

WHERE THE SOLDIERS SLEEP.

By Eugene C. Dolson.

There's a quiet spot on the hillside high
Where, unforgetting, the sleepers lie,
All, all around in the close cut sward.
Over their graves white stones keep guard.
Tis a peaceful scene all summer long
And silent, save for the robin's song.
Under the warm blue sky of May
The graves on the hill are green today.
On many a mound to left and right
There's a fluttering flag in sight.
And the little bright flag its rig keeps,
Night and day, where a soldier sleeps.

ARE WE THE SAD FACED NATION?

A Kansas City psychiatrist is telling the world that we are a sad-faced people. Having arrived at that conclusion, after days and weeks of searching for a radiant countenance upon boulevard and bystreets, he proceeded to make another charge—that the American face is not only a sad face, but that it is growing more and more sad.

Unfortunately, he does not tell the reason why, or just what to feed a face upon to make it glow with optimistic cheer.

You have to admit, however, our maligned physiognomies give far too infrequent hint of the happy, care-free nation, rolling in wealth and luxury, we are credited with being.

A friend, writing from Italy, is most of all impressed with the bursts of song that issue from the throats of men tread along their road to toil. If an American were to break forth in an aria or even a banana song upon a broad highway, in all probability he would be hustled off to the office of a psychiatrist and recommended to a six months' sojourn in some quiet sanitarium, wouldn't he?

HERE'S A TEST.

What is it that warps the melody in our own and favorite physio? What wilts the mouth corners? What makes the tense, worried, harried expressions?

For a nation that has more of the comforts of life than any other, what can possibly be the reason for this melancholy outlook? Be an impartial observer, walk down any public street, and count, if you can, ten really happy looking persons. Look in on a midday lunch room scene, and unless a couple of old friends happen to be reminiscing over childhood adventures, you are bound to ask why we take ourselves and our affairs so seriously. Travel down on any elevated train in the morning, and scan the adult faces for a happy countenance; and be rewarded if there are but two in the entire car.

If cheerfulness be a reflection of vitality and physical fitness, as all good doctors tell us, are we to conclude that as a nation we register rather low in physical tone?

Perhaps that is the answer. That, coupled with the change that we are a nation of money getters, neglecting everything else in our mad rush for more and more possessions, explains a great number of our joyless faces.

DON'T KNOW HOW TO PLAY.

A frequent comment of visitors from other shores to these United States is that we do not take time enough for recreation; that we do not seem to know how to play and, consequently, how to live, which is true of many of us. We postpone the day for play until we are so rheumatic we cannot chase the ball. Or, if we do go in for a recreation, we go at it with such vehemence that the recreation is lost in the intensity of winning the stakes.

From a Paris source there issued recently a criticism of the disposition of our noonday meal and the hour—a just criticism, by the way. In the ensuing argument it was charged that no American relaxes until he falls asleep; as long as he has his shoes on he is one body of restless dynamic energy.

Our men and women observe long business hours. And most of us do not allow ourselves leisurely thought enough to sit down and relax even during luncheon time. We have no afternoon siesta nor tea time. We work right along, generally at high pressure, with never a thought for anything else. Of course, we have to eat, but the general plan in the American business world is to dispose of ill assorted foodstuffs with as much speed as possible. Mentally, the luncheon hours is no relaxation, for we bring to the table the perplexities, the worries, and the happenings of the morning. If there happens to have been a distressing incident in the course of the business day, it is lived over again either in discussion or in meditation.

NO WONDER THERE'S INDIGESTION.

Indigestion and nervousness are both referred to as American diseases. There is no denying the fact that both these troubles are highly prevalent among us, and neither is limited to any particular class—both youth and age are included.

Why do we have more indigestion than other nations? Because we do not allow ourselves time to masticate our food properly; because we are at such a high tension during our eating periods that our digestive organs cannot do their work normally; because we are not discriminating in our choice of food, particularly at luncheon; because we take our exercise after eating. A person who is conscious every minute that something is wrong with his digestion certainly does not present a cheerful countenance to the world.

HUSTLE AND BUSTLE.

The hustle and bustle of Americans tend to nervousness. Even our children are not exempt and develop nervousness in their early school years. They are hustled off to school at the last minute, run most of the way fearful of what teacher will say when they arrive late, and as a consequence start on the path to jumpy nerves at an early age.

We are always hustling somewhere

and bustling after we arrive. We try to save time at any expense. A story is told of a distinguished foreigner who was being shown New York. He was hustled into the subway, where a local train was taken for a couple of stations, then hurried out of the local into an express train, his guides breathlessly explaining that this meant a saving of three minutes. The bewildered stranger asked, "But what will we do with the three minutes?" And the guides had no logical answer for him.

LACK OF JUDGMENT.

Are we victims of our own lack of judgment in not allowing more time for accomplishing whatever we are doing? Most of us can relieve some of this pressure by planning for a slight difference in our daily schedule. We are so accustomed to timing ourselves that we feel wasteful if we add a half hour or fifteen minutes for leeway. Some of our sad facial expression is due to the constant strain of our hustling and bustling.

Compared with other nations, especially at the present time, our faces should reflect more happiness than those of any other country. Shall we go down in history as the sad-faced nation of the earth?

CANCER'S TOLL IS MORE THAN WAR'S.

If it were announced that war had again been declared the reaction would be one of horror. People would ask themselves, "Is it necessary that we must again lose so many of our citizens and give so much of our wealth to fight the enemy?" Yet, during the war with Germany there were but about 75,000 battle casualties, and during the year 1923 100,000 persons died from cancer. Deaths from disease are not so spectacular, hence they are taken more or less as a matter of course.

The "rate of expectancy" among women is much higher than among the men, as from 12 to 13 per cent. of women 40 years of age or over are almost sure to be victims of the disease. Among the men the rate is 8 per cent. From the ages of 35 to 45, among those having cancer, the average is three to one against the women, while from 45 to 55 the average is decreased from two to one. Not all these cases, however, are fatal.

It is further stated that cancer is curable, but the cure lies entirely with the person afflicted. Like the tide which taken at its flood leads on to fortune, so will the person having an incipient cancer be cured if proper precautions are taken at the start. Little "bunches" that do not respond to treatment, ulcers that do not heal, have been given as danger signals. Competent medical advice should be sought rather than to rely upon "cures" prescribed by relatives and friends.

Quack doctors who advertise they can cure cancer without operation, are parasites preying upon the ignorance of the people and should be shunned as one would the devil. No good results can come from patronizing those who flood the magazines and newspapers with advertisements guaranteeing cures, for cancer is a disease that needs "the personal touch" of a physician or surgeon.

Cancer in the great majority of cases causes no pain when it first appears. Many cancers develop at the edge of a scar, and moles and warts which have been dormant for many years may suddenly develop into cancers. Any irritation, especially in the mouth, should attract immediate attention. "Keep the mouth really clean." See that a tooth, a bridge or a poorly placed filling does not irritate the tongue or cheek.

"Smokers' sores" is another cause of cancer. The habitual smoker of a pipe, cigar or cigarette is susceptible to cancer of the lip because of the continual rubbing and burning of the mouth.

Dog is Put to Death in an Electric Chair.

Lynn, Mass.—Nero, a St Bernard dog, homeless and sick, paid the death penalty in the electric cage at the Animal Rescue home on Neptune street. Nero was executed because he had no guardian and, running at large, had become a menace to the public.

The dog was led to the execution chamber after the hair around the neck had been cut close and a steel collar connected with electric wires put around his body. His feet were doused in water and he stood on a steel plate, making a circuit for 1,500 volts of electricity.

That death was instantaneous was proven when the cage was opened twelve seconds after the current had been turned off. The dog was found lifeless on the bottom of the cage, his eyes wide open.

Experts who saw the execution said that a similar machine, but larger and with a heavier voltage, could be successfully operated in slaughter houses and undoubtedly would be tried in the near future.

The execution cage is the invention of Huntington Smith, of Boston, and Prof. William L. Puffer, formerly of the department of electrical engineering at the Massachusetts Institute of Technology.

Memorial Day a Sacred Charge.

On May 5, 1868, General John A. Logan, then commander in chief of the G. A. R., set apart May 30 as a day "for decorating the graves of the comrades who died in defense of their country." Even at that very early day General Logan seems to have had a presentiment of the change time might work: "If other eyes grow dull and other hands slack and other hands cold in the solemn trust, ours shall keep it well as long as the light and warmth of life remain to us. Let us renew our pledges to aid and assist those whom they have left among us, a sacred charge upon the nation's gratitude—the widow and orphan."

Time for Caution.

"I'm going to get a divorce; my wife hasn't spoken to me for over a month."

"Better be careful. You'll never get another wife like that."

The Cottage Gardener



Housewives Find Both Pleasure and Profit in Caring for the Little Vegetable or Flower Garden in the Rear of the House; and There is Always Plenty of Work to Be Done.

Insects, Diseases of Garden Crops

Bugs and Blights Are Sure: Prepare in Advance for Their Appearance.

Practically every garden crop has its enemies either in the form of insects or diseases, and in many cases both. It has now reached the point where it is just as important for the gardener to fight these enemies as to plant the seeds and cultivate the crops. The methods of control for both the insect and disease enemies of vegetable crops have, however, been pretty well worked out, and practically every dealer in seeds and garden implements carries a stock of nicotine sulphate,



Spraying to Kill Insects.

fish oil soap, lead arsenate, calcium arsenate and bordeaux mixture. The directions for using the various sprays and dusts are usually given on the packages. In addition, bulletins can be procured from the bureau of entomology of the United States Department of Agriculture, which tell how to spray and dust garden crops to destroy insect pests and similar publications are available on diseases.

Insects that trouble garden crops are divided into two classes, those that eat the leaves or stems of the plants and those that suck the juices of the plants. Insects such as cutworms, cabbage worms and potato bugs, and a number of others of the eating class, have to be killed mainly by poisoning. The sucking insects which include the plant lice of various kinds, have to be killed mainly by contact poisoning, which is accomplished either by dusting or spraying with nicotine preparations. There are also such insects as the striped cucumber beetle and the flea beetles, both of which are very destructive, but which can be destroyed or driven off by dusting with nicotine sulphate dust.

When it comes to controlling diseases certain of them can be handled by spraying with bordeaux mixture. Others, however, are of such a nature that they work within the plant, and, therefore, cannot be reached by spraying. Cucumber blight and the leaf blight of tomatoes can be reasonably controlled by spraying with bordeaux mixture. Wilt and those diseases which work in the tissues of the plant cannot be handled by spraying and must be safeguarded against by planting in clean ground and by using plants that are free from these diseases. The old adage "A stitch in time saves nine," applies in a double measure to the control of garden insects and diseases. In fact, every gardener should go upon the assumption that the bugs and blights will come and that it is necessary to apply the remedies often in advance of their appearance.

GOOD GARDEN TOOLS

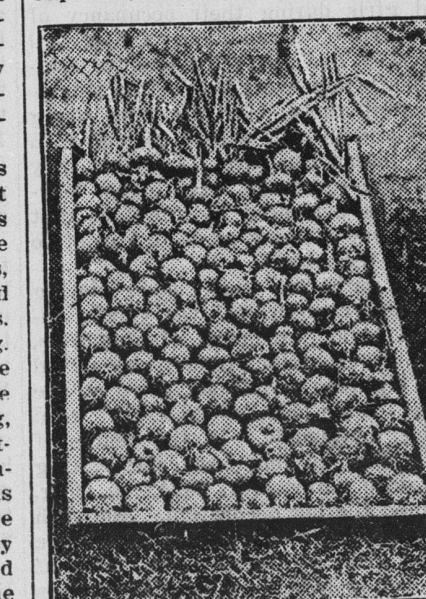
Good work can only be done with good tools. Clean, sharp tools make garden work easy.

Onions Good Crop for Small Garden

Staple That Should Be Considered for Summer and Winter Use.

Onions are one of the most generally grown garden crops of the whole list and yet very few gardeners produce more than enough for green onions in the spring, and possibly a few mature onions for winter use. This is due largely to the fact that gardeners are in the habit of going to the seed store and buying a quart of onion sets, planting them and calling the job done. As a matter of fact, there are onions for almost every purpose and those that mature at different times of the year. First, the little multiplier or top onions can be planted in the fall and in cold sections given a little covering of straw during the winter. Farther south they will need no protection whatever. These are ready for use as green onions just as soon as the first warm days of spring arrive and later produce sets to be planted the following autumn. Then there are the old-fashioned potato onions which multiply by division of the bulbs. These can be planted in the fall or in the spring as desired, and are used both as green and as mature onions. They are very mild in flavor and of excellent quality.

Bermuda and Spanish onions can be grown by sowing the seed in the hot-bed and transplanting the sets to the open ground when they are about the size of a slate pencil and the soil is in condition to work. This is known as "new" onion culture. There are a number of standard varieties of regular summer onions such as Silver Skin, Yellow Globe, Red Globe, Prize Taker, Japanese, and so on, that are suitable



Onions for Winter Use.

for producing onions that are to be stored and used during the winter. Very little space is required to grow enough onions for family use, as a bushel of mature bulbs may be grown on a space 10 by 11 feet in size.

RESEEDING LAWNS

If you haven't reseeded the lawn, you must get busy at once. There has been enough growth of grass now to show you clearly those bare and killed patches. Make up your mind that grass will not grow on these bad spots unless you plant seed quite generously in the barren spaces and enrich the soil with fertilizer. Sheep manure (pulverized) is particularly good for this purpose.

SUNSHINE AND WATER

Sunshine and water are the two hardest working and most important factors in the growth of our garden crops. Too much or too little of either is injurious, but blended in just the right proportions they work wonders.

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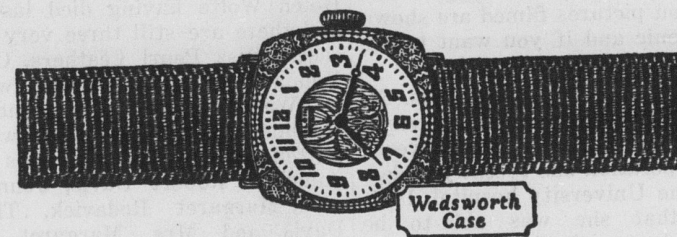
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