

WHOA!

Isn't it funny,
But everybody knows,
The better the shape,
The fewer the clothes.
The prettier the face,
The more the rouge,
The cheaper the price,
The worse the booze.
The lower the lights,
The greater the fun,
The faster the cops chase,
The harder you run.
The more you study,
The less you know,
This verse is punk
So let's say "whoa."
—New York Medley.

THE GOSPEL OF DIRT, CLEANLINESSE AND GODLINESS.

By L. A. Miller.

For ages past certain teachers and preachers have been trying to fix in the public mind the notion that cleanliness ranks next to Godliness. However, for some reason or other, it does not take well, although taught in the schools and preached from the pulpit. It would seem at first glance that no one could object to it or ever doubt the truth of the declaration.

Why then, is it not more generally accepted? Why is more than half the populace unwashed; and why does the aphorism not appear among the mothers who decorate the walls of bedrooms and bathrooms? Can it be that it is so at variance with our natural instinct that it will not blend with our lives? Some people are cranks on the subject of bathing. They harp on their favorite motto and follow the practice it suggests as though they did not care to, or never expected to get any nearer a state of godliness or cleanliness. They appear to be perfectly satisfied with being next to it. Many of them strive so diligently to achieve perfection in the first state, they soon have need for the second. As the first does not lead to, and is in no way connected with the second, they are as far from it as if they had never seen a bath-tub. Stickers for cleanliness are just as liable to be ungodly as not. Take the dudes, dandies, mashers, gamblers and exquisites generally. They have bath-tub on the brain, and are constantly scrubbing their poor bodies. They wash because they sweat, and sweat because they have washed. In winter they wash because they do not sweat, and do not sweat because they wash. In either case they have made a mistake.

A person may be unclean without being filthy, yet it is doubtful if even excessive dirtiness is more harmful than excessive cleanliness. In one case the pores of the skin are closed by dirt and in the other they are gaping open from the relaxing influence of soap and water. While the closed pores may prevent the escape of noxious matter from the system, the open pores allow the winds to blow almost directly upon the vitals. Of the two the latter is the more detrimental to health.

When physicians wish to instill a poison through the skin they first wash the part thoroughly with soap and water in order to remove the contents of the pores, and to so relax them that they cannot shut their mouth against it. After the application is made the part is covered with wet cloths, or oiled silks, for the purpose of keeping out the natural stimulus of the skin. Thus the poison is given every advantage, and it would be singular indeed if it did not find its way into the circulation.

All physicians agree that it is not good policy to expose the body to currents of cold air immediately after a bath, or to the air at all. Why? The pores are empty and open, exposing the nerve filaments to almost the direct action of the oxygen in the air. When the nerve in a tooth is exposed to the air it makes itself felt, as almost every person can testify. This is precisely similar to what happens when the nerve filaments of the skin are exposed through the pores, and they frequently make themselves felt in the shape of prickly heat, itching and even neuralgia and muscular rheumatism, in subjects with a tendency to these diseases.

A person who perspires so freely as to cleanse the pores of their contents will find more certain protection from heat by applying oil of tallow on the skin instead of washing in cold water to cool off the burning.

Thousands of babies are annually washed into the graves. The tender, delicate-skinned little things are scoured and scrubbed night and morning, from the crowns of their pulpy heads to the pink soles of their feet. Fancy soaps are used, and they are generally the worst kind, as they contain much besides the elements of pure soap. The little one is thus exposed to attacks from all sides. A breath of fresh air sets it to sneezing or starts the rash out on it. Having been robbed of the protection provided by nature for its delicate nerves, it becomes hypersensitive, restless and cross, frets and fumes, does not nourish well, gets sick and dies. The nurse says she knew its eyes were too bright, or it played too much with its toes, or it crowded too soon, while the parents console themselves with the words of the preacher: "The Lord giveth and the Lord taketh away," or publish their sorrow to the world in the familiar lines:

"Dearest Marion thou hast left us
And thy loss we deeply feel," etc. etc.
Too much bathing did the mischief.
Invalids are frequently kept weak and debilitated from too much bathing. Because the skin gets dry many persons, and not a few of them doctors, too, think water is demanded. The chances are the dryness is the result of too much water. Friction, or something that will cause increased secretion of the natural lubricants is what is needed. There are times when the sick need bathing, but it should only be done by direction of the physician.

Children should be washed when there is dirt on them but not bathed twice a day nor once a day. See the dirty little chubs who are not washed more than once a week nor once a month, if you please. If dirt were poison they certainly would die, but being harder, as a rule, than scrupulously clean children, the inference is that dirt is not such an ungodly thing after all. Almost all forms of disease are due to dead, and, therefore, deleterious matter in the system. This is especially true in all diseases dependent upon vitiated blood. These are cured more rapidly and effectually at hot springs than any where else. There the main treatment is the internal bath. The patient drinks anywhere from one to two gallons of water a day, as hot as he can drink it; the water is rapidly absorbed, passes into the lymphatics and the blood dissolves the deleterious matter and carries it out through the emunctories, especially the skin. In carrying matter from the inside out, the pores are acting naturally and no bad results follow.

Persons rarely experience any bad effects from going into the cold while in a state of perspiration, caused by a drink of hot water, or any other liquid.

FARM NOTES.

—Oats is a cool weather plant and the earlier they can be planted the better, just so freezing can be avoided. Late oats often reaches maturity during a hot, dry spell which promotes destruction by rot.

—Spring house cleaning methods can be applied to the hog farm by giving your pigs a good oiling for lice and dosing them for worms. Where practicable, move the hog houses and plow up the hog lots for summer forage.

—One of the chief causes of difficult churning on the farm is churning at too low a temperature. Other causes are having the churn too full, unripened cream, cows on dry feed and cows in the advanced stage of lactation.

—The conversion of corn into lard by means of the hog is one of the major industries of the country. The 67,057,745 hogs slaughtered in 1922 yielded over 9,000,000,000 pounds of meat and a little over 2,000,000,000 pounds of lard.

—Do not delay the ordering of repair parts for farm machinery to be used during the summer. Look over the corn planter, potato planter, fertilizer distributor, grain drill and other articles where delay in receiving repair parts will cause loss of valuable time at the last minute.

—Hundreds of dollars in extra returns have been secured by farmers and market gardeners who use control methods against losses from the cabbage root maggot. The control is very simple. Many use the little tar-paper disks which are placed about the young plant when it is placed in the field. The county agent can advise where these disks are secured. Corrosive sublimate, one part to 1000 is also a good control measure. Pour of each a cup of the diluted mixture about each plant within five days after setting and again in ten days.

—The April crop report indicates that this year's yield of winter wheat will be the smallest since 1918. This is due in part to reduced acreage and in part to lower condition, which averaged April 1, 76.2 per cent. of normal. Later crop reports are likely to reveal a substantial decrease in the area seeded to spring wheat. Conditions have not favored preparation for seeding, either in this country or in Canada, and a large area cannot be expected. With a lessening in production on this continent in prospect the price of the 1923 crop should be better than that of the 1922 crop, since the stocks to be carried over are not heavy.

—At the first call of spring the more mention of rhubarb renews for most of us the old hankering for rhubarb sauce and pies—good things that are to be found on any farmer's table in season.

The Bureau of Plant Industry of the State Department of Agriculture tells us that rhubarb grows best from roots divided from the parent stalk. One old root will furnish ten to fifteen piece-roots. These piece-roots are planted preferably in the autumn and should be kept well covered and mulched during the winter.

Six to eight plants will be sufficient for the average family.

Manure heavily and the plants will respond wonderfully. Set plants about four feet apart each way.

Combining a delicious acid flavor with certain medicinal properties, rhubarb is especially valuable to diabetic sufferers.

Plants will yield for many years if properly cared for and not permitted to go to seed. However, replanting every six to eight years is desirable.

The Victoria variety is one of the best of those that are recommended for their high yield and quality.

—The fourth annual program for young farmers will be conducted at State College, beginning Monday, June 11, and culminating in the farmers' field day, to be held Thursday, June 14. The aim of this program is to bring together a large group of young farmers from all parts of Pennsylvania whose chief interest lies in becoming more efficient in farming. The program will include instruction in agriculture, give the boys and girls an opportunity to become acquainted with noted speakers, and at the same time give them a pleasant social time together. All the young farmers of the State interested in their profession are invited to attend. However, because of the limited space, if any limit is necessary, preference will be given to members of boys' and girls' clubs, to winners of judging contests and to students in vocational agricultural schools or departments. All boys and girls desiring to make this trip should get in touch with the county or agricultural instructor in their community. Girls are required to be accompanied by their mother or some other adult relative. This must be mentioned in making an application. It is during this week that the various successful judging teams in the different counties come together and match their wits in the competition for the champion state judging team in dai-

rying, in general live stock, in swine judging, in poultry judging and in crop judging including corn and potatoes. At this time the state judging teams are selected to compete against other State teams in the national boys' and girls' judging contest held at various places in the country.

Early Pasture Not Enough for Dairy Cows.

Early pasture season is, as a rule, a rather hard season on the dairy cows. Grass at this time is very tender and succulent but largely water. It does stimulate milk production but does not furnish enough protein, energy and dry matter to supply the nutrients for this increased production. As a result the cow must call on her own reserve to make up this deficiency. This re-

sults in a lower production during the latter part of the lactation period. Rations that have proved economical this past winter will prove satisfactory to supplement pasture for the first month or six weeks. A grain ration made up of equal parts of corn and cobmeal, oats, wheat bran, gluten feed and cottonseed meal, will prove to be an economical ration and give good results.

Grain should be fed at the rate of one pound of the mixture to each three or four pounds of milk produced, to begin with, and gradually reduced as the grass becomes more abundant and mature. After the cows have been out on the pasture several weeks or a month, good results can be expected by feeding some hay and one pound of the grain mixture for each six to seven pounds of milk per day.

Children Cry for Fletcher's



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.

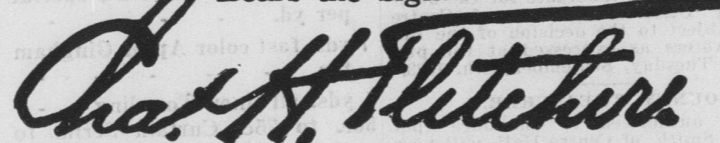
Never attempt to relieve your baby with a remedy that you would use for yourself.

What is CASTORIA

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Which is

the Right

STORE

for you

for

Decoration

Day

You wonder----- and it's no wonder

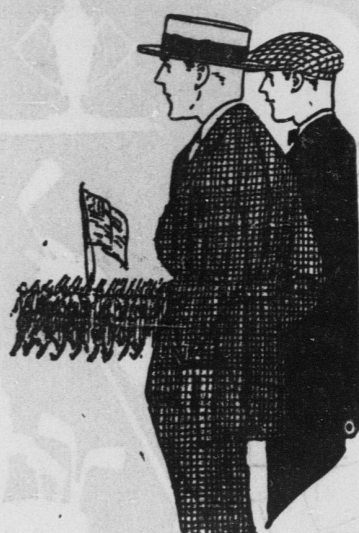
Here we all are - packing the papers with prices and praise - all seeking your trade - all promising the world, so to speak

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