

RED CROSS SANTA TO FILL SOLDIERS' SOCKS

An Old Fashioned Celebration of Yuletide for American Soldiers in France.

A Christmas tree in every ward of every American hospital and in every hospital recreation hut in France!

Every wounded or sick American fighting man to receive two socks filled to the brim with fruits, nuts, candy and smokes!

These are the most interesting features of a tentative Christmas celebration program for the American hospitals arranged by the American Red Cross in France in co-operation with the commanding officers of our fighting forces in that country.

This is to be an old fashioned celebration in every sense of the word. Every soldier will hang his socks on the tree. The socks will be tied with red ribbon and in addition to the goodies mentioned above will contain a handkerchief and a card, on which will be outlined the services the American Red Cross is prepared to render our soldiers.

The Christmas dinner, of course, will be one of the features of the celebration. After dinner there will be musical entertainment, motion pictures and general singing.

BENEFIT OF CHORAL SINGING

Equalizes Men, Creates Spirit of Brotherhood and Takes Mind Off Business, Asserts Professor.

Music gives utterance to something within one which can never find expression in words or acts, in the opinion of A. E. Westbrook, director of music in the Kansas State Agricultural college. Choral singing is of great benefit to a community.

"Music is of great advantage to men," said Professor Westbrook. "It equalizes them, creating a spirit of brotherhood, and takes their minds off business. It gives them a new and different insight, which is accomplished not by singing the common popular songs, but by really good music that can be appreciated."

"The value of music in bringing together socially disorganized communities has never been fully realized. By choral singing, people in any one locality can be brought into certain sympathy with one another. Wherever there is a neighborhood there is a chance for singing. A leader is needed who will select only the best music. Where neighboring groups have been singing the same kind of good music they will find in any large community gathering that they have something in common and will be ready to take part in choral singing on an even larger scale."

"If an orchestra playing Beethoven played in a community unused to such music, there would break forth from the audience an unrestrained applause such as comes only from people who are really hungry for good music—the kind of music that community musical societies will bring to them."

Portion of Government Allowance Required to Be Allotted for Benefit of Their Dependents.

Every enlisted man in the military or naval forces of the United States must allot for the benefit of a wife or child an amount equal to the government's family allowance, with a maximum, however, of half his pay and a minimum of \$15 per month, according to the American Review of Reviews. If he has no wife or child and makes no voluntary allotments for other dependents, or for other purposes, the secretary of war or navy may require him to deposit with the government at 4 per cent compound interest half his pay, or so much of half his pay as he does not allot either for his dependents or for other purposes.

This puts the man with dependents more nearly on a democratic footing of equality with one who has none and the better-paid American soldier with the poorer-paid European with whom he is fighting.

The family allowances are based on a graduated scale depending on the number of dependents, and are conditioned on allotments of equal amounts to half pay. In no case, however, does the allowance exceed \$50 for one family. An ordinary enlisted man receiving \$33 per month in foreign service, if his family is large enough, may be required to allot \$16.50 per month and secure thereby for his family a total income of \$99.50 per month.

ADVICE TO "FLU" CONVALESCENTS

SPAIN AND ENGLAND REPORT INCREASE IN TUBERCULOSIS AFTER INFLUENZA EPIDEMIC.

U. S. Public Health Service Warns Public Against Tuberculosis, One Million Cases Tuberculosis in United States—Each a Source of Danger.

Influenza Convalescents Should Have Lungs Examined—Colds Which Hang On Often Beginning of Tuberculosis. No Cause for Alarm if Tuberculosis is Recognized Early—Patent Medicines Not to Be Trusted.

- * Beware tuberculosis after influenza. No need to worry if you take precautions in time. * Don't diagnose your own condition. Have your doctor examine your lungs several times at monthly intervals. Build up your strength with right living, good food and plenty of fresh air. * Don't waste money on patent medicines advertised to cure tuberculosis. * Become a fresh-air crank and enjoy life.

Washington, D. C.—(Special).—According to a report made to the United States Public Health Service, the epidemic of influenza in Spain has already caused an increase in the prevalence and deaths from pulmonary tuberculosis. A similar association between influenza and tuberculosis was recently made by Sir Arthur Newsholme, the chief medical officer of the English public health service, in his analysis of the tuberculosis death rate in England.

In order that the people of the United States may profit by the experience of other countries Surgeon General Rupert Blue of the United States Public Health Service has just issued a warning emphasizing the need of special precautions at the present time. "Experience seems to indicate," says the Surgeon General, "that persons whose resistance has been weakened by an attack of influenza are peculiarly susceptible to tuberculosis. With millions of its people recently affected with influenza this country now offers conditions favoring the spread of tuberculosis."

One Million Consumptives in the United States.

"Then you consider this a serious menace?" was asked. "In my opinion it is, though I hasten to add it is distinctly one against which the people can guard. So far as one can estimate there are at present about one million cases of tuberculosis in the United States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that most of the states have made the disease reportable. In New York city, where reporting has been in force for many years, over 35,000 cases of tuberculosis are registered with the Department of Health. Those familiar with the situation believe that the addition of unrecognized and unreported cases would make the number nearer 50,000. The very careful health survey conducted during the past two years in Framingham, Mass., revealed 200 cases of tuberculosis in a population of approximately 15,000. If these proportions hold true for the United States as a whole they would indicate that about one in every hundred persons is tuberculous. Each of these constitutes a source of danger to be guarded against."

What to Do.

In his statement to the public Surgeon General Blue points out how those who have had influenza should protect themselves against tuberculosis. "All who have recovered from influenza," says the Surgeon General, "should have their lungs carefully examined by a competent physician. In fact, it is desirable to have several examinations made a month apart. Such examinations cannot be made through the clothing nor can they be carried out in two or three minutes. If the lungs are found to be free from tuberculosis every effort should be made to keep them so. This can be done by right living, good food and plenty of fresh air."

Danger Signs.

The Surgeon General warned especially against certain danger signs, such as "decline" and "colds which hang on."

These, he explained, were often the beginning of tuberculosis. "If you do not get well promptly, if your cold seems to hang on or your health and strength decline, remember that these are often the early signs of tuberculosis. Place yourself at once under the care of a competent physician. Tuberculosis is curable in the early stages. Patent Medicines Dangerous in Tuberculosis.

"Above all do not trust in the misleading statements of unscrupulous patent medicine fakers. There is no specific medicine for the cure of tuberculosis. The money spent on such medicines is thrown away; it should be spent instead for good food and decent living."

Harry Lauder on Drink.

In a recent article published by "Association Men," Harry Lauder, the comedian, gave this personal testimony: "No man can be successful and drink. It does not matter who he is, soldier or civilian. When I started on the stage somebody said, 'Well, it is a great life for dissipation and drinking.' 'Well,' I said, 'if there is any success to be had through being sober and steady, I will get it,' and I took a vow that I would not touch, taste or handle strong drink of any description until I had made a name for myself. Now that I have made my name known all over the world, I see more necessity for doing the thing that is right than ever before in order to hold that reputation. There is more need now for me to be sober and steady, for I am looked upon as an example."

Pioneer Umbrella Carrier.

The first man in England to brave public opinion by carrying an umbrella was Jonas Hanway, who died in London 132 years ago. The umbrella had been used for centuries on the continent and in England as early as the reign of Queen Anne, but its use was confined to the fair sex. After returning from a business mission to Persia Hanway's health became poor, and when venturing into the streets in rainy weather he protected himself by an umbrella. He was subjected to jeers and taunts, but he persisted, and soon a few other brave spirits joined him in carrying umbrellas. The greatest opposition came from the hackney coachmen and they usually led the mobs which attacked the carriers of umbrellas. They feared the umbrella would afford sufficient protection in rain and so deter the public from hiring their vehicles.—Ex.

Children Cry for Fletcher's CASTORIA The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Dr. J. C. Fletcher and has been made under his personal supervision since its infancy. What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend. GENUINE CASTORIA ALWAYS Bears the Signature of Dr. J. C. Fletcher. In Use For Over 30 Years The Kind You Have Always Bought THE CENTAUR COMPANY, NEW YORK CITY.

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Christmas Suggestions for Men. MEN should remember that our Holiday stocks are selected for men— young men, "regular fellows" and those of more conservative years. Our Holiday specials have just been arranged for your inspection. Possibly you cannot think of "just the thing" for that friend of yours, but our stocks will furnish numerous suggestions for gifts that are certain to appeal to him. As the time for Holiday festivities draws near one may feel like buying himself a Christmas present. You are not likely to find anything more practical than High--Art Clothes. You will enjoy the holiday more fully if you are wearing a suit or overcoat selected from our extensive showing of this famous line which for 50 years and more has been a standard of clothing values. FAUBLE'S