

**"CLEAN UP, PAINT UP,  
HEAR THE SLOGAN."**

A Campaign song by a student of Bowen High school, Chicago.

(Tune of "Tramp, Tramp, Tramp")  
There's a civic league in town  
That has won a great renown  
By the war it's going to wage upon the dirt.

We will help along the work  
And our duty we'll not shirk  
And the whole town with our campaign  
we will skirt.

"Clean Up, Paint Up," hear the slogan;  
Cheer up friends, we're on our way,  
We will work with all our might  
Cleaning up all dirt in sight,  
Then with paint and brush we'll make the  
whole works gay.

Now, this civic league in town,  
That has won such great renown,  
Will begin to wage war upon the fly,  
So we'll help along the work,  
Go wherever he may lurk,  
We can do what we set out to if we try.

Swat! swat! swat! Oh, hear the slogan,  
Cheer up, friends, they'll soon be gone,  
We will work with all our might  
And kill every fly in sight,  
Soon there will not be a fly left in the  
town.

All our windows we will screen  
And our yards we'll make so clean;  
We will pull the weeds and burn up all  
the muck,  
And as through the town you ride  
You will point to it with pride  
And you'll have to own there are no flies  
on us.

Paint and varnish! Make it classy,  
Don your overalls with us,  
With a can of paint and brush  
We will do it with a rush  
And we'll make our town the beautiful-  
li-est!

We will make some gardens fine,  
To be sure, that's in our line,  
You will see our front yards blossom, sure  
as fate;  
With the hoe and spade and rake  
Wonderous changes we shall make  
In the back yard, too, we'll surely take  
the cake.

Dig! rake! hoe! your garden, brother,  
Bumper crops will soon appear,  
Cultivate them all they need,  
Kill the bugs and every weed,  
We'll reduce the cost of living, do not fear.

Now you've heard what we're to do,  
We expect some help from you;  
Here's a job for every citizen.  
Put your shoulders to the wheel,  
Let us see your civic zeal,  
There is work for all the women and the  
men.

Clean Up, Paint Up, show the neighbors,  
Don't forget the Golden Rule;  
Let us work with all our might,  
Make the old town clean and bright,  
Then we'll celebrate the City Beautiful!

**KEEP A STIFF UPPER LIP.**

By Levi A. Miller.

"Keep a stiff upper lip, my boy and you'll get there," said a successful Allegheny street merchant to his son, who was complaining of the tide setting against him.

"It's easy enough to come over that senseless saw, but what good is there in it? Anyway, of what use is a stiff upper lip?"

"I can't tell why, but I know a stiff upper lip is necessary to success in any business where effort is required."

The old gentleman did not know why a stiff upper lip helped a man in a pinch, but he knew that it did. There is a great deal in it; not in the lip especially, but it is indication of nerve reduced to the condition known as "grit." Emetics, or other things that produce nausea, invariably cause paleness or trembling of the upper lip. Hemorrhages from the lungs or shortness of breath do the same, and so do pains in the heart.

Ladies will notice that sick headaches are invariably preceded by twitching or trembling of the lip. It is also noticeable in sickly or feverish children. The trembling or curling up of the lip so often experienced by soldiers going into battle, or passing through exposed and dangerous positions, are caused by reflex nervous action. The soldier was scared, as he naturally would be, and as he had a perfect right to be. The impression of fear was communicated from the brain to the sympathetic nervous system, and from that to the pneumogastric nerve. In many instances men would become deathly sick, vomit and lose the ability to walk. These were generally accounted cowards, but they could not help it.

There was a man in my regiment who was an honest, patriotic and faithful soldier, but he was never able to get into battle. At the first sound of fighting on the front his lips would begin to tremble, the blood leave his head, his stomach turn wrong side up and his legs refuse to walk. So chagrined was he at times that he seriously contemplated suicide. Finally his case became understood and he was assigned to special duty where he would not be exposed to such dangers as produced these bad results.

There is no doubt that thousands of good, honest men were disgraced, and some went home without honorable discharges, who were no more responsible for their inability to go into a fight than for the color of their hair or the size of their feet. It was all due to their peculiar nervous organizations. They could no more walk into a fight than if they had no legs; for what use are legs, without nerves?

Sickness was not always characteristic of nervous inability to fight. The manifestation of fear may just as readily be produced through the lumbar plexus, thereby affecting the knees, causing them to quake and tremble, and even to work backwards. There are cases on record of temporary, and even of complete paralysis of the lower extremities through fear on entering battle.

The most common symptom, however, was the paleness and trembling



The Edward Watkins Home at Millbrook Upturned by Storm Sunday, April 19.

of the upper lip. It was a noticeable fact also, that thick or large lipped persons were troubled most in this way, while those with thin, well-formed lips were usually the last to show the symptoms, if they showed them at all. From time immemorial thin lips and nostrils have been regarded as signs of bravery and pluck. Such persons do not grow sick at the sight of a dead cat, or halt at the first little obstacle that rises in their path. Their lips remain stiff—that is, do not tremble or turn pale.

Was the successful business man right in bidding his son keep a stiff upper lip? or would it have been nearer the thing to have said: "I perceive from the flexibility of your upper lip that you either have not nerve enough to do the business, or your nervous system is out of fix. Rest yourself a few days, eat sparingly of the plain-

est food, and take a few nux pills. If your lip stiffens up under the treatment you may venture to go ahead, but if not you may as well seek employment where a flexible lip is no detriment."

I know a young couple who were married less than a year ago; unfortunately they seem to agree to disagree on the most simple topics. He confesses that he was not honest with himself, nor with the girl whom he married. He tried to make himself appear really better than he was, in order to make a better impression on her. She did the same thing; they all do. The trouble is that his wife has never fixed herself up specially to receive him since they were married. And he never greets her half as affectionately now as before marriage; causing coldness.

**Real Estate Transfers.**

S. D. Gettig, et ux, to Elizabeth Witmer, tract in College township; \$10.

Lloyd L. Houtz, et ux to A. C. O'Neil, tract in College township; \$1,270.

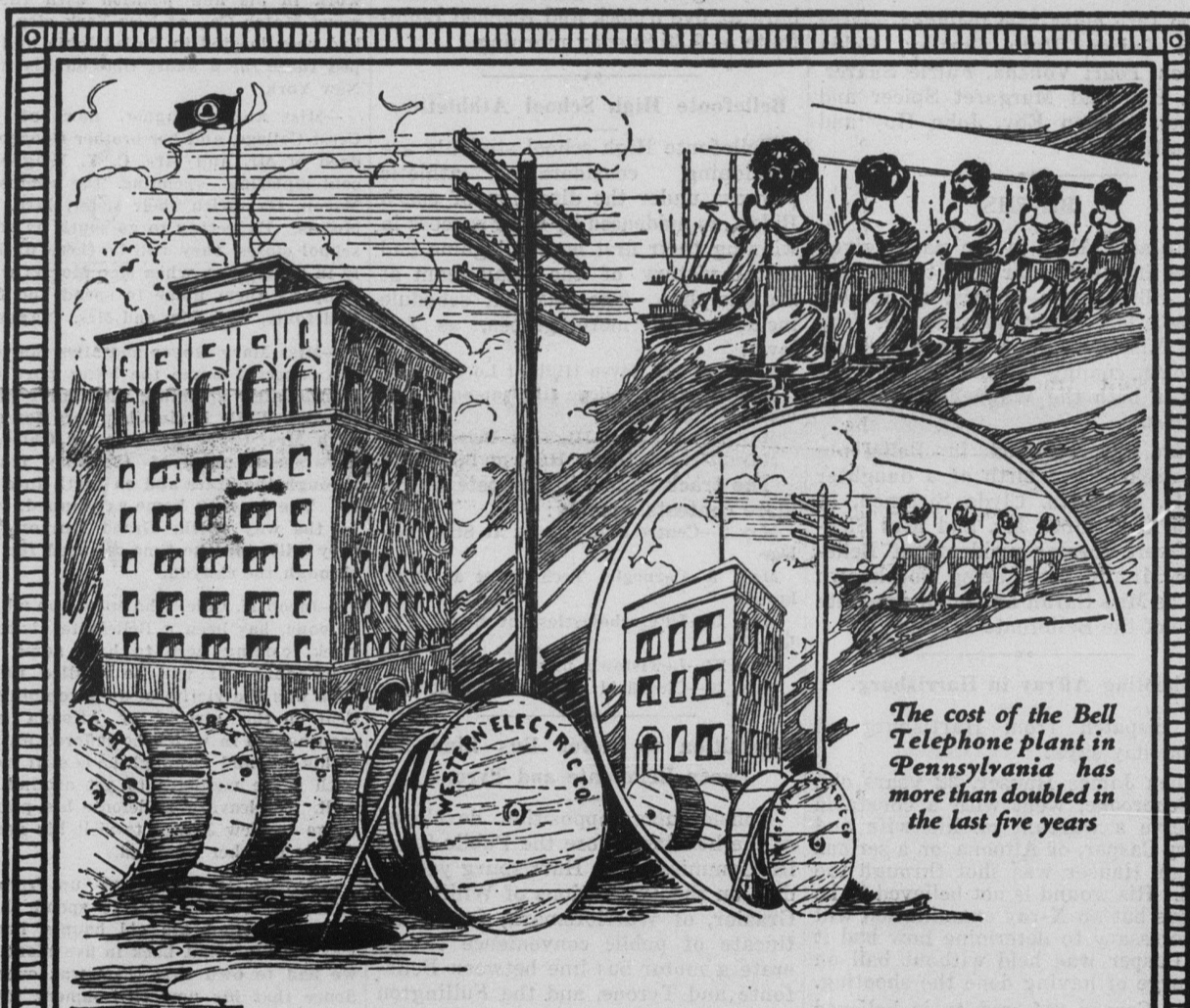
Clara E. Bennett, et bar, to George Beckwith, tract in Worth township; \$200.

William R. Brachbill to the estate of John C. Brachbill, tract in Bellefonte; \$35.

**Marriage Licenses.**

Harry J. Bower and Martha S. A. Stover, Aaronsburg.

William E. Parker and Beulah P. Hoar, Centre Hall.



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The doubling process has been your own—the public's! Your demand for the service; your investment of the necessary capital.

But mere size, in itself, is of no great importance. It is the increased scope and availability of the service that counts.

The twenty-five million to be spent for plant additions this year would be just a figure if it did not represent over seventy thousand more telephones, and if it did not mean better service as well as more service.

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