

Bellefonte, Pa., December 13, 1918.

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. Details of the plan to make Christmas as merry as possible for the soldiers in these institutions have just been received at Red Cross headquarters. Nurses and enlisted men on duty at these places will also share in the distribution of Christmas cheer. Because of the limited amount of available shipping space the Red Cross was compelled to abandon its original plan to send special Christmas parcels from here to soldier patients in France. All the articles distributed will be obtained over there.

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. Each soldier will receive a sufficient number of Christmas postcards-now being designed by artists in the Red Cross service-to enable him to write to members of his

family and his friends back home. 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 opinfon 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 songs, but by really good music that can be appreciated.

"The value of music in bringing together socially disorganized communi- most of the states have made the disties 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

"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 Reguired 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 culosis every effort should be made to 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 graduated scale depending on the mber of dependents, and are condined on allotments of equal amounts es the allowance exceed \$50 for one

ving \$33 per month in foreign servico, if his family is la ce enough, may medicines is thrown away; it should I secure thereby for his family a to- cent living." tal income of \$66.50 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 example 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 con-

dition. 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 tu-* berculosis.

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

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 not by singing the common popular States. There is unfortunately no complete census available to show exactly the number of tuberculosis persons in each state despite the fact that ease 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 tuberkeep them so. This can be done by right living, good food and plenty of

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 Tuber-

culosis. "Above all do not trust in the misto half pay. In no case, however, leading statements of unscrupulous patent medicine. fakers. There is no aily. An ordinary enlisted man re- specific medicine for the cure of tuberculosis. The money spent on such required to alot \$16.50 per month be spent instead for good food and deHarry Lauder on Drink.

In a recent article published by "Association Men," Harry Lauder, the comedian, gave this personal tes-

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 No man can be successful and drink. 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

Pioneer Umbrella Carrier.

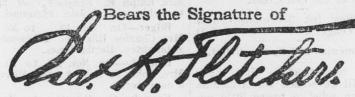
The first man in England to brave public opinion by carrying an umbrella was Jonas Hanway, who died in London 132 years ago. The umbrel-la had been used for centuries on the continent and in England as early as the reign of Queen Anne, but its use was confined to the fair sex. After returning from a 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 hack-ney 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

The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of and has been made under his per-All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTO 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.

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THE CENTAUR COMPANY, NEW YORK CITY,

Wise Feeders

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And have Healthy, Contented Dairy Cows. Excello Feeds are a BALANCED RATION-100 per cent. pure. No hulls; no indigestible filler. Excello Horse Feed is a balanced ration for horses, and is made with the same degree of care as the Dairy Feed. Each is in a class

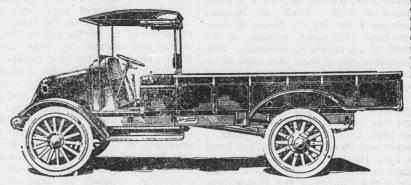
Ryde's Calf Meal, a substitute for milk Better for Calves than milk and not nearly as expensive.

Beef Scrap, 55 per cent. protein

A Full Line of Brookville Wagons "New Idea" Manure Spreaders Sleds, Sleighs, Pumps, Gasoline Engines, Etc. AT THE RIGHT PRICE

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WILL DO ALL YOUR HAULING

3-4 Ton for Light Hauling Big Truck for Heavy Loads

"Greatest Distance for Least Cost"

GEORGE A. BEEZER,

BELLEFONTE, PA.

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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