

LET HIM LIVE.

From the Silent Partner. As long as the flowers their perfume give, So long I'd let the Kaiser live— Live and live for a million years, With nothing to drink but Belgian tears, With nothing to quench his awful thirst But the salted brine of a Scotchman's curse.

I would let him live on a dinner each day, Served from silver on a golden tray— Served with things both dainty and sweet, Served with everything but things to eat. And I'd make him a bed of silken sheen, With costly linens to lie between, With covers of down and pillows of lace, And downy pillows filled in place; Yet when to its comfort he would yield, It would stink with rot of the battlefield, And blood and bones and brains of men Should cover him, smother him—and then His pillows should cling with the rotten clay—

Cloy from the grave of a soldier boy, And while God's stars their vigils keep, And while the waves the white sands sweep, He should never, never, never sleep. And through all the days, through all the years, There should be an anthem in his ears, Ringing and singing and never done From the edge of light to the set of sun, Moaning and moaning and moaning wild— A ravaged French girl's bastard child! And I would build him a castle by the sea, As lovely a castle as ever could be, Then I'd show him a ship from over the sea, As fine a ship as ever could be, Laden with water cold and sweet, Laden with everything good to eat; Yet scarce does she touch the silvered sands, Scarce may he reach his eager hands, Than a hot and hellish molten shell Should change his heaven into hell, And though he'd watch on the wave-swept shore, Our Lusitania would rise no more!

In "No Man's Land," where the Irish fell, I'd start the Kaiser a private hell; I'd jab him, stab him, give him gas; In every wound I'd pour ground and glass; I'd march him out where the brave boys died— Out past the lads they crucified. In the fearful gloom of his living tomb, There is one thing I'd do before I was through; I'd make him sing, in a stirring manner, The wonderful words of "The Star-Spangled Banner."

Thousands Apply for Clerical Jobs in Washington. That American men and women are eager to accept every opportunity to help in the nation's greatest undertaking is evidenced by the responses received to the announcement of the United States Civil Service Commission of the need for general clerks. The Commission sent out a call for clerks to be employed in the departments in Washington, and January 5, February 9, and March 9 were set as examination dates. About 35,000 persons applied for admission to these examinations. A large percentage of the applications came from persons whose sole purpose in seeking government employment was to help keep the war machine moving. This prompt and heavy response has made it unnecessary to hold further examinations for general clerks in the near future. Examinations for stenographers and typewriters and for clerks trained in certain special or technical lines are still being held.

FARM NOTES.

Too Much Salt Kills Fowls.—A typical example of accidental poisoning by salt has been described by a correspondent of the Bureau of Animal Industry in a letter reading as follows:

"A cake was made at home and by mistake salt was used instead of sugar. We fed the cake to a pen of nine pullets eight months old. The next morning they were all found dead. Will you please be kind enough to let me know what you think of it? Will too much salt kill chickens?"

Fowls are very susceptible to poisoning by common salt, as one pound of live weight is sufficient to kill. It is very dangerous to allow fowls access to pickle brine of any sort, particularly that used for salt fish. —The "rag doll" seed tester, a simple and reliable method of determining germination, will tell you whether your seed corn is fit to plant. This method of testing corn is described in detail in Farmers' Bulletin 948 of the Department of Agriculture. Briefly it consists of a strip of cloth, preferably bleached muslin, sixteen inches wide and from three to five feet long. The cloth should be marked off into squared sections and the squares all numbered. The ears to be tested should also be given corresponding numbers. Six or more kernels should be selected from different parts of each ear, and placed in the proper section. When the tester is filled, fold over each side so that the edges meet in the center, roll up and soak the tester for a few hours in luke-warm water. Drain the excess water off, and place the dolls in a warm place to germinate. They should be covered with a wet cloth to keep them moist, and in about five days should be sufficiently well germinated to show their fitness for seed.

—The general use of soft coal in many communities during the present winter has brought several interesting questions to the Pennsylvania Department of Agriculture regarding the use of the soot as a dressing and preservative on chicken manure to be used as a fertilizer. L. W. Lighty, farm adviser of the Department says: "There is no data available on the value of the soft coal soot but the soot carries nitrogen and so does chicken manure and it is doubtful if it is wise to mix them to store them."

"Chicken manure is very valuable as a fertilizer, but the nitrogen in it is in an unstable form and is liable to pass into the air as ammonia. Every man who keeps poultry should have on hand a supply of acid phosphate and every time the dropping board is cleaned it should be covered with acid phosphate and all the droppings moved should be well mixed with the phosphate so as to dry and preserve them. This material in itself is one of the best and most needed fertilizers on our land and the best preservative for the chicken manure. The mixture makes a very valuable balanced plant food for the field and garden."

—One gets the soft coal soot for nothing and there is no harm in giving it a trial as a fertilizer because it carries from two to four per cent. nitrogen, but whether it is available or not I cannot tell.

—Hens Need Hard and Soft Rations.—A moist mash is usually given as one of two or more regular meals, and in such quantity that it is all consumed within a short time. Table scraps with enough ground feed to absorb any excess of moisture make a good moist mash. A dry mash is usually fed in a hopper from which the birds can eat at will at all times, or, at least, for several hours daily. The dry mash method is most convenient for poultry keepers who are away from home all day, and in short winter days cannot attend to their hens by daylight. With an ample supply of dry mash in a hopper, a day's allowance of hard grain in the litter of straw or other light material covering the floor of the coop, a piece of cabbage or of mangel wurzel where the hens can eat what they want of it, fresh water, and supplies of oyster shell and grit in small hoppers, provision has been made for all needs of the hens, and they will lay well, though not, perhaps, quite as many eggs as when hand-fed two or three times daily.

A good recipe for a dry mash is: Equal parts by weight, corn meal, ground oats, wheat bran, and beef scraps. A good moist mash may be made of the same meal ingredients with only one-third the amount of beef scraps, because a larger proportion of concentrated animal feed in a moist mash may cause bowel troubles.

With such a dry mash about a pint of hard grain mixture (two parts cracked corn, one part oats by weight) to ten birds is required. With a moist mash as described above a pint and a half of the grain mixture will be required. If the moist mash is fed in the morning, and the hard grain given in two feeds, the first—consisting of about one-third of the day's allowance—may be given either at the time of feeding the mash or toward noon, and the remainder long enough before dark to let the hens eat all they want.

The best results in feeding hens for eggs are obtained by giving the birds several meals a day in such form that they eat about equal amounts of soft and hard feeds. When it is not convenient to hand-feed them in this way, very good results may be obtained by any plan that furnishes enough feed, in the right variety, under such conditions that they do not gorge themselves at any time, and take exercise enough to keep them in good condition.

Soft feeds for poultry are ground grains and by-products, vegetables, the flesh parts of animal feed substances, and table scraps, which are a mixture of such things. Hard feeds are whole and cracked grains, and the mineral parts of animal feeds. Corn is the only grain that needs to be cracked for mature fowls.

A soft feed mixture is called a mash. Mashies are fed either in a moist or in a dry state. The form in which the mash is given determines the manner of feeding it, and to some extent—the method of feeding the hard grain.

Health and Happiness

"Mens sana in corpore sano"

Number 37.

"One thing this war has taught us: Men are not so cheap as we once thought them. Human life and human efficiency are the two most precious things on earth. If out of this awful labor of war a strong public health sentiment for the entire nation can be born, then will our sacrifices not have been in vain." Surgeon-General Rupert Blue, in "Conserving the Nation's Man Power," National Geographic Magazine.

Let Us Learn to "Eat Wisely and Without Waste."

However easy it once may have been for some persons to dismiss the subject of food as relatively unimportant, no such attitude is tenable today. And at present we face food conditions which demand not only the practice of strict economy, but application of every help science can offer. The war is forcing us to a food situation which will necessitate particular attention to diet. Its insistence on no waste has compelled us to eat foods and parts of foods hitherto little used. Instead of being a deprivation this may prove an immeasurable benefit for it may force us to become acquainted with vitamins—recently discovered, mysterious substances in foods, indispensable to life and which are said to be a power to protect our bodies against invading hosts of diseases still unconquered.

This newspaper could not consistently omit its utmost in the dissemination of knowledge on a matter no one can afford to ignore, and during the last year there were published, from time to time, articles carefully selected and presenting a few fundamental principles of scientific nutrition in language devoid of technical phrases and so clearly explained that the average layman could understand.

In No. 18 of this series, "Balanced Rations," published in the "Watchman" May 18, 1917, Dr. Guy C. Given explained the difference between the two great classes of foods (1) proteins—tissue-building or repair foods, (2) carbohydrates, heat or energy-producing foods—starches, sugars.

This article was followed, July 27 and August 3 by "How to Regulate Your Weight," by Dr. Robert Rose (reprint from the American Magazine). In this were given tables of "What Men Should Weigh" and "What Women Should Weigh" as prepared by the Association of Life Insurance Medical Directors. Dr. Rose gave a simple method of calculating approximately how many calories of food are required by the individual per day in proportion to his weight and occupation and should one be too fat or too thin what to eat in order to attain and maintain proper weight. A table expressing the number of calories in certain amounts of commonly-used foods was also given. To know the kinds of foods and the proper amount of each that should be eaten, is imperative for both economic and hygienic reasons. It is no new thing to the farmer to tell him a "balanced" ration for his cattle as he has fed them scientifically and intelligently for years and yet knows little, if anything, about "balancing" his own ration. Just as he has learned what foods can be best and most economically fed his cattle to gain the finest results in the production of beef and milk, so should we learn what foods to eat that health and the highest degree of efficiency may be secured. In truth, we feed our furnaces with more intelligence than we do ourselves for who among us does not know the quality and quantity of coal that must be used in our furnace to get the most heat for the least money. Yet it is the exceptional individual who knows as much about the fuel for his own body.

That diet plays a vital part in the maintenance of health is well evidenced in the fact that scurvy, beriberi, and pellagra are all diseases caused by a deficiency of certain indispensable elements in the food and can be overcome by supplying the lacking substances. It is even claimed that

the striking increase in so-called "degenerative diseases"—diseases of the kidneys, liver, heart and nervous system—may be attributable to incorrect and indiscreet habits in diet. Cancer, a disease heavily on the increase in all civilized countries, is thought by some authorities to be caused by a disturbance in metabolism and the cure for it to be found in dietary regulations.

What would lend credence to this belief is that this rising mortality in the degenerative or regressive class of diseases which affect chiefly those in middle life and old age is something almost peculiar to the United States and, of all peoples of the civilized world, we are said to be the most in-temperate in our eating. Indigestion is well known to be an American malady and a writer in one of our papers recently declared that the American women are positively the worst cooks in the world and says these stomach-wreckers (as she calls them) in American homes are entirely responsible for the increasing crop of quick-lunch counters and delicatessen stores which play such havoc with proper digestion.

Let us then learn to "eat wisely and without waste," for although Mr. Herbert Hoover issues this injunction from the point of view of the food economist, it is equally good for the hygienist. To learn what foods are necessary to the body nutrition and the amount required to maintain a perfect equilibrium without putting undue effort on the part of any organ to eliminate superfluous waste, is to "eat wisely and without waste"—without waste not only of food but of vitality.

There has been so much published the past year on the subject of nutrition that it would seem impossible to say anything that has not already been said and in many different ways—too many, perhaps, as one is apt to be confused in the bewildering mass of information offered. While there may not be time or inclination to make a careful study of dietetics, yet much useful knowledge may be accrued from general reading provided we understand first a few fundamental principles upon which the science of nutrition is based. It is now the purpose of this newspaper to select and reprint from various sources, excerpts that may help our readers; for repetition will often make one easily familiar with a subject that would otherwise seem difficult. Anyone who desires to make a more careful and systematic study of nutrition can find many helpful bulletins among the publications of the United States Dept. of Agriculture and to be secured, free, upon postal card request. Several especially good ones were recommended in connection with "The Family Balanced Ration," published in the "Watchman" September 21, 1917, and, for the benefit of those whose attention they may then have escaped, are again given as follows:—

How to Select Foods—I, What the Body Needs: Farmers Bulletin 808. How to Select Foods—II Cereal Foods: F. B. 817. How to Select Foods—III Foods Rich in Protein: F. B. 824. How to Select Foods—IV Fruits and Vegetables: F. B. 831. If you do not have these, send a postal request to the U. S. Dept. of Agriculture, Washington.

Next week—"How the Value of a Food is Determined."

French "Mothers" for Our Boys.

"You know, of course, how foolish Americans are over mothers," writes a khaki-clad Kansan in France to his folks in the Sunflower State. "Wherever one goes he must single out some one particular 'mother' for his guidance and respectful affection. In some cases we find each boy has a 'mother' among the civilian population, while in my own case we have a mother in common. "Mamma," as we call her, is typical of a great many French of this sector. A short, stubby woman, her form somewhat lost now, rather dark, with coal black hair showing war curses of gray, and round jovial cheeks, making her little blue flashing eyes flash fire at times, and peeping out beneath the curls of black, two tender lobes support fantastically shaped earrings. Dressed in her common but neat black gown, with here and there a few tiny splashes of mud around the bottom, which her huge wooden shoes have splattered a little too high, she laughingly greets us with a merry full hearted 'bon jour' or 'bon soir,' as the case may be, holding wide the heavy door which opens through a long, dingy hallway to her home.

"I know you have never seen a home anything like mother's. The nearest classification we would give it is home, saloon, bedroom, wineroom, grocery, cellar. "Once inside you are led into the front room, that is, the dining room, sleeping quarters and grocery."

er's beds (two) are at first sight stunners, as they are half the height of the room.

"Then on the other side of the room stand the grocery shelves, loaded with such commodities as the journeying soldier most likes, all labels of course being written in French, with the exception of a few American products, such as salmon and fruits. One large piece of cheese takes the foremost rank on the six-foot front counter. The little recesses of the shelves are stocked with wine, eggs, nuts and canned goods mostly unknown to the American trade.

"Between the grocery department and the sleeping quarters stands the dining room table, a large round five-legged affair which shows many scars of battle. "Seated at the table, one naturally looks into the next room, which is separated by what at one time must have been a panel arrangement, but, due to the pressure of war and light, mother, I presume, has sanctioned the kicking out of the panels, and only the frame-work stands as a wall. A large brightly burning fireplace stands at the farther end of the room, lighting up as best it knows how this larder of the wine and beer. Added to the two or three flickering candles, this fireplace defines the large casks of wine and beer lined up on platforms against the wall, and on the other side is a ruddy constructed table, long and capable of seating some 12 or 15 laboring French soldiers, who pass their grief and joy over to each other as they fill and refill their little aluminum cups with the famous pinard."—Pittsburgh Dispatch.

—Subscribe for the "Watchman."

Are You Prepared For EASTER?

THE harbingers of Spring make their appearance in our shop windows. Easter time is upon us—of all the year, the most auspicious time for "Dressing Up." Justice to the occasion may be done in our shop. Present day prosperity should be reflected in our costumes.

"HIGH-ART CLOTHES"

seem to breathe the spirit of the occasion—bright snappy fashions, splendid colorings and a vast variety of models to suit man's every taste, await him who would appear his best at Easter.

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FINE GROCERIES

ALL GOODS in our line are thirty to sixty days late this season. Prices are somewhat, but not strongly above the level at this time last season. It is not safe to predict, but it does seem that prices are just now "passing over the top" and may be somewhat more reasonable in the near future.

We Have Received

New Evaporated Apricots at 25c and 30c a lb. Fancy Peaches 20c and 22c lb. Very Fancy Evaporated Corn at 35c a lb. or 3 cans for \$1.00. Fancy Selected Sweet Potatoes 5c a lb.—some grades at 3c to 4c a lb. Very Fancy Cranberries at 18c per quart or pound. Almerin White Grapes, Celery, New Paper-shell Almonds, California Walnuts, Finest Quality Cheese.

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