

RELIEVED HIS MIND

Summer 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 squirrel 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 Summer 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 price; and the very next day I sold one just like it to Cup'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 occurred to me that about eighteen years' interest ought to go with that five dollars, and I fell to considering how much that would be. 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 Summer!'

"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 squirrel'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 naturalist—brought 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 melancholy-looking 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 high class Job Work come to the "Watchman" Office.

RABBITS AS A SIDELINE.

Due to the present shortage of meat, the raising of rabbits for food and fur is proving a profitable enterprise for boys and girls in all parts of the country. Rabbit clubs, under the supervision of the Department of Agriculture in connection with the State agricultural colleges, are being formed in practically every State and are constantly increasing in membership and popularity. According to the Department of Agriculture fifteen hundred members of these clubs are raising rabbits in one city in the State of Washington, while other cities throughout the country are doing almost as well.

The war was the direct cause of the present rapid development of this industry. Belgium and France have long been engaged in raising bunnies, and according to correspondents who have recently returned from abroad, rabbit meat constitutes nearly one-third of the meat used by Germany, practically all vacant lots in the larger cities of that country being devoted to the production of this cheap and delicious meat. In the United States a tremendous demand has sprung up in the past two or three years for both rabbit meat and rabbit skins. About 90,000,000 pelts were imported into the United States last year, and though statistics are not at hand it is probable that a larger number came in this year. The skins have many uses, being made into felt hats, fur garments of all kinds in imitation of better quality skins, as lining for sport clothes and as trimmings for children's clothes. A few years ago rabbit skins were worth only a few cents each, while now, due to their greater popularity and the wider range of uses to which they are put, they are often salable at from twenty-five cents to one dollar each, the average price being around thirty-five cents each.

However, the most profitable side of rabbit raising is the production of meat. When it is remembered that the rabbit is one of the most prolific of mammals, and that a single specimen of one of the larger breeds, such as Belgian hares or Flemish Giants, may tip the scales at twelve pounds when but a few weeks old, it can be readily seen that there are great possibilities for profit in this industry. Practically all big hotels now serve rabbit, especially those of the south, where it is served quite as frequently as chicken, a meat which it closely resembles both as to taste and texture.

Salvation Army Winner.

New York, May 29.—While complete figures are lacking, there is every indication that the Salvation Army passed the \$13,000,000 goal in its home service campaign by approximately \$3,000,000, according to an announcement made by former Governor Whitman, chairman of the national committee.

Thanking the public for its support, former Governor Whitman asserted that "the record made by the Army in France and in earlier years at home guarantees that its work of the future will be well done."

How to Get Your Car Out of a Mud Hole.

A resourceful motorist whose car has been stuck in the mud does not always have to fall back on a pair of mules to get free. For such an emergency the United States Tire company offers some suggestions that have proved valuable.

The first calls for having stored away somewhere in the car a stack of old newspapers. When the car gets stuck and the wheels refuse to take hold, feed in some of the old papers between the tires and the mud. Usually only a few will have to be worked in before the wheels will begin to grip and the car start forward. This method of handling a difficult situation is so simple and so uniformly successful, that every motorist should know of it and carry a pile of old newspapers, unless he is equipped with some other apparatus for such a contingency.

Here is the other method suggested by the United States Tire company: Put the car in low, and if you cannot feed the gas with your foot evenly, so that the wheels will revolve slowly, put your emergency brake over and put it on so that the wheels will not revolve at all, but tightly enough to keep them from revolving rapidly. With the wheels turning slowly, the maximum pull is delivered to them by having the car in low gear and so long as they turn slowly they can get the benefit of the tremendous power.

It is not always wise to fill the hole with stones or bricks, for their rough edges are hard on tires. Small branches of trees are better, as they offer much better tractive space. Should this method fail, quite often a slight push that would not much more than move a baby buggy will furnish just the added amount of power necessary to get the car going.

Heinz' Will Gives to Sunday Schools.

Pittsburgh.—The will of H. J. Heinz was filed for probate here. The estimated value of the estate is \$4,000,000. Relatives are given lifetime incomes ranging from \$1,000 to \$25,000 a year, while employees are remembered with lump sums ranging from \$100 to \$20,000. Other bequests, payable in five years are:

To the University of Pittsburgh, \$250,000; to the Allegheny county school association \$50,000; to the Pennsylvania State Sabbath School association, \$75,000; to the International Sunday School association \$75,000 and to the World's Sunday School association \$100,000.

Purposely Postponed.

The club humorist told a funny story, a corker, and everybody within hearing roared—except one man who remained as sober as a taxpayer.

"What's the matter?" exclaimed one of his clubmates.

"Nothing."

"Why didn't you laugh?"

"Well," explained the man. "I'm going to save it until I get home. I can always sleep better when I go to bed laughing."

Aeroplane Propellers.

A modern aeroplane propeller is one of the strongest and most perfect products of man's handicraft.

Some aeroplane engines run at seventeen hundred revolutions a minute, and can be geared up to two thousand. An engine of this power would use a nine foot, six inch propeller, and the speed of the blade ends would be in the neighborhood of six hundred miles an hour.

Revolving at this terrific rate, the slightest imperfection in the wood from which the propellers are made would tend to disrupt them and cause them to fly to pieces.

For this reason only the best and hardest wood from the heart of the tree is used for propeller blades. It takes two thousand feet of timber in the rough to furnish two hundred feet of wood good enough for propellers.

Black walnut is the very best of wood for propeller blades, for, besides being immensely tough, it does not splinter when hit by a projectile. Next, in the order named, come mahogany, white oak, ash, maple, birch, and cherry.—Ex.

Rare, at That.

"What do you work at, my poor man?"

"Only at intervals, lady."

Catching.

"Are you troubled with sleeplessness?"

"Not unless the baby is."

MEDICAL.

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MANY BELLEFONTE PEOPLE KNOW THE IMPORTANCE OF HEALTHY KIDNEYS.

The kidneys filter the blood. They work night and day. Well kidneys remove impurities. Weak kidneys allow impurities to multiply.

No kidney ill should be neglected. There is possible danger in delay. If you have backache or urinary troubles.

If you are nervous, dizzy or worn out.

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Mrs. Edward Sunday, 244 Lamb St., Bellefonte, says: "I have used Doan's Kidney Pills and have always been greatly benefited by them when suffering from kidney trouble. I cannot speak too highly of Doan's after what they have done for me."

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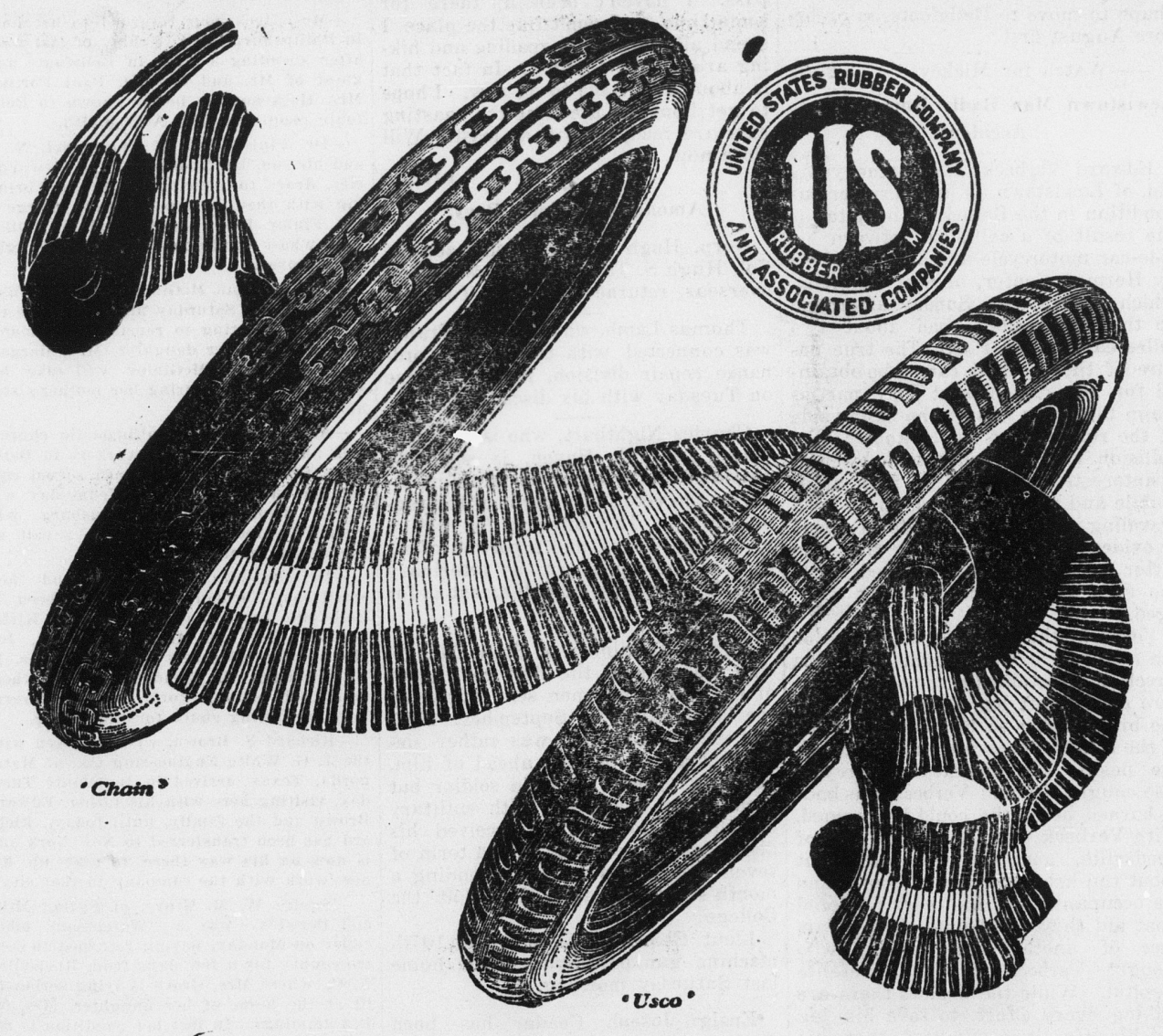
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Lyon & Co. Lyon & Co.

JUNE SPECIALS

Reductions in Summer Dress Goods

Just the things for these hot days to make cool dresses. Figured Voiles from 10c up to 50c. Flaxons, all colors, from 25c up. Ginghams from 25c to 75c.

Silks

Georgettes, Crepe de Chenes, stripes and plaids, all colors, at summer reduction prices.

Dove Undermuslins

Night Gowns from 75c up. Drawers from 25c up. Petticoats from 50c up.

Specials

75 dozen Ladies' Gauze Vests, regular value 35c; special, 3 vests for 54c.

Half Hose

Black, tan and all colors; fine cotton; all sizes—9 1-2 to 11 1-2; regular value 25c.. 4 prs for 50c.

Coats and Coat Suits

Special prices this month on all Coats and Coat Suits for Ladies, Misses and Children.

Lyon & Co. 60-10-17 Lyon & Co.