

**MISS HURRY AND MISS STEADY.**

Little Miss Hurry,  
All bustle and flurry,  
Comes down to her breakfast ten minutes too late;  
Her hair is a-rumple,  
Her gown is a-crumple,  
She's no time to button and hook herself straight.  
She hunts and she rushes  
For needles and brushes,  
For books and for pencils flies upstairs and down;  
If ever you'd find her,  
Just follow behind her  
A trail of shoe buttons and shreds of her gown.  
But little Miss Steady  
By school time is ready,  
All smiling and shining, and neat in her place:  
With no need to worry,  
She pities Miss Hurry,  
Who but yesterday sat here with shame in her face.  
Her heart beating lightly,  
With duty done rightly,  
She vows she will never again change her name:  
For though you'd not guess it,  
I'm bound to confess it—  
These two little maidens are one and the same!  
—Wesleyan Christian Advocate.

**The Young Women's Christian Association.**

On January the seventh the first county organization of the Young Women's Christian Association in Pennsylvania was organized in Centre county. For years this work has been conducted in the student and city associations, but it has only been recently that it has developed in the rural districts. By means of the county plan of organization it is possible now, for every community to have a branch association or club.

Fifty years ago the very first Y. W. C. A. in the United States was organized in Boston, Massachusetts. Since then the work has increased in its scope and extent until now from the humble beginning of one organization it has grown to number 979 Associations with a membership of more than 370,000 women.

Working with many different types of girls the Association has aimed in its purpose "to advance the physical, social, intellectual, moral and spiritual interests of young women. To bring them to such a knowledge of Jesus Christ as shall mean for the individual fullness of life and development of character, and shall make the organization as a whole an effective agency in the bringing in of the kingdom of God." Democratic in its principle the Association has attempted to reach not one class of girls but every class. As a result of the demands of women's economic, social and religious freedom it has attempted by a flexible organization to deal with all phases of the woman's life and to adapt it to the needs of every community.

To give in full the general scope of the Y. W. C. A. would require too much space and consequently only a very brief account of the work shall be given.

At first the purpose of the organization was to provide a boarding home for the self supporting girls in the city. But soon, in order to meet the demands of the girls, employment bureaus were formed. Bible and educational classes started and physical exercises given. As a protection to the girls coming in to the cities in search of employment the Travellers Aid Society had its formation. Each year the work has been growing until now it is reaching out to the needs of girls in the city—the self supporting girl—the immigrant girl, the society girl and the home girl. The Association has meant "home, friends, fun, education and in fact everything" to many girls. To others it has meant a vision of service—a revelation of how to make life count for the most and to still others it has been "life itself."

The second phase of the work to be undertaken was that with the students. Because the college has already provided the home, the educational and physical work for the young woman—the Y. W. C. A. It has acted as a guide to the girl in adjusting herself to her new surroundings and helped to develop her into well rounded citizenship.

Last in the development in the eastern states has been the work in the rural districts. Entirely different in its plan of organization from the city and student work the County Association has been especially adapted to meet the needs of the country girl. No building is necessary in this work for the need of the country is not for buildings but for leadership. The Association may simply mean creating in the young woman a greater appreciation and use of the resources of the buildings already in the community—school houses, grange halls, libraries, churches and homes. Most essential to the county work is the trained Secretary who devotes her entire time to the organizing of clubs in the communities, to the developing of the resources of the county as they relate to young womanhood, and to being a friend to girls.

Do the country girls need to belong to the Y. W. C. A. was the question asked of a member of a County Association—But why say need to was the answer when the membership has come to be one of the essentials of the country girl's life. Only the girls who have really belonged to such an organization know the pleasures and benefits derived from it.

—For high class Job Work come to the WATCHMAN Office.

**SEEKING HEALTH ON A MOUNTAIN TOP**



These cheerful young women are not on the promenade deck of an ocean liner as you might suppose, but atop the summit of the Allegheny mountains near Cresson, Pa. They are all patients at the great State Tuberculosis sanatorium. There are more than two thousand men, women and children who are continually under treatment at the three sanatoria conducted by the State Department of Health. With the aid of rest, fresh air, good food, and the best of medical attention, they are waging a winning fight against mankind's greatest enemy—tuberculosis. In addition to the patients who are receiving treatment at the sanatoria, there are more than ten thousand sufferers from this disease continually under treatment at the one hundred and fifteen dispensaries located throughout the state, which are maintained by the department. Commissioner of Health Samuel G. Dixon has under his personal supervision more sufferers from tuberculosis than any other one man in the world.

**A Day in Bed.**

Little Talks on Health and Hygiene by Samuel G. Dixon, M. D., LL. D., Commissioner of Health.

There are times when everyone realizes that they are on the verge of an illness. The symptoms vary according to the individual case but whether it be a cold, grip, or exhaustion, nature usually has a way of sounding a warning which is not to be mistaken.

When danger signals are thus displayed for our benefit in this fashion there is one course of action which will often prove effective, even at the eleventh hour. A day in bed in a well ventilated room with an extremely light diet is frequently sufficient to save one from a severe illness.

Rest is often one of nature's simplest and most effective aids to healing and if taken in time may be warranted far superior in its therapeutic effect to any quantity of drugs taken after the damage is done.

An extremely light diet or a fast for twenty-four hours serves the same purpose in giving the digestive organs a needed rest under such conditions. A day or so in bed adhering to the resolve not to allow the ordinary annoyances and responsibilities of life to interfere with one's complete relaxation would often be of more value than traveling long distances for a change of climate.

There are some people who boast of their ability to keep going regardless of the warnings which Nature serves in times of danger. At times they may be successful in avoiding the penalty but usually they have to "pay the piper." Better a short voluntary rest now and then than one enforced by a profound disturbance of health as the result of disregarding Nature's warning.

**Her Very Clear Thoughts.**

"Well, aunty, what are your thoughts about marryin'?" asked a young woman in Scotland the other day of her aunt, a decent body who had reached the shady side of life without having committed matrimony.

"Deed, lassie," frankly replied the old lady, "I've had but three thoughts about it a' my days, an' the last is like to be the langest. First, then, when I was young, like yersel', I thoct, 'Wha'll I tak'?' Then, as time began to wear by, I thoct, 'Wha'll I get?' An' after I got my leg broken w' that whumel out o' Saunders McDrunthle's cart my thoughts syne hae bin, 'Wha'll tak' me?'"

**Not That Kind.**

Bill—How many hands have you got on your watch?  
Jill—Why, two.

"Where's the second hand?"  
"Oh, this is not a second hand watch."—Yonkers Statesman.

**His Hearing to Come.**

Old Lady (reading newspaper)—I declare! The poor fellow arrested yesterday is deaf. Listener—How do you know? Old Lady—Why, it says here that he is expected to have his hearing next week.

**A Disadvantage.**

"Truth," said the ready made philosopher, "is stranger than fiction."  
"Yes," replied the cynic, "but it suffers under the disadvantage of seldom being so well expressed."—Washington Star.

**The Fidgety Bachelor.**

"But why do you put your friend's things in the dining room?"  
"Oh, he is so used to restaurants that he won't enjoy his dinner unless he can watch his hat and coat."—Louisville Courier-Journal.

**Opposite Ways.**

"I noticed the road agents who held up the train worked with different methods."  
"In what way?"  
"While one was rifling the load the other was loading the rifle."—Baltimore American.

**HEROINES AT HOME**



The battlefields and hospitals of Europe are not the only places where trained nurses are hard at work. In our own state of Pennsylvania there is a corps of valiant women who are working every day of the three hundred and sixty-five to alleviate suffering and reduce the mortality from tuberculosis.

The State Department of Health has one hundred and twenty trained nurses working in its dispensaries. Ever since Commissioner of Health Samuel G. Dixon began his campaign against this disease, eight years ago, this force has been actively engaged in visiting the homes of the tubercular poor, nursing the sick, instructing families in preventing the further spread of the infection, teaching hygiene, and bringing a new atmosphere of health and hope into thousands of families where one or more members had been stricken.

**CASTORIA.**

**CASTORIA.**

**Children Cry for Fletcher's**

**CASTORIA**

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