

GOES BACK TO OLD EGYPT

Legend of Cinderella, Almost Universal, Believed to Have Come From Ancient Memphis.

Cinderella and the legend surrounding her glass slipper is believed to have originally come from ancient Memphis. In the ruins of this buried city lies the pyramid of Rhodopis, who lived at Naucratis, and was incomparably beautiful and chaste. One day when Rhodopis was bathing an eagle flew through the open ceiling of her bathroom and plucked from her maid's hands the sandal which she was just about to lace about her mistress' foot.

The eagle then flew to Memphis, where the king was administering justice in one of the courts of the palace, and, hovering above the king, dropped the sandal, which fell into the folds of the king's garment. He examined the sandal and found it so small and lovely that he bade his servants search all Egypt till they should find the woman whom it would fit.

Rhodopis was found in Naucratis and carried to the king, who married her. She died after a few months' happiness, and the disconsolate king had one of the costliest pyramids of antiquity built in her memory. In the first century B. C. the priests of Memphis were wont to exhibit a sandal in a crystal shrine which, they declared, once belonged to Rhodopis, miraculously preserved through many centuries. The sarcophagus and the mummy of Rhodopis have entirely vanished and her pyramid is little more than a ruin, but her legend lives in every land.

FAMOUS "LION OF LUCERNE"

Thorvaldsen's Masterpiece Commemorates the Heroism of the Swiss Guards in Paris in 1792.

The well-known monument called the "Lion of Lucerne," erected near Lucerne, in 1821, commemorates the tragic fate of the Swiss guards in the French Revolution when in their devotion to duty they were sacrificed to the bullets of the Marsellais and the pikes of the mob, August 10, 1792.

This infantry regiment, the "Gardas Suisses," had been originally a Swiss mercenary regiment in the Wars of Religion; but for their own good conduct at the combat of Arques they were incorporated in the permanent establishment of the Maison du Roi, by Henry IV, (Henry of Navarre), in 1589, and in the guards in 1615. The French guards sided openly with the constitutional movement at the Revolution, and were disbanded, but the Swiss guards remained faithful to their trust.

This monument was the work of Bertel Thorvaldsen (1770-1844), a Danish sculptor, noted for his statues of Christ and the apostles, and for his efforts at classical sculpture. He was the son of an Icelander who had settled in Denmark, and was born at Copenhagen. There he lies buried under a bed of roses in the courtyard of the museum he endowed.

But is it Worth it?

This is a remedy of an English woman for taking off superfluous ounces from the face that has become too fat through overeating and lack of exercise.

To begin with, of course, she recommends mild dieting and plenty of walking and lots of water to drink every day. This to cut down superfluous fat all over the body.

One good exercise is this: Open the mouth and work the jaw vigorously, first to the right, then to the left, then backward, then forward. Do this persistently.

Then draw the cheeks in between the teeth and puff them out hard and full. Then, with the teeth shut tight, stroke the cheeks with the palms of the hands gently upward from the chin tip to forehead. Don't do any of the stroking exercises too rapidly or vigorously, but do them for a long time, persistently, slowly. You will get the best results in this way.

American Time Signals Best.

The English freely admit that the system of telegraphic time signals adopted by the naval observatory at Washington is much to be preferred to that in use at Greenwich for supplying Great Britain with standard time.

At Greenwich a signal is sent out at noon, whereas at Washington a series of signals is used, beginning five minutes before noon. During these five minutes every tick of the observatory clock is electrically transmitted, except the twenty-ninth second of each minute, the last five seconds of the first four minutes, and at last ten seconds of the fifth minute. After this final ten seconds break, the noon signal is given. In this manner the middle of each minute is clearly indicated, and yet more clearly the instant of noon. The length of the series facilitates the regulation of clocks and chronometers.

Her Present Occupation.

"You say that your wife went to college before you married her?"
"Yes, she did."
"And she thought of taking up law, you said?"
"Yes; but now she's satisfied to lay it down."

—Subscribe for the "Watchman."

FEW KNOW FACE OF WATCH

Remarkable Fact That Can Be Verified by Casual Inquiry Among One's Acquaintances.

Something about the queer way in which most of us use—or rather do not use—our powers of observation can be learned in a very simple way. Ask the next person met whether 6 o'clock on his watch is marked by Roman or an Arabic numeral. If he does not admit that he does not know, he can be set down as a really exceptional person—one in about a thousand or so—and after he looks at his watch to see just how that figure is made, he will have the further surprise of finding that it is marked with neither "6" nor "VI."

This test recently was applied at a meeting of high railway officials in St. Louis and one of them passed it, though they, if anybody, might have been expected to know just how their watches were made. The railroaders laughed at each other and seemed to be a little humiliated, but really there was not much need, if any, for feeling that emotion.

None of them knew how 6 o'clock was marked, for the excellent reason that knowledge would have been quite worthless in their business and only would have taken up room in their minds better filled with other information. They all could "tell time," and that was enough.

WILD CREATURES HATE SNOW

Means Time of Misery and Hunger to Both Bird and Beast, and Thousands Starve.

Most wild creatures abhor snow. For the rabbits and hares it means that they must scratch down through the dull, frozen stuff before they can find their usual food. If the snow is really hard the rabbits are reduced to eating the bark of the fences near the warrens.

All the smaller birds are cut off from their food supplies. Those that live on worms or insects are particularly hard hit, and if the snow lies long the death roll among such birds as robins is really terrible. In that winter of 1817, when there were a hundred days of snow and frost in England it is estimated that the British Isles lost about one-third of their small-bird population.

Water rats, shrews and others all dislike frost and snow because such weather makes food more difficult to obtain. Otters, as a rule, make straight for the coast in a hard frost, and live on dabs and flounders in the unfrozen estuaries.

Even rats, which can generally look after themselves, dislike snow because it makes their dark bodies too conspicuous to their enemies and prevents them from moving about as freely as they otherwise would.

Albanian "Mean" Shot With Rifle.

The Albanian male is a creature of strange extremes, according to Kenneth L. Roberts, in a Balkan Jottings" in the Saturday Evening Post. When encountered in his mountain fastnesses, garbed in flaring ballet skirts or baggy felt trousers—according to

the section of the country in which he lives—and a half portion jacket with pompons on the elbows, he is what an American cavalryman would call a bad hombre.

The Albanian carries a silver-mounted rifle, a silver-mounted revolver attached to his person by a heavy silver chain, and a waist-band full of edged tools and miscellaneous kitchen knives. He is a "mean" shot with a rifle, and can shoot his initials in a horse's ear at a distance of 10 paces. His sacred honor is constantly being damaged by careless neighbors, and the only way in which he can repair the damage is to shoot an intricate pattern of holes through the person who did the foul deed.

MADONNA WITH SILVER HALO

Remarkable Picture Among Other Fine Specimens in Historic Greek Church at Sitka, Alaska.

Way up in Sitka, Alaska, that delightful old place of Russian memories where the thermometer seldom goes below zero in winter, there is an old Greek church which is famous all along the Pacific coast. Dating from the days of Baranoff, it has stood through many storms and vicissitudes, and was for years the chief see in the Russian-Greek church of western America.

There are several unique paintings in this church which were brought over from Russia in the early years, and everyone who is fortunate enough to go to Alaska comes away from this dingy, faded, green-colored church with enthusiasm over the examples of fine art that decorate the chancel and altar. Chief among these paintings is one of the so-called Sitka Madonna.

The peculiar feature about these paintings, which is said to be employed nowhere else in the world, is the use of beaten silver for halos and accessories. The metal is laid on such a manner that it is almost impossible to separate it from the rest of the painting, and it produces a rich effect that pigments cannot attain. The picture of the Madonna and Child has voluminous drapery of this beaten silver, and the fame of its beauty is well understood along the Pacific coast.

The Ascension, over the bronze doors to the holy of holy screen, is a gem of Byzantine art, and the jeweled helmets and halos in the paintings of the saints show the wonderful versatility of the old-time Russian artists. Massive candlesticks, jeweled crowns, and robes of cloth of gold are in this historic church—a reminder of historic Alaska and the time when stern Baranoff and his iron-hearted followers held full sway.

Fifty Men and One Elephant.

Interesting tests were once made to determine the respective pulling power of horses, men and elephants. Two horses, weighing 1,600 pounds each, together pulled 3,750 pounds, or 550 pounds more than their combined weight. One elephant, weighing 12,000 pounds, pulled 8,750 pounds, or 3,250 pounds less than his weight. Fifty men, aggregating about 7,500 pounds in weight, pulled 3,750 pounds, or just as much as the single elephant. But, like the horses, they pulled more than their own weight. One hundred men pulled 12,000 pounds.

WEAR BRIGHT RED

Hats, Purses, Shoes Are of the Most Brilliant Hue.

Shade is Pronounced in the Newest Offerings Being Shown in the French Shops.

To those who cannot go to Paris and stroll along the Rue de la Paix, where some of the most beautiful novelties in the world are shown, as well as many of the interesting hats which eventually find their way to the millinery shops in this country, the novelties and millinery fresh from Paris are especially interesting. They represent the newest offerings of the exclusive French shops.

The bright red straw hats come first in this abbreviated review of styles. They are harbingers of spring after the long winter days. Some one



1—Bright Red Hat of Straw and Leather. 2—Black Purse With Red Leather Piping. 3—Shoe With Scarlet Heel and Tongue.

has said that when it comes to the matter of taste in dress women are divided into two classes—those who wear red hats and those who do not. It is more than likely that the former will be in the majority this year.

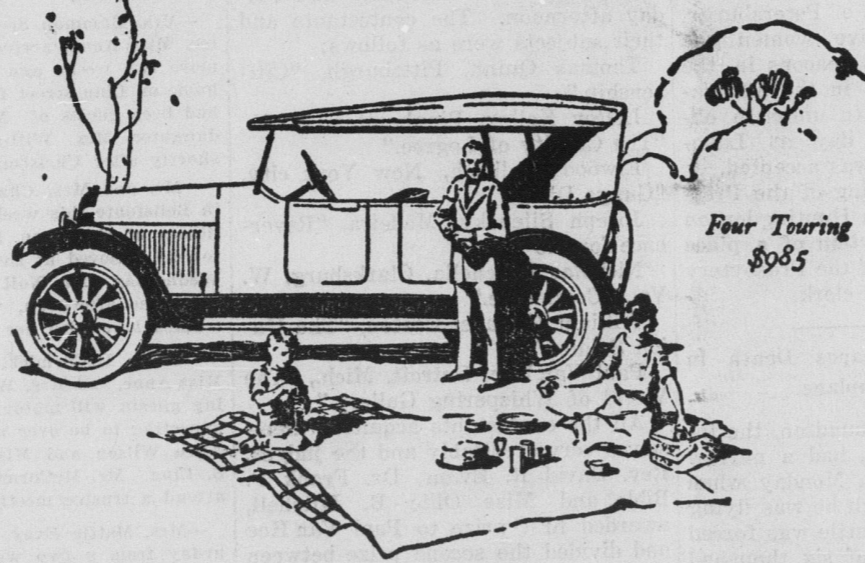
Leather in the brightest of reds, verging on the scarlet hue, is used for hats that do not favor of country roads and golf courses, as one might expect, but are made in designs quite appropriate for town wear.

In colonial days both men and women wore shoes with red heels, so the shoes of today with scarlet heels and tongues are a revival of a fashion prevalent in times when all dress was more frivolous and much more picturesque than it is today.

Ancient Legislative Body.
It is said that the "House of Keys" of the Isle of Man, which is the island's existing legislative body, as it dates back to many years before the Norman conquest. The laws are still promulgated in the Manx language, a variation of Gaelic.

NASH FOUR

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