

WORTH TRYING.

Did you say you have a trouble? If you wish to make it double, Just you tell it to your neighbor in a confidential way.

Would your soul forget its trouble, Make it vanish like a bubble? Then you put that little trouble in a closet out of sight.

Set yourself to work for others For your struggling, burdened brothers. You will find so many burdens heavier than the one you bear.

COL. SPANGLER IN THE WEST. His Work There Well Received by the Various Labor Unions.

Last week the "Watchman" told about Col. J. L. Spangler going into the middle west to assist in arranging the labor situation so that the farmers would be able to harvest their big crops.

One of the most important resolutions presented to and adopted by the Iowa State Federation of Labor in their convention session on Thursday was that calling for co-operation between the laboring men and the farmers in response to the call of President Wilson for a greater and larger harvest to aid this country in the world war.

The resolution adopted Thursday was as a result of the talks delivered to the convention on their opening day, by Hon. H. J. Skeffington and Col. J. L. Spangler.

Your committee on resolutions offers the following: Whereas, Bro. H. J. Skeffington, of Massachusetts, Commissioner of Immigration, port of Boston, and Col. J. L. Spangler, of Pennsylvania, coal operator and banker, duly accredited assistants to the secretary by Hon. Wm. B. Wilson, Secretary of Labor, addressed this convention on June 12th, and whereas, the object of their visit, as stated by them, is to secure the co-operation of organized labor in assisting the farmers and others in harvesting the crops, thus giving force and effect to President Wilson's call to the nation to plant and garner more foodstuffs than ever before.

The plan suggested by Secretary of Labor Wilson is to induce employers of labor to defer their regular "shut down" for repairs until harvest time and to enable labor thus made idle to repair to the fields and farms and "do their bit" to the end that "the world may be made safe for democracy."

Your committee having in mind the declaration of loyalty to the government of the trade union officials at Washington, March 12, 1917, and our own patriotic duty

RECOMMENDS

that the Iowa State Federation of Labor Convention assembled June 14th, 1917, heartily endorses the plan of Secretary of Labor Wilson and pledges the patriotic support of the organized working men and women of Iowa to its success.

We call upon all central bodies, local unions and working men and women generally throughout Iowa to immediately get in touch with county, city or town officials and farmers; we call upon the Governor and State officials, and especially the State Commissioner of Labor to lend every assistance in organizing this project; that the secretary be instructed to immediately on the close of the convention, address a copy of this resolution to every labor union in Iowa to the government and Commissioner of Labor; and

Resolved, that the thanks of the convention are hereby tendered to Hon. William B. Wilson for his kindly interest and timely suggestion and his two representatives for their stirring and patriotic addresses.

Men and women of Iowa, as never before the liberties of the peoples of the world are imperiled; the pressing needs of this hour are foods and foodstuffs; the federal government points the way to not only feed our own population, but to sustain our allies.

Make the "doing your bit" a joyous occasion, a vocation and a regular old time barn raising.

A High school agricultural experiment and information bureau, believed to be the first ever planned in the United States, will be in operation next spring and summer in Spokane, Wash.

SLEPT ON THE MARCH.

Tired Soldiers Who Actually Walked While They Slumbered.

In an article, "Sleep For the Sleepless," in the World's Work the author quotes an eminent surgeon who made a study of sleep in the French army as follows:

"In the retreat from Mons to the Marne we had an extraordinary human experiment in which several hundred thousand men secured little sleep during nine days and in addition made forced marches and fought one of the greatest battles in history.

"How, then, did these men survive nine days apparently without opportunity for sleep? They did an extraordinary thing—they slept while they marched! Sheer fatigue slowed down their pace to a rate that would permit them to sleep while walking. When they halted they fell asleep. They slept in water and on rough grounds when suffering the pangs of hunger and thirst and even when severely wounded. They cared not for capture, not even for death, if only they could sleep.

"The unvaried testimony of the soldiers was that every one at times slept on the march. They passed through villages asleep. When sleep deepened they were awakened by comrades. They slept in water, on stones, in brush or in the middle of the road as if they had suddenly fallen in death. With the ever oncoming lines of the enemy no man was safe who dropped out of the ranks, for no matter on what pretext he fell out sleep conquered him. Asleep many were captured. That the artillery men slept on horseback was evidenced by the fact that every man lost his cap."

LOOK OUT OF YOUR WINDOW.

Mayhap You Are Missing a Wonderful Moving Picture Show.

Houses are so common, people are so common, and windows are so common! How rare it is for any one to realize how important it is to stand up and look out of a window! Have you, for example, ever looked out of every window in your house? If not try it and see what a new idea you will get of the universe.

Just looking out of one window is a wonderful thing to do. We do it sometimes when there is a big storm raging, and what a sensation we get! Clouds burst, the rain washes down in torrents. We think maybe the world is coming to an end. Out of the window, even in placid weather, there is always a great sight. We have a reserved seat to the greatest show now going on. About everything is happening out there that there is! Streams of universal knowledge flow in upon us through that window. All our senses become revitalized.

Out of every window there is almost always a tree in sight somewhere, even in the city. Take note of that tree, with its roots deep in the soil and its branches spreading out into the air. That tree will connect you up with Mother Earth. Then there is always the sky, leading you into unknown depths of thought and feeling, and there are always people passing—world comrades! It is the greatest moving picture show in the world.—Life.

Teamwork on a Battleship.

The problem of naval expansion would not be so hard were it not for the fact that every ship needs such a great number in its crew, because the greater the number of men that must work together as "a team" the greater the difficulty of accomplishing the "teamwork" and the longer the time required. In a ship, especially in a large ship like a battleship or battle cruiser, most of the men work together in large groups, such as turret crews, 100 men sometimes composing a turret crew. Nevertheless the ship and all the men it floats are bound together by invisible cords that make a ship a unit, and the major effect of the training and of the drills of all kinds is to make the whole a living organism.—Rear Admiral Bradley A. Fiske in World's Work.

Waterloo.

Sir Walter Scott once said that the loss of the battle of Waterloo threw half Britain into mourning, yet the casualties of England and her allies were only 22,428, which included the wounded and missing. The French are supposed to have lost 31,000 or 32,000, as many of the exhausted men were trampled on by the troops of Blucher, but owing to Napoleon's exile to St. Helena no accurate record could be made.

Theatrical Note.

"There's no demand for tragedians any more." "Then why not go with the tide and be a comedian, old top?" "Oh, I couldn't be funny if I tried!" "That isn't necessary."—Louisville Courier-Journal.

Arthur's Seat.

What is known as Arthur's Seat is a hill east of Edinburgh, the capital of Scotland. It is a strange formation in the shape of a lion and is 822 feet high, yet the ascent is an easy one, and from the summit a glorious view is gained.

Her Sort.

Alice—What kind of girl has Jack engaged himself to? Rose—Oh, she's the sort of woman you never dare ask to luncheon for fear she'll stay to dinner.—Exchange.

Grief can take care of itself, but to get the full value of a joy you must have somebody to divide it with.—Mark Twain.



CAPT. THEODORE DAVIS BOAL, HIS SON, CAPT. PIERRE BOAL AND MISS DE LAGARDE.

BUILDS FRENCH TRENCH SYSTEM TO TEACH MODERN WAR METHODS.

Centre County Youth Home From Front Instructs Father's Gun Troop in Modern Fighting Tactics.

More than two years ago Captain Theodore Davis Boal, of the Boal machine gun troop, located at Boalsburg, this county, sent his son, Pierre Boal, aged 18, into the French army. The boy, who is French on his mother's side, saw considerable service in the trenches. Later he was assigned to the aviation corps of the French army, and was made a captain in that branch.

Recently Capt. Pierre Boal was furloughed and came home. Now the son is teaching modern warfare to the father and his machine gun troop in preparation for their early service on the European battlefields.

On the Boal estate where the machine gun troop is quartered, a complete system of trenches has been constructed under the direction of the young French officer. First-line defenses have been dug with their communicating ditches to the secondary defenses. Officers' dugouts have been built in the trenches, outlook posts are established, and machine gun stations are fixed according to French army standards.

Barbed-wire entanglements with their danger signals of steel wire and empty tin cans to a rod of steel wire barrier, are stretched along the front line of the first-line trenches. Hundreds of square yards of wide-meshed wire screening protect the trench openings against hand grenades at night. Captain Pierre Boal says he has faithfully reproduced a small section of the French battle front down to minute details of trench construction on his father's expansive acres.

Every week-end, Captain Terry Boal's machine gun troopers gather at their headquarters for an object lesson in trench fighting. The force is divided with father and son as the rival commanding officers.

MAKING ATTACKS DURING NIGHT. Captain Pierre Boal, with a picked dozen troopers, is designated as the attacking force. They aim to take the trench defended by Captain Terry and the remaining seventy men. Night attacks are favored by Captain Pierre and his squad, and according to the most approved French fighting methods they squirm and slide through grass, mud and streams on stomachs for hundreds of yards. Not the slightest sound of their progress reaches the defending force.

Wire-cutters are brought into play as the attackers reach entanglements. So skillfully is the wire clipped by Pierre that not a single tin can sets up its raucous warning. Quietly signaling his men to follow through the severed wire barrier, Captain Pierre's force prepares to launch its hand grenade attack preparatory to taking control of the trench.

After this week the local machine gun troopers will temporarily conduct their fights without the aid of Captain Pierre, their instructor. He has been ordered to San Antonio, Tex., where he will assist in training aviators for the United States air forces soon to go abroad.

Mlle. Cecile de Lagarde, sister-in-law of Captain Theodore Davis Boal, and aunt of Captain Pierre Boal, has been active in Red Cross work in France, her native country, for three years. Her French country house since early in the war has been a base hospital for wounded soldiers. She is now at Boalsburg on leave of absence.

Purpose to Abandon Teachers' Pensions.

New York.—Abandonment of the present system of free pensions for college teachers from the Carnegie Foundation for the Advancement of Teaching has been recommended by a special commission appointed to study the subject, the foundation stated in a bulletin made public a short time ago. The recommendations uphold a plan put forward by the foundation in July, 1916.

It is proposed to organize teachers' insurance and annuity associations, which would "enable college teachers or professors when they enter their profession to protect both themselves and their families against dependence."

Insurance and old age annuities would be offered to college teachers upon advantageous terms. The pension fund would thus become an insurance fund, motive of the change being that "no permanent advantage will accrue to any profession by lifting from the shoulders of its members a load which under moral and economic laws they ought to bear."

One of the salient features of the commission's recommendations concerns obligatory participation by teachers in the insurance system. The commission declares: "To attain its full purpose, participation in the pension system to the extent of an agreed minimum should form a condition of entering the service or employment of the members of which are co-operating in the pension system."

The commission was a joint one, representing the Carnegie Foundation, the American Association of University Professors, the Association of American Universities, the Association of American Colleges and the National Association of State Universities.

AN ANCIENT CLIFF CITY.

The Ruins of Its Primitive Dwellings in Walnut Canyon.

Walnut canyon, near Flagstaff, Ariz., contains some of the most interesting ruins on the continent. The canyon itself is remarkable, being a thousand feet deep, a quarter mile in width at the top and a few hundred feet at the bottom. The sides do not rise up in gentle slopes, but leap upward, tier upon tier, a giant limestone stairway. Here were conditions that appealed to primitive man. The smooth shelf or ledge formed a floor, the projecting rock a ceiling, the sloping strata rear walls. He had but to throw up front and side walls and a home was completed, with a floor that would never wear out and a roof that would never leak.

It is estimated that there are at least a thousand of these primitive dwellings in the Walnut canyon. There is but a single entrance to this cliff city. The trail leads over the face and down the sides of the cliff and on through the ruins of one of these houses. When the walls of this building were standing it completely filled the width of the ledge. As no one could enter without passing through this house or gateway, one man, armed with a primitive stone ax, might well have stood off an army.

All articles of furniture have been carried away, but there are still traces of a fireplace, and the blackened ceiling tells of its long occupancy. In the ashes and litter have been found broken pieces of pottery—red, black and gray—decorated in colors and with patterns displaying their artistic tastes. In small pockets, dug out in the rear walls and carefully sealed up, are still occasionally found pieces of cloth of hemp and fiber of yucca, corn cobs, squash shells, beans, etc.—Exchange.

REAL DOUGHNUTS.

The Genuine Old Time Cake Never Had a Hole in It.

Why will some persons persist in speaking of the holes in doughnuts? The real, genuine article never had a hole in it. My memory goes back to 1840 and earlier, and my boyhood experience extended over a good part of Fairfield, Litchfield and New Haven counties, Conn., and Westchester county, N. Y., up to 1850. Our mothers at that time are to be regarded as the best authority on old fashioned American cookery.

The doughnut of that period consisted of bread dough raised overnight, with hop meal cakes, or "emptins," sweetened with brown sugar, shortened a little and fried to a rich brown in leaf lard and were somewhat larger than a goose egg and about the same shape. These were known among the old Dutch New Yorkers and are described in Barber's "History of New York," published about 1840.

"Wonder cakes" were similar, with a little more shortening and sweetening. The dough was rolled about three-quarters of an inch thick, cut into squares of three inches, with three slits, which were pressed apart to a fantastic shape, and were the idolized Sabbath day lunch, eaten under the maple tree or the horse shed between the morning and afternoon services.

I first remember crullers twisted and with holes when I came to New York in 1854. The very name of doughnut is suggestive of a round or oval shaped article.—C. P. Benedict in New York Times.

Why Disease is Caused by Fear.

An eminent medical authority once made the statement that a great deal of contagion is due largely to nervous apprehension and fear. Terror causes radical changes in the secretions and nerve cells, and while the possibility is not the direct cause of disease it certainly is sufficient to put the person in the proper condition to be attacked by the prevailing malady.

It is a well understood fact that excessive anger infuses a toxic element into the secretions. Fear destroys the resistive capability and, as it were, lets down the drawbridge and makes way for the enemy.

Spanish Meat Balls.

Spanish meat balls are as palatable as they are rare and made thus: One can of tomatoes, one onion chopped fine, garlic or cayenne to taste. This forms the "Spanish." One and a half pounds of hamburger steak. Soak half a loaf of stale bread; drain off all water. Take one egg, pepper and salt to taste, mix together, roll into balls the size of an egg and cook in the "Spanish" three-quarters of an hour.

Posset.

The proper meaning of the word "posset," frequently used in Lancashire, England, is a drink taken before going to bed. Originally it was milk curdled with wine and comes from the Latin *posca*, meaning a drink made with vinegar and water.

Highly Necessary.

"Why is the official spelling of government with a big G?" "Because they could hardly begin government without a capital."—Baltimore American.

Mean!

"Pa, what is spending money?" "Any coin your mother gets hold of, my boy."—Detroit Free Press.

Now They Don't Spak.

Bess—If I were in your shoes— Jess—Don't talk of impossibilities.—Boston Transcript.

Any time is the proper time for saying what is just.—Greek Proverb.

FARM NOTES.

—Much wheat ground in Clinton county has been turned and planted to oats.

—Tioga county farmers have planted a number of acres to tobacco and will raise beans extensively.

—Farmers in many counties report that the tent caterpillar pest will be present in large numbers this year.

—Franklin county farmers report the plowed ground wheat as looking fine, but the corn stalk wheat is not in good condition.

—A large increase in the number of acres of corn is indicated by reports received by the Pennsylvania Department of Agriculture.

—Corn planting has been unusually late in many sections of the State on account of the cold weather that marked the beginning of May.

—Reports from sheep raising centers report splendid success in lambs raised and a large increase in sheep in the State is expected to be shown.

—The wheat crop will probably be the smallest in the State during the past ten years. Not one county shows wheat within five per cent. of the average condition and in many it is running behind, about twenty-five per cent.

—Prospects for splendid crops of apples, peaches, pears, plums, and cherries remain most satisfactory throughout a greater part of the State according to reports received by the Pennsylvania Department of Agriculture from its crop correspondents in the various townships of the State.

While frost killed many of the peach buds in the central and northern counties, all indications point to a bumper crop in the big peach growing localities. The reports on the condition of peach buds show an average of 80 per cent. as compared with a normal yield. Last year at this time the percentage was for only about sixty per cent. of a normal yield. The apple prospects indicate a crop of about 93 per cent. of normal and the figure for pears is the same. Plums show a mark of 92 per cent. of a normal yield and cherries 91 per cent. In some sections the cherries have been affected by the cold weather and it is likely that the crop will be somewhat lower than the percentage figure would indicate at the present time. It promises to be a splendid fruit year with the fruit growers being especially fortunate in helping along in the movement for larger crops which is forcing agriculture of all lines to its very limit.

—Cut-worms are easily controlled, but ignorance of methods allowed heavy losses of garden and field crops to continue, which aggregated throughout the State, hundreds of thousands of dollars, yearly. The army worm is one of the many species of cut-worms. Cut-worms generally work at night, cutting off plants at the surface of the ground, and then they try to drag the plant into their burrows. These pests hide away during the day, and are not frequently seen except by close observation when cultivating the soil. Cut-worms must not be confused with the common white grub, which feeds only on the roots of plants and never appears above the ground. The common brown or gray moths which are attracted to lights at night during the summer, are the parents of cut-worms.

A poison bran mash made of common wheat bran, twenty-five pounds, mixed dry with one-half pound of Paris green, and moistened with three or four gallons of water, to which has been added the juice and pulp of three or four lemons or oranges, and one quart of cheap, black molasses. This poison mash should be thoroughly mixed with water so that it will barely hold together when pressed in the hand. Scatter this mash broadcast in the late evening through gardens or fields which are to be protected from cut-worm attack.

To protect small garden plots, one quart of bran, one tablespoonful of Paris green, two or three tablespoonfuls of syrup and the juice of part of an orange with water will be sufficient.

—The weed problem is as old as agriculture. Because weeds have always been with us the farmer frequently neglects them, allowing them to occupy needed space and rob the soil of nutrition which should go to more useful plants. The following suggestions, all suited to Pennsylvania conditions, may aid in holding in check this robber crop:

1. Weeds with creeping, underground rootstocks, such as Canada thistle, and horse nettle, should have their green tissue constantly cut back, a process which will eventually starve out the rootstock.

2. Sow clean seed. The current season will witness a great demand for seed. As a result much inferior seed will be sold on the market, and unless the farmer is careful many weeds may be introduced in poor seed.

3. Whenever possible, particularly in the pasture, allow sheep to graze the weeds, especially before seeding. It is profitable to turn weeds into wool and mutton. Hogs are often useful in grazing weeds in which the underground growth is the obnoxious feature.

4. If possible, prevent weeds from going to seed. Mow, or even hand-pick, before the seeds mature. This is more profitable than allowing weed seeds to contaminate the soil for years to come. Certain weed seeds may be dormant in the soil for many years, awaiting a favorable opportunity to sprout. Before the seeds ripen, mowing may be profitably practised along fence rows in the pasture, and even in the grain field. If weed seeds mature do not plow them under.

5. If the exigencies of the present abnormal season should demand the purchase of seed from distant sources, constant vigilance should be exercised to detect the appearance of weedy plants new to the vicinity. Such new weeds should be immediately exterminated at all costs.

6. If dodder makes its appearance in the clover field, it is best to burn the contaminated areas. If entire fields are affected, plow the crop under before the dodder goes to seed.

For further information on weed control write the botany department, Pennsylvania State College.