

THE LADIES' AID WILL DO THE REST.

Published by request. We've put a fine addition on the good old church at home. It's just the latest kilter, with a gallery and a dome; It seats a thousand people—the finest in all the town.

And when 'twas dedicated, why, we planned ten thousand down; That is, we paid five thousand—every deacon did his best— And the Ladies' Aid Society, it promised all the rest.

We've got an organ in the church—very finest in the land, It's got a thousand pipes or more, its melody is grand; And when we sit on cushioned pews and hear the master play, It carries us to realms of bliss unnumbered miles away;

It cost a cool three thousand, and it's stood the hardest test; We'll pay a thousand on it—the Ladies' Aid the rest. They'll give a hundred sociables, cantatas, too, and teas; They'll give a hundred sociables, cantatas of cream they'll freeze;

They'll beg and scrape and toil and sweat, for seven years or more, And then they'll start all over again for a carpet for the floor; No, it isn't just like digging out the money from your vest, When the Ladies' Aid gets busy and says, "We'll pay the rest."

Of course we're proud of our big church, from pulpit up to spire; It is the darling of our eyes, the crown of our desire; But when I see the sisters work to raise the cash that lacks, I somehow feel the church is built on women's tired backs;

And sometimes can't help thinking when we reach the regions blest, That men will get the toll and sweat and the Ladies' Aid the rest.

IMPORTANT FACTS ABOUT THE NEW INCOME TAX LAW.

Work on the collection of \$6,000,000 has been begun by the Bureau of Internal Revenue. This is the essential yield of the new revenue bill. The income tax provisions of the act reach the pocket-book of every single person in the United States whose net income for 1918 was \$1,000, or more, and of every married person whose net income was \$2,000 or more.

Persons whose net income equalled or exceeded these amounts, according to their marital status, must file a return of income with the collector of internal revenue for the district in which they live on or before March 15. The collector is Fred C. Kirken-dall, Scranton, Pa.

Here is what will happen to them if they don't; for failure to file a return on time, a fine of not more than \$1,000 and an additional assessment of 25 per cent. of the amount of tax due. For "willfully refusing" to make a return on time, a fine not exceeding \$10,000, or not exceeding one year's imprisonment, or both.

For making a false or fraudulent return, a fine of not more than \$10,000, or imprisonment for not more than one year, or both, together with an additional assessment of 50 per cent. of the amount of tax evaded.

For failure to pay the tax on time, a fine of not more than \$1,000 and an additional assessment of 5 per cent. of the amount of tax unpaid, plus 1 per cent. interest for each full month during which it remains unpaid.

In addition to the \$1,000 and \$2,000 personal exemptions, taxpayers are allowed an exemption of \$200 for each person dependent upon them for chief support if such person is under eighteen years of age and incapable of self-support. Under the 1917 act, this exemption was allowed only for each dependent "child." The head of a family—one who supports one or more persons closely connected with him by blood relationship, relationship by marriage, or by adoption—is entitled to all exemptions allowed a married person.

The normal rate of tax under the new act is 6 per cent. of the first \$4,000 of net income above the exemptions, and 12 per cent. of the net income in excess of \$4,000. Incomes in excess of \$5,000 are subject also to a surtax ranging from 1 per cent. of the amount of the net income between \$5,000 and \$6,000 to 65 per cent. of the net income above \$1,000,000.

Payment of the tax may be made in full at the time of filing return or in four installments, on or before March 15, on or before June 15, on or before September 15, and on or before December 15.

Revenue officers will visit Centre county to aid taxpayers in making out their return. The date of their arrival and the location of their offices may be ascertained by inquiring at offices of collectors of internal revenue, postoffices and banks. Failure to see these officers, however, does not relieve the taxpayer of his obligation to file his return and pay his tax within the time specified by law. In this case taxpayers must seek the government, not the government the taxpayer.

Beer All Out on May 1.

Newark, N. J.—Prediction that the nation's beer supply would be exhausted by May 1 was made in a statement issued here a few days ago, by Christian W. Feigenspan, president of the United States Brewers' Association, announcing that the brewers of this vicinity had agreed to pool their supplies, "to allow each concern to stay in business as long as possible."

PLANNED KINGDOM IN DESERT.

Adventurous Youths Had Great Scheme to Make Fertile Region of the Waste of Sahara.

Governmental authority, co-operating with parental authority, has thwarted a romance of youthful adventure at Denver which reads like a Stevenson or a Poe. Two boys, sixteen and fifteen years old, had planned the establishment of the kingdom of Sahara. They had studied maps and devised engineering plans, delved into finance and perused the military art, until the fupd of their information was astonishing to those whose duty compelled them to step across the adventurers' path.

The Denver youths were planning soon to invade the Sahara and set up their kingdom, over which they were to rule as joint kings. The natives were to be organized into a powerful army of 7,000,000 men. This army was to dig great artesian wells, water from which was to form two lakes with an area of 250,000 square miles. The Senegal and Nile were to be flooded, shutting the new kingdom safely in against hostile incursion. Portugal was to be coerced into ceding Portuguese East Africa to the new kingdom; in return for which Portugal was to be helped to take British and French Guiana and the former German possessions in Africa. Each of the joint kings had figured out an income of \$14,500,000 for himself.

A dream, born of a disordered fancy? Sure, but— No more of a dream than that of the German military party which started out four years ago to drive the British lion to his den, to clip the wings of Liberty and tie America to their chariot wheels. Building a powerful kingdom in a desert would be no greater task than that assumed by the Germans of laying civilization by the heels.

Henceforth, if anyone proposes to fly to the moon or to build a spiral stairway to the earth's center, he may cite the example of the ruler of a once great people who assumed a task singular in its elements of romantic adventure and similarly impossible of achievement. A new standard for foolish effort has been set for all time.—Cleveland Plain Dealer.

Work for Shell Shock Men.

The kind of employment the shell shock man undertakes, whether he returns to his old work or takes up something new that suits him better, is one of the deciding factors in his recovery. The work must be congenial and it must be something he can do without strain or worry. And the hours, moreover, must not be too long. A patient whom I have known for five years does a highly skilled kind of technical work, which he thoroughly enjoys, and for which he is highly appreciated by his firm. In his zeal for his work, he from time to time has a spell of working over hours, with the result that he becomes fatigued and then takes alcohol for a while is wholly irresponsible. These attacks could be avoided if his wife were skillful enough to prevent his overworking. For the man with shell shock the nature and hours of work should be given the most careful consideration.—Mary C. Jarrett in Touchstone (New York).

More Particulars Coming.

They had been married in November. "Did you see anything that particularly struck your fancy when you were looking round the shops today, sweetheart?" he asked, on his wife's return from a round of Christmas shopping.

"Well," she replied, "I saw something extremely pretty in looking-glasses."

"I have no doubt you did," he observed, "if you looked into them."

They were married in November. A further and more exciting installment of this young couple's adventures will appear in our Christmas number for 1919.

To Keep Your Shoes Dry.

Here is an item which the doctor tells us to add to our long list of things to do to keep the "fuz" away: By standing just outside your door in a dry place for a moment before wading out in the snow in severe weather you will find that the snow does not cling to the shoes and they will remain perfectly dry. The reason for this is that the soles of your shoes are cooled so that they do not melt the snow through which you walk. If you rush out of a warm house in warm shoes they melt the snow which sticks to them, and the water soon soaks through to the feet.

Mail by Airplane.

All mails between Europe and the United States eventually will be carried by airplane, according to Lord Morris, who has championed a movement before a parliamentary committee for the establishment of a port of call for Atlantic liners on the west coast of Ireland.

Already, he says, a regular daily mail service by airplane is maintained between England and France without interruption by the weather.

Always Dictates It.

Booth Tarkington tells of an old negro who appeared as a witness before one of our committees. In the course of his examination these questions were put to the man:

"What is your name?"

"Calhoun Clay, sah."

"Can you sign your name?"

"Sah?"

"I ask if you can write your name."

"Well, no sah. Ah nebbber writes ma name. Ah dictates it, sah."

How Can We Keep Well?

Pneumonia and the Epidemic.

By Hermann M. Biggs, M. D., LL. D., Commissioner of Health, State of New York, In McCall's Magazine.

In October and November last, this country passed through the severest epidemic of disease which it has experienced in a century and perhaps in its whole history. Not fewer than 200,000 deaths in the United States were caused by influenza and pneumonia, but practically all of these were really due to pneumonia. Influenza itself rarely proves fatal except through the complications which follow or accompany it, the chief of these being pneumonia in some form.

Even under ordinary conditions, pneumonia causes more deaths in this country than any other disease, and this year the usual total will be doubled or possibly trebled. For some reason which we do not understand, pneumonia has for many years been far more prevalent here than in European countries and is sometimes called "the fatal American disease." It occurs as the most dangerous complication in many other infectious diseases, such as whooping cough and measles, and is often the final cause of death in many chronic diseases. So often is this latter the case that it has frequently been said that people suffering from chronic diseases rarely die directly of the disease from which they have been suffering.

Pneumonia is an inflammation of the lungs, produced by disease germs. The air cells become filled with inflammatory matter and thus the lung is converted into an almost solid tissue. There are many varieties of pneumonia, and the disease may be caused by many different germs, but in all forms the condition produced in the lungs and most of the symptoms occurring are similar. In many instances the different types of pneumonia can only be distinguished by laboratory examination, although they differ greatly in severity and in the fatality which they cause.

Formerly we did not consider that pneumonia was communicable to any extent, but it has been shown during the last few years, by the investigation of Dr. Cole and his associates at the Rockefeller Institute for Medical Research, that the disease is in a large percentage of cases communicable, and that it may be transmitted directly from person to person, or indirectly through the agency of "carriers." It is not necessary to refer to the methods of communication because they have already been considered in previous articles. They are the same in all diseases of the air passages. There is practically no difference between the routes and methods of communication, for example, of tuberculosis, which is the most chronic form of these respiratory diseases, and influenza, which is the most acute and contagious, except that the former is very slow and insidious, lasting for years, and the resistance to it among most people is comparatively great, while in the latter the disease is very acute and the susceptibility of the human race to it is very general.

Ordinarily the prevalence of pneumonia increases gradually during the cold weather and reaches its maximum in the late winter or early spring months. To this a number of factors contribute.

One of the State Sanitary Supervisors in New York State recently reported a personal experience of the way in which the disease is spread. He said, "My nephew, aged 35, has recently suffered from a severe pneumonia. His two-year-old boy had it mildly and his two little girls had it coldly so we took them to our home while the father was sick. Then my wife developed a severe cold, my two children had mild colds and I had the worst cold I have had in years. Lastly, my secretary, aged 25, got a severe cold and suddenly developed pneumonia. His attack and that of my nephew began with severe vomiting after attending dances where the air was dusty and foul and where they had become overheated and had then eaten heartily."

The same germs which in one person may be carried in the nose and throat without producing any symptoms, a "bacillus carrier," produce in another a cold of greater or less severity, and in a third a severe and perhaps a fatal attack of pneumonia. The resistance of the individual at the time of exposure apparently determines the result. If the person is strong and well and in good condition, the pneumonia germs in the nose and throat may produce no symptoms or only those of an ordinary cold, while if one is in poor condition, or is over-fatigued or is exposed to the weather, a real pneumonia may develop.

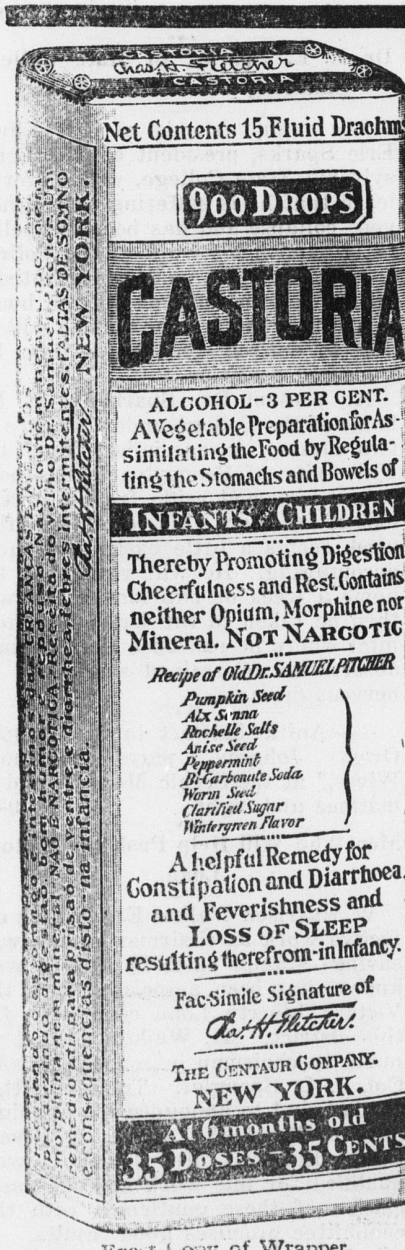
Fatigue (whether it is the result of working too hard or playing too hard) is one of the most common predisposing causes of the development of pneumonia, and when with this there is a chilling of the surface of the body by exposure to cold, and a breathing in of foul, dusty air, we have combined those conditions most likely to render the body vulnerable to the pneumonia germs.

Alcohol is one of the most powerful allies of the pneumococcus, and even moderate drinkers show a much higher death rate from this disease, than do abstainers, while in habitual drinkers the mortality is excessive. Over-crowding, over-heated rooms and houses, and bad air are all unfavorable influences and are perhaps the most important factors in producing susceptibility to colds and pneumonia. The prevalence of this disease in cantonments last winter was largely due to these factors.

The occurrence of pneumonia is almost unknown where people live and sleep in the open air even in the coldest climates and in all conditions of weather. An example of this is found in the open-air institutions for the treatment of tuberculosis. In only one variety of pneumonia has a serum as yet been perfected which is efficient in treatment. This variety is known technically as Type I, and under the usual conditions cases of this type form about one-third of all the cases of the diseases occurring in adults. By the use of the serum the death rate in this type has been reduced in the best hospitals from 25 or 30 per cent. to 7 or 8 per cent. Unfortunately the determination of the type of pneumonia can only be made in a well-constituted laboratory and requires considerable technical skill, as does the administration of the serum.

A vaccine has been prepared for the prevention of pneumonia and was quite widely used in some of the army camps last winter. While it is too early to say definitely how efficient this is, the results are very encouraging and it may ultimately furnish the method for controlling this disease.

If you feel sick all over, with chilliness or aching of the bones, with feverishness and headache, perhaps with cold in the head or throat, you are probably getting influenza. Go to bed for your own sake as well as to prevent giving the disease to others, and until you can get a doctor, do these things: 1.—Take a dose of castor oil. 2.—Bathe your feet in hot water and mustard, take a glass of hot lemonade, and cover up warmly to produce sweating. 3.—Keep fresh air in the rooms by opening the window at the top. 4.—Drink plenty of water. Take only simple, plain food, such as milk, broth and gruels. Eat toast and butter, and any kind of cereal. Eggs may be eaten, but not meat. 5.—Do not get up unless absolutely necessary, and then do not walk about and expose yourself to cold. 6.—Do not take any medicine unless ordered by a doctor. 7.—Do not cough or sneeze in the face of other people. Stay in bed until you have no fever, and remain in the house three or four days longer.



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