

Milk Bottles.

There's many a slip 'twixt cup and lip, and there is many a microbe between the reasonably clean milk inside a bottle and the pitcher or glass into which it is poured.

Milk bottles from the very best dairies are left at our doors covered with dirt. If you do not believe this to be true, rub your fingers over a bottle and then examine them. Dust will cling to glass even after it has been thoroughly cleaned, and milk bottles, being usually a trifle greasy, are prone to hold every particle of dust, which, except on rainy days, floats in clouds over and under and through the milk wagon during its long journey.

Where the common pasteboard stopper is used, there is formed by it and the surrounding ring of glass a nice little circular receptacle for the convenient collection of an especially thick layer of dirt.

Then the neck and rim of the mouth of the bottle are necessarily handled by the dairyman who has just dropped the reins of his horse, or, at any rate, whose paws are far from clean. Add to this the licks (or worse) bestowed by passing cats and dogs upon the tops of the bottles before they are brought into the house, and one has a veritable garden of soil with living contents of all description.

After the dirt-covered stopper is removed (if it is not poked carelessly or unskillfully down into the bottle), the milk is poured over the side walls of this sunken garden, carrying with it much of the street and cat and dog deposits into the container from which we drink. No harm may come of it, but this is not the safest dirt in the world, and it adds nothing to the flavor of the milk.

The milk bottle the top of which is covered with a meatal or paper cap that comes down over the outside of the neck of the bottle is much to be preferred, if a dairyman can be found who is so up-to-date as to use this means of protection; but where one cannot secure this kind of bottle he can at least place the mouth and neck of the bottle under the faucet and let the water flow vigorously for a few seconds upon the cap and neck. A clean cloth might also be used to cleanse the top and afterward the rest of the bottle, followed by a shower bath from the faucet. The whole bottle should be clean before being opened or set away.

It is not impossible that many cases of disease contracted from milk were due, not to the fault of the dairyman, but to the housewife who failed to cleanse the top of the bottle before opening and pouring from it. It is at least safer and more cleanly to make use of this simple and costless precaution against contamination.

Would Create New State and Name It for Lincoln.

Congress will be asked at its next session to create the new State of Lincoln out of a part of the easterly counties of Washington and the northern projection of Idaho, known as the Panhandle.

Only once in the history of the United States has such a thing been done. That was when West Virginia was erected out of the old State of Virginia. New States have been created out of the wild portions of the older States, but the plan in contemplation for the State of Lincoln would take a valuable part of Washington, including the city of Spokane, away from it. The concurrence of the federal Congress and the Legislatures of Washington and Idaho would be required to accomplish this.

The project to make a new State to be named for Lincoln recalls the fact that there was once a State named for Franklin, but it never became a part of the Union. The story may be read in history, but it is almost entirely forgotten.

In 1874 the State of North Carolina passed an act conveying to the government of the United States the lands that now constitute the State of Tennessee. The reason for the act was because North Carolina had grown weary of the burden imposed upon the treasury by her western settlements and had become irritated at the complaints of neglect which the settlers in those parts seem to have frequently made.

After the passage of the act of cession by the Legislature of North Carolina the settlers in those lands which are now eastern Tennessee felt that they had been cast adrift by their own State, had not yet been taken up by the national government and that thus they were under no government. They organized themselves into an independent Commonwealth, which they called the State of Franklin.

State College Has Largest Summer School in Pennsylvania.

STATE COLLEGE, PA.—Enrollment in Penn State's summer session has reached the record breaking total of 1103, an increase of seventy-nine over last year's attendance. This is the largest registration the summer school has had during the seven years it has been operated. State College now has the largest summer school in the State. The attendance is made up exclusively of public school teachers from Pennsylvania. Dr. E. R. Smith, director of the summer session, attributes the steady growth in attendance to a wide selection of courses to meet the needs of progressive teachers. Particular attention is given to agriculture, home economics, public school drawing and the sciences.

Epicurean Approval.

"How are you getting on with you garden?"
"First rate," replied Mr. Crosslots.
"Raised anything good to eat?"
"I should say so. Why, the neighbors' chickens simply can't wait for the stuff to get ripe!"—Washington Star.

—It will pay you to read the "Watchman."

FOLLOW THE ANCIENT RITUAL

Samaritans of Today Observe the Passover With All the Traditional Ceremonies Ordered.

"The Samaritans stood close together to prevent the Mahometan spectators, who delight to torment them, from snatching even a bit of wool, which would remain over and thus cause them to break the command, 'Ye shall let nothing of it remain until the morning,'" says a writer in the Christian Herald.

"After cleansing the lambs they removed a front leg of each, and these were set apart as the priest's portion. A long wooden pole was then threaded through each of the prepared lambs, and was carried thus to the pit nearby, wherein a large fire, which had been kindled early in the evening, had burned down, leaving a bed of red-hot coals at the bottom. The poles, protected by metal at the lower end, were stuck into this bed of coals, being long enough to reach to the top of the pit, the lambs thus suspended about half way up. A matting was placed over the mouth of the pit, which in turn was covered with earth, making a sort of improvised oven, for the law demands that 'they be roast with fire, not sodden with water.'

"The sheep were left to roast until midnight—the appointed hour—and all but the guards retired to their tents during the interval.

"Being the guests of the Kahin, we went to his tent, and he edified us by reading the various laws in Leviticus concerning the sacrifices, besides the chapter which gives the narrative of the first Passover."

EYES TOO MUCH NEGLECTED

Residents of Cities, in the Aggregate, Are the Chief Offenders, for Various Reasons.

The farmer at work in his fields all day long has much better eyesight than the city resident. Farmers, as a rule, have no need of artificial aid to the eyes until old age comes upon them.

On the farm the eyes receive more rest than in the city, because they work at more natural angles. The farmer's work is not right up under his nose. In cases of most city people their work is over books or machines, and they have a habit of stooping over it.

This affects the eyes so that glasses are necessary for relief. Nine-tenths of the people who are suffering from headaches and who wonder what the trouble is can blame them on the treatment they give their eyes. Not enough city people wear glasses. Perhaps one in fifty wears glasses where the average should be about one in every ten. Children are affected in this way. Most children lean over their desks and have their eyes close to their books. Teachers should prevent them from doing this. Where children are forced to wear glasses it is not necessary that they should have to wear them all the time. When the children are at play they ought, in most cases, to be allowed to go without their glasses.

Cultivating Beauty.

If the busy housewife can spare an hour or so each day in the exercise necessary to retain her youth and beauty, all well and good. But if not each daily task can be utilized to improve some part of the body. Dashing cold water, followed by hard rubbing, tones up the skin and prevents colds, improves the circulation and takes no more time than a languid rub with a wash cloth. Even dressing can be made useful in this respect when the housewife leans down to button her shoes. The knees should be kept rigid and the bending should be entirely at the waist. Instead of sitting to dress the hair, hang the mirror at a convenient height and as you put in the pins rise and fall slowly on the toes, keeping the chest well up. This strengthens the back and ankles to a great extent.

Great Waste of Ink.

He entered the West hotel, a fine, courtly southern gentleman, very affable and genial, says the Minneapolis Tribune. And this is what he wrote on the register.

"Hinton Graves Lee, resident in Augusta, Ga., prior to February 1, and in Georgia state since 1852, now resident at Kansas City, Mo., and Kansas City, Kan."

Clerks A. D. Hein and A. M. Shartin looked it over and had a whispered consultation.

"Think of it," said Hein. "Why, the ink firm could afford to pay the traveling expenses and a good salary to Mr. Lee. If that habit ever spreads, there wouldn't be ink enough in the United States to go around."

Paper and Ink for Our Money.

In the manufacture and printing of the paper money of the United States it is necessary that there shall be imported materials from various parts of the world. A part of the paper fiber, for instance, is linen rag from the Orient. The silk that furnishes the strands that are run through the paper as a safeguard against counterfeiting comes from China or from Italy. The blue ink contains cobalt from Canada or Germany. The black ink is said to be made at Niagara Falls from acetylene gas smoke; and the greater part of the green ink is made with white zinc sulphide, derived from German sources. The red color in the seal is obtained from a pigment imported from Central America.

Dentists Blame Decayed Teeth for Many Diseases.

LOUISVILLE.—The relation of mouth infections to general health was given special emphasis at the second general session of the twentieth annual convention of the National Dental Association.

Speakers developed the fact that the health of the individual frequently is seriously and vitally affected by an insanitary condition of the mouth. In many cases it was declared such condi-

tions could be traced to the breakdown of dental work not of a permanent character.

Dr. Thomas B. Hartzell, of Minneapolis, declared rheumatism, certain forms of Bright's diseases, indigestion and heart trouble could be traced to defective teeth.

—The "Watchman" should be read in every home in Centre county. Why don't you try it?



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