

Belleville, Pa., March 17, 1916.

BEAUTIFUL LIVES.

Beautiful lives are those that seek To make life beautiful—peak to peak...

Unexplored America.

How many of us know that there is one portion of the American continent, that thus far, has not been penetrated by the white man...

In the early Spanish days, during the hunt for El Dorado, several expeditions proceeded through what is now British Guiana...

No More Canal Slides is Goethals' Prediction.

Major Geo. W. Goethals, Governor of the Panama Canal Zone, when in New York on his way to Washington to appear before the Congressional Committee...

Retain the Queue.

Many Chinese retain the queue, though the Government of the Republic stands firmly against it. This is particularly true in the southern part of the country...

Most of Foods Cheaper in U. S. During Last Year.

WASHINGTON, March 16.—Most of the leading food articles in the United States are slightly cheaper than a year ago...

1915 Healthiest Year in Pennsylvania.

HARRISBURG, March 16th. The year 1915 was the healthiest in the history of Pennsylvania according to a report which has just been made to Governor Brumbaugh by Commissioner of Health Samuel G. Dixon.

The comparative figures of 1906 and 1915 for these diseases are as follows:

Table with 2 columns: Disease, 1906, 1915. Rows include Diphtheria, Measles, Scarlet Fever, Whooping Cough, Tuberculosis, Typhoid Fever.

These reductions in the actual number of deaths have occurred despite the fact that in 1915 the population of the State was 1,242,716 greater than in 1906.

The State Department of Health has directed specific efforts for a number of years toward the prevention of these diseases and the reduction in the death rate is an evidence of the value of the application of preventive medicine.

Ten years ago Pennsylvania first began the collection of vital statistics. In that year the population of the State was 7,141,766, the death rate was sixteen per thousand inhabitants; the death rate for 1915 was thirteen and eight-tenths per thousand.

Stricter efforts to check the large American exports to Germany, now flowing through Holland, Denmark and Sweden.

Imports would be slightly affected, unless Germany secured control of the sea; the German ships now interned in this country might be commandeered, as transports or to relieve the freight situation.

Some temporary derangement in the security markets; Extensive bond issue which would tend to lessen foreign borrowings on this side.

A larger home demand for war munitions which would probably interfere with foreign orders; Stricter efforts to check the large American exports to Germany, now flowing through Holland, Denmark and Sweden.

Rockefeller Fund Gives \$22,800 for Insane Aid.

The Rockefeller Foundation has donated \$22,800 for carrying on surveys of the care of the insane in sixteen States this year, according to an announcement made at the annual meeting of the National Committee for Mental Hygiene.

Clifford W. Beers, secretary of the committee, reported that the movement for conserving mental health and improving the care of insane and feeble-minded has resulted in the organization of societies for mental hygiene in Connecticut, Illinois, New York, Massachusetts, Maryland, Pennsylvania, North Carolina, District of Columbia, Alabama, Louisiana and California.

Soil Conservation to be Studied in Schools. Secretary Patton, of the State Department of Agriculture of Pennsylvania, arranged with the Bureau of Agricultural Education of the State Department of Public Instruction for co-operative work in instruction in soil conservation in the rural schools of the State.

Special attention will be given to the study of climatic conditions, adaptation of soils in certain sections of the State, to particular crops and the resources of each township.

The largest peach orchard in the world under one management is said to be in Howard and Pike counties, Kansas. There are three hundred and fifty thousand trees on thirty-five hundred acres, and in the three weeks harvest season two thousand hands are employed picking and packing the crop.

On the farthest north railroad of the world, which runs from Nome to Kugarok in Alaska, a distance of eighty miles, locomotives have been retired and dogs substituted. The reason for the adoption of canine power is said to be the government tax of \$100 per annum for each mile. The high price of coal, in addition to the tax, made the operating of the road an unprofitable business.

America is the world's wealthiest nation, according to figures published in The Statist of London, for which Sir George Paish is the authority. The accumulated riches of this country he estimates at the inconceivable figure of \$150,000,000,000, which is almost equal to the combined wealth of Great Britain and Germany.

While France, Germany and England have expanded in wealth with remarkable percentages during the past one hundred years, America has outclassed them all. Moreover, the wealth of the United States is now growing at the rate of about \$7,000,000,000 a year.

FOR AND ABOUT WOMEN

DAILY THOUGHT.

Write it on your heart that every day is the best day in the year. No man has learned anything rightly until he knows that every day is Doomsday.—Emerson.

Young married couples who wish to celebrate their wedding anniversaries with their friends usually make this occasion the twenty-fifth or thirtieth party. With their friends around them, the young pair demonstrate the happiness of their union by the gayety and joy of the celebration.

Many a married couple, however, would like to entertain on their anniversary days, but are ignorant of the sort of a party to fall on each successive year. For the benefit of the uninitiated who are constantly clamoring for enlightenment as to the names of the various wedding anniversaries, the correct information is here given:

The first year is the cotton wedding; the second anniversary, paper; the third, leather; the fifth, wooden; the seventh, woolen; the tenth, tin; the twelfth, silk and linen; the fifteenth, crystal; the twentieth, china; the twenty-fifth, silver; the thirtieth, pearl; fortieth, ruby; fiftieth, golden; and the seventy-fifth wedding anniversary is the diamond wedding.

Women are even acting as street cleaners in Southern Germany. Missouri has nearly 4,000 women workers who are members of unions.

The board of visitors of the University of Virginia has recommended that the General Assembly authorize the establishment and maintenance of a woman's college, which will be located at Charlottesville.

For the first time in the history of the four medical and dental associations of that city, a woman, Dr. Clara Shetter-Keiser, has been elected president of the Reading, Pa., Medical Society.

While most women of her circumstances are whiling away their time at Palm Beach, Mrs. Carl Pitcher, heiress to millions, is preparing herself to manage her vast estate left her by her father.

Radium lace is being used to trim many negligees. It is so cobwebby in texture that it is especially pleasing.

Flesh colored georgette crepe, silk nets and laces are being made into airy little night robes and combination suits that are termed "silhouettes."

The new pajamas night gown is attractive indeed. The upper part is made empire with short puff sleeves and a pointed neck. The bloomers are full and finished at the ankle with a lace frill.

Many of the dainty muslins and voiles have within each little square a tiny nosegay or rose spray, or perhaps an embroidered dot. These, when trimmed with the delicate pinks and blues in which the French always delight, will make the faintest of gowns.

Quaintness is the keynote of the present afternoon frocks, as well as of those for informal evening wear; to resemble our grandmothers is now the fashion.

The wise woman will be sure to add to the charming cross-barred materials made at the annual meeting of the National Committee for Mental Hygiene.

Judging from the displays in the shops, this is to be a year of much white and of gay flowered costumes, reserving the plain surface materials for the street and sport clothes.

Skirts are short, but not too short, which means that for the street they cover at least the upper edge of the buttoned boot. Dancing frocks, worn with slippers, may be a trifle shorter.

Now that the severely plain hair-dressing is less popular and the hair is waved more loosely over the forehead ornaments are again being used. Pretty shell combs, jeweled rhinestone pins and jet pins or bandeaus are all much worn.

With a high arrangement of the hair a large shell or amber pin is used, or single-pronged pins of shell, shaped like spikes or poignards. Sometimes the knot of the hair is held firm at the base with a large comb ornamented with rhinestones or jet, or with the top shaped like a fan or palm leaf. These ornaments are very effective for evening wear.

If dried or candied fruit has become too hard to be used to advantage in a cake steam it for a few moments. To make a filling for hickory nut cake whip cream very stiff, sweeten, flavor to taste and add nuts cut rather fine.

While stewing chicken, a piece of onion added when it is stewing will add much to the flavor, and the onion taste will not be noticed. Brush the bottom crust of pie with white of egg before putting in the fruit to prevent the juices being absorbed and the crust soggy.

Butter will finely chopped candied peel and raisins makes a much-liked sweet sandwich, and honey with chopped nuts is another sweet filling.

Ground Cake.—One level cupful fine granulated sugar, two-thirds cupful butter, one heaping cupful flour, four eggs, pinch salt, cream butter and sugar together, separate the eggs and add the yolks, beaten, first, then the flour and salt, and lastly the stiffly beaten whites. Bake in a greased square tin in a moderate oven for 40 minutes.

—Have your Job Work done here.

HUMAN VISION.

Farsight, Nearsight and Method in Testing the Eyes.

Farsight or nearsight—which is better? We must remember that he who has unusually acute vision for objects at a great distance can rarely thread a needle or read small print without glasses, while the person whose near vision is so acute as to serve him almost like a microscope sees distant objects as a blurred mass.

The Medical Record comments on "how little is known as to the extent of vision of the farsighted and still less of the nearsighted." We have two eyes in order that our vision may be stereoscopic, and it is thus that we are able to judge of the relative distances of objects, and it brings a greater field before the retina at one time, but the sight of two eyes is no keener than that of one.

"Indeed, if there be required a greater intensity in a given field it is a natural tendency to obscure the vision of one eye." That is why most women close one eye when threading a fine needle and why men in firing a rifle at a target shut one eye.

The Medical Record doubts the value of uniform tests for eyesight, urging that tests be made in relation to definite occupations. For example, a very nearsighted man would be totally incapacitated from work in the field of transportation, yet admirably fitted for such work as engraving. A very farsighted man, on the other hand, who would be utterly useless as a proof-reader or a gun setter, might be a prize as a field surveyor, a forest ranger or even a locomotive engineer.

"Many misfits," says the Medical Record, "can be prevented by determining the kind of occupation the individual will be best fitted for. In the last analysis it should be the aim to educate the vision one has to greater powers by calling to aid all sources of orientation—to educate and train visual perception so that one may perceive more of the objects within the field of one's vision."

HIGHEST DAM IN THE WORLD.

Difficulties Overcome in Building the Arrowrock, in Idaho.

The dam is built in a narrow, precipitous canyon, through which the turbulent Boise river races. Its name is gained from a gigantic rock in that canyon, the Arrowrock, which had won its name from the custom of the roving Indians, who shot arrows into the face of it to tell their comrades which way they had traveled.

The construction of the dam commenced in 1911, although much preliminary and preparatory work had been done before that, the most important being that of diverting the river from the site of the dam while the building was in progress. This was done by cutting a tunnel through the canyon walls for 500 feet and turning the river through that. This tunnel was large enough to carry the river at its highest flood and was lined with cement.

In order to reach solid rock on which to anchor the dam foundation it was necessary to go down ninety-one feet below the normal bed of the river. No less than 225,000 cubic yards of soil and gravel were removed to lay bare this bedrock.

The dam as finished is 348 feet high, 240 feet thick at the base, tapering to sixteen feet at the top, where there is a fine driveway, lighted at night with artistic electric lamps. The length of the dam is 1,060 feet, curving gracefully upstream with a radius of 662 feet. In its construction 530,000 cubic yards of cement were used, sufficient to make a column ten feet square and twenty-seven miles high.—J. F. Stratton in St. Nicholas.

Official Ignorance.

One of the best of the many stories of English official ignorance of the colonies is recalled by P. A. Silburn in "The Governance of Empire." Lord Palmerston was forming a new ministry and in a preliminary council was arranging its composition. He had filled up all the portfolios with the exception of the colonial office. First one name and then another was suggested and thrown aside. At last he said to Sir Arthur Helps: "I suppose I must take the thing myself. Come upstairs with me and show me where these places are on the maps."

Where Gannets Swarm.

One of the most remarkable sights in the world is Bird Island, in South Africa, for the reason that during some months of the year it is literally covered with gannets. Not a foot of ground is to be seen anywhere. Day after day thousands of gannets strut around, and they are so close to each other that the whole island seems actually alive. Those who have seen this sight say that it is one which can never be forgotten.

Harboring Pain.

A Japanese proverb says, "When you take poison don't lick the plate." How much happier a plate the world would be if that advice were taken! The principal reason the higher animals suffer less than man is that they do not think about their sufferings.—Harper's Weekly.

Freak Shadows.

One of the mountains in Ceylon has a remarkable shadow. Instead of lying on the ground, it appears to rise up like a veil in front of the observer. This is due to mist.

God divided man into men that they might help each other.—Seneca.

National Woman Suffrage Association Says Judiciary Committee Should Vote Again

Washington, D. C.—The cause of woman suffrage will not suffer because of the action of the House Judiciary Committee in voting to postpone until next December the consideration of the constitutional amendment for equal suffrage.

This is the one outstanding feature of the view taken by officers of the National American Woman Suffrage Association of the recent action of the Judiciary Committee. This and other less important but none the less interesting phases of the matter are discussed in a statement issued by Mrs. Frank M. Roessing, first vice president of the National American Woman Suffrage Association, who is in charge of the Congressional work.

"In considering the postponement of final action on our suffrage amendment," said Mrs. Roessing, "it is necessary to understand at the outset that what we want is not merely a VOTE on the matter in Committee and in Congress. What we want is favorable action by both the Committee and Congress. The action of postponement is, of course, open for a reconsideration by the Committee, and the Congressional Committee has already taken steps toward that end.

"Postponement by Committee is not defeat of woman suffrage. It must also be emphasized that there were votes enough in that particular meeting of the Judiciary Committee to have buried our amendment for two years instead of merely delaying committee action.

"It speaks volumes for the cause of equal suffrage when men in Congress who are avowedly opposed to it refuse to defeat it, and it is but just to refer to that phase of the matter, especially when at least four members of the Judiciary Committee who favor suffrage were known to be unable to attend the meeting.

"In the meantime, the policy of our Association toward securing the enactment by Congress of legislation for equal suffrage remains unchanged, and our work both in Washington and in the states will be pushed with unabated vigor."

Suffragists May Register as Voters, Mrs. Blatch Writes Gov. Capper

Topeka, Kan.—New York women may come to Kansas to register as voters this year, according to a letter made public by Governor Capper from Harriot Stanton Blatch, president of the Woman's Political Union.

"It is the intention of some of us," Mrs. Blatch wrote, "after having worked for so many years in the State of New York for our enfranchisement, to qualify as voters in one of the suffrage states in the West."

The letter inquired whether women who qualify in Kansas may spend part of their time in the Iowa campaign. Iowa will vote on woman suffrage in June.

SENATOR SHEPPARD ON AMENDING CONSTITUTION

In a recent address delivered before the Methodist congregation in Washington, Senator Sheppard said, "Nothing could be more inaccurate than the contention that the prohibition and suffrage amendments to the federal constitution involve a violation of state rights. The states reserved to themselves the right to amend the constitution by a vote of three-fourths of their number. In reserving this right they retained in themselves ultimate sovereignty over the federal government. The prohibition and suffrage amendments merely enable the states to exercise this right. Therefore, the supporters of the amendments are the real friends of state rights, while the opponents of the amendments are in reality standing between the states and one of the most fundamental rights they possess."

This opinion, coming from a Senator from Texas, indicates the growing nationalization of thought in the southern part of our country.

Parole is Recommended.

Indeterminate sentences and the parole system for prisoners are recommended in the annual report of the District of Columbia board of charities. The short-sentence system is deplored on the ground that in most cases of commitments of ten, fifteen or thirty days no substantial reformation can be accomplished. Under the recommended system prisoners would be sentenced to a maximum of two years, subject to parole on record of good conduct at any time before the expiration of the maximum term.

Worth While. "Have you ever had a vice commission in this town?" asked the visitor. "We've never had one here," answered the old resident. "I fear this isn't a progressive community."

Recruits. Recruiting posters in England are numerous and striking. One of them shows the black silhouettes of soldiers climbing a hill with bayonets at the ready. "Don't stand looking at this," says the inscription, "but go out and help them." One poster—clearly unofficial—was chalked on a glass "Blimey, when are you going?"

APPLE TREE HAS MONUMENT

Canadian Farmers Recognize Worthy Part Played by Progenitor of Fruit in the Dominion.

Perhaps one of the most curious monuments in existence has recently been built in Ontario by Canadians. The farmers have just erected a marble pillar to mark the site on which grew a famous apple tree.

More than a century ago a settler in Canada named McIntosh, when clearing a space in which to make a home in the wilderness, discovered among a number of wild apple trees one which bore fruit so well that he cultivated it and named it McIntosh Red.

The apple became famous; seeds and cuttings were distributed to all parts of Canada, so that now the McIntosh Red flourishes wherever apples grow in the great Dominion. In 1896, the original tree from which this enormous family sprang was injured by fire; but it continued to bear fruit until five years ago. Then, after 15 years, it died, and the grateful farmers have raised a marble pillar in honor of the tree which has done so much for the fruit-growing industry of their land.

The story of this apple tree illustrates the African proverb that though you can count the apples on one tree, you can never count the trees in one apple.—Popular Science Monthly.

YANKED YOUTH TO SAFETY

Former Idaho Cowboy Skillfully Used Driving Rein to Save Imperiled Skater.

After hanging on the edge of a sheet of ice for 15 minutes with feet and body dangling in icy water at the dam of the Thurmont Power company, Charles, twelve-year-old son of Mrs. B. M. Jones of Thurmont, was saved from drowning by Frank Harne of Foxville, formerly an Idaho cowboy. The youngster was pulled from the ice by a lasso fashioned from a driving rein and thrown by Harne.

With a view of determining whether the ice would bear his weight, the boy ventured on it and plunged through a weak section. In his fall he clutched solid ice, and as Harne, accompanied by his brother, drove by in a buggy he was discovered. Harne stopped, tore a rein from the harness of the horse and hurriedly fashioned a lasso, then ventured on the ice until he came within range. Then he tossed the lasso, and the noose settled over the neck of the boy, who was pulled to safety.—San Francisco Dispatch Philadelphia Record.

A Visiting Librarian.

Mary Dewitt Titcomb has extended the field of the circulating library in Washington county, Maryland, until it reached the most inaccessible on the rural delivery list. With the consent of the trustees, she built a "library wagon," which was made much like a laundry wagon. It had side doors opening outward and each side was fitted with shelves of books. Drawn by two mules, the library started out into the country. Now the wagon has been taken off and in its place is a library motor car which carries a visiting librarian who advises the families and helps select the books they want. The teachers of the district schools also use the library motor car to choose pictures and books for their pupils. The traveling library makes two trips a week, or 16 routes, covering the entire county, which has 50,000 inhabitants. Miss Titcomb says that the people in the county do not read as much as she has her patrons in the city do.

Woman's Idea of War.

This is the final opinion of war that an American woman formed after seeing it in reality. It is a quotation from "Kings, Queens and Pawns," in which Mary Roberts Rinehart gives her first-hand impressions. "War is not two great armies meeting in the clash and frenzy of battle. War is a boy carried on a stretcher, looking up at God's blue sky with bewildered eyes that are soon to close. War is a woman carrying a child that has been injured by a shell. War is spirited horses tied in burning buildings and waiting for death. War is the flower of a race, battered, hungry, bleeding, up to its knees in filthy war. War is an old woman burning a candle before the Mater Dolorosa for the son she has given for 'King and Country.'"

To Supply British Juror Shortage.

How is the shortage of jurors occasioned by the war to be remedied? Sir George Lewis proposes, in a contribution to the Law Journal, the immediate adoption of the recommendation made by Lord Mersey's committee that the right to trial by jury should be restricted. The committee, or rather the majority of its members, proposed that the question whether an action should be tried by a jury, except an action affecting personal character, should be determined by a judge. Thus the supply of jurymen would be made sufficient by reducing the demand upon their services.—London Globe.