

## BEING FAT IS REAL TRAGEDY

### To Modern Woman It is a Worry That Frequently Leads to Ruined Health and Insanity.

A fat man is usually a jolly sort of an individual who accepts the world as the same sort of a joke as the world considers him. Girth, says the New York Sun, may worry a man occasionally because it is an annoyance, but with the modern woman it verges upon tragedy. As physicians—if they would talk freely—can tell you, it is a worry to them that frequently leads to ruined health, insanity or the grave.

It is possible for a man to grow fat gracefully. At least he can subdue his habits, stop running for trains, give up his golf and spend most of his time in ponderous poses. His tailor can easily arrange his clothing into well-known and accepted lines.

The case of the woman is different. Fashion binds her as with a chain. There are no stylish frocks for stout women. The fashion of today calls for slim figures and trim ankles. Waists and hips are taboo. There are no sleeves capable of concealing overflæshed arms. Man can adapt his ciothes to his figure, but woman must adapt hc<sup>-</sup> figure to the clothes, or else shamelessly admit that she cannot wear what is fashionable.

It was not always so. In another generation the stout woman had a well defined place—the "dowager type," it was sometimes called. The woman who made the best biscuits and cooked the most savory chicken was always a rotund sort of person who never minded it when people came unexpectedly around dinner time. She was the one children flocked to for sympathy and the one who seemed to make the world brighter wherever she went.

## FORKS FIRST USED IN 1574

### Occasion Was Dinner Given by Henry III of France—Account Given by Royal Guest.

It is hard to believe the sensation produced when forks first came into use. It was in 1574, at a dinner given by Henry III of France. Here is an account by a royal lady guest, the Ladies' Home Journal recalls: "The guests never touched the meat with their fingers, but with forks, which they carried to their mouths, bending their necks and bodies over their plates.

"There were several salads. These

### FUNNY SIDE OF WET WEATHER Elements the Occasion of More Humor and III-Humor Than Any Other Earthly Institution.

The weather, more especially cur British variety, has probably been the occasion of more humor and ill-humor than any other earthly institution, London Tit-Bits says.

"What you need," once remarked a doctor to his patient, "is a change of climate." "Change of climate!" cried the man. "That's what's the matter with me. If the climate would only keep the same a few days running I would be all right!"

The mutability of the weather reminds one of the indignant customer who returned to the shopkeeper, saying: "Look here, that barometer you sold me a month ago has got out of order. It won't work." "No wonder, sir," replied the shopkeeper, "look, what a lot of weather it's 'ad lately !" There is nothing to beat the story of the American tourist who came across a man out West sitting on a stump. "How's the weather treating you?" he was asked. "Pretty tolerable stranger," replied the man. "I had some trees to cut down, but a cyclone came along and leveled them for "That was a piece of luck," me." eried the tourist. "Yes; and then," continued the man, "there was a storm, and the lightning set fire to the brushwood and saved me the trouble of burning it." "Remarkable! But what are you doing now?" "Oh, I'm just waiting for an earthquake to come along and shake the potatoes out of the ground."

Once an old weather prophet at Whittingehame informed Mr. Balfour that "It's gaun to rain seventy-twa days, sir." "Come, come!" said the statesman. "Surely the world was entirely flooded in forty days?" "Aye, aye," was the response, "but the world wasna' sae weel drained as it is noo."

### NO HAY IN THE PHILIPPINES Because of Great Humidity Grass Cannot Be Cured, So It Is Cut Every Day.

Because of the great humidity grass can't be cured in the Philippines. As a consequence it is cut fresh every day and brought into the towns and cities for sale at a stipulated price per cargo, two bundles weighing about 125 pounds. It is cut with a small homemade knife and washed in running water before being placed in the bundle. American horses cannot live on it, but native horses eat it and grow fat. Guinea grass and Bermuda are the commonest kinds of grasses grown for horse roughage in the islands, according to a writer in the Philadelphia Public Ledger. For American horses and mules hay is imported into Manila from the Pacific coast states and brings about \$75 per ton. Oats sell for about the same price. On account of the excessive rains oats cannot te grown in the islands; rust affects it. Corn grows well; Filipino farmers can harvest three crops a year from a single piece of ground. To keep it, it is necessary to leave it in the husk: otherwise weevils destroy it. It is tied in bundles and hung on bamboo poles, then husked and shelled as needed. Corn mills are now being established in Visayan islands, where the natives prefer cornmeal to rice as a staple food.

# "U.S.BRAND" PRESENTS FOR CHRISTMAS

Uncle Sam in Annual Sale Offers Old Standbys.

The old established firm of Uncle Sam and Company welcomes Santa Claus and announces that it is giving its third annual offer of tasty Christmas gifts with all the good lasting features. Offerings fit any pocketbook, coming in all sizes from 25 cents to \$1000.

Not only is an iron-clad money-back guarantee maintained, but a pledge is made to return the customer's cr recipient's money with interest at any time if he is not satisfied. Goods can be bought for the same price in any city, village or cross-roads, at any time, with no need for doing this Christmas shopping early. Purchases can be made at any postoflice, authorized bank or agency in the district.

The firm is still giving its regular discount, selling an article worth \$ for \$4.23 this month, and the standard \$100 and \$1000 models for \$84.60 and \$846.00, respectively.

With every article, to every purchaser or recipient, there is given away absolutely free one solid gold, guaranteed, priceless and good *Habit*. Speakers all over the land have said that this habit, the Thrift Brand, is the most valuable in the world today, and is the salvation of the country. There Thrift Habits are guaranteed, if properly cared for, to grow with extraordinary rapidity, bringing wealth, content and safety to the owner.

These offers have special value as gifts for children. Can you remember anything more awe inspiring to you when you were a little shaver, than a cris\_ \$5 note, or anything more humanly alluring than a shining new quarter? It is now in your power to buy for your children or for other children a Savings Stamp worth \$5 for \$4.23, or a 25-cent key to happiness which will begin a period of gratification and education lasting long after memories of Santa have faded.

Uncle Sam and 1920 Santa strongly urge everybody to buy Xmas presents thoughtfully—to buy things that have intrinsic and lasting value. Let your gifts consist of 25-cent Thrift Stamps, \$5 Government Savings Stamps, nov obtainable for \$4.23, and \$100 and \$1000 Treasury Savings Certificates, for \$84.60 and \$846.00, respectively.

# THRIFT EDUCATION PLAN Urged for U. S. Schools

That the widespread habit of thrift

## College Professor Records Interesting Observation He Made on the Streets of a City.

SAW MIRAGE ON SIDEWALK

A curious case of sidewalk mirage was described by Prof. F. W. McNair of Michigan College of Mining. Prof. McNair wrote in Science:

"I was walking eastward on a ecment sidewalk on a street running nearly east and west, and moving up a moderate grade which joins a nearly level stretch of walk. On reaching a point which brought my eye slightly above the level portion, and at which normally the level stretch would have been seen in its entire length, but much foreshortened, I observed instead what appeared to be a stretch of clear dark water covering the entire width of the walk and brilliantly reflecting moving persons and other objects in sight beyond it.

"The sky was clear, the air cool, the sun high. It was about 3 o'clock p. m., local time. There was a moderate breeze. The angle of observation was very small, probably not above three degrees. A step or two either cast or west, and the water was gone, but within the proper limits, the illusion was definite and continuing. The weather bureau report for the day indicated that approximately 30 feet above the spot where the mirage was observed the air temperature was about 60 degrees F. and the humidity about 63 degrees."

The resemblance between conditions here described and those which produce the mirage on the plains is obvious.

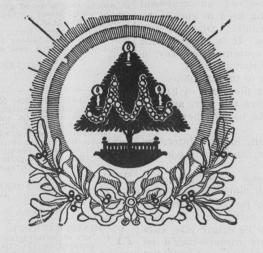
# BELIEVE DEVIL RULES EARTH

Probably Queerest Religious Faith Is That of Tribe of Kurdish and Arabian Blood.

One of the strangest religious sects in the world is known as the Yezedi, a race of mixed Kurdish and Arabian blood. They worship the devil, and believe he will rule the earth for 10,000 years, 4,000 of this number having already passed. On the theory that Jesus is good, and will not harm them, they give most of their devotion and sacrifice to the devil who, they assert, will at the end of the next 6,000 years, be put into hell, where he will weep so hard he will put out the fires, and then will be pardoned and given back his rightful place in heaven.

The Yezedi believe that there were 71 Adams and a similar number of Eves, and that the originals once had a great dispute as to who was the most important, the man or the woman. To prove the matter the women spit in one great jar and the men in another, and the jars were the sealed for nine months. At the end of that period they were opened, and from the women's jar leaped a pile of snakes and worms, while from the Only thirteen more shopping days until Christmas, and we are still

# **Taking Our Medicine**



If it's for man or boy your dollars will do almost double duty here



they ate with forks, for it is not considered proper to touch the food with the fingers. However difficult it may be to manage it, it is thought better to put the little instrument in the mouth than the fingers.

"Then artichokes, asparagus, peas and beans were brought. It was a pleasure to watch them try to eat these with their forks, for some, who were less adroit than the others, dropped as many on their plates and en the way to the mouth as they were able to get to their mouths.

"Afterward a great silver basin and a pitcher of water were brought and the guests washed their hands, though it seems as if there would not be much scent of meat and grease on them, for they had touched their food only with those forked instruments."

#### Too Much Candor.

My traveling companion had been carrying an old black bag which barely held together. I had told her that she would have to carry a different piece of baggage if she were going to travel with me, but it made no impression.

One early morning we sat down in a small waiting room in a branch line station in central Oregon. Next to me was an old black bag with which I began to fumble. Finally I put my finger through a rip in the side and began to pull out some wearing apparel and at the same time turned to my friend and said; "Pauline, you certainly ought to be ashamed of yourself to carry such a ramshackle contraption as this bag is."

"I beg your pardon," said a woman seated on the other side of me, "but that is my bag."

Brazil's Big Snake Nursery.

There are said to be more snakes in Brazil than in any other country of the western hemisphere, an exchange remarks. At Batuntan, near Sao Paulo, there is a great snake garden where scientists are studying the mysteries of snake biology. The original season for the establishment of the garden, which is a huge nursery for snakes, was to obtain serum enough for those bitten by snakes throughout Brazil. The garden is 600 acres in extent and divided into three departments, two of which are devoted to cobras, crotalids and bothrops, the most poisonous snakes known; while the third department is given to the nonpoisonous snakes.

She Knew Her Proper Plates. Mistress—Mercy, Hilda! You musta't clean the plates with your handkerchief!

Hilda—Oh, that's all right, ma'am; it's only a dirty one. — Karigaturen (Christiania).

### More Musical Drums.

It is a well-known fact that percussion instruments as a class give inharmonic overtones, and so are musically defective. A special type of drum used in India is a remarkable exception to that rule, says Nature, for it gives harmonic overtones that have the same relation of pitch to the fundamental tone as is found in stringed instruments. The drumhead produces five such harmonics, inclusive of the fundamental tone. The first, second and third harmonics are especially well sustained in intensity and give a fine musical effect. The result is attained through the use, on the drumhead, of a symmetrical distributed load that decreases in density from the center outward. The load consists of a fiexible composition of finely divided metallic iron. A second membrane in the form of a ring is superimposed round the edge of a drumhead. The fundamental pitch and the octave are derived from the modes of vibration of the membrane. The center load improves the musical effect by increasing the energy of vibration, and thus prolonging the duration of the tones .-- Youth's Companion.

Many Bridal Beliefs.

One is inclined to believe that the job of the folklore collector would have been greatly curtailed had it not been for the fund of material that is wrapped around the bride. Every little move she makes, every stitch in her gown, the flowers in her bridal bouquet, and the jewels she dons on her wedding day all have secret portents.

If the first flower a bride sees on her wedding morn is white, say the folkloreists, she will lead a happy life; if red she will know sorrow and care. If a bunch of pink roses is given to a bride it is lucky.

#### Assurance.

"One of those campaign 'money diggers' would like to see you," said Mr. Grabcoin's secretary. "Thunderation! Didn't you say I

was out?" "Yes, sir. He said he knew you would be out, and he just dropped in

-Subscribe for the "Watchman." | would be out, and he just dropped to tell you how much."

and saving is taking hold of the American people, particularly the young, is evidenced by the conference between the Committee of State Superintendents of Public Instruction and the Treasury officials held recently in Wasain, t..., for the purpose of urging "the prompt adoption of the new thrift education in all state and local educational systems of the United States," and at the same time providing for the practice of the principles taught by offering means for sound in vestment.

Dr. Thomas E. Finegan, Superintendent of Public Instruction in Pennsylvania and Commissioner of Education Calvin N. Kendall, of New Jersey, have long ago issued calls to their teachers, principals and superintendents urging their aid and co-operation in realizing the Government School Savings Plan throughout all the schools of the Third Federal Reserve District.

To commission the 2,000,000 pupils of this district in the army of savers, the Government 's instituting Savings Societies in every school in Eastern Pennsylvania, Southern New Jersey and Delaware. Every pupil becomes a member of the society, pledging himself to save his pennies, nickels and dimes, and to invest them in Government Stamps. The old "save as much as you can" plan lacked "punch" in stimulating the habit of thrift and systematic saving. The new quota plan, devised this year, encourages each pupil to save enough money during the year to buy two Government Savings Stamps, one in December, the other in June. The cost of these two stamps averaged over the year is \$8.35. That requires a child to save 16 cents a week.

Each school is alloted a definite amount to be saved, based on the number of scholars there multiplied by the cost of the two stamps. This allotment is not obligatory, but it is the standard for the school and the measure of success of the savers there taken as a group

there, taken as a group. Teachers and parents should give overy incentive and help to their children to save and invest in Thrift and Savings Stamps. The early habit of economy will start the young on the right, safe and successful road. Today nearly 60 per cent of our adult population, or about 50,000,000 people, do not have a doll · saved—not a cent ahead of them except the daily wage. The savings work in schools is a vital step to prevent this in the future.

The United States issues Thrift and Savings Stamps and Certificates in response to a popular demand for a safe medium for small investments. Twenty-five cent non-interest bearing Thrift Stamps and five-year-term Savings Stamps, carning 4 per cent interest compounded quarterly, are absolutely safe, profitable and convenient; they never fall in price but are always worth what was paid for them *plus the interest to date*.

men's jar came a beautiful boy and girl. In spite of their strange beliefs they are very industrious, honest, hospitable and kindly, although steeped in dense ignorance, one phase of their religion forbidding them to learn letters.

Words in English Language.

#### The number of English words not yet obsolete, but found in good authors, or in approved usage by correct speakers, including the nomenclature of science and the arts, does not probably fall short of 100,000, says George Perkins Marsh. Few writers or speakers use as many as 10,000 words, ordinary persons of fair intelligence not above 3,000 or 4,000. If a scholar were to be required to name, without examination, the authors whose English vocabulary was the largest, he would specify the all-embracing Shakespeare, and the all-knowing Milton. And yet in all the works of the great dramatist there seem not more than 15,000 words; in the poems of Milton not above 8,000. The whole number of Egyptian hieroglyphic sym-

### Egg Shows Miracle.

scarcely more extensive.

bols does not exceed 800, and the en-

tire Italian vocabulary is said to be

One cannot find among the multitude of wonders in nature anything more marvelous than the development of an egg, writes Elsa G. Allen, in the American Forestry Magazine. Whether it be a butterfly which flourishes for a day, only to die after depositing its eggs, or a reptile which lazily leaves its eggs with only the warm sand to mother them, or a fish, like the salmon, which with incredible strength. jumps the rapids to spawn in the upper reaches of rivers, or most appealing of all a bird which builds a beautiful nest for its treasures, the egg in every case is structurally the same, and the miracle of life unfolds according to the same laws of cell division.

Modern Words Traced to Trees. While the ancient Greeks fancied that every tree was possessed of its own peculiar spirit, and nature lovers insist that trees have personalities even as men and women, it is only natural that men have paid tribute to the tree. The leaves of plants named the leaves of books, and the word "folio" traces back to "foliage." The word paper comes from the old papyrus plant, and the word "Bible" is the Greek name of the plant, according to the Minneapolis Journal. The word "book" is derived from "beech," and the "codex" originally meant tree trunk. It is because men have found the trees kind friends and interesting subjects that they have been paid sc much tribute.

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