



First Aid Lessons

FOR
BOYS and GIRLS

LESSON III

Ruth Plumly Thompson in the Public Ledger.

Stimulants! Oh! I know—it's a dreadfully long word, but it just means something that will make the blood hurry along, so it can warm up the body. That's easy to remember, isn't it?

You see, sometimes when an accident happens the person who is hurt gets so scared that his heart almost stops beating (pumping, I mean). Then he gets cold and you must give him a "stimulant" to start the pump working again. Heat of any kind is the best, so hot tea or coffee or one-half teaspoonful of AROMATIC spirits of ammonia (NOT plain ammonia that's a poison) in a half glassful of

hot water will be fine. If he is still cold hot-water bags against the legs and under the arms will help. Pity sakes, don't get them too hot, though—try them against your face first to see that they are not going to burn the skin off. "Course, I don't have to tell you again that if the person has fainted or is unconscious not to give him anything to drink, because he might choke. Smelling salts or water of ammonia or strong peppermint held under the nose as the stimulant to use then. Rub his hands and feet. And now, honeys, run off and see if you can find the aromatic spirits of ammonia. Keep it where you can always find it, for that is the best "stimulant" you could possibly use.

Food Administration Rulings.

MEAT.

The Food Administration is extremely desirous of securing economy in consumption of all kinds of meats without re-installation of meatless day for the present.

Seasonal decline in volume of animals coming to market is now in progress and its volume will undoubtedly further decrease during the next few months as is usual, but the probable amount of such decrease is yet obscure.

The necessities for shipment abroad to our army and allies are very large and amount roughly to 75,000,000 pounds of meat and meat products of all kinds, per week, against pre-war normal of less than 16,000,000 pounds. Our consumption of meats is about 34 pounds per week per person, and if we are to make both ends balance during short marketing season, we must have further economy.

If the public will continue in rigorous elimination of waste and will further economize by reducing quantity prepared for each meal, of all kinds of meats and poultry (more particularly beef) and will restrict their purchases accordingly, the Food Administration hopes that the necessary balance can be maintained.

A general adherence to these recommendations will avoid the inconvenience which arises in many directions from meatless days and will cause less interference in daily preparation of food.

There is now a seasonal abundance of milk products which can well be substituted in various forms.

SAVE SUGAR.

If we are to successfully meet the heavy sugar demand of the fruit preserving season, we must at this time begin to accumulate a surplus in the hands of the trade which we cannot do if consumers purchase and use sugar freely. Grocers are accordingly forbidden to sell sugar in quantities greater than two to five pounds to town trade or five to ten pounds to rural trade and any violation of this rule by any grocer regardless of the amount he may have on hand will invite drastic retributive action by the Food Administration. As a sugar conservation measure, the service in public eating places of sherbets and water ices and their commercial manufacture is strictly forbidden. The public must understand that the sugar shortage is real and acute and it is imperative that family consumption for ordinary use be kept down to at least twenty per cent. below normal, for only in this way can we take care of home preserving requirements.

WEEKLY INVENTORY OF BAKERY STOCKS.

Beginning May 4, all licensed bakers will be required to take an inventory each Saturday of their stocks of flour, substitutes, sugar and shortening and, beginning May 11, to make a weekly report of stock on hand, purchases, sales and amounts used in baking.

The office of the Baking Division at Washington advise that report forms and instructions have been mailed to bakers from that office but, in order to avoid any misunderstanding, I now notify all the bakers in this district to make a complete inventory of their stocks of materials listed on report forms and that they will be required to keep a record of their receipts and sales of these materials, and of the quantity of these materials used in their products during the week following May 4. They must also keep a record of the number of pounds of

GOLDINE

For indigestion, stomach trouble, biliousness, the heart and nerves. A tonic and nervine. \$1.00 a bottle.

GOLDINE ALTERAC

For rheumatism, liver and kidney trouble, the blood, skin disease. A purifier for the entire system. \$1.00 a bottle.

GOLDINE LAXATIVES

For constipation and costiveness. A pleasant, mild and effective remedy. 30c. a box.

Here we offer you three remedies of proven worth as hundreds of Centre county people who have used them with good results can testify. "They helped me and I am glad to recommend them to others," is the unanimous verdict of 90 per cent. of the people who have given them a fair trial.

Our representative in Bellefonte, The Goldine Man at Green's Pharmacy will be glad to talk to you. See him at your first opportunity.

She Was Registered for War Duty.

The ladies, God bless 'em, were talking in the humorously indulgent way in which they usually tackle the topic about their husbands and other women's husbands.

"John is perfectly helpless without me," said Mrs. A.

"Henry's that way, too," said Mrs. B.

"I don't know what would become of him if I'd leave him for a week."

"Isn't it the truth?" sighed Mrs. C.

"You'd think my husband was a child, the way I have to take care of him. Why, whenever he is mending his clothes, or sewing on buttons, or even darnin' his socks, I always have to thread the needle for him!"—Cleveland Plain Dealer.

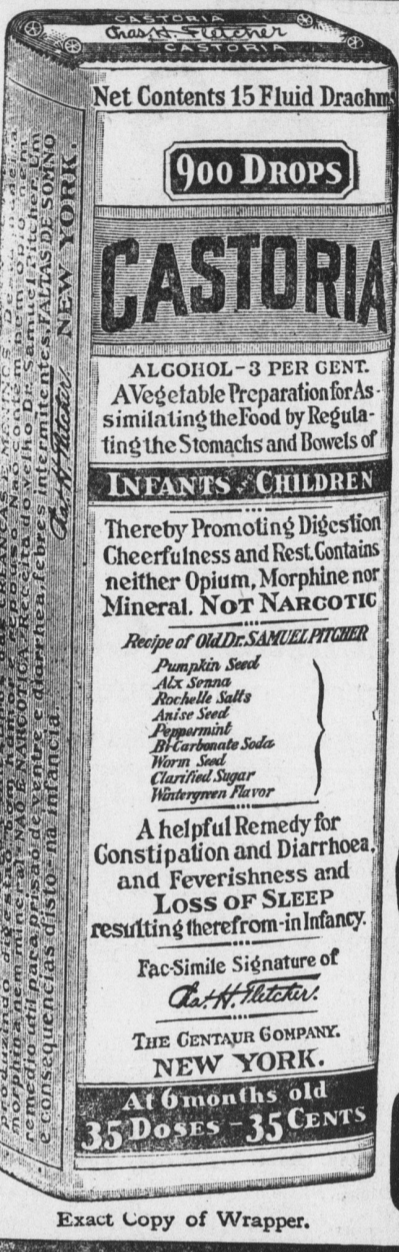
Purity Gives Power.

There are still many persons in the world that need to be impressed with the fact that the purer the blood is the greater is the power of the system to remove disease and the less the liability to contract it. Persons whose blood is in good condition are much less likely to take cold or to be long troubled with it, or to catch any contagious or infectious disease, than are those whose blood is impure and therefore impoverished, and lacking in vitality. The best medicine for purifying the blood is Hood's Sarsaparilla, and persons suffering from any blood disease or any want of tone in the system are urged to give this medicine a trial. It is especially useful at this time of year.

—Subscribe for the "Watchman."

CASTORIA.

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CASTORIA

For Infants and Children.

Mothers Know That Genuine Castoria

Always

Bears the

Signature

of

Chas. H. Fletcher

In

Use

For Over

Thirty Years

CASTORIA

THE CENTAUR COMPANY, NEW YORK CITY.

ALCOHOL—3 PER CENT. A Vegetable Preparation for Assimilating the Food by Regulating the Stomach and Bowels of INFANTS & CHILDREN. Thereby Promoting Digestion, Cheerfulness and Rest. Contains neither Opium, Morphine nor Mineral. NOT NARCOTIC. Recipe of Old Dr. SAMUEL PITCHER. Pumpkin Seed, Aloe Serrae, Rochelle Salts, Licorice Root, Sassafras, Compound Sassafras, Worm Seed, Castor Oil, Hydrocyanic Acid, Water, Sugar, Hydrocyanic Acid.

A helpful Remedy for Constipation and Diarrhoea, and Feverishness and LOSS OF SLEEP resulting therefrom in Infancy.

Fac-Simile Signature of Chas. H. Fletcher.

THE CENTAUR COMPANY, NEW YORK CITY.

At 6 months old 35 Doses—35 CENTS.

Exact Copy of Wrapper.

bread and rolls baked in that week.

W. F. REYNOLDS, Federal Food Administrator of Centre County.

Report of Sales of War Savings and Thrift Stamps.

Column 1 is the number of W. S. S. sold during April. Column 2 is the number of T. S. sold during April. Column 3 is the number of W. S. S. sold since December 1, 1917, and column 4 is the number of T. S. sold since December 1, 1917.

| Township | W. S. S. Sold April | T. S. Sold April | W. S. S. Sold Since Dec 1, 1917 | T. S. Sold Since Dec 1, 1917 |
|----------------|---------------------|------------------|---------------------------------|------------------------------|
| Postoffice | 289 | 172 | 773 | 301 |
| Aaronsburg | 0 | 10 | 0 | 23 |
| Axonmann | 0 | 12 | 0 | 12 |
| Beaure | 12 | 12 | 674 | 8026 |
| Bellefonte | 2782 | 2878 | 6704 | 8026 |
| Blanchard | 693 | 123 | 1002 | 284 |
| Bonsburg | 579 | 51 | 797 | 131 |
| Centre Hall | 1194 | 415 | 2113 | 909 |
| Chirens | 9 | 62 | 9 | 62 |
| Coburn | 206 | 121 | 280 | 166 |
| Curtis | 51 | 0 | 96 | 60 |
| Fleming | 100 | 112 | 688 | 329 |
| Howard | 182 | 153 | 680 | 228 |
| Hublersburg | 223 | 2 | 280 | 6 |
| Julian | 26 | 21 | 107 | 6 |
| Kato | 0 | 1 | 0 | 1 |
| Lemont | 44 | 42 | 172 | 180 |
| Lindon Hall | 0 | 0 | 25 | 23 |
| Livonia | 0 | 4 | 3 | 24 |
| Madisonburg | 395 | 14 | 726 | 30 |
| Martha Furnace | 280 | 50 | 280 | 22 |
| Milheim | 116 | 147 | 1084 | 286 |
| Mingoville | 27 | 19 | 52 | 37 |
| Monument | 74 | 8 | 224 | 29 |
| Neshannon | 100 | 0 | 148 | 0 |
| Nittany | 226 | 22 | 324 | 27 |
| Oak Hill Sta. | 0 | 18 | 0 | 31 |
| Orviston | 833 | 135 | 944 | 391 |
| Pine Glen | 0 | 4 | 0 | 4 |
| Phillipsburg | 2623 | 4097 | 8024 | 10116 |
| Pine Grove | 9 | 84 | 77 | 154 |
| Pleasant Gap | 41 | 161 | 95 | 227 |
| Port Matilda | 194 | 76 | 808 | 113 |
| Powelson | 224 | 47 | 407 | 110 |
| Rebersburg | 125 | 31 | 1200 | 83 |
| Rumville | 2 | 52 | 4 | 32 |
| Sandy Ridge | 156 | 419 | 278 | 150 |
| Smiltown | 29 | 0 | 38 | 159 |
| Snow Shoe | 7 | 35 | 1328 | 35 |
| Spring Mills | 588 | 37 | 1063 | 61 |
| Stormstown | 36 | 0 | 96 | 1 |
| State College | 439 | 1234 | 2709 | 5167 |
| Sussexville | 29 | 28 | 107 | 50 |
| Waddle | 1 | 20 | 3 | 28 |
| Wingate | 0 | 9 | 0 | 49 |
| Wolf Store | 62 | 2 | 68 | 49 |
| Woodward | 122 | 25 | 247 | 49 |
| Zion | 386 | 35 | 459 | 50 |

The report of sales made during the week ending April 27th, 1918, for Centre county in the War Savings campaign was \$1c, or a total of \$3.47 since December 1, 1917. We retain ninth place in the list of counties for the Eastern District of Pennsylvania.

The Liberty Loan drive closed on Saturday, May 4th, and from today on, your Chairman sincerely hopes that every patriotic citizen in our county will enlist his or her best efforts in making it possible for Centre county to go "over the top" in the sale of War Savings and Thrift Stamps. We have an allotment of \$876,200. Mr. Charles M. McCurdy, of the Liberty Loan committee, and Mrs. Elizabeth B. Beach, chairman of the Ladies' committee have requested all borough and township solicitors to join in the War Savings campaign, and to do their utmost to make "Pledge Week" a success. Permit me to impress upon every committeeman and solicitor of the Liberty Bond committee the absolute necessity of the most hearty co-operation with the several District chairmen of the National War Savings committee in every borough and township in the county.

Very truly yours,
W. HARRISON WALKER,
Chairman War Savings Committee
for Centre County.

Bellefonte, Pa.,
May 6, 1918.

A Bright Pupil.

Teacher—Into what two great classes is the human race divided?
Pupil—Motorists and pedestrians.



LET US HELP YOU

Select that new Spring Suit with a sense of the appropriate.

We have seen everything that America's leading designing genius has produced for this season.

Now we invite you to review what our sense of the appropriate has moved us to select for your special purposes.

"HIGH-ART CLOTHES"

Made by Strouse & Brothers, Inc., Baltimore, Md.

are well represented at prices within reach of most men and young men and offer as additional attraction, the surety of service that comes from having pleased American men for fifty years.

FAUBLE'S,

Allegheny St. 58-4 BELLEFONTE, PA.

Shoes.

Shoes.

YEAGER'S SHOE STORE

MEN'S Dress Shoes \$5.00

Five Dollars to-day will not purchase a pair of Men's Dress Shoes that can be guaranteed to give satisfaction.

I have been very fortunate to secure a limited amount of Men's Dress Shoes, made of a good quality of calf leather, with a top of the same kind, the soles are NEOLIN with Wing-Foot rubber heels. If you are in need of a pair of Dress Shoes, here is an opportunity to purchase a good pair at the price of a poor pair.

YEAGER'S SHOE STORE

THE SHOE STORE FOR THE POOR MAN

Bush Arcade Building 58-27 BELLEFONTE, PA.

Come to the "Watchman" office for High Class Job work.

LYON & COMPANY.

Women's Fashionable Apparel and Spring Dress Goods

At Special Low Prices.

The continued cold weather compels us to make special reductions on Spring Coats and Suits.

GROUP 1—Blue and Black Serge Coats, all sizes including 46, trimmed in pearl buttons, silk inlaid collar, real value \$19.50, our price \$15.00.

GROUP 2—Coats in wool, velour, poplins, chevots in the new shades—Pekin, gray, burgundy, sand, taupe; real value \$28.00, our price \$22.50.

GROUP 3—Ladies' Suits in black and white check; only a few sizes left; real value \$22.50, special sale price \$12.50.

GROUP 4—Ladies' Suits in copen, tan, navy and black; real value \$25.00, our price \$18.50. Special priced Coats. One lot of Serge Coats in the new light shades—Copen, Pekin and navy, sizes 15 to 42 included; only \$12.50.

FILET LACE SALE—743 yards fine Filet Lace Edge, 2 1/2 inches wide; real value 25c., sale price 10c.

LADIES' FINE DRESS SKIRTS—Just received a large assortment of fine Dress Skirts in the new fabrics. All colors in checks and large plaids, also the new Radium Cloths. In addition to these we have now the extra sizes from 31 to 36 waist measure in navy blues and blacks.

SPECIAL HOSE SALE.

1st Lot—Men's mixed Half Hose, extra quality, 25c. value; sale price 2 pairs for 25c.

2nd Lot—Women's Black Cotton Hose, fine gauge, 25c. quality; sale price 2 pairs for 25c.

GINGHAM SALE—Another lot of fine Dress Gingham, all colors—plaids, checks, and stripes; real value 35c., our price 20 cents.

LACES—A full assortment of our special line of Laces and Insertions, only 5c.

SHOES—Men's, Women's and Children's Shoes for dress or everyday, in high or low cut, at prices less than manufacturer's cost today.

Rugs, Carpets, Linoleums, Lace and Heavy Draperies at prices that will be a big saving to the economical buyer. See our line and qualities before you buy, and be convinced that they will save money for you.

Lyon & Co. Bellefonte.