

# Democratic Watchman

Bellefonte, Pa., March 5, 1920.

## Mrs. Pankhurst to Lecture at State College.

Mrs. Emeline Pankhurst, the famous English suffragette leader, will deliver a lecture in the Schwab Auditorium at State College on the evening of March 20th. She goes there under the auspices of the Phi Kappa Phi honorary scholarship fraternity, which has been instrumental in bringing some of the best speakers in the country to Penn State this winter.

Previous to 1914 Mrs. Pankhurst was a prominent figure in world affairs due to the vigorous fight she made in England for woman's rights. During the war she with her daughter Christabel were active and effective workers in mobilizing the army of women in industry and encouraging the thousands of "land girls" who left their homes and did the work of men on English farms to produce food. Due to her knowledge of labor conditions she was able to avert threatened strikes in many places and helped keep factories going at full speed for four desperate years.

She traveled in Russia during the early part of the Bolshevik regime and has some interesting things to say of the workings of this form of government which she saw at first hand.

## Application Approved for New Railroad Through Pennsylvania.

On January 29th the New York, Pittsburgh and Chicago Railway corporation presented an application to the Public Service Commission of Pennsylvania for permission to build a railroad from Harmony, Butler county, to a point near Allentown, and the Commission last week accepted the plans and approved the application. The route of the proposed road is what is known as the Ramsey air line, by which it is proposed to shorten the distance about eighty miles between New York and Pittsburgh, and points west. Centre county will naturally be interested in this road as the old Ramsey survey runs through Centre county. The route runs through Houtzdale, Clearfield county, crosses upper Bald Eagle valley and by tunnelling Bald Eagle mountain enters Centre county in Halfmoon township. Crossing through the western end of the county the route eastward is by way of Pine Grove Mills and Boalsburg and on down through Pennsylvally. According to reports surveyors will be at work on the route just as soon as the snow disappears.

## Milk is Valuable Food for Both Young and Old.

A child should have a quart of milk a day and a grown person at least a pint, according to Miss Pearl Mac Donald, head of the home economics extension service of The Pennsylvania State College. This does not all have to be drunk, but may be supplied in various ways, as in cream soups, in creamed and scalloped dishes, in custards, junket and in dessert made with milk.

Cottage cheese, pound for pound, contains more protein than most cuts of meats and costs much less. Proteins, or building and repair materials, are essential to the diet. As a class they are more expensive than the foods that supply fuel or energy. Fuel foods are comparatively cheaply supplied in the grain products, fruits, vegetables and fats. Less of other protein foods and more milk and dairy products can be used to make a cheaper as well as a more nourishing ration.

There are four groups of materials in food necessary to the proper nourishment of the body. These are build-

### MEDICAL.

## It's Foolish to Suffer

When so Many Bellefonte People are Pointing the Way Out.

You may be brave enough to stand backache or headache or dizziness. But, if, in addition urination is disordered, look out! If you don't try to fix your sick kidneys, you may fall into the clutches of dangerous disease before you know it. But, if you live more carefully and help your kidneys with Doan's Kidney Pills, you can stop the pains you have and avoid future danger as well. Don't experiment—use the remedy Bellefonte people are publicly endorsing. Read this case:

Mrs. Clair Miller, 231 E. Bishop St., Bellefonte, says: "Doan's Kidney Pills have been a household remedy with us for years. I have used them at different times with satisfactory results. I am glad to recommend Doan's Kidney Pills." Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs. Miller had. Foster-Milburn Co., Mfrs., Buffalo, N. Y. 65-10.

## Get the Best Meats

You save nothing by buying poor, thin or gristly meats. I use only the LARGEST AND FATTEST CATTLE and supply my customers with the freshest, choicest, best blood and muscle making Steaks and Roasts. My prices are no higher than the poorest meats are elsewhere.

I always have  
—DRESSED POULTRY—  
Game in season, and any kinds of good meats you want.  
TRY MY SHOP.

P. L. BEEZER,  
High Street. 24-24-1y Bellefonte, Pa.

ing and repair material for bones, muscles, nerves and tissues, fuel or energy furnishing substances, materials for regulating the body processes, and those that tend to create a disease resisting power in the body. When the value of all foods is judged on the basis of what they supply of these four groups, it is apparent that no other single food meets the needs of the body so efficiently as does milk. It is readily assimilated and furnishes the things which the growing body needs. Health and normal growth of children depend on giving milk an important place in the diet, while that of adults is benefited by a generous use of dairy products.

## COURT HOUSE NEWS

REAL ESTATE TRANSFERS.  
A. E. Roberts to Wm. F. Gibbons, tract in College township; \$5000.  
Emanuel Wetzel's heirs, Exr., to W. E. Boob, tract in Haines township; \$2000.  
John E. Brown, et ux, to James H. Norris, tract in Philipsburg; \$2800.  
Frank Barber, et ux, to Dory Swisher, tract in Rush township; \$500.

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WE manufacture a very complete line of all grades of fertilizer and are always glad to send to any farmer a list of the different analyses. Special fertilizers for Potatoes and Truck Crops.

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Factories ideally located to give the farmers of Pennsylvania REAL FERTILIZER SERVICE.

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THE CENTRAL CHEMICAL CO.  
Hagerstown, Md.

The "GRO-ALL" Fertilizers are sold by the progressive dealers in most sections of Pennsylvania. If not sold in yours, write for the agency proposition today.

## A Bank Should be Something More Than a Place to Keep Money

It should reflect the highest standard of business ethics.

It's promises should not end in pleasant words

It should be ready to render service at any time to the full extent of its judgment and ability.

It should be able to give reliable and disinterested advice about investments.

It should be interested in you, and anxious to help.

Have you relations with such a Bank?

## The First National Bank

61-46-1y

Bellefonte, Pa.

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Watches Glassware  
Jewelry Electric Lamps  
Clocks Bracelet Watches  
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## A Thoroughly Equipped Store

## F. P. Blair & Son,

Jewelers and Optometrists

Bellefonte, Pa.

64-22-1f

Shoes.

Shoes.

ATTORNEY'S-AT-LAW.

## Yeager's Shoe Store.

\$4.85. \$4.85 \$4.85

### MEN'S HIGH TOP WORK SHOES

I have received another shipment of those good High Top Work shoes that I sold last fall for \$4.85

These shoes are made of all solid leather and are less in price than the very cheapest shoddy shoe on the market today.

It will pay you to purchase your work shoes now and lay them away until you need them.

## 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 & Co. Lyon & Co.

### Coats and Coat Suits

We are receiving daily the latest styles in Spring Coats and Coat Suits. Our line of Ladies' and Misses' Suits is the largest and up-to-the-minute styles. Whether a strictly tailored or elaborately embroidered suit, we can fit and suit all tastes. Prices astonishingly low.

### Silks! Silks!

Everything new and up-to-date in Georgette, Crepe de Chene, Silk Jersey, Plain and Fancy Silks. Also a complete line of Sport Silks.

### Crepes and Voiles

Our 1920 Spring line of Voiles and Crepes are now on display. A varied assortment of colors and designs—just what you want for your new spring dress.

### Shirt Waists

Georgette, Crepe de Chenes, Satins and Voiles in all the new models.

A large line of Men's, Children's and Ladies' Shoes. Carpets, Linoleums, Trunks and Bags.

Lyon & Co. 64-10 Lyon & Co.

S KLINE WOODRING—Attorney-at-Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's Exchange. 51-1y

N B. SPANGLER—Attorney-at-Law. Practices in all the courts. Consultation in English or German. Office in Crider's Exchange, Bellefonte, Pa. 40-22

H S. TAYLOR—Attorney and Counselor at Law. Office in Eagle Block, Bellefonte, Pa. All kinds of legal business attended to promptly. 40-40

J KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 6 East High Street. 57-44

J M. KEICHLINE—Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Office on second floor of Temple Court. 49-3-1y

W G. RUNKLE—Attorney-at-Law. Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 58-5

### PHYSICIANS.

W S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 35-41

### RESTAURANT.

Bellefonte now has a First-Class Restaurant where

### Meals are Served at All Hours

Steaks, Chops, Roasts, Oysters on the half shell or in any style desired, Sandwiches, Soups, and anything eatable, can be had in a few minutes any time. In addition I have a complete plant prepared to furnish Soft Drinks in bottles such as

POPS,  
SODAS,  
SARSAPARILLA,  
SELTZER SYPHONS, ETC.  
for pic-nics, families and the public generally all of which are manufactured out of the purest syrups and properly carbonated.  
C. MOERSCHBACHER,  
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It will be to your interest to consult us before placing your Insurance.

JOHN F. GRAY & SON,  
Bellefonte 43-18-1y State College

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BENEFITS:  
\$5,000 death by accident.  
5,000 loss of both feet.  
5,000 loss of both hands.  
5,000 loss of one hand and one foot.  
2,500 loss of either hand.  
500 loss of either foot.  
500 loss of one eye.  
25 per week, total disability. (limit 52 weeks)  
10 per week, partial disability. (limit 26 weeks)  
PREMIUM \$12 PER YEAR.  
payable quarterly if desired.

Larger or smaller amounts in proportion Any person, male or female, engaged in a preferred occupation, including house, keeping, over eighteen years of age of good moral and physical condition may insure under this policy.

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and Good Plumbing

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is the kind we do. It's the only kind you ought to have. We don't trust this work to boys. Our workmen are Skilled Mechanics, no better anywhere. Our

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Not a cheap or inferior article in our entire establishment. And with good work and the finest material, our

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