

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.

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.

The case of the woman is different. Fashion binds her as with a chain. There are no stylish frocks for stout women.

It was not always so. In another generation the stout woman had a well defined place—the "dowager type," it was sometimes called.

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.

There were several salads. These they ate with forks, for it is not considered proper to touch the food with the fingers.

Then artichokes, asparagus, peas and beans were brought. It was a pleasure to watch them try to eat these with their forks.

"Afterward a great silver basin and a pitcher of water were brought and the guests washed their hands, though it seems as if there could not be much scent of meat and grease on them.

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.

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.

"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.

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

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

Subscribe for the "Watchman."

FUNNY SIDE OF WET WEATHER

Elements the Occasion of More Humor and Ill-Humor Than Any Other Earthly Institution.

The weather, more especially our British variety, has probably been the occasion of more humor and ill-humor than any other earthly institution.

"What you need," once remarked a doctor to his patient, "is a change of climate." "Change of climate!" cried the man.

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."

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.

Once an old weather prophet at Whittingham informed Mr. Balfour that "It's gann to rain seventy-two days, sir."

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 corgo.

THRIFT EDUCATION PLAN URGED FOR U. S. SCHOOLS

That the widespread habit of thrift 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 Washington.

More Musical Drums.

It is a well-known fact that percussion instruments as a class give inharmonious overtones, and so are musically defective. A special type of drum used in India is a remarkable exception to that rule.

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.

Assurance.

"One of those campaign 'money diggers' would like to see you," said Mr. Grabco's secretary.

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.

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.

Egg Shows Miracle.

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.

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.

"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.

Not only is an iron-clad money-back guarantee maintained, but a pledge is made to return the customer's or recipient's money with interest at any time if he is not satisfied.

The firm is still giving its regular discount, selling an article worth \$ for \$4.23 this month, and the standard \$100 and \$500 models for \$84.00 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.

These offers have special value as gifts for children. Can you remember anything more awe inspiring to you when you were a little shiver, than a crisis.

Uncle Sam and 1920 Santa strongly urge everybody to buy Xmas presents thoughtfully—to buy things that have intrinsic and lasting value.

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, \$100 Treasury Savings Certificates, for \$84.00 and \$846.00, respectively.

THRIFT EDUCATION PLAN URGED FOR U. S. SCHOOLS

That the widespread habit of thrift 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 Washington.

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 is 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.

Each school is allotted 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.

Teachers and parents should give every 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 dollar saved—not a cent ahead of them except the daily wage.

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, earning 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.

SAW MIRAGE ON SIDEWALK

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

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 cement 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 east 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 split 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 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 symbols does not exceed 800, and the entire Italian vocabulary is said to be scarcely more extensive.

Egg Shows Miracle.

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 "follage." 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 so much tribute.

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. Fauble's. BELLEFONTE, Pa.

Letz Feed Mills, Sharples Cream Separators, Sharples Milking Machines (Electric and Line Machines), Chicken, Dairy and Horse Feed, Calf Meal. Dubbs' Implement and Feed Store, BELLEFONTE, Pa.

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