

Democratic Watchman

Bellefonte, Pa., March 9, 1923.

FARM NOTES.

Judging from the amount of seed produced, it is safe to say more seed peas are sold than any other crop.

A few minutes spent each morning in brushing the cows will keep them clean and comfortable and the milk correspondingly good.

Where the average cellar condition prevail and modern incubators are used, it is not necessary to cool eggs. After the eggs are turned, put the trays right back in the machine.

Your farm machinery—is it standing out in the field where last used or is it safely under cover where you can oil it and get it in working order for spring and summer duty?

Plan to give a little more attention to the improvement of your pasture lands this coming year. Lime spread this winter will be worked into the soil by the winter rains and freezes. Fertilizer can be applied in the spring.

An ample supply of ice should have been put up for dairy purposes next summer. The speed and the thoroughness of the milk cooling process during the hot sultry weather has much to do with the keeping quality of the milk.

It is commonly believed that if hatching eggs have been shipped very far it is necessary to let them rest before putting them in the incubator. The eggs will rest as well in the machine as they will on the table, so set them at once.

Rabbits and mice will not attack trees in the orchard if they can get something else to eat. If no protective covering was placed around the trees in the fall, girdling may partially be prevented by scattering loose brush around near by as a side attraction for the rodents.

Milking machines should be kept clean so that they do not become a source of contamination for the supply of milk that passes through them. The heat method, in which steam and hot water is used, has been found by the United States Department of Agriculture, to be the best by test.

Self-feeders are all right for pigs, and fairly good results have been obtained in their use for beef steers, but for dairy cows they are not adapted. Cows are not apt to gorge themselves or become fonder when permitted to eat at will, but they eat more than is necessary to produce the amount of milk they give.

Summer forage crops should be taken into consideration this month. Set aside a suitable piece of ground for the forage and give the pigs a treat. The spring crop of pigs will fare much better on the rape forage and the feeder will gain more satisfaction from their greater growth and thrifter appearance.

It is advisable to reduce the sow's rations several days before she is due to farrow. The amount of corn should be cut down, and wheat bran substituted for the greater portion, but daily feed. Good judgment must be used in reducing a ration because it is unwise to attempt to starve a large, rugged sow that is accustomed to liberal feed.

Especially in the selection of the vegetables to be planted, the home gardener should consider the wishes of the family and their likes and dislikes for the various vegetables. Seed is often bought in combination offers to take advantage of reduced costs, but such group offerings often include too little seed of favorite vegetables and still others that are not wanted in the garden.

This is the time of the year when the dairy cow appreciates a bucket of water in her stall. Driving her out in a blizzard to drink ice water, means a decrease in the flow of her milk. If individual water buckets cannot be provided, it may be possible to install a trough under shelter, from which the cows can drink. Warming the water slightly when the weather is cold might prove to be of benefit.

For home garden purposes, a green-house grower can usually grow better spring plants than the man whose place is not equipped to handle the early planting. There are a number of these growers located in every section of the State, growing plants that are later sold to commercial vegetable growers and home gardeners. The plants include chiefly early cabbage, lettuce, tomatoes, peppers, and egg-plants. Get in touch with one of these men for your spring plants.

Garden tools quickly pay for themselves if they save time and labor. One grower has very aptly said that he pays for the tool he needs whether he buys it or not. It is important that every grower study the implement catalogues closely and secure such tools as he needs to get the most out of his garden. A big factor in the production of vegetables this coming season will undoubtedly be that of labor, for industries are constantly taking on more men and leaving fewer unemployed.

The continued high quality of the milk produced in the dairy farms of The Pennsylvania State College, and which is sold under certification in State College, Bellefonte and Altoona, has gained deserving favor in the expansion of its sale and demand in those towns. The certified product is well within the strictest regulations of the State Department of Health, and shows a very low bacterial count even thirty to thirty-six hours after produced. The cleanliness and the desirable composition of the milk is maintained through the observance of precautions which reduce to a minimum the possibilities of contamination. Clean cows, clean stables, and clean attendants are the rule in the college barn. Plenty of fresh air and sunlight is insured for each cow. The milk, as soon as drawn is cooled to 45 degrees and kept at or below that temperature until delivered to the customer.

PANCAKES PAST AND PRESENT

Comparison Made That Is by No Means Flattering to the Delicacy Today.

The pancake of our fathers was a noble circular structure, spreading its wrinkled suburbs to the edge of the plate where the potter had wisely provided terraces. The radius must have been all of three inches. Within the area, duly buttered and sweetened, was gustatory poetry, such glory and wonder and delight and smacking savor that the hired man, facing the breakfast table, ceased altogether to grumble over a fate that got him out of bed before dawn. Appetites in the good old days were magnificent institutions, the finest products of open-air living and service at the plow handles. But for all these grand proportions, no one could eat more than eight or ten pancakes at a sitting. The things were filling. They took up room like a good farm horse in his stall. At a quarter past the zero hour everyone at the table cried "Enough," even the hired man. The pancake of our fathers was no fluff affair, after the manner of our modern desserts, that made a man ask what he'd eaten after he'd eaten it. In a contest between neighbors in a Long Island village some time ago, a native consumed 73 pancakes, so-called. The incident adds to the sorry evidence that this is a decadent age. It is proof that the pancake of the day is some miserable travesty of the honest, whole-souled pancake of blessed tradition.—Toledo Blade.

INSOMNIA CAN BE BANISHED

Trouble Is, With Too Many of Us, That the "Prescription" Is Hard to Take.

There is a cure for insomnia, but it is likely to be something awful—a ten-mile walk in the country or sawing wood for four hours. One has to give up all other activities, it seems, when one "rattles it out" with insomnia.

Nobody has time for sawing wood for four hours except deposed European monarchs—favored ones of earth whom even a revolution gives leisure. Theodore Roosevelt, who enjoyed so amply all that the world had to give, cut down trees for purposes of bodily invigoration; but then he had the trees to cut down; so also, Gladstone.

Hard, physical labor these great ones considered necessary for their well-being; and it is thoroughly established that it is the best cure of sleep, "balmy sleep, tired nature's sweet restorer." The point in that quotation is that one has to be tired; not tired in the cares that infest the day, but tired in the legs, arms and dorsal muscles. One can chase away insomnia if one gives his undivided attention to it. That's the difficulty.—St. Louis Globe-Democrat.

The Ungainly Flamingo.

The flamingo, so beautiful in coloring and graceful in flight, is not especially beautiful in build. In shape it is midway between a goose and a stork, ranging, when full-grown between 5 and 6½ feet in height. Its humped body is supported on legs amazingly long and thin, while its slender neck curves upwards like a big letter S, and ends in a small head with a great flat, down-curved beak. The lower part of this beak forms a deep, broad box, into which the upper part fits like a cover. When the bird is feeding on shellfish or water plants in the shallows and flats the neck is twisted like a corkscrew until the head is upside down; then the top of the beak is pushed along through the mud like a scoop shovel, gathering in the food morsels. During the nesting period the female builds a curious mound of mud like a tiny volcano, in the crater of which a single egg is laid. On this the mother is said to sit with legs drawn up like a grotesque statue on a pedestal.

Oldtime Pharmacies.

Many ancient wood cuts show the pharmacies of the day—usually a mortar and pestle occupy a table in the middle of the room and many shelves on the walls are filled with bottles. Before the introduction of chemistry into pharmacy, a mortar was almost all the equipment that was needed. There were no complicated pills or ointments to be made. In the place of labels the bottles or containers bore the coats of arms of titled families and the badges of cities.

In the sixteenth century there was a reformation in pharmacy. Labels appeared on bottles, and every kind of drug or preparation was carefully preserved in a fitting container. In England Paracelsus simplified the art of preserving by the discovery of tinctures, extracts and metallic salts.

Handel Expurgated.

The following anecdote is given in the preface to a copy of Dr. John Clark's edition of the "Messiah," the testimonial of which is signed by Henry R. Bishop, William Parsons, John Brahm, and Muzio Clementi.

"Being on a visit to a friend in a country place the inhabitants of which were more primitive than scientific, Doctor Busby, on his way to church on a Sunday morning, overtook one of the choristers with a bundle of music books under his arm. 'What have you got there, my man?' said the doctor. 'Zun of Handel's music, zur, that we're goin' to zing at church today,' was the rejoinder. 'Handel,' said the querist, somewhat astonished, 'don't you find his music difficult?' 'Why,' said the countryman, 'we did at fust, zur, but we altered un a bit, and he goes very well now.'"

NOT A HERO TO OLDTIMER

Veteran of Hannibal Could Not Be Forced to Admit Greatness of Mark Twain.

A scribe in search of Mark Twain material was pestering some of the gray-beards of Hannibal. He found one who confessed to being a few years older than the famous humorist. In their boyhood days they had attended school together, foraged about on Pirates Island, climbed Holiday Hill and pushed big stones over the brink, and carried out pretty faithfully the program as described in "Tom Sawyer."

But while the visitor was asking questions he noticed the old timer was not impressed. So he asked:

"'Innocents Abroad' was a great book, don't you think?"

"I reckon so—I never read it."

"And everybody says 'Huck Finn' was a masterpiece?"

"Uh-huh!"

"And 'Tom Sawyer,' the visitor said, 'was practically a story of Hannibal—you certainly liked that?'"

"Oh, I guess it was all right for kids," admitted the boyhood chum, "but grownups don't see so awful much in it from what I hear."

"Don't you think Mark Twain was a great man?"

"They say he was," evaded the old timer. "But I beat him once in a spellin' match."—Kansas City Star.

PROTEST MADE BY MUSCLES

Important Parts of the Human Body That Occasionally Cause Trouble by Going "On Strike."

When the brain calls upon any particular group of muscles to perform the same action over and over again they are apt to show their dissatisfaction by declaring a strike.

A typical case in point is "tennis elbow," from which complaint most ardent devotees of the game have suffered at some time or other. The symptoms vary from mere stiffness of the elbow joint to severe cramp, culminating in some instances in temporary inability to use the arm for any purpose. Sometimes, too, there is a painful swelling of the forearm.

A kindred complaint is "tennis leg," which affects in a somewhat similar manner the muscles of the calves and the knee joints. Another example where the leg muscles are the victims is afforded by "riders' sprain," a complaint to which polo players are found to be peculiarly liable.

Then, again, there is a complaint which is called "howler's side," brought about through straining the abdominal muscles.—Cleveland Plain Dealer.

Modifying Goldfish.

Many of the grotesque forms which mark some of the popular types of goldfish are the outcome of centuries of laborious work by the patient, persevering and ingenious Japanese. In taking advantage of some curious freak of nature. It is a well-known fact if fish eggs be given a jarring at a certain stage, or, more specifically, about the "eyeing" period, monstrosities may be produced. This occurs frequently among brook trout, the most common irregularities being humped back and looped. It is said that when the Japanese discovered this peculiarity they selected from their golden camp a pair of the most pronounced monstrosities, similar in form, reared them and bred from them. The most marked of this progeny were again selected and bred, and this process continued until a desired type was produced and fairly fixed by hatching without the jarring. Thus were produced the fringed tails, the balloon shape, the telescope, and some other of the outlandish forms seen in aquariums.

Severe Chinese Punishments.

It is enacted in the laws of China that "if a mandarin, on the strength of his power or credit, steal the wife or daughter of any freeman, he shall be imprisoned for the usual time, and then put to death by strangulation." The poor man so sinning is beaten and imprisoned only. The heaviest punishment that can befall the woman is castigation and sale. And in no instance can she be sold but to a man who binds himself by the most sacred of all Chinese oaths to treat her kindly. In some provinces she may be sold, not by her husband, but by the judge before whom her offense is proved.

A Chinese who forgives a wife who has not kept her marital vows, receives 20 strokes of the bamboo. A man who connives at his wife's frailty is most severely punished.

New Use for Flivver.

The Buffums are great tourists. During the summer there isn't a week-end they miss going out in their little open car. They never miss a bet. There isn't one of the better-known week-end resorts they fail to visit. But as soon as the cold weather comes the car is drained of water and the storage battery is put in the cellar until spring.

Neighbors of the Buffums have noticed Mrs. Buffum making frequent visits to the garage of late, bearing covered dishes and paper packages of food. One neighbor was finally constrained to find out what these processions meant. Mrs. Buffum explained: "Our house is so hot," she said, "that we needed more ice than in summer, so I'm using the car as an icebox. And I'm saving the price of five gallons of gas a week on my ice bill."

TABLE MANNERS IN ARABIA

As Might Reasonably Be Expected, They Are Primitive in the Extreme.

Manners vary according to time and locality, so they say. For instance, in Arabia a young woman's table etiquette is judged by the skill with which she scrapes the dish with her finger and conveys the results to her mouth. American relief workers, writing from Ismid, Turkey, give an account of a family luncheon party of a half-dozen Armenian girls who had been rescued from Arab harems that is a most enlightening glimpse on manners of the Near East.

"It was during some games we held that the girls who had been in captivity among the Arabs acted out the native customs of their former masters. They ate without fork or knife or spoon from a common dish placed on the ground in their midst. One girl showed us how the Arabs eat hot food. With her finger tips she smeared the food around the edges of the plate with a circular movement, blowing her fingers from time to time. When the dish was well smeared, she scooped up the food with the same circular movement and carried it into her mouth. She can eat thick soup thus, and more quickly than you could with a spoon. The soup running down her wrist was licked off hurriedly and another scoopful taken, for there was a circle of girls around the dish, and the slow ones lose out."

BEAUTY THAT IS PERENNIAL

According to Medical Writer, It Can Only Be Destroyed by Incorrect Mode of Living.

There is a beauty which cannot be destroyed by time. Like Venus, it is perennial, youth carried through middle age and the later years of life. Wise women are commending to learn that year by year they are making history and writing it in themselves, in the pose of the head, the contour of the body and above all in the revealing presentation of the face. C. Ward Crampthorn, M. D., writes in the Health Builder. The telltale years will tell their tale with inexorable certainty. It may be of wholesome, even temper, good digestion and trained nerves and these will show in the beauty tempered, matured and refined by time instead of made gross. The radiance of wholesomeness may rival the brilliance of youth. Or, instead, the history written may be revealed in a leathery facial hide, hardened by alcohol, tanned by cigarette smoke and discolored by the unneutralized toxins of dinners large and late, wrinkled into permanent ripples, the traces of a thousand nervous storms and sagging under the fat of a thousand excesses. No amount of application from without can change the exhibition of the unwholesome reties within.

Fierce Wars Over Cinnamon.

For over 200 years wars raged and nation succeeded nation in possession of the Island of Ceylon, in their greed to obtain the fragrant cinnamon. Finally the land fell to the lot of the Portuguese, who so cruelly treated the natives that they appealed to the Dutch, with whom they were on friendly terms, to come to their aid. This nation for seven months laid siege to the island, carrying on a fierce warfare in which many persons perished.

Finally in possession, the Dutch were hardly less cruel to the natives than their former rulers. They tried to keep the monopoly of the trade of the world; not a single cinnamon plant was allowed to leave the island. If the crop was larger than that demanded by trade and the price in danger of being lowered, all that remained was burned or thrown into the sea.

Cinnamon is now grown in many tropical countries, and much improved by cultivation.

Fig-Tree Emblem of Home.

The fig tree, from earliest times has been a garden tree cultivated for its shade and general usefulness. "Beneath the vine and the fig tree" is used more than once in the Old Testament to designate "home." For centuries the fruit, fresh or dried, has made up a large part of the food of the natives of Western Asia and Southern Europe. Its juice is used to make a drink, and also to dye cloth. Its leaves polish ivory, and the bark makes cord. The sap of one species is poisonous. The fig tree, in climates congenial to its growth, produces two and sometimes three crops of fruit the same year, on distinct shoots. The trees grow rapidly from cuttings, and are propagated by budding, grafting and seeds. The large, beautiful leaves are deciduous, palmately veined, three-to-five lobed, wavy-margined, and somewhat rough and leathery.

The Claim of Columbus.

"Oh, no," said Columbus, calmly, as he sat down to dinner with the other shades on board the houseboat in the Styx. "I don't feel jealous of Washington. He is the Father of His Country, and I am not. I only discovered the orphan. I knew the country before it had a father or a mother. There wasn't anybody who was willing to be even a sister to it when I knew it. But Washington took it in hand, groomed it down, spanked it when it needed it, and started it off on the career which has made it worth while for me to let my name be known in connection with it. Why should I be jealous of him?"—Philadelphia Inquirer.

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