Democratic Watchman.

#### Bellefonte, Pa., September 30, 1921.

#### KOREAN FOOTBALL 5697 B. C.

"Yz'uk kuk."

That's just Korean for football. Antiquarians digging around the dusty temes of old Japan came across document which seems to be the Police Gazette of B. C. 2697. The moleskins of the day were made of silk. It was not uncommon to find a huge pansy across the back of a stalwart tackle. Stockings were silk, too, and of variegated colors.

The Big Bill Edwards of those days was Emperor Ch'eng Ti of the Han History relates that he dynasty. backed his team to the limit. Whether he showed the devotion of the modern college student who sells his furniture to bet on the game is not known. Walter Camp was represented by Gen. Asukai Masatsune. He got out the original rule book and guide. Whether he also picked his own crowd for the All-Mongolian or not, history does not say. At any event he was the original coach and probably won his share of moral victories while the other teams got the touchdowns.

Football in those days was like yachting now. Only those in whose veins flowed the bluest blood could make the team.

Nothing is known about the formations of that day, but we have a description of the ball. It was round and stuffed with bair. "Goat's hair" gave it resiliency. The game seems to have been all kicking. Stage waits were as prevalent as in a corner lots ball game of today. So long winded were the protests that the attendants used to serve tea to the players while a decision was being given.

Unnecessary roughness was frequent, and when the game was played in the army as a military exercise, a famous general protested that it was too strenuous, and the contestants were forthwith equipped with fans. A fan in the hands of the umpire replaced the whistle of today, and we can imagine him nearly waving his wrist off when things went wrong.

No goal posts as we know them today existed. At one end of the field there was a cherry tree and at the other end an apple tree, which served as goals. The apple tree was the more popular, as a tally was signalized by a shower of fruit, at which the game was suspended while all contestants ate an apple. Once early in the spring when the goals were in bloom a halfback of the Lu province team mistook the apple tree for the cherry and shot the ball past his own goal, thereby losing the game for his team. He was we sacrificed part of our meals. No "cussed out" quite heartily by the spectators in true Yankee style .- New York | and the death rate ran about one pris-Mail.

### **"DEAD" SIX YEARS PROPER FOOD URGED**

American Tells of Suffering in Mexican Salt Mines.

#### Only Recently Gained Freedom, and Did Not Know Anything of the World War.

The World war had been fought and won, and he did not know a word

about it. He was Mate Maguire, an engineer and graduate of the Boston Institute of Technology, who for six years was soldier of fortune in the rebel army of Mexico, and for five years and eight months a prisoner at hard labor in the Mexican salt mines, during which he never saw the light of day or a newspaper of any kind.

Maguire reached Tacoma a short time ago after a thrilling escape from the mines, in which he had been condemned to life imprisonment after his capture by the Mexican federals. He has just taken a position in the county engineer's office in Tacoma, says a Tacoma letter.

Young and adventurous, Maguire joined a troop of men from the United States who were fighting under Ma-He became second in command dera. of all the troops and was part of the time directly under Villa. He was truly a soldier of fortune.

But one day Maguire and two other officers went into Chihuahua because they heard trouble was brewing there. They entered a cantina through a rear entrance. Here they found several of Huerta's officers carousing. They had nothing to do but surrender to them. They were gagged, tied and taken 65 miles on horseback to the headquarters of a United States halfbreed serving under Huerta. Here at a general court-martial they were sentenced to life imprisonment in the sait mines of Chihuahua.

"It was worse than a death sentence to us," said Maguire. "We had heard about the conditions of the salt mines, where unbelievable conditions were existing, and the workers were being just

fortured to death. 'We were dropped some 1,500 feet in the ground in a bucket. We felt as though we were being buried alive, and when at last I stepped into the mine, with its few dim candles, the famous lines, 'All hope abandon, ye who enter here,' entered my mind. It was just pure and simple hell. Rats, gila monsters, scorpions, lizards, lice and other underground creatures were the surroundings. Food consisted of beans and flabby pancakes. "That we might get a little tobacco

nedical aid of any sort was available, other a day. Their bodies lay uncovered for we is sometimes In all the

AS TAX REDUCER. School children must have the proper food; the sort that will build men and women who in years to come will be able to take care of themselves, thus reducing taxation by reducing those who become public wards. That is the aim of the State Depart-

ment of Health in Harrisburg. Dr. Edward Martin, the State Com-missioner of Health, is asking par-ents of school children to feed them so that good health may be maintained throughout their school days.

Following is a list of the generally approved foods for school children, with suggestions for the school lunch, prepared by the State Health Department:

BREAKFAST

Cereal (oatmeal, cornmeal, rice, cream of wheat, shredded wheat, farina, corn flakes).

Milk or cocoa made with milk. Bread and butter (preferably wholewheat bread).

Egg or fruit (egg soft boiled or poached); (stewed apples, peaches, apricots prunes; oranges or grapefruit).

LUNCH Vegetable soup, or cereal or egg.

Milk.

Bread and butter. Cooked fruit (apple sauce, baked or stewed apples).

DINNER Meat or fish (about two ounces. Never

fried). Fresh vegetable (spinach, chard, beet tops, greens, carrots, beets, boiled onions) Raw celery, cucumbers and corn should not be given until after the tenth year. Starchy vegetables (potatoes, sweet potatoes, rice, hominy, spaghetti, macaroni). Bread and butter. Dessert (rice, tapioca, bread pudding, cooked fruit, cornstarch pudding, gelatine

ice cream) Candy should be eaten immediately after meals. If the child is hungry after school give him bread and butter. Never give a child under twelve tea, coffee, mustard, catsup, pickles, pork, dried or salted meats, kidney, liver, game or rich pastries.

#### Penn State's Problem.

"How long will this great State of Pennsylvania allow a thousand of its Pennsylvania allow a thousand of its best boys and girls to knock in vain each year for admittance to its own State College?" This query was pre-sented by Judge H. Walton Mitchell, head of The Pennsylvania State College trustees, upon the occasion of the recent college opening. In the past three years Penn State has been unable to accommodate over 2500 young men residents of the State, due to lack of buildings, equipment and State funds for additional faculty members. The number turned away in that time is almost equal to the present capacity of the State's institution of highlearning.

The Lord's prayer has been written on postage stamps and engraved on other small surfaces, but it it plus greatest economy, the most for has remained for an eastern photo-en- the money. Get it.

graving concern to imprint it on the face of a small type slug known among printers as an 18-point em-This type is one-fourth of an inch square and, allowing for margins all around, offers a space only 15-64 inch square for the somewhat lengthy writing. So accurate is the work that the tiny letters stand out clearly, and persons with good signt. can read the text without the aid of a glass.

#### Health First, at Penn State.

Every effort will be made this year to keep the students at The Pennsylvania State College in the best of health, according to the college offi-Working on the principle that cials. "Good brains need a sound body," every able-bodied student will be required to enter some kind of athletic sport or recreation. All new students will be given a thorough physical examination immediately and corrective exercises assigned for those who need them. The college physician, health service staff and the department of physical education all combine in this very necessary work.

Boy Didn't Kick.

"I'm sorry, young man," said the druggist, as he eyed the small boy over the counter, "but I can only give you half as much castor oil for a dime as I used to.'

"The boy blithely handed him the coin. "I'm not kicking," he remarked. "The stuff's for me."—Watchman-Examiner.

#### **Real Estate Transfers.**

Nora W. Evey, et ux, to Anna R. Beamer, tract in Haines township;

W. D. Zerby, Admr., to J. K. Reish, et al, tract in Haines township; \$185. J. K. Reish, et al, to Amie R. Benner, tract in Hainesto wnship; \$1.

-Buy your own paper and read it.

HOOD'S SARSAPARILLA.

## **Most Ailments** Due to One Thing

That is, Impure, Impoverished, Devitalized Blood.

Probably 75 per cent. of the ailments of the human race are due to an abnormal condition of the blood,thin, poor, anemic.

This fact and the further fact that Hood's Sarsaparilla purifies, enriches and revitalizes the blood, by creating a healthy appetite, aiding digestion, promoting assimilation and thereby securing in full all the benefits of complete nutrition, must impress the thoughtful with the wisdom of giving this great medicine a trial.

Hood's Sarsaparilla is greatest mer-66-38



# Pennsylvania

Our plant has been so busy for several years working on patented machines that we have given little thought to the vast amount of local business that must be procurable in this section. In consequence probably few persons feel that we want to bother with small jobs. Such is not the case. We do. We want to offer you the advantage of every department of our plant: Draftsmen, engineers, machinists and foundrymen.

While we make Straightening Machines. Power Hammers and Heavy Castings running into tons and tons we are just as anxious to make the little castings that you may need, even if they weigh but a few pounds.

Trees for Future Generations. Sometimes it is said that in certain European countries the law compels the planting of a tree for every tree cut down, and it is urged that such a law should be enacted in different provinces of Canada. The expression, however, is only metaphorical. What European countries do provide, is that for every acre of forest cut down, in certain areas unsuitable for agriculture, another crop of trees must be started by either natural or artificial methods of regeneration on that area. When forest trees are planted, the trees are set, say 2,000 to the acre, and when they are harvested, 60 or 70 years later, they stand from 150 to to 200 to the acre. If they had been planted 200 to the acre they would have grown short and full of limbs from the ground up, and would be Planted thickly useless for lumber. they reach upward for the light, making long, clean trunks. The trees which never reach maturity are thinned out either naturally or with the ax, after they have served their purpose.-Montreal Herald.

Remarkable Belgian Gun.

One of the most curious products of the Belgian gunmakers' art, says Popular Mechanics Magazine, is now in. the possession of a Colorado sportsman. This gun is remarkable for its arrangement of seven barrels in one, the composite tube with its cluster of parallel bores being about the size of a heavy-gauge shotgun barrel. Seven .22-caliber rifle cartridges are inserted in the breech openings, and fired simultaneously by a single firing pin and hammer. The shell ejector is a removable disk with seven holes, which swings back when the lock is opened.

Oak in Hall of Fame.

"Man?

Before Basking Ridge, N. J., took its place in the world an oak stood there. The people of this New Jersey town can trace the tree's history for 400 years, but the church is only 200 years old. It has just celebrated that event. Miss Margaret Hitchcock of Morristown, and Mrs. William D. Baneker of Basking Ridge nominate the tree for a place in the Hall of Fame which the American Forestry association is compiling of trees with a history. The tree has a circumference of 151/2 feet 6 feet above the ground.

Indian Chief Drives Auto.

An Indian Chief, Tony Tommy, of the Florida Seminoles, who still wear the garb of their forefathers, is the tirst of his tribe to buy and operate his own automobile. After a course of instruction at a garage in Miami, the chief now rolls into town each week from his village, near Fort Lauderdale, at the wheel of his machine, but with a pair of horn-rim glasses as his only other concessior to the ways of the palefaces.

five and two-thirds years I was in there i never saw a newspaper or magazine in fact, I didn't know there was such thing as the World war.

"But fate at last favored us. The guards, we noted, were on a carousal that evening. When they came down the shaft we ended their careers with blows from huge stones. We donned their uniforms and made off. I went toward the United States border, which was 139 miles north, and the other two officers went down south.

"Well, now I am here, thank God! Ambition for adventure is wonderful. but adventure itself of this sort is far from entertaining."

Use of Peat as Fuel.

The burning of peat has an individual as well as a national signifi-For instance, consider this cance. from Peter Christianson, professor of metallurgy in the school of mines at the University of Minnesota:

"There is scarcely a farmer in the state of Minnesota, except in the southeastern, western and extreme northwestern portions, who could not make himself independent of a coal supply for heating purposes by preparing and using peat from his own farm. Incidentally, peat is found in sixtyfour of the eighty-six counties of the state. Other states have lots of it, too.

"All the man needs to do is to take spade, cut the peat from his bog in blocks and dry it. He can do it cheaper than he can pay \$15 or \$20 for coal, too. My father burned peat for years here in Minneso'a and it made an excellent fire. Farmers are using If. for fuel in some sections of the state, particularly those from the old countries, who are acquainted with its

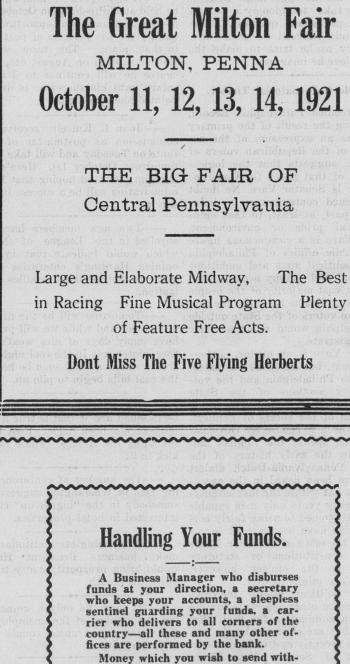
#### Valuable Invention.

A naval invention first used during the war may revolutionize the task of the pilot. A cable seventeen miles in length is now laid from Portsmouth harbor to the Warner light on the channel side of the Isle of Wight. The cable is charged with a high frequency current, by means of which a ship fitted with a receiving apparatus may locate its position and find its way. Such an invention, if adopted in all the more difficult ports of navigation routes, would not only add greatly to the safety of ships, but save much valuable time that is now lost .-- London Daily Chronicle.

#### Uninfluenced.

"Does your wife influence your vote?"

"Not at all," replied Mr. Meekton. "Henrietta wants me to vote according to ray own ideas; but it is re markable how thoroughly my views always coincide with hers after she has taken the trouble to express them and to assure me that she is perfectly willing to go on elucidating until I fully comprehend."



Stove Grates and Griddles, Basket Grates for fire places, Sled Soles, castings for Hay Ladders, Fly Wheels, Pulleys, Farm Machinery Castings and a thousand and one other little things in metal we can make for you cheaper and quicker than you can get them from the plants at which they were originally produced.

We can repair farm machinery as well as any other kind. We can put that broken down gas-engine back to work for you and if you have any of these little jobs to be done, have them done now. It will help us to give our men steadier employment and insure you very prompt service.

Don't go miles away for what is lying right at your own front door. There is little in the line of machine and foundry work that we can't do and we want you to feel that always our plant will appreciate and turn out promptly the small odd jobs as well as the larger ones you may call on us to do. We will give the small orders as careful attention as the large ones because we are equipped and anxious to do both.

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Money which you wish to send with-in this city or to distant points is con-veyed by your check simply, safely and cheaply.

The checking account is only one of the many mediums through which this bank serves its customers. There are many other ways in which we can be helpful to you and it would be our pleasure to serve you in any or all of them.

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