

THE WHY, HOW AND WHEN OF THE TOOTHBRUSH.

WHY.

Clean teeth never decay. Only decayed teeth ache. Ninety-five per cent. of all children suffer from decayed teeth. The solution of the problem is to teach the child the proper care of mouth and teeth.

Decayed teeth in the mouth are food traps catching and holding particles of food which ferment and decay, throwing off poisons and providing an almost perfect medium for the production, growth and development of germ life.

Dirty unclean-for teeth spoil otherwise good looks. Try to picture a pretty woman with unsightly teeth. If teeth are normal in condition and position in the jaw, they form a perfect mill or grinding machine and are intended to perform the first step in digestion. If any teeth are lost or unable to function the grinding machine loses a great deal of its efficiency.

THE SIX YEAR MOLAR AND ITS IMPORTANCE.

The six year molar is the most important tooth of the second or permanent set and comes into the jaws between the ages of five and seven, and by most parents it is considered a first or baby tooth, receiving no care or attention until it aches, when as a rule it is too late to save it. This tooth has been well named the keystone of the dental arch, for around it the other second teeth are built. If it is lost the development of the jaw is arrested so that when the other permanent teeth erupt or come through the gum there is not room for them, which results in the terrible deformities so common, to say nothing of the loss in efficiency of the teeth as a grinding machine. If parents would only realize what the loss of this tooth means to the child in later life in appearance and in health, it would not be neglected.

It pays parents and teachers to take time to instruct children in the care of the mouth and teeth. Good teeth mean good health. Without good health normal development and advancement in school work cannot be expected. Children behave better thereby and are not so weary on the teacher's nerves, which improves school work. They are better able to study, hence do not fail to make their grades. Pride in their general appearance makes them more agreeable companions. The foregoing statements are not theories, but are facts proved by practical tests made in several schools in a number of different cities and it may be added that wherever these tests were made the teaching of children to care for their mouths and teeth has not been discontinued but carried on and expanded because its value has been so well proved.

HOW.

To brush the teeth use a small medium-stiff brush with good tooth powder or paste. Brush all of the outside surface of the upper and lower teeth with a light circular motion, counting ten for each position. Brush the inside surfaces of all the teeth as well as the tops or grinding surfaces of the back teeth, with an in and out motion, using the count of ten as before. Finish cleaning the mouth by brushing the tongue in the same way.

WHEN.

A smile answers this question very well. Will you imagine for the moment that the mouth is the kitchen, the teeth are pots and pans, and the stomach is the dining room? Food is prepared in the kitchen in pots and pans before it is sent to the dining room. What happens to the pots and pans after each meal? They are scrubbed and scoured, of course. Then why not give our teeth at least the same care we would give to cooking and eating utensils? If we were compelled to eat meal after meal using plate, knife, fork and spoon that were never washed, we would very soon change our boarding house. Is it not reasonable that we clean our teeth after each meal? In addition to three times a day there is one more cleansing which is equally important, and that is just before retiring at night. If we go to bed with a mouth that is not clean we have a real banquet for the ever-present germs, and while we are sleeping, this being the one time our tongues and lips are still, they develop and multiply undisturbed and do the most damage.

THE TOOTHBRUSH BRIGADE.

We are the toothbrush brigade. Our advice is the best that is made: If you would be HEALTHY, HAPPY AND GAY Just use your toothbrush FOUR TIMES A DAY.

WILL YOU? WE DO—CARE OF THE TOOTHBRUSH.

Wash thoroughly after using, with clear water, then either hang it or stand in a glass where the light or sun shines on it, if possible. Washing the toothbrush in a solution of salt and water, quantity of salt to quantity of water every few days will do much to keep the toothbrush clean and will prolong its life and efficiency.

Why be Hurried.

Just as the man got to the platform the train began to pull out. He made a dash for it, but he was luging two heavy grips, and he was fat, to boot—so he just simply couldn't make the grade. He came walking back up the platform, puffing and blowing and dejected in spirit. "Too bad!" some one commented. "Was you going to leave on that train?"

The fat man managed the best wincing look he could. Then—

"Oh, no. There was a man on that train that I borrowed some money from a couple of years ago, and I wanted to pay him back before he left town!"—Kansas City Times.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

Should you e'er ask me; "What is the sun?"

"Thine eyes," I'd answer, "O charming one."

Should you e'er ask me; "What is sweet wine?"

"'Tis kissing thy lips O love of mine."

Should you e'er ask me; "What life holds best?"

"'Tis holding thy hand In perfect rest."

—From Poppy Leaves, written by A. Hallgate Hills.

A very clever hostess noted for her interesting entertainments, remarked that, in her opinion, hearts had been "done to death" as a Valentine decoration. And just to prove that she could give a distinctive party, she decided to feature the old-fashioned lace paper Valentine.

She dressed a doll to look as much like one of these old-time figures as possible. This she will put in a lace paper frame and use as her centerpiece. The double frame, which opens out on accordion folded slips of paper, will give the best effect from each side of the table. At each guest's place she will put an old-fashioned nosegay made of candy. At least one candy shop in town makes a specialty of these. The candies are small, hard ones in different flavors, which give the different colors to the flowers. Each is wrapped in waxed paper which is twisted out into lengths that may be fastened together. When a cluster of these are cleverly arranged and bordered with lace paper, the effect is most charming and will prove extremely effective.

To help in giving color to the table she will place cut glass plates at either end, one to be filled with brilliant red bonbons and the other with flat patties of the same hue in which tiny figures of cupid stand poised. And, if needed, she will use baskets of red Jordan almonds.

Before each guest she will place a tiny plate, the size known as "butter chips." On this held upright by a drop of melted paraffine, are two small candles, one white, the other red. The former represents the girl and the latter the men; the opposite color in each case being the one in whom they are most interested, not necessarily the one beside them. The candles are lighted and burn throughout the meal and are anxiously watched, for they tell the course of love. By burning steadily to the socket the couple will, of course, have a happy and loving life. Sputtering and unsteadiness foretell numerous quarrels. The candle which burns out first shows which love will soonest die and if the flame goes out before the candle is ended, a separation is inevitable.

This hostess has a very pleasant glassed-in porch. But the room might be used for this purpose. She will string gay paper Valentines on slender wires across the porch in imitation of the old-time Valentine shops. One side belongs to the men, the opposite to the girls. Each select the Valentine which best pleases them, on the reverse of which they will find a letter. And by matching the letters the partners for the first dance are found. From time to time by "buying" new Valentines, other partners are obtained.

A good recipe for a cake for the Valentine party is made by creaming a cupful of butter with two cupfuls of sugar. Then add the whites of five eggs beaten until very stiff. Sift together one cupful of cornstarch with two cupfuls of flour and four and a half teaspoonful of baking powder, and add to first mixture alternately with one cupful of milk. Flavor with half a teaspoonful of almond extract. Bake in a large round pan. Bake a tiny silver heart in it, and the one who gets it will be Dan Cupid's especial favorite throughout the year. Ice with white icing, made by boiling a cupful of sugar with half a cupful of boiling water till it spins a thread and pouring it onto the beaten whites of two eggs. Flavor with vanilla. Ornament around the edge with the icing put through a pastry tube, and put a candy cupid in the centre. A row change of red or pink candy hearts could be used instead of the ornamental icing.

"Hearts and arrows" are very nice served with afternoon tea, or passed with ice cream. Cream a third of a cupful of shortening with a cupful of sugar, and add one well-beaten egg and a quarter of a cupful of milk. Then stir in two cupfuls of flour into which you have sifted two table-spoonfuls of baking powder and half a teaspoonful of salt. Flavor with vanilla and roll out on a well-floured board as thin as possible. Cut into hearts and arrows, sprinkle with granulated sugar and bake to a delicate brown.

"True Love Brew" is an ideal drink for lovers old and young. Squeeze the juice from nine oranges and six lemons, and mix it with one cupful of grated pineapple, canned, a cupful and a half of tea. Have ready a syrup made by boiling a cupful and a fourth of sugar with a cupful of hot water for 15 minutes. Add this to the fruit juices and chill thoroughly. Just before serving add either plain or Apollinaris water. Serve in tall glasses.

Saint Valentine's day is for children as well as grown-ups, and a charming way to celebrate it is by giving a masquerade party. This need be just a simple children's dance, but with appropriate decorations and special frocks and black masks for the little folks, it will have an air of difference, and an added charm will be given to a simple party.

Large and small red paper hearts strung on cords are hung in festoons around the rooms. Paper flowers and fans, valentines, candy hearts, cupid, quivers filled with candy, make inexpensive favors. The table decorations and simple refreshments should carry out the valentine idea as much as possible. The girls should wear as foundation a plain white dress. White crepe paper is sewn on it around the waist,

falling in folds to the bottom of the skirt. The paper should then be gently pulled between the fingers to make it look "frilly." Little ruffles of the paper should be sewn around the waist and arms; small red paper hearts are pasted along the edges of the ruffles or in some other symmetrical design. A sash of red crepe paper is tied around the waist with a big bow at the back. Crepe paper has developed into such a thing of beauty that instead of plain white paper, the girls might wear a skirt of some red floral design, which would need no further ornamentation.

The dearest little crowns may be made from a strip of cardboard bent and fastened in a circle; to this are pasted a large red heart and a small gold one alternating around the crown, and with red or white slippers and stockings—behold a miniature Queen of Hearts.

Boys seriously object to being "dressed up," so if they wear their white linen suits with red bows and belts, and possibly a crown of many points covered with gilt paper and a small red heart in each point, they will fit into the color-scheme of the party and yet feel sufficiently comfortable in their clothes to have a jolly good time.

Penn State Man Heads Large Engineering Firm.

That a graduate of The Pennsylvania State College, James Gilbert White, is at the head of the largest engineering corporation of its kind in the world has been revealed through the investigation of records of graduates undertaken recently by president John M. Thomas. Mr. White is president of J. G. White and company, Incorporated, of New York city, which also includes the J. G. White Engineering Corporation and the J. G. White Management Corporation.

Mr. White was one of the early graduates in engineering at State College, being a member of the class of 1882. His home was originally at Millroy, although he has been actively engaged in engineering work in New York city since 1890.

In discussing the success that Mr. White has attained, president Thomas pointed out that from a few engineering students back in the early days of the college, Penn State has grown so rapidly that the present engineering school is the largest unit of the institution, with an enrollment of over 1100 resident students, and is also the largest engineering school in the State. In addition to being a member of the college board of trustees, Mr. White is chairman of the committee in charge of the \$2,000,000 emergency building fund campaign being conducted for the college.

If you want all the news read the "Watchman."

A Technical Explanation.

Two commercial travelers on a train became involved in an argument as to the action of the vacuum brake.

"It's the inflation of the tube that stops the train," declared the first traveler.

"Wrong, wrong," shouted the second. "It's the output of the exhaustion."

So they wrangled for an hour. Then, when the train pulled into the station, they agreed to submit the matter for settlement to the engineer. That gentleman, leaning from the window of his cab, listened with an attentive frown to the two travelers' statement of their argument. Then he smiled, shook his head and said:

"Well, gents, you're both wrong about the workin' of the vacuum brake. Yet it's very simple and easy to understand. When we want to stop the train we just turn this here tap, and then we fill the pipe with vacuum."—Philadelphia Ledger.

WORKERS IN WOOD.

In the great lumber mills of the United States nothing is thought of reducing great pine sticks to kindling wood in a few minutes, and the millman is merely required to see that the stick is made secure and straight in the carriage. Such a workman would be bewildered if compelled suddenly to follow the Philippine method of lumber reduction. There the largest sticks are saved by hand.

Even woods as hard as teak are set upon a frame, and two laborers monotonously pull a big saw through its length for days and days, until they have produced the slabs of which western furniture is made. Yet, in spite of the length of time necessary to achieve such a result, these woods are exported to civilized countries at a good profit.

After the lumber is cut into comparatively small pieces, it is sold to the native carpenters and builders to be erected into houses. But the native carpenter has a task before him that calls for exercise of greater skill than is required of his fellow craftsman in the United States. The modern carpenter is little more than a joiner of parts. The intricate moldings and beadings used in our houses are made in mills by machinery, and come ready finished to the joiners' hand. All he has to do is put them together.

The carpenter of the Far East receives the wood in the rough, exactly as it is left by the sawyer. He, or a fellow tradesman, must carve his moldings before they can be placed in the houses. In India, China, Turkey, Syria, and adjacent countries these clever artisans may be seen working with tools almost as primitive as those used in the days before America was discovered. Occasionally an enterprising native will introduce a small piece of western-made machinery, but not often. Lathes are everywhere employed, but they are not the steel article exported from the United States. The wood to be turned is secured in a spindle; a cord attached to a flexible stick is given a turn or two round it; the other end of the cord is drawn taut, and the resulting bow is worked backward and forward. The effect of this is to whirl the wood rapidly, when it may be easily shaped by means of knives and chisels.

Real Estate Transfers.

John C. Barnes to J. W. Davis, tract in Spring township; \$1.

J. W. Davis to John T. Barnes, tract in Spring township; \$1.

Eliza E. Eason's Exrs., to W. Henry Eason, tract in Unionville; \$500.

John E. Davis, et ux, to Maurice Mulfinger, tract in Spring township; \$1,500.

E. J. Pruner's Exrs., to Elizabeth Ingram, tract in Bellefonte; \$900.

John Eichenlaub, et ux, to George Davy, tract in Blanchard; \$1,000.

Victor S. Weston to James C. Bloom, tract in Phillipsburg; \$3,300.

Robert N. Lloyd's heirs to Placido Plano, tract in Phillipsburg; \$125.

Susanna Bremmer, et bar, to Harry S. Stuart's Admsrs., tract in Rush township; \$200.

Sarah Adeline Fye to Wm. H. Fye, tract in State College; \$3,000.

Edith Hurwitz to Thomas Elliot Sauer, tract in State College; \$1,200.

Wm. H. Fye, et ux, to George Stover, et ux, tract in State College; \$4,500.

Mary B. Hoy to Maude E. Hoy, tract in State College; \$1.

Harry Dukeman, sheriff, trustee, to John A. Erb, tract in Phillipsburg; \$6,000.

Jared Harper, et ux, to Clara S. Heisler, tract in Bellefonte; \$6,000.

Philip L. Beezer, et ux, to Helen E. Beezer, tract in Benner township; \$150.

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought, and which has been in use for over thirty years, has borne the signature of *Chas. H. Fletcher* on the wrapper all these years just to protect the coming generations. Do not be deceived. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

Never attempt to relieve your baby with a remedy that you would use for yourself.

What is CASTORIA

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 Comfort—The Mother's Friend.

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Bears the Signature of *Chas. H. Fletcher*

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Shoes. Shoes.

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Now Going On a Clean-Up Sale of

Men's and Women's Shoes and Oxfords

These are not old style shoes—but new, up-to-date footwear, as well as good sizes and widths. [Shoes that sold from \$8 to \$12 per pair—and you can

Have Your Pick at \$4

Yeager's Shoe Store

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Bush Arcade Building 58-27 BELLEFONTE, PA.

Come to the "Watchman" office for High Class Job work.

Lyon & Co. Lyon & Co.

JANUARY - WHITE - SALE.

This sale is the greatest white giving in years. Highest quality goods marked at drastic low prices, although the market is advancing. We are selling cotton, woollens and silks at less than wholesale during this sale.

81x90 Bleached Seamless Sheets, value \$1.85, sale price \$1.35

4-4 Unbleached Muslin, worth 16 cents, cut price 12 1/2c.

4-4 Bleached Muslin, worth 18c, now 15c.

15c Toweling, our price 10c.

Table Damask, the 65c quality, now 45c.

72-in. all Linen Bleached Damask only \$1.25.

Ladies' Night Gowns and Envelope Chemise, the Dove make, \$1.25 and \$1.35 quality, now 98c.

SILKS.

See our Bargain Table of Silks. Dress lengths, blouse lengths and sport skirt lengths, from \$1.00 up.

We have no space to enumerate all the great bargains in this White Sale. Come in and see for yourself.

Clearing Sale of all winter goods still in the lead.

See our Ladies' and Misses' Coats and Suits, all this season's styles; at prices within every one's reach.

LOT NO. 1. A clean up sale of all wool Dresses, Coats and Suits for Ladies and Misses, only \$4.65.

LOT NO. 2. SPECIAL. Coats and Suits, values up to \$35.00, now \$9.00.

SPECIAL SHOE SALE.

One lot of Ladies' High Shoes, black and Cordovan, values up to \$7.00, now \$3.50.

Men's work and dress Shoes, values up to \$6.00, now \$3.50.

SEE OUR RUMMAGE TABLE.

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