roped to prevent their falling on and damaging adjoining property. Two cuts are necessary on large limbs to prevent tearing back the bark on the main stem.

6. The operator must not wear climbing spurs in Manatee County, Florida, has shown how good roads affect land values. From 1911 to 1912 land along these roads increased on the average \$20 an acre, while lands a mile from the road increased only \$10 an acre.

7. After the leaves fall in autumn until early spring is a good time to prune. It may be done throughout the year except from when the tree begins to bud until it is in full leaf.

8. Flowering shrubs should not be pruned during resting season unless you can sacrifice next year's flowers. Trim back after blooming period and next year's bloom will be set on remaining stems.

Why Milk Sours Quickly.

We are told by those who study the ways and ravages of the mischievous microbe that he is very fond of sugar, and that he delights to gratify this liking by turning the sugar in milk into an acid which sours the milk.

To the Mothers and Housekeepers of Bellefonte.

The pledge of the Junior Civic Improvement committee of Bellefonte, which should be adopted by the residents of every town in Centre county, to be worked out by both the children and adults, in their "clean up" campaign this spring:

1. I will help clean up yards, streets and alleys. 2. I will plant flower seeds, bulbs, vines, shrubbery, etc. 3. I will help make garden, and keep lawn in good condition.

4. I promise not to deface fences or buildings, neither will I scatter paper or rubbish in public places. 5. I will not spit upon the floor of any building or on the sidewalk.

6. I will try to influence others to help keep our town clean. 7. I will always protect birds and animals, and all property belonging to others.

8. I promise to be a true, loyal citizen. I may not be able to do all these things, but will do as much as I can to help our town and community.

Ten Commandments for Clean-Up Week.

Love your neighbor's lot as you do your own; but be sure to love your own. Don't plant tomato cans and rubbish on unused land; their fruits are withered civic pride.

Don't allow yourself or your city to create dumps. Waste can be made to pay for its own destruction at a profit. Don't allow tumbled-down buildings to stand on valuable land; they are financially wasteful; they create filth, invite vice and are a menace to life.

A fence that has ceased to be a fence and has become an offense, should be repaired or destroyed. Unregulated advertising on unused land pays for the maintenance of a public nuisance.

Two gardens may grow where one dump has bloomed before. School gardens are valuable adjuncts to education and recreation. They can be cultivated on an open lot.

Let the children play on the unused land, so they may become strong and keep out of the hands of the law. Let not an inch of land be kept in idleness. It has a Divine right to bear fruit and flowers and ever serve the highest interests of man.

Trial List for May Term of Court.

Following is the trial list for the May term of court which will begin on Monday, May 17th:

FIRST WEEK. Rand McNailey Co. vs. Jack Wallin, defendant. George Steele, guarantor. Victor Strange vs. James Stott. S. B. Stine vs. Harry Gunther. Mary M. Walker vs. Frank Reese.

SECOND WEEK.

Clement Dale, use of Henrietta Dale, vs. John Spicer, George Spicer and Ida Poorman, Admrx. of etc., of Edward Poorman. Oliver C. Witmer, James Witmer and W. Groh Runkle, Exrs. of Wm. Witmer Dec'd., vs. J. F. Garner and Samuel Garner.

Wilbur H. Wining vs. Wilson G. Frantz. Peter Mendis vs. A. E. Schad. Geo. C. Harvey vs. The P. R. R. Co. W. H. Williams, sole acting administrator of Aaron Williams, Dec'd., vs. Admrs. of C. M. Bower, Dec'd.

The W. T. Rawleigh Medical Co. vs. Ray Allison. John F. Kauffman vs. The Township of Taylor. Heirs of George B. Swiler vs. Susan Cronover and William Cronover, her husband. Kate E. Hastings, as individual, vs. Kate E. Hastings, Admrx. of Enoch Hastings et al.

I. L. Marrow & Co. vs. S. D. Ray. Oscar L. Rische vs. Farmer's Mutual Fire Insurance Co., of Centre county. Atherton & Barnes vs. George Stott.

Things to Remember if You are Lost in the Woods.

A contributor to the current issue of Farm and Fireside calls attention to the following things which anybody lost in the woods ought to know:

"I thought every woodsman and guide knew that by going down-hill you are sure to come upon a stream of water which will in turn lead to a settlement. Furthermore, in our day nearly everybody depends on a watch instead of 'sighting the sun.' When the hour hand points toward the sun the point midway between the hour hand and twelve o'clock will be due south.

"Another little woodcraft trick is that of carrying a supply of matches in a large-mouthed bottle. When fitted with a tight cork the matches are sure to be kept dry even though you have to swim a stream with your clothes on."

SEAM ROYER SENT TO PENITENTIARY.

In the Clinton county court last Thursday Judge Harry Alvan Hall sentenced Seam Royer to not less than four years nor more than six years in the western penitentiary, while his alleged wife, Bessie Royer, was sent to the Clinton county jail for ninety days.

The Royers were formerly Millheim residents but after going to Mill Hill the man seems to have made their living by burglary. Bessie Royer his alleged wife, confessed in court that they were not married but that she had lived with him as man and wife for three years, or since she was fifteen years old. Royer was taken to the penitentiary on Friday.

English Cheese Consumption.

The English, according to an exchange, are the greatest cheese eaters in the world. They probably got the habit from the Welsh.

Pains of Dressing.

"She dresses with great pains." "Yes, her shoes pinch, her corset is too tight and she frequently scorches herself with a curling iron."

CLEAN UP YOUR TOWN.

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Best Household Gods.

The man of high descent may love the halls and lands of his inheritance as a part of himself, as trophies of his birth and power; the poor man's attachment to the tenement he holds, which strangers have held before and may tomorrow occupy again, has a worthier root, stuck deep into a purer soil. His household gods are of flesh and blood, with no alloy of silver, gold or precious stones.—Charles Dickens.

Delicate Hint.

Fred, four years old, and his mother were visiting a friend. Invariably when they came the hostess would have some cake and coffee for them. This time she did not make anything. Fred, after waiting some time, became impatient and anxious. Wishing to remind her as delicately as possible, he said as he went into the other room: "I'll play the piano. Call me when the coffee's ready."

Cretinism Made Curable.

Study of the functions of the thyroid gland in animals has shown how this class of idiots can be cured. Formerly they were hopeless and remained through life semi-beeblies. Now extract of cheap thyroid is given to them and the perverted growth and mental dullness are checked and the children become normal.

Bad Habit to Cultivate.

The habit of dissipating every serious thought by a suggestion of agreeable sensations is as fatal to happiness as to virtue; for when amusement is uniformly substituted for objects of moral and mental interest, we lose all that elevates our enjoyments above the scale of childish pleasures.—Anna Maria Porter.

Where He Came In.

A witty barrister, says an English paper, who did not object to a joke at his own expense, was asked, on returning from circuit, how he had got on. "Well," was the reply, "I saved the lives of two or three prisoners." "Then you defended them for murder?" "No," was the rejoinder, "I prosecuted them for it."

Slap at Chicago Culture.

Miss Ritta—"Aren't you fond of dialect poetry, Mr. Drestbeep?" Mr. Drestbeep (of the Chicago Browning society)—"Well, James Whitcomb Riley and Eugene Field do very well; but I came across some poems by a fellow named Chaucer the other day, and he carried it too far."—Life.

Charity.

Organized or unorganized, all charity is good if it helps the deserving, and in the general proposition prompt giving is more desirable than professional machinery. All the time and effort wasted in criticism might well be used with larger comfort to those who need food and clothes.

Many Uses for Cotton.

One hundred and eighty million yards of cotton cloth carry cement yearly to build the great office buildings, and the electrical industry of the country yearly consumes four hundred thousand pounds of cotton in the insulation processes.

The Important Question.

It will not be fashionable to steal umbrellas the coming season, says an expert on fashions—or on umbrella stealing, one forgets which. But will it be fashionable to return some of those stolen last season?

Are You One?

Anyone can begin a thing, most people can finish one already begun, but those who can always be depended upon to go straight ahead from start to finish are few and far between.

Avoid Despair.

If we are to escape the grip of despair, wrote Amiel, we must believe either that the whole of things at least is good, or that grief is a fatherly grace, a purifying ordeal.

When You Give Castor Oil.

Pour the oil into a pan over a moderate fire, break an egg into it, and stir it up. When thoroughly mixed, flavor with a little salt, sugar or currant jelly.

Following the Doctor's Orders.

When an Atchison man was told to take more exercise he commenced rolling twice as many cigarettes.—Atchison Globe.

Is World's Largest Statue.

The statue of Peter the Great in St. Petersburg is the largest in existence. It weighs one thousand tons.

Daily Thought.

What a man does for others, not what they do for him, gives him immortality.—Webster.

Plague's Awful Death Roll.

In six months in the seventeenth century 380,000 persons died in Naples of a plague.

Wild Muscovy Duck.

The muscovy duck is found wild in South America.