

CLEAN-UP, SPICK AND SPAN.

Getting rubbish on the run. You can have a lot of fun. Making cleaner this town. Adding much to her renown.

A POEM ON SPRING AND PINE GROVE MILLS.

Dear "Watchman." There is no place where there is a quicker response to the greetings of Spring, than in Pine Grove Mills, Centre county, Pa.

Not that the crocuses and the daffodils are earlier than elsewhere, but the beauties in their houses, whether indoors or out, feel the quick stirring of spring sunshine and the spring rains and wind.

A flurry of snow, a bit of warm sunshine, a meadow lark's song, the gray of the woods turning imperceptibly to green spikes of bulbs pushing their way bravely through the cold, brown earth, the faint odor of arbutus, a sudden gust of wind that carries away your hat—and that is Spring!

Fascination, changeable, incomprehensible season, who does not love it? Small wonder that the young man's fancy lightly turns to thoughts of mating; smaller wonder that the more practical woman turns to considerations of making her household comfortable during the spring and summer.

Oh, delectable, entrancing Spring! It fills our old hearts with cheer, gorgeous queen of the seasons, how the sweep of thy magic wand brings back from the sleeping years of the dreamy past the gaudy visions of life's spring time.

We are again children straying in the green meadows or lingering by the crystal stream. We bare our aged brow to thy gentle breathings and feel as though passing angels fanned us with their wings. We inhale the commingled perfume of inane and blossom, and dream the fragrance of Paradise has stolen back to earth, or that we catch the perfume flung from passing Seraphs' mantles.

We look in aged bewildered ecstasy upon the gathering matchless beauties, and we gaze upward and leaf and blossom and flower, we think we hear heaven's looms propelled by aerial beings as they weave the fabric of thy robes. We almost imagine we see celestial artists floating on steady wing, producing specimens of the taste and genius of the skies, painted on thy royal attire a galaxy of heaven's fine arts for the wondering admiration of mortals on earth.

We eat, drink, and are merry, and do not die tomorrow, but live on in the healthiest spot on the face of the earth. We draw in long breaths of pure air and thank our God we are alive.

We lose the hours in the grand vaults of Tussey mountain gap, where we enjoy unrivalled views and forget contentions, troubles and revelations. We are all living with open windows; the sun is brilliant and every great flood of its rays of light that pours down seems to be a heavenly life-stream.

This historic and hallowed land amid the glories of spring, where the balmy air, the beautiful sky, the fresh verdure of the new ploughed field, and the singing of the birds add fascination to the scenes. With the white clouds chasing through the splendid blue above and the bright sunshine rays thrown upon us, and the little mountain brook of water beside us, running gaily as the blood in our veins. We sit on the veranda of the hotel and behold the beautiful formed young girls as they pass to and fro—things of beauty, the greatest of God's creation. We can see white clover, yellow butter-cups, all of which add beauty to the eye, which is a boon to the old eye.

thou appear in this lovely spot, "our home." We thank our Maker for permitting us to enjoy this glorious village and its scenes.

Nature, Nature! What a wonderful and mysterious goodness art thou. We are wondering in a woods full of poetry; that we could express our feelings in the language of a poetess; that we could seize and perpetuate in everlasting verses.

It has always seemed to me that village life is the happiest and the most comfortable, and that the busy city man who would establish his home where he can have repose without inconvenience and discomfort should place it amid the trees and flowers and by the grassy highway of some pretty hamlet, where the noise of the world's greater commerce never comes, and where isolation and companionship are both possible without an effort.

Such a home, planted judiciously in a half-acre, where children can romp and play, and where one can cultivate a few flowers and vegetables, mingling the sentimental halcyon with the practical cabbage and the ornamental verbenas with the useful onion, may be made an earthly Paradise. Come to Pine Grove Mills, Pa.

Village life is the best. It has all the advantages of residence in the country without the unpleasant things which attend existence in a wholly rural home. There is not the oftentimes oppressive solitude of the country, nor is there the embarrassments that come from the distance to the station, to the stores, and the postoffice. There are the city blessings of the presence of other human beings, and of access to the places where wants may be supplied, without the crowds, without the mixed and villainous perfumes of the streets and the obnoxious air. With the conveniences of a civilized community, a village may have pure and healthful air, opportunity for parents and children to amuse themselves out of doors, cheap fare, moderate rent, milk which knows not the wiles of the city dealer, and a moral atmosphere in which a family may grow up away from the temptations and the evil associations which tend to corrupt the young in the great cities.

More than this, I like life in the village because it brings a man into kindlier relations with men, women and girls in the community, than can be obtained elsewhere. In the village I am jostled at every step by those who are strangers to me, who know nothing of me, and who care nothing. In the village I am known by every one and I know all.

If I have any title to respect, it is admitted by the society of the place, and perhaps I may even win something of affection. I am worthy of it. In the country town, too, you may have your morals carefully looked after. There are prying eyes and busy tongues, and you are conspicuous so that unless you walk straightly the little world around you shall know of your slips and falls. You may quarrel with your wife forever in the city and few care to hear the miserable story; but in the village the details of the conjugal contest are heralded about before the day is spent.

The interest that is felt in you is amazing. The cost of your establishment is as well known as if it were blazoned upon the walls. You cannot impose upon the people with the pretense of splendor if you have not the reality; one gossiping old woman who has discovered the shame will make you an object of public scorn in an hour.

The village knows how your children are dressed and trained; how often you have mutton and the extent of your indulgence in beef. The cost of your carpets is a matter of public note; your differences with your servants are discussed at the sewing-circle, and the purchase of a new coat for your daughter, or of any new clothing for your family is a concern of public interest, and must be paraded for the gaze of your neighbors, and their opinions upon it. The purchase of your wife's Easter hat actually creates excitement in the village society, and you are certain, therefore, to get the full worth of your investment in that article of dress, while the owner obtains unlimited satisfaction; for Easter hats are purchased for the benefit of other people chiefly, not for the convenience and happiness of the wearers.

In this village every man and woman is something of a law-worshipper, and if in the city I find it difficult to select an idol from among the many who thrust their greatness upon me, I am not so embarrassed in the village. Here I find pure worshipful virtues. Here it gives me joy of admiration of the many young females and to feel humble in their presence.

Sometimes, of course, I cannot help perceiving that the object of this adoration is, after all, a very pigmy of its kind. Here the young girls in the village depend much upon popular credulity for the stability of their reputations. My pompous village nabob, too, is honest. I am sure of this. He helps to conduct the government of the community, but he does his duty fairly and he is a gentleman. I love him for that alone, and for that I feel deeper affection for life in the village. When I go to the city and perceive what creatures wield the power there, when I watch the trickery, the iniquity, the audacious infamy, of the cliques that control the machinery of the great government and when I look, as I do sometimes, into the faces of those who are thus leagued for plunder and power, only to see their vulgarity, ignorance, vice and general moral filthiness, my soul is made sick. I can then turn with pleasure to the simple methods with which our village is governed, and honestly give my respect to the gentleman who presides over its destinies.

I've given the chronicles of the village with what quality of humor we could infuse into them, but without malice or vulgarity and without irreverence. I have no patience with those who seek to find amusement in committing these faults. There matter enough in harmless things for sportiveness; and rather than try to excite mirth by hurting the feelings of any one by stooping to coarseness, or speaking with levity of things that are sacred, I would consent to write

only books that should be as solemn as tragedy itself. The man who voluntarily becomes a hermit is a fool. A man of sense must necessarily desire to live with his fellows and to enjoy their society, their sympathy and comforts that can be obtained with their assistance.

He can have these only by making sacrifices for them. He must not only give up some of his natural rights as an individual, but he must make up his mind to endure patiently disagreeable things that are done by his friends or neighbors. He may escape from the city to avoid the nuisances, but in his new home he will certainly find a compensating nuisance of some kind. Until all men learn to think and act alike, he will find and where in the world those who are fond of the things that he hates, and who will do things that he thinks should be left undone.

The man, therefore, who comes to the village in pursuit of perfect peace and quiet, of course will not find them. He will encounter the disagreeable peculiarities and practices of other persons precisely as he did in the city, he will be called upon to endure annoyances as aggravating as any of these from which he has flown. He can have comparative contentment and repose in either place only by determining to have them despite his neighbors. It is possible that men will always have to live and work where the papers they read and the things which they will tag and tear each other as they roll around in the swift current of life. Perhaps we shall have smoothness and evenness when we enter Paradise—I hope so at least. And in the meantime, let us stop growling about evils which cannot be cured.

J. MILES KEPHART.

Suffragists Will Continue the Fight.

Harrisburg, Pa.—Despite their defeat by three votes in the Legislature, women of Pennsylvania, whose organization was the first to offer its services to Pennsylvania and to the Nation during the war, are again asking for consideration by the Legislature.

Previously they asked only that the Representatives grant voters the right to decide again the question of suffrage. This time, the voters having been denied the right to decide the question in 1912, the women ask the Legislators themselves to grant directly to women, as is in the power of the Legislature, the right to vote for the next and all following Presidents.

In taking this step, the suffragists point out that they are making a fight for democracy on the ground that all citizens—men as well as women—who support the country at this time of stress should be granted every privilege possible under a Democratic government. They point out that there is no expense of advertising an amendment entailed, which was one of the objections of the opponents of constitutional suffrage. They call attention to the fact, also, that the higher element which boasted it had defeated the constitutional amendment resolution, cannot logically, even from its own viewpoint, have any reason for fighting the Presidential suffrage bill, because even if passed, it does not give the women the right to vote upon prohibition or any phase of local option.

The women point out further that even those members of the Legislature who admitted they feared, or feared without admitting that women would defeat them, have no ground for alarm in view of the fact that the new bill does not extend the right to vote for any State, county, city, borough or other municipalities, but only for Presidential electors.

The women call attention, too, to the Russian and British governments preparing to enfranchise the women of their countries as a reward for war work and because they have demonstrated their patriotism, and ask pertinently what the American government and legislature will do for women whose patriotism needs no demonstration.

As outlined, the campaign plans of the women are unique. They intend, they say, to maintain no lobby as such and having, they say, no delusions concerning general temper and tenor of the present Legislature, they ask the public to watch the course of this bill, the members of the committee to which it is referred, the tactics of those who oppose it, and the vote finally upon the measure.

French Capture Germans' Giant Periscope.

One of the most interesting of the devices which have been produced during the war to amplify the range of human vision, is a giant periscope, which the French captured from the Germans. With this equipment an observer need not seek out some tall tree or high tower from which to spy on the enemy, for this collapsible steel mast can be reared at any desired point in a very minute. At its upper end are a conical tube and lenses by which horizontal light rays are deflected downward to the observer stationed below. The apparatus is strongly built and the carriage is so made as to form a wide-spreading base. Supported by the carriage alone the mast can be raised to a height of 50 feet. When it is extended to its full length, which is 90 feet, guy ropes are required to steady it.

The legal age of women in most of the States of the American Union is 18. It was so in Kansas until recently, when it was raised by the Legislature to 21. As such laws are not retroactive, women who acquired property rights in Kansas when they were between the ages of 18 and 21 will not be affected. But the circumstance calls attention once more to the pressing necessity of unifying the varying and sometimes conflicting laws of the forty-eight States.

Easy Sales.

"I suppose you put the big potatoes on top?" "No need even to do that these days," chuckled the grocer. "Most of my people order by telephone."—Kansas City Journal.

Conserving Potato Eyes for Seed Purposes.

Believing that as a nation we need to conserve our food supply and produce more food this year than in previous years, because not only our own people, but the people of all nations are depending upon us to a large extent to supply them with food, I believe it to be our duty to put forth our most intelligent efforts and to aid in every way possible the production of all food products.

Next to grain the most important food product is potatoes. With the price of potatoes around \$3 per bushel, I fear many people cannot afford to buy potatoes for seed and that the acreage this year will be far below normal, a condition which we cannot and must not allow to exist. The thought came to me: Why not have the housewife use a little care in peeling the potato and, when near an eye or embryo peel a little deeper, and save the embryo for seed purposes. The amount of food value of the potato would be decreased only in a small degree, and in the period of a few weeks prior to the planting season enough potato embryo might be obtained to increase to a large extent the acreage, instead of showing a decrease as a natural result due to the existing high price of potatoes. I am quite sure every patriotic citizen would be willing to aid in this work.

By having a central point of distribution, advising through the papers that these potatoes might be had free, I believe that the situation might be handled very easily.

I am quite sure also that the farmers might be willing to pay as high a price as \$3 per bushel for these potato embryos, and thus turn into the markets of trade a product heretofore almost totally waste.

If the plan is feasible, every city, village and hamlet should be organized immediately. This organization would be very simple, as the Boy Scouts of America, I am sure, would be willing to collect these embryos.

Some energetic merchants in each town would certainly be willing to distribute these embryos, and the matter was brought to their attention.

Knowing that by the exchange of ideas great good often results, I would be glad indeed to hear from any citizen on this subject.

Yours very truly,

L. A. LEATHERS, Brookville, Pa.

Relative to the plan suggested by Mr. Leathers, Prof. Charles F. Noll of the department of experimental agronomy of the school of agriculture of the Pennsylvania State College writes:

"The plan advocated has some merit, but it should be kept in mind that it is not entirely a waste of potato tubers to plant more than just the eyes, for we increase the size of seed piece, thereby increasing the amount of plant food to start off the new crop, we tend to increase the yield. It has been found that, with seed potatoes at an ordinary price, we cannot profitably reduce the rate of planting below about 15 bushels to the acre. How much this rate may be reduced when seed potatoes are abnormally high in price is a question. I see another difficulty also—that of properly taking care of the tubers until they are planted. These small pieces should not dry out very much or they will lose in vitality. They may be kept for a week or two, however, if they are dried by dusting over with a little sand or plaster and placing them in a cool room. If a great many of these cut pieces are placed together before they are dried they are likely to heat and spoil."

In an article in the weekly news letter of the United States Department of Agriculture, William Stuart, horticulturist in the national bureau of plant industry, also discusses this method of making the most of seed potatoes. Among other things, he says:

"The cost of seeding Irish potatoes can be greatly reduced, the garden specialists of the United States Department of Agriculture point out, if instead of using a whole potato for planting, the gardener will cut out from potatoes cone-shaped pieces of flesh, each containing an eye of the potato. * * *

"Under this plan it is not necessary to prepare the seed all at one time. From day to day the cones for seeding can be cut from the potatoes as they are being prepared for the table. The cuttings then should be spread out on a piece of paper in a moderately cool room (about 50 degrees F.) and allowed to remain there until they have cured; that is, until the cut surface has become dry. A day or two should suffice for this, and potatoes then be put in a shallow box or tray and placed where they are still cooler. Any storage condition that will insure them against frost on the one hand and undue shriveling on the other should prove satisfactory.

"These seeds can be started in doors, provided it is possible to secure suitable soil boxes. In such cases it may be desirable to plant the eye cuttings at once, and allow them to start into growth indoors with the idea of transplanting them into the open ground when the danger of frost is past and the ground is dry enough to be cultivated."

Origin of the Gypsies.

When the Gypsies first appeared in England in the fifteenth century, the name Gypsy was given to them by the English people, who believed them to have come from Egypt. The French, by a similar mistake, called them Bohemians. But a careful study of this race, and especially of their language shows that they came originally from India. The Gipsic language is derived from the Sanscrit, as are the other Aryan languages of India. A similar error was made by the English when they called a distinctively American bird a turkey, under the impression that it was imported from the Ottoman empire, and by the French when they called the same bird cog d'Inde, believing that it came from India.—The Christian Herald.

—They are all good enough, but the "Watchman" is always the best.

FOR AND ABOUT WOMEN. DAILY THOUGHT. THE TRAIL.

The trails of the world are many. And all of the trails stretch far. Oh, I have chosen a lone trail. Lit up by a single star. I follow through storm and sunshine. I follow through mist and rain. The trail skirts happy valleys. Or scales grim hills of pain. I follow the trail in silence. Up, up through the starlit dew. And ever I follow the same trail. And ever it leads to you. —Maria Bachem Platt.

When the first of the mannequins to wear a dress actually touching the floor came out in the salon of a famous French dressmaker, there was a gasp from every corner. No more displays of bowlegs! No such dresses lay on the floor an inch all around and it caused a flutter. —New York Herald.

Feminine Facts.—Smart white wool skirts are of washable flannel and serge, in plaited models, with wide belts and pockets. Silk broadcloth is a new fabric used for suits and skirts and comes in all white or white with colored stripes. Quite a number of new lingerie blouses are trimmed with hand hemstitching or hand-drawn work, the blouses usually of fine white voile. Square cut necks designed by embroidery are seen on blouses.

There will be adaptations of the smock in many of the new waists. Wool sweaters are a little ahead of silk sweaters for fashionable sport wear. The pleats on both skirts and coats are usually separated by panels. Sand and beige shades are popular in spring tailored clothes. Even though skirts do hang straight, there is always fullness. Marine blue and navy blue will be combined with beige, stone and fawn color.

Activities of Women.—All the streets and roads in Arizona will be cleaned by the club women of that State. Women farmers and laborers in the United States number over a million and a half. Russian women are now allowed to vote in the elections to the Constituent Assembly in that country. The Czarina is credited with being indirectly one of the causes of the revolution in Russia. The recent appearance of Miss Jeannette Rankin in the Senate Chamber in Washington marks the first time that a woman has ever been recorded the privilege of the floor of that body.

When wheat advances and there is a cry of advance in the price of bread, then it is that cornmeal, oatmeal, dried beans or brown rice or macaroni may all be used in place of bread, besides lowering prices. We have been led to believe that all the ash necessary in the diet came from the grains, and yet in some of our recent tests it has been found in milk when all protein content had been entirely removed. From a recent experiment on rats, in which growth had come to a standstill when the fat in the diet consisted of lard, rapid growth followed when butter fat was substituted, we naturally conclude that butter fat must contain something in nutrition which lard does not.

Headache is a common complaint among women. They seem to be more susceptible to this disagreeable ailment than men, to suffer more intensely as well as more frequently than their brothers or husbands. Perhaps one reason for this is that women are more nervous than men, and headache can almost always be traced to nerves. Nervous fatigue, nervous indigestion, nervous excitement in any form almost always results in headache. The cure, then, lies in quieting the nerves. This is more difficult than it may sound to those fortunate individuals who don't know that they possess such things, and who may believe that any ailment arising from this cause is purely imaginary. Far from it. Nerves do more real and lasting harm than almost any other one thing, and the moment a woman finds herself in the clutch of a nervous attack she should take steps to get her nervous system into a more healthy condition. If neglected, this condition becomes acute, and may cause trouble which it will take years to undo.

To get the nerves in a healthy condition means the building up of the whole system. Healthy nerves cannot live in an unhealthy body, and by the same token a healthy body is the surest possible insurance against an erratic nervous system, for perfect health brings mental poise as well as physical well-being.

There is no better time of year to build up the system than now. Plenty of fresh air, simple foods, including fresh green vegetables and fruits, exercise and long hours of sleep are necessary to good health. Start now to follow these rules, and before many weeks have elapsed you will find your headaches disappearing, and your general health immensely improved.

When furniture becomes marred or scratched sprinkle a few drops of alcohol on the rough surface. Rub a soft dry cloth very rapidly over this spot and the marks will disappear. Do not let the alcohol remain on the surface or it will eat into the wood. An excellent way to utilize an old blanket that is near the end of its usefulness is to cover it with silkaline and tuff it like a comforter. It can be made very daintily if desired, or it can be covered with ordinary cheesecloth and given harder use, as it is very easily washed. It makes an ideal cover for summer use, as it is light, yet warm enough for ordinary use in late spring and the cool nights in summer.

A sport's dress in gray silk jersey, showing a peplum blouse, in what looked at first to be a slip over the head model, but which really was buttoned down the back.

FARM NOTES.

—It is easy to forget to salt the cows. It is not so easy for them to overlook our neglect. —The first essential for a prolific garden is rich soil. There is little encouragement in cultivating poor soil. —The young man who farms as well as his father did, but no better, is not as good a man as his dad. He did not have our opportunities and it is up to us to do a little better than our fathers.

—Roots of a plant grow from the stem instead of the stem growing from the roots, as is commonly supposed. When a seed germinates the light-loving stem is sent upward and the dark-loving root downward. —When a cow or calf's hair is rough and their eyes dull, they are a little off. Sometimes a handful of salt and oil meal, with plenty of water for dessert, as their ration for a day or two will straighten them out.

—The full capacity of the farm cannot be realized until all the waste places, the stump lands, the sloughs and the other spots of this kind are so manipulated that they can be cultivated for the production of crops. These crops may be grass or cultivated crops, but the land must cease to be a waste portion of the farm. —How cows and horses get up? Lots of people don't know, and perhaps some people think that both animals behave in the same way. But a cow always rises first on her hind legs, leaning on her "elbows" in front; and a horse, on the other hand, rises high on his forelegs first, sitting back for a moment just like a dog.

—One of the very worst things the farmer has to contend with is weeds. Weeds grow everywhere and they will grow when it is too wet to get onto the fields with cultivator or hoe; and they will grow when it is dry as powder and nothing else can grow. This requires a constant watchfulness and prompt action, when conditions do occur just right. For the destruction of weeds in hoed crops, the farmer needs the most efficient tools that can be procured and use them persistently.

—Back-Yard Garden Planting Advice from State College.—Try planting a backyard garden if you want some real fun and recreation. The garden may be worked when the soil has dried out to such an extent that walking on it does not pack it and leave water-filled mudholes. The soil, the season and the locality will determine the time to begin working in the garden.

Fineness is an essential of the seed-bed. Stones tend to distort and make forked such root crops as radishes, parsnips and similar crops. The seed-bed should be deep enough to allow for penetration of the roots. A certain amount of seed falls to germinate. To provide against loss from this source, seed is sown somewhat thickly, and later thinned if necessary.

Depth of planting depends upon whether the soil is moist or dry, coarse or fine, upon the season and also upon size of seed. Moisture is necessary for seed germination. If the season is backward and the weather cool, the seed may rot if planted too deep.

A hoe is a convenient tool with which to make a furrow. A pointed stick will answer the same purpose. In any case a stout garden line insures straight furrows. When the seed has been sown the soil is firmed gently to insure contact of soil particles and seed. The distance between the rows should be sufficient to preclude crowding of the plants. Space for harvesting should be provided also.

The first vegetables to be started are the cool crops, including spinach, lettuce, radishes, onions, cabbage, parsnips, carrots and peas. Radish seed mixed with that of the slow-germinating crops like carrots and parsnips serve to mark the rows of such crops.

Within a week or ten days after sowing the first early crops, beets and beans are seeded. Sweet corn and chard may be planted a week to ten days before danger of frost is past. Although a replanting may be necessary in the event of heavy frosts, the risk of early planting is often worth while. Tomatoes, peppers and eggplants may be set in the ground when all danger of frost is past. They may be started in a forcing structure or purchased from the grower. It is possible to protect these plants from mild frosts by the use of newspaper tents. To be absolutely safe late seeding is advised.

Coincident with the planting of tomatoes, peppers and eggplant, lima beans and okra may be planted. Fall sown crops include turnips, spinach, endives and Chinese cabbage. Spinach and turnips may be broadcast in August in space originally occupied by midseason cabbage or early potatoes, sweet corn and beans. Endive and Chinese cabbage are usually sown in drills. Slight frosts do not injure any of these crops. They mature readily before heavy frosts appear.

Tables covering the date, depth and distance of planting the various garden crops, the amount of seed required and other valuable planting information are found in Circular 53, on "Backyard Gardening," published by the Department of Agriculture Extension at The Pennsylvania State College.

—The preparation of the garden soil is of far more importance than most gardeners realize. The vegetables must have a deep, mellow, friable soil to hold moisture and promote the life and development of soil organisms so important to a fertile soil. The soil should be broken early and vegetation incorporated in time for it to decay. A large per cent. of vegetable matter usually in its final state of decomposition called humus is necessary. It may then be necessary to rebreak, harrow and cross-harrow in order that a deep mulch may be had. Barnyard manure is highly desirable where the soil is rather thin or loose. The manure supplies both humus and plant food, and for that reason is economical. It is a waste product at the barn, but valuable to the gardener.