

HOW NEWSPAPERS HELP.

The newspaper starts in
When you are born;
Relates about your excellence
And tells about your sweetness.
It follows you to school,
And prints the honor roll
If your name is found there.
It tells of your graduation
And speaks of the excellence
Of your magnificent essay;
It tells of your progress
During your college career
And then dilates much about
The choice of your location.
Then it gives a nice notice
About your marriage
And praises up the blushing bride
Till her kinsfolk don't know her.
Then, in due course of events,
It tells about the bouncing baby
That happens in your family—
Thereby beginning its life work
All over and over again.
The newspaper does all this
And it also does much more.
It tells of the progress
Made by city and county
And boasts all enterprises;
Gives free advertising
Worth thousands of dollars
To its own home town.
There are scads of things
That all good newspapers do
For which they cannot be paid.
That is why every citizen
Should do his darndest
To support the newspaper
In every possible way
And all the time.
Yessum.
I thank you.—Palatka, Fla., News.

DIAGNOSIS OF ACUTE GOLFITIS.

Acute Golfitis is such a frequent disease that two physicians, Dr. Hookem and Dr. Slicom, have conferred for the purpose of diagnosing such cases and offering the best possible remedy.

Patient, M. Ashie. Age, 50. Address, Everywhere, U. S. A. Had disease—For many years.

HISTORY.

Golfitis originated among the shepherds of Scotland about 500 years ago. Since its very origin the disease has always appeared in an acute form. No mild cases have been reported by reliable specialists, although some cases of milder form of mental disorder have apparently been taken for it. For several centuries, like gout, it seems to have been confined largely to the nobility and wealthy classes.

ETIOLOGY.

The cause of golfitis seems to have some connection with an excess of leisure time. Although the disease is unquestionably brought on in most cases by accidental contact with persons already contaminated, it has not been proven that poor heredity predisposes to Golfitis. It generally attacks persons between the ages of eight and eighty, although some cases have been reported above and below these ages. As regards proportion of sexes affected, the male predominates in the ratio of 5 to 1. The only races so far uncontaminated are the Esquimaux and the Bolsheviks.

DIAGNOSIS.

The disease is characterized by its sudden onslaught. The disorder appears in full force from the beginning and so demoralizes the patient that no help in fighting it can be expected from that source. The fact that it breaks out immediately after exposure is a great aid in diagnosis but a great disadvantage in treating it. The onslaught is followed by sleeplessness, irritability and enormous increase in appetite; later little faults of memory appear, the patient misuses words and becomes indifferent to the higher sentiments; he also loses interest in his family and important affairs, errs in appointments, becomes inaccurate in handling simple problems in arithmetic, seldom being able to count above five without help, and is easily angered. He suffers from rushing of blood to the head, mild attacks of convulsions, and loss of the sense of time. He has moods of exaltation and depression, peculiarities and incoherence of speech, grandiose ideas of his athletic ability and melancholic delusions about his handicap. Many show a tendency to gamble and quarrel.

MORBID ANATOMY.

The physical changes show a great increase in the size of the chest, a peculiar gleam of the eye, and a great increase of ear and lung power and of general vitality.

PROGNOSIS.

The disease is practically certain to run throughout the life of the patient. No case of complete cure is on record. The patient will probably not live more than 90 or 100 years but with proper care he may remain active until the last and may be a useful citizen in spite of this affliction.

TREATMENT.

Owing to the hopelessness of these cases the patient is usually committed to the country club or other institution of this sort, although many return to their homes at intervals. Since there is no hope of effecting a cure it is best to make the patient as comfortable as possible and give him nourishing food. Be careful not to interrupt him in his ravings and see that he is not burdened with business or professional cares.

Oldest Slate Quarry in the U. S., in Pennsylvania.

Pennsylvania possesses the oldest slate quarry in the United States and some of the best deposits, the United States bureau of mines declares in a report received at Harrisburg of a study of industry throughout the country. The statement deals largely with the handicap of waste under which the bureau says the industry is laboring.

The oldest quarry is in what is known as the Peach Bottom district at the Pennsylvania-Maryland line, from which, the bureau states, slate was taken in 1734. The Peach Bottom dis-

trict extends from York and Lancaster counties across the line into Harford county, Md. Although slate quarrying is carried on in Maine, Maryland, New York, Vermont and Virginia, as well as in Pennsylvania, the bureau says the chief production is in the Lehigh district of Pennsylvania. Considerable slate also is produced in the Peach Bottom district.

The best if not the only good blackboard slate deposits in the world are in what is known as the "soft vein" region of the Lehigh and Northampton counties, an area not over 22 miles long. The bureau explains that the term slate includes materials differing widely in color and with a considerable range in composition, and that that suitable for blackboards must be soft and of fine grain.

WHY NOT PLANT NUT TREES?

You are of course going to plant some trees this spring. Then why not plant nut trees? The more we go into the subject of trees the more astonishing the subject becomes. They are certainly money makers if handled with care. In "Trees as Good Citizens" we find the statement that \$110,000,000 is invested in walnut trees in California and that the annual crop runs between ten and twelve million dollars. The yield on almonds out there is two million dollars. The same sort of a story can be told about the pecan. The yield in 1919 was nearly thirty-two million pounds which sold for six million dollars. Texas got about half that revenue. When it comes to roadside tree planting, Charles Lathrop Pack, the author of "Trees as Good Citizens," points out the value of the black walnut and other varieties.

In California the highway authorities are planting many miles of roadway with black walnut trees. Stretches of road lined with magnificent trees of this species may be found in many places in that State. One of the finest of these borders the Lincoln highway fifteen miles west of Sacramento.

In Livingston county, Michigan, there are numerous splendid rows of black walnut trees from 50 to 60 years of age which are among the beauty spots of the State's highway system. One of Michigan's planters in the fall of 1920 procured thirty bushels of selected walnuts from Mt. Vernon, the George Washington homestead in Virginia, to be planted by school children on school grounds and at their homes and along the state highways. Something like 2000 were planted by him in a nursery for subsequent use in the city parks of Saginaw.

The pessimist now gets up and says, "who gets the nuts?" What difference does it make? The owner of the tree will surely get a few and there is just a chance that the pessimist will get some of them and then go out and plant a tree himself. Plan to plant that nut tree now. Here is a proposition the whole town should be interested in. Why not a walnut grove or a walnut roadway.—Ex.

—It would be an unspeakable advantage if men would consider the great truth that no man is wise or safe but him that is honest.—Walter Raleigh.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

There is only one way I know of conversing safely with all men; that is, not by concealing what we say or do, but by saying or doing nothing that deserves to be concealed.—Pope.

Millinery trade authorities agree that this spring will be a season of color, and the indications, where more than one shade is used lean more strongly to sombre effects than to harmonizing contrasts. Reds, especially berry, and the full family of browns, top the list of popular hues at the moment, and give promise of holding their position throughout the entire season. The call for the various reds is accepted as a reaction from a predominant season of blues, and the favored colorings include all the red, rose and pink shades. Lavender green continues in favor, and fog gray is a new hue that is well liked. In the combinations, paisley and bandanna effects have the call.

"Everybody ought to know," says the family doctor, that the best thing they can do is to eat apples just before retiring for the night. The apple is a brain food because it has more phosphorus in easily digested shape than any other fruit. It excites the action of the liver, promotes sound and healthful sleep, thoroughly disinfects the mouth, and prevents indigestion and throat diseases.

Keeping pace with every new joke about the little time which the modern woman spends in her kitchen comes a new device to enable her to spend even less there.

The latest of these is the steam pressure cooker, in which foods are cooked at a very high temperature in a fraction of the usual time. Carrots, which ordinarily take 25 to 30 minutes are tender in 6, and a ham which has been using up four hours may now be done in 50 minutes. This, according to the U. S. Department of Agriculture, is because the tissue of meat and the fibrous parts of vegetables are more quickly disintegrated at high temperature.

And we are told by the very competent young woman who demonstrates it that not only time but labor, fuel and much money are saved. An entire meal of three courses can be cooked at the same time, over one burner. No food is ever lost by scorching or burning, as this is impossible. The cheaper cuts of meat may be used and deliciously prepared. Since there is no water used on vegetables, their delicate flavor is preserved and they are not drained off into the sink, thereby losing much of their value, as is so often done in open cookery.

The cooker, which comes in four sizes, 10, 12, 17 and 25-quart, is of heavy aluminum. The cover, which is clamped down air tight, or, rather, steam tight, has a steam gauge and a safety valve, which operates should your cooker, by any chance, get above the 15 pounds pressure needed for cooking. The method is simplicity itself. Prepare your food and place in the separate aluminum inset pans. Put one cup of warm water in the bottom of the cooker; put in the pans of food; clamp down the cover and place over the fire. As soon as your gauge indicates 15 pounds pressure the flame

is lowered and it takes care of itself.

Being air tight there are no obnoxious cooking odors, and with the tiny flame which keeps up all the steam necessary, there is practically no heat, which will make it a blessing in summer. It is especially recommended for canning by the cold pack method, and it will keep food warm for a long time after it is cooked. When meat is cooked it is seared in the bottom of the pan, no water being used. The pans are placed one above the other and stress is laid on the fact that there is absolutely no blending of flavors.

Pretzels and Welsh Rarebit—There are all kinds of pretzels, from the tiny ones that come in boxes to the so-called "longfellows," which are native to Philadelphia.

Eastern Pennsylvania is famous for its pretzels. Reading, Lancaster, and Lititz all have pretzel factories, but perhaps the last place is the best known, and from all over the State persons send "up Lititz" for boxes of pretzels. Sometimes they come in bags of one dozen each, carefully packed in excelsior.

No party in this section of the country is complete without pretzels. Luncheons, receptions, or evening parties all serve them. If they are not passed with sandwiches, they are passed with ice cream.

Pretzels and cheese go well together. A Welsh rarebit is much better if accompanied by pretzels. An easy way to make rarebit is to melt one tablespoonful of butter in a saucepan, or grill, and blend with this one tablespoonful of flour. Add one-half cup of thin cream, or top milk, and cook, stirring until the sauce has become thickened. Season with one-half teaspoonful of salt, one-half teaspoonful of mustard, a dash of cayenne, and one-fourth teaspoonful of paprika. Add one-half pound of fresh American cheese, which has been cut up into small pieces, and cook until cheese is melted. Serve on toast, and pass with the rarebit, pretzels, and sliced dill pickles.

In the summer time pretzels and lemonade often form the refreshments in the afternoon, instead of tea and cakes. The salty pretzels are much less cloying than so many sweets, and it is amazing how many one can eat.

—New York Evening Post.

Old brass can be brightened by scrubbing with strong ammonia if afterward rinsed in clear water.

Equal quantities of ammonia and turpentine will remove paint from clothing. Saturate over and over again till all comes off, then wash out in soapsuds.

Ammonia cleanses hair brushes, brightens silver if added to dishwater, and, if added to washbub, keeps flannels from shrinking.

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