

THE SLACKER.

(Written by a member of the Shamokin motor truck unit.—By request.) We give you our service, you shut off our beer, But the slacker can drink till it's up to his ear.

Will Trench Foot Lame Our Boys?

London.—Before the war nobody had ever heard of "trench foot." And now that soldiers duly are warned of it before going to the front, it is not likely to be heard much of again.

Cured once, it recurs under conditions of wet and cold, and severe cases have such continually recurring effects that they may be called chronic.

The method of treatment has not been made publicly known, although I think the British army surgeons would agree that present methods are liable to change without notice, so small is the profession's knowledge of it.

Several preventives have been devised for use before soldiers go into the trenches, known to be prolific sources of trench foot.

Some soldiers rub their feet with chalk, some use whale oil. The latter remedy is advocated and furnished free by Alfred Yarrow, the great ship-builder.

But the best preventive is to keep watch on the feet, and at the first symptoms of trench foot, to report. Otherwise, the toes or even the entire foot may be procrastination's price.

Trench foot reached the height of its charted curve when England's "contemptible little army" was holding up the Germans on their six-weeks-to Paris rush.

Sitting on the little platform that runs along most trenches about five feet under the parapet, their feet were plunged for hours into thick mud and water.

Their knees were bent sharply and they sat hunched over, rifles in hands, in practically the same positions for hours.

This physical ordeal gave severe cases of trench foot to thousands of the clerks of London who had been hurried across the Channel to block the German army.

Their blood-circulation, not overlaid at best, this long held, cramped position stopped the blood from circulation in their feet, and the frostbite that ensued from continual soaking in cold mud, made their feet turn a vivid blue with cold, and at night, when they slept in the trenches, their feet were still encased in cold, sodden shoes.

knew what it was to spend days in mud sometimes up to his hips.

Doctors, however, are still of varying opinions about the physiological nature of trench foot.

Most of them hold it to be a form of neuritis. Some of them hold it to be a kidney affliction.

But all agree that it is the very best of the strictly trench-afflictions to keep an eagle eye out for. And every American soldier, by the time he gets into the firing line, will have heard enough stories about trench foot to make him watch carefully when his feet have been a long time cold and wet.

It might be well to add a word about the feet in general. Recruits on this side usually have been found to have the notion that toughening the feet for marching is a matter that takes care of itself.

It takes care of itself very nicely when the marching is approached little by little. But recruits who, in civilian life have been of sedentary habits are likely to find interesting what a Lancashire soldier told me this morning:

"I had been a solicitor," he said, "and entirely unused to strenuous physical exercise. I thought my feet would be badly blistered by heavy marching, but I had neither time nor, I am sorry to say, disposition, to toughen them before I joined up."

"I went through three days' marching after I had joined, and then I was marched off to the doctors. My feet were literally covered with big blisters, and felt continually as if somebody were running sharp knives into them."—By Gahagan O'Grogan.

Teaching the Deaf to Hear With Their Eyes.

Among the twelve hundred pupils of the Parker School, one of Chicago's largest public schools, there are more than a hundred children, ranging in age from five to fifteen years, who have never heard the sound of a human voice.

Entering the school, you might go from room to room, and not discover for quite awhile anything peculiar in the manner of instructing certain of the classes. But in some of them you will find the same little tots, who cannot hear, that you passed on the lawn.

If their eyes happen to be turned away from the visitor upon his entrance, their attention is not attracted, since their organs of sight have to perform the duty of the useless ears.

Should they see the newcomer, however, they will smile a welcome, then direct their gaze once more to the lips of their teacher. It is this concentration of gaze which first betrays their physical handicap.

All the knowledge they receive must come through the sense of sight. Just how these unfortunate children are trained is interestingly told by Mr. Robert H. Moulton in the October number of Popular Mechanics Magazine.

Give Up Your Candies and Ice Cream Sodas!

"More sober, less inspiring, but every whit as educational is the program of thrift and service to which Minute Girls—who may be best described as Camp-fire girls at home and at school—have pledged their support.

These children are taught—what they are quite old enough to understand—that times of war call for stern qualities than times of peace and plenty, and that they must be prepared to meet new conditions with new courage and new efforts.

They are not, for example, to dawdle over breakfast, and then hop on a trolley car to get to school. They are to start earlier, and walk. They are not to spend Saturday afternoons at matinees and picture shows. They are to tramp or hike if the weather be good, and to learn economic cooking or elementary nursing if the weather be stormy.

They are not to waste anything that can be possibly turned to account. They are rigidly to curtail the money spent on candy and ice cream sodas—which is a wise reform. The increased consumption of candy in the past few years has been regrettable from every point of view.

Army Uniforms Cost More.

The cost of army officers' uniforms and equipment, which has been rising steadily for years, has taken such a decided jump within the last six months, says the New York Times, that it will cost most of the officers being graduated from training camps at least two months of their salary to purchase the necessities of army life when they enter upon their new careers.

White uniforms and equipment are furnished free to privates and non-commissioned officers, commissioned officers make their own purchases in the retail market at prices necessarily far above those which might be obtained if the equipment were manufactured by contract with the War Department.

No change has been made in the pay of officers to meet the increased cost of equipment and the rising cost of living generally.

The salaries of officers are: Major general, \$8,000 a year; brigadier general, \$6,000; colonel, \$4,000; lieutenant colonel, \$3,500; major, \$3,000; captain, \$2,400; first lieutenant, \$2,000; second lieutenant, \$1,700. Officers below the rank of brigadier general receive an increase of 10 per cent. in their pay for each five years spent in one rank.

Ordinary army shoes have jumped from \$3.50 to \$7.50, and leather puttees in some cases have tripled in price.

At the army co-operative stores it was said that the high-grade army overcoat, which sold six months ago at \$55, is now priced at \$60, while the

officer's uniform of olive drab serge, that sold for \$37.50 six months ago, now sells for \$43.

Why Do We Eat Bread?

There is hardly any food so universally used as bread, except possibly milk. Ever since the world's history began, bread has been used in some form or another as one of the staples of diet among all but the most savage people, and it would be most interesting to trace the relationship between the bread-making process of various peoples and their growth in civilization down to the present moment.

Following this interesting research we find the Kafir simply grinds his grain between two stones, makes a paste or cake of the meal and water, and bakes it in the ashes of his fire in the woods; Israelites and Egyptians ate leavened bread; the ancient Greeks cultivated the yeast plant, and in the ruins of Pompeii was found an oven containing 81 loaves of bread similar to those of the present day.

The Swiss and French have their bread baked in public ovens, known the world over as French bread, and in our own United States it is baked in our private homes, or we have mammoth bakeries turning out thousands of loaves which are delivered fresh at our doors every day.

With this short resume of the use of the grains we conclude that, except with the lowest savages and in the most extreme climates, some kind of grain is a necessary food, and bread—when the entire grain is used—is one of the most convenient forms for everyone, in all classes, as it gives the greatest amount of nourishment for the least labor and cost; so our conclusion must be that in this upward progress in civilization, the more intelligent the people in a country or community, the better the bread.

Iceland has decided to introduce compulsory national service. Every young man is to give to the State six months' labor on some work of national importance, such as bridge and road making and the building of public edifices.



Economy vs. Parsimony

THIS Fall make your every purchase tell true. Do not confuse parsimony with economy—consider "how good" not "how cheap"—buy clothes that will last and not look the worse for wear; clothes that will not compel additional purchases before the season's end—that is economy. Guide yourself accordingly in everything you buy.

To attain this end, men find HIGH-ART-CLOTHES the logical choice. We show them in styles for every build.

FAUBLE'S.

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Start the Day Right

It's not much fun crawling out of the comfy covers at five or six o'clock on frosty mornings. But the alarm has a pleasanter sound when you know a Perfection Oil Heater is waiting—ready to make things warm at the scratch of a match. However, to get perfect results, always use

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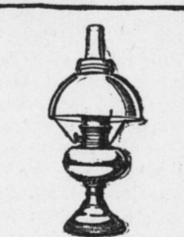
Ask for it by name at the store that displays the sign: "Atlantic Rayolight Oil for Sale Here." Then you'll be sure of getting the genuine.

It's a scientific fact that, of any artificial light, a kerosene lamp is the most restful and pleasing to the eyes.

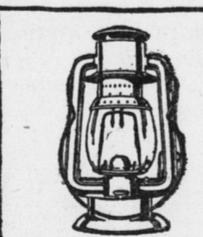
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