Democratic Matchman. Bellefonte, Pa., May 30, 1919.

RELIEVED HIS MIN

Sumner Shaw Tells of His Defeat of Insomnia.

Possibly There Are Others Who Would Sleep More Peacefully if They Squared Up With Conscience, as He Did.

The schoolmaster, who with others was whiling away an hour in Squire Marr's office, complained that he had not been sleeping well lately. He dignified his trouble by calling it insomnia. As might have been expected, the squire had a specific.

"The thing to do," he said, "is to make your mind as near a blank as possible. When I find that my mind is disposed to work overtime. I resort to the old nursery jingle: "The House That Jack Built.' I repeat it rather slowly from beginning to end, and go over it again and again. To me the rhythm is very soothing, and the pictures that the words call up are constantly changing, just as in dreams. Presently I begin to get a little tangled up, so that perhaps it will be the priest all shaven and shorn that milks the cow with the crumpled horn. It is not long after that before I drop into real slumber that lasts until I am awakened, may be, by the cock that crows in the morn."

"Did you ever try reckoning interest as a means of inducing sleep?" asked Sumner Shaw, the carriage maker.

"As a rule, I'm not much subject to insomnia," he went on. "But I got an inkling of what it is like when I was staying overnight at my nephew's in the city, four years ago, or so. They make long evenings, and it must have been close on to ten before I got off to bed.

"'Remember that you don't have to get up at some unseemly hour, Uncle Summer,' says Susie. 'We don't have breakfast until eight.'

"Well, I dropped right off to sleep. same as usual; but when I woke up and turned on the electric light at the head of the bed. I found it was only three o'clock.

"'Now, then,' says I to myself, 'I'll have to get another nap.'

"But that was easier said than done. The harder I tried the wider awake I was. I guess it was insomnia, fast enough. Finally I got to thinking over my past life. Well, probably I'd done worse things in my life, but what I seemed to fasten on was a little business transaction with the Widow Wiggin. I sold her a sleigh at my own

STOOD FOR HUMAN LIBERTY Pershing Highway.

Jean Jacques Rousseau Had Right **Conception of Conditions That** Made for Freedom.

Prof. Kenneth Colegrove of Syracuse university declares that world democracy is the sole basis of world peace. Writing in the World's Work he savs:

than the passion to extend its domin-

ion without and its absolutism within;

seau was convinced, would ever be

able to quench the old fires of rivalry

and despotism. But even if a general

alliance of European monarchs were

possible, it was manifestly impossible

to guarantee princes against the revolt

of their people unless at the same time

subjects were given a guaranty against

the tyranny of their rulers. In launch-

ing this latter criticism against the

abbe's project the author of the "So-

cial Contract" foresaw the contingency

of the Holy Alliance of 1815, when the

autocrats of Europe called the Indivis-

ible Trinity to witness that, as broth-

ers of the same family, they would de-

fend the doctrine of the divine right of

kings against the contradiction of rev-

Yet more trenchant was the criti-

cism of Voltaire. "The peace imag-

ined by the Abbe de Saint-Pierre," said

the philosopher of Fernay, "is a chi-

mera which could no more subsist be-

tween princes than between elephants

and rhinoceroses, or between wolves

and dogs. Carnivorous animals rush

to attack each other on all occasions."

The "Project for Perpetual Peace," ac-

cording to Voltaire, was not absurd in

itself, but in the manner of its pro-

posal. There would always be wars

of ambition and conquest, unth people

learned that it was only a small num-

ber of generals and ministers who

Name Mountain "Roosevelt."

many soldier and civilian friends of

Impressive ceremonies attended by

proficed thereby.

olution wherever it should appear.

hind the organization of the Pershing In the year 1713, when the ambassa-Highway Association was to map a route connecting the cities in which dors of the European powers were engaged at the congress of Utrecht in the principal events in the General's bringing to a close the War of the life occurred, and at the same time to Spanish Succession, the Abbe de Saintprovide a direct transcontinental route from New York to San Francis-Pierre was writing the final pages of co. The road touches 16 States and his little treatise called the "Project nine State capitals are connected with Washington-Sacramento, Carfor Perpetual Peace." He proposed confederation of the kings and princes son City, Salt Lake City, Cheyenne, Lincoln, Springfield, Indianapolis, Columbus and Trenton. It includes of Europe, with a congress or diet of ambassadors where all disputes beparts of a number of established hightween the different states should be settled by arbitration, and where genways, such as the Old Trails route, eral rules should be adopted from time Pike's Peak Ocean to Ocean Highway, Washington Highway, Waubonsie Trail, the S-Y-A- route and the crossto time for the purpose of promoting the peace and welfare of each and country Lincoln Highway. every realm. Rousseau criticized the abbe's plan, declaring it contained one -Veteran army officers declare hors-es and mules are indispensable in war. flaw, a flaw which vitiated the otherwise noble plan. He believed that a confederation of European states

An adequate supply is vital to the military protection of any nation. Experience has shown the need of one could never be formed so long as horse or mule to every four men in kings and princes ruled. For the esservice. sence of kingship was hoining else

Help to reach all the parents of the country by cutting this out and pass-it on to a friend. and no plan of confederation, Rous-

"There's such a thing as being too Indicating that General Pershing's wise," said a chief of police the other day. "Indeed, that is how we catch name is much in demand for use in connection with highway transporta-tion routes, a meeting for the tentaday. many thieves. They are too clever and it gives them away. They re-mind me of the new clerk in the seed tive organization of the Pershing Highway Association was held March 7, at Lincoln, Neb., and Governor McKelvie, of Nebraska, presided at a store "Some one, just for a joke, asked for some sweet potato seeds. The clerk hunted all through the seeds but meeting held at Lincoln, April 16,

where the organization was perfected. It is pointed out that the thought becould find no sweet potato seeds and finally appealed to the boss. "The latter explained that he was being kidded and cautioned him about not letting smart Alecks put anything over on him. "A few days later a lady entered

the store and asked for some birdseed

Too Wise.

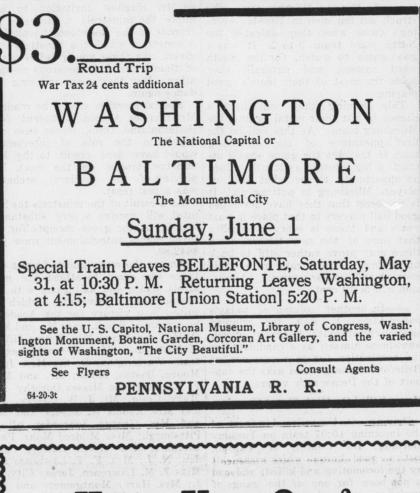
"'Aw, go on,' grinned the clerk, 'You can't kid me. Birds is hatched from eggs.'"-Los Angeles Times. A Western flock master says

that the young ewes, and such ewes as are undersized and timid, should not be required to run with a large flock of vigorous ewes in winter. It will pay well to keep them by themselves. One quarter-pound of oats a day will help young ewes to develop and grow to a good size.

Stated Financially. "Edith is one of those girls whose

interest in a man is governed by his wealth." "I see; the greater the principal the greater the interest."

-Advertise in the "Watchman."



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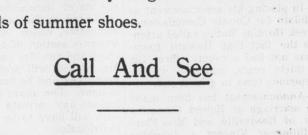
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Bush Arcade Building 58-27 BELLEFONTE. PA.



price; and the very next day I sold on just like it to Cap'n Gray, and he beat me down five dollars, and I made something at that. In the circumstances I felt as if it would be no more than fair to go to Mrs. Wiggin and make her the same discount. But you are apt to let such things go, and pretty soon she took sick and died. She had no immediate family, and the property went to distant connections out of the state. So I kind of let the thing slide, as being of no great consequence, anyway.

"But it loomed up big there in the dark, and at last I had to promise myself that if I lived to get home I'd get clear of that five dollars somehow. At that time a Belgian relief fund was being raised, and I concluded that it would please her as much as anything, if she could know it, to put down a subscription in memory of Mrs. Maria Wiggin.

"Having settled that, I felt easier, but not real sleepy, as it still seemed a long ways ahead to breakfast time. Then it occured to me that about eighteen years' interest ought to go with that five dollars, and I fell to considering how much that would be. H. M. S. Lancaster as she lay in dock I am pretty good at figuring in my head, and I could have worked out the simple interest easily; but compound interest is another matter. However, I began casting it up, and I got as far as the fifth year. Then the next thing I knew Susie was singing out: 'Breakfast, Uncle Sumner!'

"So you see, reckoning interest got the better of insomnia that time. Mebbe, though, purging my conscience had something to do with it. You are welcome to both of these remedies, Mr. Jenkins," he added with a friendly wink, "in case the squire's doesn't work."-Youth's Companion.

A Rare Bird. The white-headed stork, one of the most interesting and valuable possessions of the London Zoological society, is dead. It was a native of the Upper or White Nile, and so far as is known the only living specimen of this remarkable bird in Europe. As long ago as 1860 the then British vice consul at Khartoum-Mr. Petherick. himself an indefatigable naturalistbrought two specimens to London, and these were the first ever seen alive in Britain. After an interval of many years the present sirdar-Sir Reginald Wingate-presented to the society the specimen which has just died, and which was a familiar object in the vicinity of his palace at Khartoum. Visitors to the garden in Regent's park will recall the rather melancholylooking bird in the aviary adjoining the southern entrance. For long periods it remained almost motionless. save for the twinkle of an extra mobile eye.

----For nign class Job Work come

to the "Watchman" Office.

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former president will mark the dedication of Mount Theodore Roosevelt on July 4.

Shortly after the death of Colonel Roosevelt the pioneers of the Black Hills met at Deadwood, S. D., and decided to change the name of Sheep mountain, near Deadwood, to Mount Theodore Roosevelt. Feeling that the spirit of Independence day typified the ideals of the late president it was decided to postpone the formal ceremony until then.

Invitations have been sent to scores of Colonel Roosevelt's friends by Col. Seth Bullock. Maj. Gen. Leonard Wood will deliver the dedicatory address. Gifford Pinchot, Secretary Lane and many other national figures will be present.

Woman's Remarkable Feat.

The American flag and the British jack flew side by side from the mast of a British warship for the first time in the history of the post of Bremerton, Wash., when Mrs. Bertha Savage, an employe of the industrial division of the navy yard, on a dare. climbed to the top of the mast on and broke out the two ensigns.

Mrs. Savage, better known to the yard employes as "Montana Liz," has been at the yard for several months. She comes from the ranges in Montana and is well known for her cowboy attire and her picturesque vocabulary. Her feat in climbing to the top of the 139-foot mast was no mean accomplishment for a woman. The ship's crew watched the stunt

with great interest and enthusiastically cheered the climber.

Oxen Again Beasts of Burden.

The ox as a beast of burden is coming into its own again in the farming communities of the state, according to a dispatch from Lewiston, Me., and the oxsling and apparatus used by blacksmiths in shoeing the animals, long ago thrown into the discard, is in use again. The sling consists of a rude frame of timber into which the animal is fastened by a pillory. Straps are then drawn under the body, the ends being made fast to upper timbers of the frame. In blacksmith shops 20 years ago the slings were common. Oxen are less expensive to feed than horses and are equally as useful on small farms, and the rising value of feed is having much to do with the comeback of the ox as a work animal.

Experienced In Munition Making. Llanelly, Wales, did its bit in the matter of munitions long before the great war. At the beginning of the nineteenth century Mr. Raby, the great local ironworker, cast a large quantity of shot for the government. Earlier still, when Cromwell was besieging Pembroke castle, much of the shot were supplied from the Llanelly district.

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to go along year after year planting the same land and dribbling a little cheap fertilizer in the furrow, merely to get a little more out of the land than he puts in, is not farming at all. The man who is not improving the land is going backward. Land must be improved in cultivation or lose its fertility. Good Fertilizers will produce desired results. We have them for every use.

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