

Bellefonte, Pa., September 29, 1917.

THE SLACKER.

(Written by a member of the Shamokin motor truck unit.-By request.) We give you our service, you shut off our

But the slacker can drink till it's up to his

And the slacker goes by with a girl on

each arm And laughs at the soldier, poor unlucky

You go with a slacker, why criticise us? The slacker rides around in a Ford of his

And charges a quarter to haul us to town While he sticks around as long as he cares Discipline, we know, is a thing that must

But honest to goodness we fail to see, When a soldier drinks nothing but water

That all decent dances the uniform's bar-

We have taken our rifles and taken our

And will go to our death with a smile or But this is our honest appeal to you, Until we cross, please give us our due.

Will Trench Foot Lame Our Boys?

-Sunbury Daily

London.—Before the war nobody had ever heard of "trench foot." And

have begun coming over to go into almost as well as hearing children, trenches just like those in which while their skill in reading the lips of trench foot was once epidemic among the British and French soldiers. For If you should go to the Parker the disease is so completely new that present to one or two theories. One for two years to research work into It is a supposedly gangrenous condition of the foot (which, in extreme cases reaches the ankle;) in which the toes frequently drop off and amputation of the foot has been found neces-

Cured once, it recurs under condi-The method of treatment has not

think the British army surgeons would to change without notice, so small is the profession's knowledge of it. The trance, their attention is not attracted, treating it, but army men are not anxious to go into further details. 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 lat-

ter remedy is advocated and furnished free by Alfred Yarrow, the great

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. When the armies first dug in, reinforcements were terribly slow in coming, soldiers had to spend two and three weeks in trenches, while now they spend two or three days in them.

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

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

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 over-likely at best, this long held, cramped position stopped the blood from circu-lation 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

In the course of two or three days of this, the feet began literally to die, although the balance of the body might remain apparently healthy.

The tissues became atrophied. The feet turned the dark blue of venous

blood which has circulated into the feet, but cannot circulate out of them. This condition was often wilfully made worse. Soldiers saw in trench foot an easy and, they thought, harmless way back to "Blighty" and to a nice, comfortable bed in an R. A. M.

C. hospital. Cases of trench foot mounted so rapidly in number that at length failure to report at once a case of trench foot became cause for action by a

courtmartial. Today, however, trench foot has been reduced to a minimum. There are more soldiers and the Royal Engineers know how to build better trenches. And more soldiers means that each soldier is not made to serve two soldiers' time in the trenches. And better trenches-what they

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

Doctors, however, are still of vary-

ing opinions about the physiological nature of trench foot. neuritis. Some of them hold it to be a kidney affliction.

keep an eagle eye out for. And every American soldier, by the time he gets make him watch carefully when his feet have been a long time cold and wet. It sounds harmless, but a few one-footed ex-soldiers scattered over England are evidence that it is in the highest degree dangerous.
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

and pop,
Why the drink on the slacker can't also be stopped.

If the slacker can dance, it seems rather 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.

So that from being an actual, gangrenous horror along the first line trenches, it is today a wholly avertable possibility. And the only excuse for taking up white space with writing about it, lies in the dire responsibilities of that little word "avertable."

It is not likely that news of it has reached the million or more American recruits who, we understand, already have begun coming over to go into trenches just like these interesting almost as well as beauty almost as well as beauty almost as well as beauty as beauty and the sound of a hundred children, ranging in age from five to fifteen years, who have never heard the sound of a hundred children, ranging in age from five to fifteen years, who have never heard the sound of a hundred children, ranging in age from five to fifteen years, who have never heard the sound of a hundred children, ranging in age from five to fifteen years, who have never heard the sound of a hundred children, ranging in age from five to distinguish these children from their more fortunate fellows because of any imperfection in their speech of others, would be a difficult task. Although born deaf, they have been taught to speak almost as well as beauty as heard to speak almost as well as beauty as heard to speak almost as well as beauty as heard to speak almost as well as beauty as heard to speak almost as well as beauty as heard to speak almost as well as beauty as heard to speak almost as well as beauty as heard to speak almost as well as beauty as heard to speak almost as well as heard to speak

If you should go to the Parker School any fine morning you would technical knowledge of it is limited at probably see on the broad lawn in present to one or two theories. One front of the school various groups of London physician has devoted himself | children at play under the watchful eyes of their teachers. But it is not the subject of trench foot, but his findings and even his name are held militracted to any particular group because of anything unusual in the chilhave had trench foot to contend with. dren's manner of addressing their teacher or one another; all are romping, laughing and shouting merrily. Yet the chances are that some of these children are among the hundred who have never known the blessed privilege of hearing.

Cured once, it recurs under conditions of wet and cold, and severe cases from room to room, and not discover have such continually recurring effects that they may be called chronic. the manner of instructing certain of the classes. But in some of them you been made publicly known, although I will find the same little tots, who cannot hear, that you passed on the lawn. agree that present methods are liable If their eyes happen to be turned away from the visitor upon his en-French have a "parafine method" for 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 pro-gram 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 understandthat times of war call for sterner 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 dwadle 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 moving picture shows. They are to tramp or bike 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 sodaswhich is a wise reform. The increased consumption of candy in the past few years has been regrettable from every point of view. There is a fever-ish outcry from tradesmen whenever any economy is projected, a feverish protest against the cramping of industrial conditions; but no one can deny that too much candy is eaten in the United States.—Woman's Home Com-

It should not be forgotten that the American soldiers in France will need books, and plenty of them, to read at their leisure. It has been found essential, in trench warfare, that the soldier should be able to while away the tedium of unoccupied hours by getting carried away in the pages of a book. Books on popular astronomy are recommended by a French writer. The serenity of the stars will communicate itself to the soldier, and he may as well know something about the night sky, since his duty calls him to spend his nights a la belle etoile, as the picturesque French expression is.—The Monitor.

panion

——If you get ink on a white silk blouse, dip the spot at once into boil-ing hot starch and the spot will dis-

mean, only a Tommy can tell you, preferably one of those Tommies of the First Expeditionary Force, who to the "Watchman" office. ---For high class job work come

Army Uniforms Cost More.

The cost of army officers' uniforms and equipment, which has been rising steadily for years, has taken such a Most of them hold it to be a form of decided jump within the last six euritis. Some of them hold it to be months, says the New York Times, that it will cost most of the officers But all agree that it is the very best being graduated from training camps of the strictly trench-afflictions to at least two months of their salary to purchase the necessaries of army life when they enter upon their new cainto the firing line, will have heard enough stories about trench foot to are furnished free to privates and reers. While uniforms and equipment officers, commisnon-commissioned sioned 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 Army officers are provided with heat, light and quarters, or in some cases granted an allowance to resume of the use of the grains we provide for them. Mounted officers conclude that, except with the lowest receive \$100 a year for feed of one savages and in the most extreme cli-Officers of the aviation corps receive sary food, and bread—when the entire 50 per cent. more than the usual pay for their rank

The prices asked for officers' uniforms consisting of coat and breeches vary from about \$30 to \$150. Few makers of officers' overcoats ask less than \$45 at retail, and prices go up to \$75 and \$100. Leather goods of all kinds have at least doubled in price in better the bread. the last year. Ordinary army shoes

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 civiliza-tion down to the present moment.

Following this interesting research we find the Kaffir 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 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 horse, or \$150 a year for two horses. | mates, some kind of grain is a necesgrain 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 civ-

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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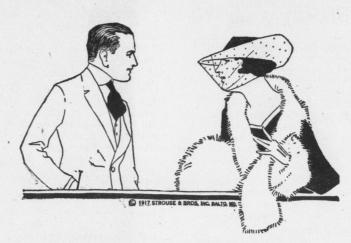
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