

Democratic Watchman

Bellefonte, Pa., March 9, 1917.

THE PROUD POTATO.

They used to treat me with contempt,
The Old Potato said,
I never have been quite exempt
From chilling fear and dread
When hasty hands have fondled o'er
And pared me to the quick,
And tossed out the back yard door
The feelings awful thick.
I say they used to do that same,
Abuse me like a witch.
Until just recent I became
One of the idle rich.
They used to call me "murphy," "spud."
And meaner things no doubt,
They used to jab me with a thud
Upon an oil can spout,
They'd push me back with vile disdain
And call for bread and cheese;
They've often left me in the rain
To rot and scab and freeze.
But since my ship came into port
You ought to see 'em—Gee!
Come every day to count and sort
And toady up to me.
They used to put me in the dark
Piled high in wretched pens,
They used to boil me in my sark
And feed me to the hens.
And then, I think it was the worst
Of all indignities,
They'd feed me to—nor cook me first—
A wormy dog with fleas!
But since I've come into my own
I pass no humble door,
I greet none who lack proper tone,
Nor mingle with the poor.

Wilkes-Barre Record.

Overland by Automobile From Philadelphia to Rushville, Nebraska.

The following very interesting account of an overland trip by automobile from Philadelphia to Rushville, Neb., was written by Lieut. George Dale, of the U. S. navy, who a year or so ago was retired on account of ill health. He resides in Washington, D. C., and the trip was made to visit his father, Horace Dale, who is a half-brother of Clement and A. A. Dale Esqs., of this place. With Mr. Dale on the trip were his wife and two daughters and his aunt, Lillie Dale, of Boalsburg.

I was given leave on July 11, and at once started to get my outfit ready. I had some trouble getting the automobile that I wanted but by the 12th I had it all ready. In the meantime I had been getting my camping outfit. I had it all ready by the evening of the 12th, also, but in the hurry to get off I forgot some of my traps at the marine depot until I camped that night when I found that I did not have it. Next morning I had to return to Philadelphia to get the remainder of my outfit. So that it was the 13th before I really got started. Besides the automobile I had the following outfit: 1 pyrene, 1 towing line, 1 set of chains, 1 vulcanizer, 1 lb. rubber, 1 box of patches, 2 extra shoes, 2 tubes extra, 1 box plunbers, 1 tent with fly and floor cloth, 2 canoe cushions, 12 cans solidified alcohol, 3 duffel bags, 1 pressure coal oil stove, 1 canvas bucket, 2 canvas water bags, 12 condiment bags, 2 cots, 1 set of bunk springs, 1 axe, 1 spade, 8 blankets, 1 lantern, 10 yds., mosquito bar, 45 ft. of heavy white line, 1 folding bathtub, 1 extra set of clothing and plenty of wraps, 2 good sized grub boxes, and a hammock for the baby swung from the bows of the car.

From Philadelphia to Harrisburg there is a good macadamized road, although it is rough in spots. This road is a toll road most of the way, but the State is gradually taking it over. I had to pay 70 cents toll from Philadelphia to Downingtown, 25 cents to Lancaster and 43 cents to Harrisburg. The road from Harrisburg to Clarks Ferry, where I paid 25 cents to cross the bridge is excellent. From there to Newport the road is in very bad condition, dirt all the way and that not kept up. The road is in good condition from there to Boalsburg, even across the seven Mountains. I arrived at Boalsburg on the night of the 14th after having a great deal of trouble with my tires and spark plug. I remained at Boalsburg until the 2nd of August preparing my outfit and visiting.

At 1:38 p. m. August 2, 1916, my aunt, my wife, two babies, and myself started on one of the most enjoyable trips I have ever taken. Our entire outfit weighed 2050 lbs. We stopped to talk to my uncle Willard for about 15 minutes and at 2:40 we reached Bellefonte where we bought a few extra traps which we found we needed. Leaving there at 2:55 we found good roads all the way to Lock Haven, where we arrived at 4:40, speedometer reading 7850.8 showing we had traveled 23 miles. We had some slight trouble with the engine on the way and we decided that we had better have shock absorbers on the rear springs. This we had fixed up and left the town at 6:19 p. m. We next stopped for a few minutes at Jersey Shore for provisions and then pitched camp a short distance outside of Linden at 7:15, having traveled 67 miles on our trip. Our camping place was a school house surrounded with beautiful trees, and with a view all around that was inspiring. We got camp pitched and supper over in a remarkably short time for the first camp. It was funny to see Helen try to walk through the grass. It was the first time she had ever been in the grass and she could not understand what it was that was catching her feet. She would stand on one leg and raise the other up as high as she could and then try to reach away out and put it down and then balance on that leg and raise the other up and over. When reaching out she would generally reach too far and overbalance herself and then fall down. Every once in a while she would have to cry from pure vexation. However, she kept on trying until she finally learned to run around.

We were late breaking camp next day, not getting away until 12:26 p. m. on account of the newness and the

washing we put out the next morning. We stopped a few minutes at Linden for water and oil and reached Williamsport at 1:15, after having traveled a very bad dirt road over bad hills all the way from Lock Haven.

We left Williamsport at 3:20 p. m. speedometer reading 8001.2 and traveled north towards Elmira. The roads were very much better, although mountainous. Here we passed some of the prettiest scenery that we saw on our trip. We stopped at Canton to see Eva's friend, Eliza Dunbar, but she was not at home so we continued on about a mile farther north where we camped at 7 p. m. We passed several bands of gypsies this day and we expected some of them to camp near us but they did not, for which we were duly thankful. We found a very nice camping place here, also, and the owners treated us very nice, not only showing us a very nice place to camp but bringing us milk for the babies next morning and both the farmer and his wife came over and talked to us a long time.

We broke camp at 9:30, August 4th, speedometer reading 8045.4 and soon reached Troy through which place ran a good macadamized road. By 12:10 we were in Elmira where we obtained a few provisions and left by 12:50. From here to Buffalo we found an excellent macadamized road nearly all the way. We stopped at Corning, meter reading 8080.7, for lunch, and were on our way again at 3:10, having consumed one hour and ten minutes. Between Painted Post and Campbell we stopped for some time to help a fellow traveler. Coming down a hill five miles outside of Dansville we ran into a cow and bent the radius rod and broke the left headlight glass. We limped into that place at 6:30 p. m. where I repaired the trouble and we got our supper, after which we moved on a mile and camped. We did not expect to find much of a camping place on account of the lateness of the hour and the necessity of camping at the first available spot so we were very agreeably surprised next morning to find that we had blundered onto a spot often chosen by campers on account of its beauty and nearness to a beautiful clear stream of water which came meandering down over the rocks in a series of falls.

August 5 we broke camp at 11:32 meter reading 8114.9 and started for Buffalo. On the way we passed many autos going both ways. We stopped at Mt. Morris for oil and two miles before reaching Caledonia we stopped from 2:30 to 3:45 for lunch. Not long after leaving we got on the New York-Buffalo road which is a cement road but it was at this time in bad shape due to the top dressing having scaled off in places and this scale and the holes left made a bad road. 15 miles east of Buffalo we had a blowout and although I put in three spare tubes they all failed to hold up under pressure so we were forced to camp for the night. Here we found our first unfriendly feeling for when we asked for permission to camp in a field near the road and also for water we were told that we could have some water when the owner was around but that we could not camp on the place we were given to understand that we were persona non grata. However as we could not move on we were compelled to camp on the roadside which was very narrow and strewn with broken rock from road making.

After working on the tires all morning and gaining some valuable experience in regard to them we finally got one to hold up and so broke camp at 2:25 p. m. meter reading 8147.3, and headed for the centre of the city which we reached at 3:15. Here we purchased a U. S. grey tube which was put in in a very few minutes and we were told that we could have some water when the owner was around but that we could not camp on the place we were given to understand that we were persona non grata. However as we could not move on we were compelled to camp on the roadside which was very narrow and strewn with broken rock from road making.

These are the only approximate causes. Myriads of other causes—wars, tariffs, anti-trust laws, trusts, trade unions, gold discoveries, rapid transportation, shortened hours, advertising, waste of natural resources, etc., may affect the high cost of living, either upward or downward but as I have shown elsewhere, these causes are anterior to, and act only through, money, credit, velocities or goods.

To the question, which of these fundamental factors is, or are, responsible for the sudden uprising of prices in the last few months, I would reply that the chief causes both abroad and at home are (1) growing scarcity of goods and (2) growing abundance of money. Apparently the more important of these two is, even in Europe, the growing abundance of money. To put it in a nutshell, the whole world is now suffering acutely from war inflation. In belligerent countries, this inflation has been chiefly in the form of paper money issues, while in neutral countries it has been chiefly in the form of gold imports. The gold flowing to neutral countries, like Sweden and the United States, is gold displaced by paper money in belligerent countries and attracted to neutrals because the belligerents could not export other goods than gold.

I shall not attempt here to elaborate my own view of the appropriate remedy—"stabilizing the dollar" by (virtually) increasing its weight from time to time to offset the depreciation of gold. I hope within the year to publish a book on the subject. I may take this opportunity, however, to say that I have recently received several letters, including two from prominent bankers, expressing a new interest in this proposal.

Required for Health and Beauty.

It is surprising that it is necessary to repeat again and again that the health and beauty of the skin require that the blood shall be pure. If the arteries of the skin receive impure blood, pimples and blotches appear, and the individual suffers from humors. Powders and other external applications are sometimes used for these afflictions, but will never have the desired effect while the causes of impure blood remain.

The indications are very clear that Hood's Sarsaparilla is the most successful medicine for purifying the blood, removing pimples and blotches, and giving health and beauty to the skin. It gives tone to all the organs and builds up the whole system. Insist on having Hood's Sarsaparilla when you ask for it. Don't take anything else.

"If the train had been run as it should have been run, or if the bell had been rung as it should have been run, or if the whistle had been blown as it should have been blown, both of which they did neither, the cow would not have been injured when she was killed."

August 10th we got under way at 9:10, meter reading 76.2, although it

FOR AND ABOUT WOMEN.

DAILY THOUGHT

A cheerful friend is like a sunny day, which sheds its brightness on all around, and most of us can, if we choose, make this world either a palace or a prison.—Avbury.

Cloth top shoes are in for a spring run, and all-cloth shoes with leather tips and strappings will also play an important part in the summer fashions.

Belts and girdles of gold and silver tissue have carried over from winter models, and are now shown on spring dresses.

Stout ladies and those who are only a little plump will be given as youthful lines in suits, coats and dresses as the willowy-formed damsel, and when these clothes are made correctly they will not be lacking in the necessary quality of dignity.

Beads of all varieties and all colors are used with distinctive and real artistic value as trimming combined with hand embroidery.

Green in brilliant and refreshing shade is sure to be a popular color in dress fabric as well as accessories.

A Paris blouse recently imported was of white voile, trimmed most charmingly by conventional lines of colored floss, put on by a couching stitch. Three colors were thus effectively combined.

Velvet can be made to look like new either by steaming to raise the nap or pressing with a damp cloth over it, which makes it look like panne velvet.

Cotton gloves may now be had in quarter sizes, and this is surely an advantage for women who have heretofore been obliged to wear a half size too large.

Blouses of sheer material, such as orgette, crepe, chiffon, organdie and voile, are being shown in a wide range of colors, in white and in flesh tint.

Hand embroidery and application of beading make pleasing trimming on materials of sheer quality.

Delicate flesh-colored lingerie in silk is in good demand, and this naturally brings forth a decided call for corsets in matching color, with the result that many exquisite models are to be had.

Figures and forms cut out of leather and kid are applied to hats with loose and irregular embroidery stitches done in colorful flosses.

Many French hats are in brilliant colors this season, such as cherry, rose and cardinal.

Huge silk tassels trim many separate skirts and one-piece dresses. On separate blouses and jackets the tassel idea is used, but here the quaint ornaments are smaller.

Women who are middle aged and rather stout will find a cold bath every day with plenty of friction afterward an admirable fat reducer. If you can't take a cold bath have a cold sponge down after your warm bath and dry yourself vigorously with a rough towel. There is something very stimulating in the friction induced by thorough drying after a bath.

Plenty of fresh air is essential to health, and it is essential, too, to avoid much lolling about in easy chairs. This last induces that fatal habit of stooping, as a result of which there is formed, as we get on in years, an unsightly roll of fat between the shoulders, which hangs over the top of the corsets. Very often faulty corsets are responsible for the formation of this figure blemish, corsets which are laced so as to press the fat upward between the shoulders. To cure it, in the first instance you will require to go through a course of scientific massage. Massage is also splendid for fat which forms beneath the waist line and for the double chin.

Wealthy women with tired nerves can go in for various treatments—special baths and electric massage—but many women are far from well off and are unable to do this kind of thing. But 10 minutes' treatment every day will soothe the most overworn nerves if properly and regularly given. The treatment is a simple one, and consists in applying very hot water to the base of the brain. Wrap a sponge out in very hot water and hold it firmly to the back of the neck for a few seconds, repeating the process and using water a little hotter each time until it is as hot as can be borne. Keep this up for about eight minutes, then dip a sponge in very cold water, squeeze it out, and rub it quickly over the back of the neck.

The heat expands the blood vessels, which have become congested and rigid through fatigue, and the cold application contracts them, momentarily quickening the circulation and giving new vigor and vitality to them. If this is done twice daily, at midday and at night, this treatment will sooth and rest the most overstrained nerves.

For years I have been annoyed by "the accidents" that would happen from brushing up against the gas stove. Now I can wear white clothes in the kitchen with impunity, to say nothing of having done away with black, greasy stove cloths.

I have given the outside of the stove, burners and all, a thick coat of aluminum paint, the kind that is sold for painting boilers and pipes. When the stove is given its weekly cleanup the scratches and rubbed spots are touched up lightly with the paint. Bits of food or grease smears are wiped off after each meal as easily as off the sink, for nothing soaks into this finish and the stove is actually an ornament to a daintily kept kitchen.

The Massachusetts branch for women of the Special Aid Society for American Preparedness has opened a school to teach women to operate automobiles in order that they may be utilized in case of war.

Subscribe for the "Watchman".

FARM NOTES.

DAILY THOUGHT

Goose Raising.—Pasturage is essential to the successful raising of geese, according to Farmers' Bulletin No. 767, recently issued by the United States Department of Agriculture.

The industry is at present on the basis of small flocks raised on general farms, few, if any, farms being devoted entirely to goose raising. In some producing sections, however, the fattening of geese is conducted as a special business. For this business the geese are collected from general farms, usually over a large area, and fattened for several weeks before being killed.

Geese can be raised in small numbers successfully and at a profit, says the bulletin, on farms where there is low rough pasture land with a natural supply of water. Geese are generally quite free from disease and all insect pests, but occasionally are affected by the diseases common to poultry. Grass makes up the bulk of the feed for geese, and it is doubtful whether it pays to raise them unless a good grass range is available. A body of water where they can swim is considered essential during the breeding season and is a good feature during the rest of the year. The market for geese is not so general as for chickens. This should be considered in undertaking the raising of geese.

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