

BACKYARD GARDEN SOILS DISCUSSED

Best Ground Is Sandy Loam, State College Expert Says

State College, Pa., April 20.—Backyard garden soils and fertilizers are discussed by J. S. Gardner, an expert in the Department of Horticulture at the Pennsylvania State College, in another lesson on vegetable gardening issued by the school of agriculture, Professor Gardner said.

"The best garden soil is sandy loam. Such a soil is well-drained, well-aired and warms up early in the spring. It furnishes a good medium for the sprouting of seeds, is less inclined to bake than any other soil types and lends itself readily to cultivation and weeding.

WRINKLES

Wrinkles come to almost every woman at some time and there is nothing aside from some serious disease, for which the average woman feels a greater horror and repugnance. It is woman's privilege to be beautiful, and most women are anxious to avoid a complexion that is clear, smooth, fresh and youthful looking.

But this much to be desired condition can only be brought about by intelligent attention to the needs of the skin. Wrinkles disappear, and a dry, scaly rough skin spoils any woman's good looks. To those whose skin has reached this condition we suggest the application of Usit, a pure nut-oil, liquid preparation (not a cream or paste) made from an Egyptian formula, said to have been in use for centuries by famous beauties away back to Cleopatra's time. Usit seems to be the only thing that will feed the hungry, dry skin back to youthful smoothness, freshness, and plumpness, and drive away all the disfiguring wrinkles that come with age.

An Inside Bath Makes You Look and Feel Fresh

Says a glass of hot water with phosphate before breakfast keeps illness away.

This excellent, common-sense health measure being adopted by millions.

Physicians the world over recommend the inside bath, claiming this is of vastly more importance than outside cleanliness, because the skin pores do not absorb impurities into the blood, causing ill health, while the pores in the ten yards of bowels do.

Men and women are urged to drink each morning, before breakfast a glass of hot water with a teaspoonful of limestone phosphate in it, as a harmless means of helping to wash from the stomach, liver, kidneys and bowels the previous day's indigestible material, poisons, sour bile and toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach.

Just as soap and hot water cleanse and freshen the skin, so hot water and limestone phosphate act on the eliminative organs.

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rye, seeded after the middle of August and as late as October, will make good growth by the time it is spaded under in the spring.

"Have a garden soil as fertile as possible. Plant food is supplied in a number of ways. Spading under green matter not only adds a small amount of plant food directly, but its decay also tends to liberate otherwise unavailable plant food in the soil.

"The application of barnyard manure is the best way of adding soil fertility. If applied in the spring, the ground will be in good condition in the spring. It is frequently impossible, however, to secure manure in ideal condition. Manure in any condition is better than none at all.

"The quantity of manure to be used will depend on the crops grown and the previous treatment of the soil. A good general recommendation is to apply an ordinary half-ton load over a space of 25 to 30 feet. If celery, onions, cucumbers, lettuce or cress are grown, a half-ton to every 500 square feet will not be excessive. For these crops, also, hen manure in addition at the rate of a peck to 500 square feet will prove beneficial. Too heavy manuring will cause root crops to run to leaf.

"If stable manure is at a premium there are other alternatives. Turning under green manure, as stated, is one of these. Green matter is low in phosphorus, a mineral need to produce good vegetable fruit crops like tomatoes and peas. Phosphorus may be added through what is known as sixteen per cent acid phosphate, supplied at the rate of one pound to fifty square feet. This element may be used to supplement manure or green matter.

English Wayside Inns May Be Thing of Past

London, April 20.—Government restrictions on the liquor trade are likely to result in the disappearance of hundreds of village inns and wayside "public houses" this summer. These houses have always relied mainly for support on the casual passerby, especially agricultural workers who used to pull up their teams, water the horses, and give themselves a rest and a drink at the comfortable bar of the roadside inn.

But nowadays the restriction of hours of sale has made it impossible for the passerby to obtain anything stronger than ginger ale except at lunch-time and the agricultural laborers are learning to pass the inns which have been used for generations as houses of call.

Some of the most picturesque inns in England now take in only a few shillings weekly, and very few of them make enough to afford a living to the landlords, who have largely been forced to become farmers or to retire on their savings.

HOW ONE WOMEN LOVED

The International Sunday School Lesson For April 22 Is "Jesus Anointed at Bethany."—John 12:1-11

By William T. Ellis

While patriotism's altar is being drenched by the costly and fragrant sacrifices of love; and while woman's devotion is expressed in the offering of its best to the cause of country and humanity, we are opportunely called to consider again the sweet old story of how one woman loved the man whom she called her Lord.

Niggardly prudence and self-interest may grumble at the unstinted offerings of life and treasure to-day being made in love and devotion. Never was the nation in a better mood than now to understand and accept the royal spirit of Mary of Bethany, when she anointed her Lord with the treasured flask of pure nard, her costliest possession. As the fragrance of her glorious deed fills the world, so the sacrifice and service of millions to-day, is rising like sweet incense over the earth. Mary's spirit of exaltation, and of penetrating spiritual vision, expresses the noblest feeling of our own hour. So we go to the study of the incident with enthusiasm. First, let us read the story as John, an eye-witness, wrote it:

"A Beautiful Old Story before the passover came to Bethany, where Lazarus was, whom Jesus raised from the dead. So they made him a supper there, and Martha served. Lazarus was one of them that sat at meat with him. Mary therefore took a pound of ointment of pure nard, very precious, and anointed the feet of Jesus, and wiped his feet with her hair; and the house was filled with the odor of the ointment.

"But Judas Iscariot, one of his disciples, that should betray him, said, Why was not this ointment sold for three hundred shillings and given to the poor? Now this he said, not because he cared for the poor, but because he was a thief, and had the bag that he carried for the poor, but because he was a thief, and had the bag that he carried for the poor, but because he was a thief, and had the bag that he carried for the poor.

"Jesus therefore said, Suffer her to keep it against the day of my burying. For the poor ye have always with you; but me ye have not always.

"The common people therefore of the Jews learned that he was there; and they came, not for Jesus' sake only, but that they might see Lazarus also, whom he had raised from the dead. But the chief priests took counsel that they might put Lazarus also to death, because he testified that he had seen and believed on Jesus.

"Beneath the Shadow of the Cross All this happened close under the shadow of the cross, not far, but six days and three miles distant. The earthly life of Jesus was drawing to an end. The hounds of hell were closing in upon him. His friends of Lazarus had settled the course of the ecclesiastics, and now his death was but a matter of successful scheming.

"Only the Victim saw ahead of Him the agony of the Passion, the Garden and the Cross. Stay; there was one other who, with love-touched spiritual vision dimly perceived it. The disciples were dumb with amazement; they refused to see what Jesus tried to show them. But Mary knew. Trust a woman to understand. Therefore she made ready with sublime audacity of imagination, her grave offering for the doomed Master. He in turn, made quick and grateful recognition of the gift and its significance.

"Gratitude spread the table in the home of Simon the healed leper, who gave the feast, at which Lazarus sat with Jesus, and Martha and Mary served. Yes, even up to the end, Lazarus was a guest at feasts; no ascetic or anchorite he. It was a notable dinner party, and its signs of festivity brought the curious crowds. The best belonged to the lavishment of love; nothing is too good for the Master.

"Course after course, of appetizing Syrian viands, was served to the guests seated on the floor, around little tables. They ate the closest of the dinner, which should have put even covetous Judas in a good humor, there came the sensation of the hour. Mary drew near to where the Guest of Honor reclined, and producing from her flowing robes an alabaster flask of liquid nard, a precious perfume, such as the East prizes to this day, she poured it on his head and feet of the friend who had brought back her brother from the grave; and, in an excess of passionate devotion, disdainful the conventions, she wiped His feet with her unbound tresses.

"Even as the fragrance of the costly perfume quickly permeated the whole house where they sat, the spiritual perfume of her love filled the air, and set all tongues to wagging. Such a gift—why, it was worthy of a Roman official's feast. Guests caught their breath for the lavishment of love. No such signal social honor had been paid Jesus since the Wise-Men of the East brought Him precious gifts to His manger-cradle.

"Love that is not lavish is not love. We would rightly despise the thrift of a lover who economized on his gifts of flowers and sweet and pleasures to his beloved. Flowers and pleasures are of the very warp and woof of love to a living friend, rather than fathers bring home to their families every week some token of tender affection, even though they must economize in the so-called "necessities."

"Love always gives its best, with superb abandon. We follow in Mary's train when we build beautiful churches to Christ; and rear stately monuments to our heroes; and erect noble buildings for government. I heard a friend, serving in the American Ambulance Corps in France, tell how he had borne the news of a soldier's death to aged parents, only to discover that the spirit of the son they had given for France; and they were proud to have had four sons to offer their country.

"Wise beyond all words was Mary in that she gave her fragrant offering of love to a living friend, rather than to a dead body. The millions who study this lesson in the Sunday school should be inspired to forthrightly to express their love in some tangible form, to those for whom they would mourn were death to come. The world is hungrier for love than for bread. For every man who needs a dollar in this broad land there are ten who have greater need for a heartening word of sympathy and appreciation and cheer.

"If you have a friend worth loving, Love him, yes, and let him know that you love him, ere life's evening Tinge his brow with sunset glow. Why should good words ne'er be said Of a friend—till he is dead?

"If you hear a song that thrills you, Sing by any child of song, Praise it. Do not let the singer Wait deserved praises long. Why should one who thrills your heart Lack the joy you may impart?

"If your work is made more easy,

By a friendly, helping hand, Say so. Speak out brave and truly. Ere the darkness veil the land, Should a brother workman dear Falter for a word of cheer?

"Scatter thus your seeds of kindness. All enriching as you go— Leave them. Trust the Harvest Giver. He will make each seed to grow. So, until his happy end, Your life shall never lack a friend."

"The Greaves Speaks Up Snarling out his cynical covetousness, a kill-joy at the feast, Judas complained that the money spent for the ointment was wasted. He was a "practical business man." (God pity the wives of such!), who had not time for this sentimental nonsense and extravagance. "Better spend the money for the poor," was his too-thin excuse. Doubtless Mary was a better friend of the poor than Judas had ever been, since there is no heart-biasing with devotion to Jesus that is not also glow with love for all the needy for whom He lived and died.

"Despite his hypocritical pretensions, Judas betrayed himself. Men always do. Nobody can keep shut the windows out of which our true self peeps. "Every man is responsible for his face at fifty." The soul of Judas leaked out through his words, was the soul of a thief. He cared for money, and not for the poor.

"We often hear Judas speak out in bitter denunciation of our "extraneous" in giving to foreign missions: "Let us first care for the heathen at home." But I personally know one such critic who is really doing anything for the needy in the home-land. Charles G. Trumbull tells in the Sunday School Times, a typical incident to illustrate this: "Some University of Pennsylvania students called on a Philadelphia business man to ask his contribution to the foreign missionary work of the Christian Association of the university. He replied that he was not interested in foreign missions when there was so much to be done right there at home in Philadelphia. If the university were doing anything for the needy people of Philadelphia, he said, he would be interested in that sort of a proposition. His callers said they were very glad he had let them know his thoughts frankly, for he would be glad to know that the University Christian Association conducted a very practical settlement work in the heart of the city. He said that he would welcome his contribution to that. And the man coughed slightly, and said they had better come and see him some other time."

"The Poes at the Feast Like a lovely garden hedged in by cactus in this episode of Mary's great and gracious gift. Within, were the friends of Jesus—and one weed, Judas. Love's fragrance, as of sweetest flowers, filled the air. Friend had proved worthy of friend; and devotion had given of its best; and it was fated for the history spirit of the needy Master tolling onward to the cross, now so near.

"Ringing round this beautiful scene, were spies and foes, as well as the common people. All hands to get Lazarus, the man back from the grave. Some wanted to slay Him, because He was such a good witness for Christ. When we carry our love to the Lord, we must accept His foes as well as His friends. Cross and crown are linked together in

reality as well as in imagery. Danger lay in wait for Lazarus, as well as for Jesus.

All the meaning of this feast, and of Mary's symbolic service, was lost upon the hovering foes. Hate is blind, not love. Nothing that Jesus or His friends could say or do would satisfy or disarm the plotting Pharisees. The justness for the death of the great Democrat—the fasting, fasting, toiling, loving, sacrificing, teaching Son of God. Soon their bitches would close upon him. But His heart was lighter and happier because one friend had been lavish in love, and discerning in devotion.

News Items of Interest in Central Pennsylvania

Lewistown.—Five nurses graduated at the training school of Lewistown Hospital: Miss Anna Elizabeth Diem, Fleming; Ruth A. Edmondson, Altoona; Nerna Saloma Reitz and Jennie Wagner Steele, Lewistown, and Pearl Martin Wheeler, Altoona.

Hazleton.—Twelve of the Hazleton High School graduating class want to enlist in the army or navy, and the faculty has just announced that they are granted their diplomas now.

Lewistown.—The United States regular army recruiting officers here have announced that forty-three men have enlisted here since April 1.

Lewistown.—Harry Rosenberry, second lieutenant of Company M, Eighth Regiment, National Guard of Pennsylvania, recently home from border patrol, received a fracture of the left leg yesterday, when his team bolted, throwing him from a load of furniture.

Mauch Chunk.—Married men of this vicinity have endeavored to enlist in the army and navy within the last few days; but were not accepted, as the government wants only single men.

Mauch Chunk.—The surrounding mountains are aglow from raging forest fires. It was necessary to call the fire department in order to save houses at the outskirts of the town from being destroyed.

Gettysburg.—The Washington, Westminster and Gettysburg Railroad has been granted an entrance into Gettysburg borough, despite Burgess Eichel's veto of the ordinance.

Liverpool.—From severe burns received when kerosene which he had poured in some stove blackening ignited Mrs. Adriel Leshler died yesterday.

BARLEY ESCAPES PROHIBITION

If prohibition doesn't hurt the barley growing industry, then what industry does it hurt? This is the question propounded by the Spokane Chronicle. More barley is being produced in Washington since the prohibition law became effective than before, according to the annual report of R. D. Jarboe, State grain inspector.

"During the entire period since prohibition went into effect," reads the report, "barley sold higher than oats, for the first time in the history of the State.

"The receipts of barley from July 1 to November 1, 1916, were 3,075,719 bushels, as against 2,730,525 for the same period of 1915."

"This is in spite of the fact that the demand for the grain for the manufacture of intoxicating liquor has been cut off in all northwestern States.

Wedding Ring Maker Is Refused Military Exemption

London, April 17.—A manufacturer of wedding rings has just failed in an effort to get the military tribunals to declare his work of national importance justifying military exemption.

"Do you think weddings would cease if there were no rings?" asked the head of the tribunal.

"I cannot say that," replied the manufacturer, "but we do a good trade, and so far as it encourages marriage, it is certainly of national importance."

FINDS ROYAL GARMENT

Search for Museum Material Uncovers Shawl That Once Graced Shoulders of Spanish Queen

The movement to establish a municipal museum in Spokane has caused a great stirring in attics, storerooms and old trunks, according to the Spokane Chronicle, with the result that scores of interesting relics have been brought to light.

A silk shawl that once protected the shoulders of queen Isabella of Spain—according to the story handed down to its present owner—is counted among the most interesting of the curios.

Mrs. Ida Savage, owner of the precious fabric, has it insured for \$1,000. "My father was captain of the Eleventh Michigan cavalry during the Civil War," said Mrs. Savage, "and at one time his company was engaged in a raid near Nashville, during which the home of a wealthy planter and slave owner was sacked. Among the trophies was the silk shawl, which the planter's wife begged to be allowed to keep, saying it had been a family heirloom for many generations and was greatly prized for its history."

WAKE UP!

The awake man is an alert man, ever ready and able to work and win. Do not let lack of fitness make you lose place and opportunity. Why should biliousness, sick headache, indigestion, poor blood or sluggish bowels impair your ability and wreck your health? Wake up! Promptly take

BEECHAM'S PILLS

and ward off the serious results which frequently follow neglected ailments. Use this helpful remedy with confidence, for it will quickly arouse the organs to healthy action, and restore normal conditions. Beecham's Pills are safe to take. They are used in thousands of families the world over. If you have not tried them, do so now. Their beneficial effects on stomach, liver, bowels and blood will surely prove

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Constipation is the first warning; then you begin to "feel mean all over."

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Violent purgatives are not what you need—just the gentle help of this old-time standard remedy.

CARTER'S LITTLE LIVER PILLS

Genuine bears Signature *Wm. Carter*

Colorless faces often show the absence of iron in the blood. **Carter's Iron Pills** will help this condition.

A DAGGER IN THE BACK

That's the woman's dread when she gets up in the morning to start the day's work. "Oh! how my back aches."

GOLD MEDAL Haarlem Oil Capsules taken to-day eases the backache of tomorrow—taken every day ends the backache for all time. Don't delay. What's the use of suffering? Begin taking **GOLD MEDAL Haarlem Oil Capsules** to-day and be relieved tomorrow. Take three or four every day and be permanently free from wrenching, disabling back pain. Be sure you get **GOLD MEDAL**. Since 1896 **GOLD MEDAL Haarlem Oil** has been the National Remedy of Holland, the Government of the Netherlands having granted a special charter authorizing its distribution and sale. The houses of Holland would almost as soon be without bread as she would without "Red Dutch Drops" as she aptly calls **GOLD MEDAL Haarlem Oil Capsules**. This is the one reason why you will find the women and children of Holland so sturdy and robust.

GOLD MEDAL are the pure, original Haarlem Oil Capsules imported direct from the laboratories in Haarlem, Holland. But be sure to get **GOLD MEDAL**. Look for the name on every box. Sold by reliable druggists in sealed packages at 25c, 50c and \$1.00. Money refunded if they do not help you. Accept only the **GOLD MEDAL**. All others are imitations.—Advertisement.

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