

**IT'S UP TO YOU.**

To the world you come, from the world you go;  
It's only a year or two,  
and whatever you're judged by the passing show,  
Remember—it's up to you.  
Think things worth while, though others may smile;  
Thoughts pay that are clean and true;  
They are the seeds of many good deeds;  
Remember—it's up to you.  
Should troubles arise, you will, if you're wise,  
Overcome them and subdue;  
Count them as blessings sent in disguise;  
Remember—it's up to you.  
Just put out your best; it will stand any test;  
There's nothing that right cannot do,  
though often it's hard not to follow the rest.  
Remember—it's up to you.  
To the world you come, from the world you go;  
It's only a year or two,  
and whatever you're judged by the passing show,  
Remember—it's up to you.

—Betty Hope.

**SEA SHORE PHILOSOPHY.**

By L. A. MILLER.

These are extremely busy days; more especially since women have been made the equal of man. The act of which creates a feeling among the fair sex that they must assume more responsibility than heretofore. Poor man, he has to suffer the consequences. He is now busily engaged in his garden work; it is spring, the time of the year when he thinks he should put out his early corn, potatoes, peas, etc.; the boss of the house hinks otherwise; she insists that hubby must do the gardening and give a hand to house cleaning, and in order to keep peace in the family he must submit. The fact of the matter is that there is something agitating the mind of the woman, and she is ushering her work and over-working her husband in order that she can enjoy a little vacation.

She wants to go to Atlantic City or some other fashionable seaport. You know when the heated term sets in, the average society woman becomes excited and fidgety about going to the sea shore. She may not know what he wants to go for, but she knows he wants to go, and that is enough or a woman to know.

If she has a husband he will probably not forget the thousand and one little promises he made when he wanted to go to the clubs, Elks, etc., last winter, and to the baseball games this spring. It is right that he should remember them, whether he meant what he said at the time or not. If he did not, he should be kept in constant remembrance of the falsehood by way of punishment, and if he did mean it, he should be reminded of it so that he may keep his promise. Suppose he should forget it so well that it would not come to his mind again until the next winter; and such a thing might be. Why, he would feel awful. Better remind him of it. Women understand this thoroughly. They are not going to allow their husbands to do a thing that will be a constant source of regret for a whole year, when they can prevent it by a single word—"Sea Shore."

As a rule women are not philosophical; but there must be an exception made in favor of sea shore philosophy. It isn't the cold, hard-lined philosophy of the scientist, nor the radiant, high-colored philosophy of the rank, but plain, natural philosophy, such as can be found pure in children and women. They want to do a thing because they want to, and because they want to they ought to, is a duty, and duty is right; therefore, if they want to go to the sea shore it is their duty to go, and it is not right to hinder them. Over the mantelpiece and above the dressing-case they have written: "To hallowed duty, here with a loyal and heroic heart, bind me our lives."

There is a good deal of humbuggery about this sea shore business. The benefits arising from a visit to the sea depends very largely upon what you go for, or whether you have any business there. The mere fact that you are tired of staying at home is not sufficient reason for going; neither is the fact that your neighbor has gone a valid excuse for you to shut up your house and pack off for a month's roiling and steaming.

It may be the fashionable thing to do, but in this practical and philosophical age the edicts of fashion should have no more weight with sensible people than the papal bulls have with comets. Sick people should not go to the sea shore except on the advice of a competent physician. The word "advice" is used here advisedly. Many physicians will give their consent for patients to go when they would not advise them to do so, and many others will not object even when they would not give their consent if asked for it. They feel that if patients go without speaking about it they alone are responsible for the result, whereas they would feel some sense of responsibility if they consented to such a move, and still more if it were made in accordance with their advice. Therefore, it is the part of wisdom to have a little talk with your doctor before going, because there is nothing more satisfying to an invalid than to be able to say every new pain and ache at the doctor's door. The doctor doesn't mind them, so long as there is no harm done.

Delicate persons should be very careful when they go in search of health. The same breeze that brings color to one pair of cheeks will bring pallor to another, and the same surf that washes the noisome humor out of one body loads another with pains, aches and chills enough to last a whole year, or possibly a life time.

Had salt water and surf been designated as a panacea for all forms of human ills they would have been diffused more generally over the world. Nature makes no such mistakes.

It would be just as reasonable to expect fresh water fish and fowls to be benefitted by a change of salt water, as persons who have always been used to fresh water baths and moisture from unsalted rivers and ponds. Some fishes and fowls are so benefitted, but so are some people, but not all. The principal benefit in going to the sea shore is derived from the change of location and the diversion it affords. The bathing and sultry atmosphere get all the credit, but they do not deserve it. Any one whose occupation requires him to sit in one position for a considerable time knows how much it rests him to stand on his feet awhile.

If people were to seek some quiet harbor, and junket with the natives, instead of going to over-crowded resorts, they would find it more conducive to both health and comfort. And as for enjoyment, there is nothing that can beat sailing in real fishing boats, with real fishermen, and fishing with fishing tackle made to catch fish. It is neither expensive nor troublesome to get ready for a seaside trip of this kind.

It must be an awful job for some persons to get ready to go to the sea shore. They seem to try to see how much trouble they can make for themselves, and how much they can annoy other people. Many of these sea shore tourists would be benefitted just as much by sitting on the front door step on a damp evening and listening to the roar of ash carts in the alley. Probably not benefitted as much, but nearly.

Such going to sea shore is mainly beneficial to railroad companies and seaside resorts. True, the home doctor will have a good job getting the mother and baby sufficiently restored to begin the winter, with a reasonable prospect of getting through with strength enough left to go to the sea shore next summer.

Almost any place is as good as the sea shore, if the scenery is in marked contrast to that at home, and the routine of duties different from those to which you are accustomed. For some there may be healing in sea breezes, but to the average landsman the forest winds are more grateful and invigorating. Like enforcing the 18th amendment, I fear in many of these sea shore trips the cost over-runs the profits.

**DOMESTIC CAT A SCOURGE.**

Dr. William T. Hornaday, director of the New York Zoological Park, says: "In such thickly settled communities as our northern States, from the Atlantic coast to the sand hills of Kansas and Nebraska, the domestic cat is probably the greatest four-footed scourge of bird life. Thousands of persons who have never seen a hunting cat in action will doubt this statement, but proof of its truthfulness is only too painfully abundant. That cats destroy annually in the United States several millions of very valuable birds seems fairly beyond question. I believe that in settled regions they are worse than weasels, foxes, skunks and mink combined, because there are about 100 times as many of them and those that hunt are not afraid to hunt in the daytime. Of course, I am not saying that all cats hunt wild game, but in the country I believe that fully one-half of them do."

John Burroughs says that cats probably destroy more birds than all other animals combined. He believes that the preservation of birds involves the non-preservation of cats.

Henry W. Henshaw, chief of the biological survey, United States Department of Agriculture, says that one of the worst foes of our native birds is the house cat. Probably none of our native wild animals destroy as many birds on the farm, particularly fledglings, as do cats.

"The majority of cats that have run wild and exist in a semi-wild condition have become so from the fact that they were starved into that condition. Provided they remain in the vicinity of farm buildings and houses and prey on rats and mice they are undoubtedly beneficial, but once they have learned to stray abroad or make their home in the woods, as so many of them do, they immediately become a serious problem."

"The average farmer will shoot a hawk or owl on sight, yet harbor, and even feed, a number of half-starved cats that only await the opportunity to snatch a chick when no one is looking. As a matter of fact the food of the hawks has been thoroughly studied, and only two species of our common hawks are actually known to habitually take young poultry and game birds. The balance subsist entirely on mice and rats."

"There is no doubt in the minds of those who face the facts that the stray cat is the greatest single factor, with the exception of severe storms, in preventing the increase of bird life."

"During the nesting season they hunt up the nests and systematically devour the young birds as soon as they leave. Young rabbits and squirrels are likewise devoured wholesale."

"It is to be hoped that maudlin sentiment will not mislead people into considering the stray cat in the light of an injured innocent, when it is in reality one of the most cruel and bloodthirsty of our beasts of prey, and has already proven an economic burden on the farmer and indirectly, of the general public."

**A Practical Substitute.**

The pride of the family had behaved so badly that punishment was necessary.

"Alfred," ordered the mother, "go and get me a switch as quickly as you can."

In a little while the boy returned. "I couldn't find a switch, mamma," he lisped, "but here's a stone that you can throw at me."

**FARM NOTES.**

—With a short hay crop predicted in many parts of Pennsylvania due to failures in last year's seeding, farmers are turning to emergency hay crops to forestall a shortage of roughage next winter.

—Overcrowding of poultry is one of the most common reasons why success is not had. The temptation to carry a few extra fowls, over and above the capacity of the buildings and equipment, and thereby "increase" the profit, is one of the commonest stumbling blocks to actual success.

—Little chicks often develop watery eyes and swollen heads. Invariably this is due to chaff or dirt getting in their eyes. A good, clean litter should always be used in the brooder house. Fresh alfalfa or clover hay is far the most satisfactory type of litter. Barley or rye straw should not be used because of the beards.

—June 9 to 13 are the dates set for the annual observance of young farmers' week at The Pennsylvania State College. At least 400 boys and girls from all parts of the State are planning to attend. Instruction in agricultural subjects, five State-wide judging contests, and plenty of fun are the special features.

—With the increased chick population in Pennsylvania this year, outbreaks of coccidiosis will probably be more common than usual. Plan to keep the houses clean at all times and use extreme care in the disinfection of drinking vessels and feeding utensils. The liberal use of hydrated lime on the land lying close to the house is strongly advised.

—Feather-pulling destroys a flock. When a cock begins to look as if he were picked on the neck and breast you may then begin to watch for the hen that is doing the mischief; and she should be removed at once, as she will teach the habit to others if she remains with the flock. Feather-pulling is a vice that comes from confinement and idleness. There is no remedy for it, but it may be prevented by feeding the fowls that they will be compelled to scratch. They should be fed meat and bone-meal, plenty of grass, and a little salt, in their food.

—An intensive campaign to clean up the barns that harbor the anguinous grain moth is being staged in all the leading wheat growing sections of Pennsylvania this week.

May 10 is the final date set for the completion of this program. After that date, the moths will have moved into the fields. The method of destroying this pest, which causes a loss of \$100,000,000 each year, is to gather all the loose straw together in one mow or stack it outside. This will uncover the loose grains or chaff where the moths have spent the winter. The bin can then be swept and the loose grain and chaff removed.

—Observations the past week show that the rosy apple aphid is unusually abundant this year. Fruit growers who did not put nicotine in the delayed dormant spray are advised to make an additional treatment in their next spray, whether pre-pink or pink. Use one pint of nicotine to 100 gallons of dilute lime sulphur. The bud moths and tent caterpillars have hatched and unless control measures are used, serious damage is likely to result, especially in the older apple orchards. Spraying with three pounds of arsenate of lead in 100 gallons of water or dilute lime sulphur is advised. Do not wait until the pre-pink or pink spray, but apply immediately.

—That soy bean hay is equivalent in feeding value to alfalfa is the statement of the authors. They also believe that on productive land, the yield should range from two to three tons per acre. In comparing soy beans and oats in a rotation including wheat, clover and timothy, and corn, these experimenters found that the soy bean seed produced more protein than the oats grain, and when cut for hay the soy bean yielded much more protein and slightly more energy than the oats grain and straw. They recommend replacing oats with soy beans at least in the southern part of Pennsylvania.

Six years of experimental work in growing soy beans with corn for silage shows that the soy beans did not increase the total yield, and in four of the six years contributed so small a part of the total weight that they did not appreciably affect the composition of the silage. The bulletin reports that in two feeding trials comparing corn-soy bean silage with corn silage, the grains were too slight to justify the extra trouble of producing the mixed silage.

Copies of this bulletin can be obtained free of charge by addressing the mailing room of The Pennsylvania State College, School of Agriculture, State College, Pa.

—Approximately 892,000 acres of white pine timberland in the northeastern States were protected from the blister rust during 1923, the Bureau of Plant Industry, United States Department of Agriculture reports. This is an increase over the previous year of 93 per cent. in the acreage cleared of currants and gooseberries, indicating that the control campaign conducted by the affected States in co-operation with the bureau of plant industry is effective in acquainting pine owners with the destructiveness of this disease, the practicability of its control and the need for prompt action in applying control measures.

There still remains in this region about 6,000,000 acres of white pine in need of protection. Pine owners should not fail to examine their trees this spring when the presence of the rust is evidenced by bright-colored blisters on the diseased bark. The protection of pine stands is accomplished by removing all wild and cultivated currant and gooseberry bushes within 900 feet of the trees.

Owners who have not protected their white pine should act at once, since early spring is the most favorable time to find and uproot wild currant and gooseberry bushes. Get in touch with the blister rust control agent in your county, and State forestry department, or the Bureau of Plant Industry, Department of Agriculture, Washington, D. C.

**PRESIDENT'S SON AGED 108.**

What could be more remarkable than a son of the President of the United States living at the unusual age of 108. Yet this fact has come to light. We refer to Major Edward James Monroe, son of the fifth President, James Monroe who is living in Jacksonville, Florida. In January he wrote a letter to his cousin, General Nelson Monroe, a mere youth of 99 years. It is said that these venerable old men of historic lineage correspond regularly and that their handwriting would do credit to people 40 years their junior.

Just imagine a man living who was born when James Madison was President and was 21 years old when Van Buren was President, Major Monroe was two years old when his father, the illustrious author of the Monroe Doctrine, was inaugurated President. Think of a man living today whose father was born 166 years ago. Major Monroe has seen 25 Presidents inducted into office since his famous father left the White House in 1825.

Most people thought that Robert Todd Lincoln, son of the Emancipator, was the oldest living son of a President. But Lincoln is 80 years old in comparison to Major Monroe's amazing age of 108. There are other sons of Presidents living, those of Grant, Garfield, Hayes, and of course of later Presidents. But they are all comparatively young in contrast to the age attained by Major Monroe.—Allentown Chronicle and News.

—When you see it in the "Watchman" you know it's true.

**MEDICAL.**

**What My Neighbor Says**

Is of Interest to Bellefonte Folks.

When one has had the misfortune to suffer from backache, headaches, dizziness, urinary disorders and other kidney ills—and has found relief from all this sickness and suffering, that person's advice is of untold value to friends and neighbors. The following case is only one of many thousands, but it is that of a Bellefonte resident. Who could ask for a better example?

Harry Rossman, drayman, says: "My kidneys didn't act right and I had to get up several times at night. My back was lame and ached a great deal, especially in the morning, making it hard to keep at my work. I used Doan's Pills and they quickly relieved me of all signs of kidney trouble. My kidneys were soon acting regularly."

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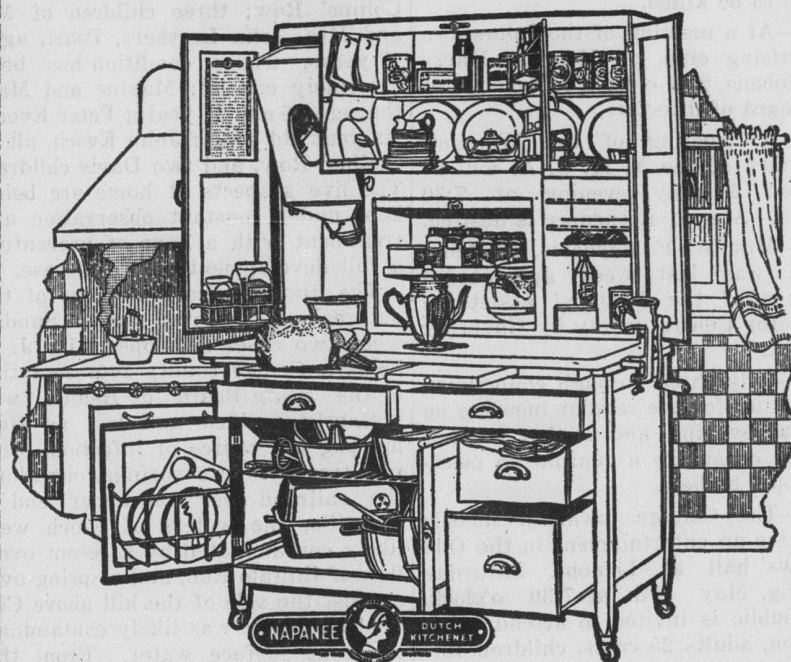
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