

106 YEARS OLD AND URGES ALL TO CHEW BEECH NUT.

The New York World recently published the following story of remarkable longevity of "Uncle Jake" Cable, of Butler county, who has chewed tobacco all his life and ascribes part of his many years of good health to its use.

"Chew tobacco moderately, eat moderately and exercise moderately if you wish to live to be one hundred," is the manner of living recommended by "Uncle Jake" Cable, of Connoquenessing township, Butler county, Pa., now living at the county home. "Uncle Jake" will be 107 years old if he lives until October.

Cable is the oldest resident of Butler county of whom there is any record. His father, John Cable, lived to the age of 104, and his mother, brothers and sisters also lived to advanced ages. He has a brother living, Albert Cable, of Butler county, who is eighty years old.

"Uncle Jake" with the exception of the last three years spent at the county home, has lived on a farm near Whitestown, where he was born. He has been outside Butler county once, when he visited Pittsburgh to enlist as a soldier during the Civil war. Because he was barely five feet tall, Cable was rejected.

Today Cable enjoys good health. His hearing is slightly defective, but he still reads a newspaper and shaves himself with a straight blade razor. The centenarian began chewing tobacco when he was sixteen years old and has continued this habit since. He is moderate in its use, however. Bread, potatoes and fruits compose his meals for the most part. He has never had a serious illness. His photograph has been placed in a collection of centenarians being made by the Research Department of Johns Hopkins University, Baltimore, Md.

Keen Interest Manifested in State Sabbath School Convention.

Enthusiasm and keen interest is manifest on the part of Sunday school leaders in Washington county over the coming of the annual convention of the State Sabbath School forces to be held there October 8, 9 and 10.

Mr. Walter E. Myers, general secretary of the State association, has recently met with the local committees and reports that local arrangements have been practically completed and that they are most enthusiastic over this gathering of Sunday school forces from every county of the State.

Mr. Geo. E. Penningman, general secretary of the Allegheny county Sabbath School association, reports that western Pennsylvania will send an unusually large delegation.

Hon. J. W. Vickerman reports that the O. A. B. C. Federation are attempting a demonstration at the same time, something new and novel and of greater size than has yet been put on by that body of organized classes.

On the printed programs for this great annual convention, among others it is to be noted that it is to be in charge of H. Augustine Smith, director of pageantry and music of the Boston University. Many Pennsylvanians will recognize Mr. Smith as having put on those wonderful pageants at the world's convention at Tokyo, and again at the international convention at Kansas City, and will welcome this part of the program. He will introduce through the convention, interpretations of Sunday school music and art in religious education. He will bring with him many beautiful reproductions of world famous religious paintings and thousands of dollars' worth of costumes for the pageant, which closes the convention on Friday night.

Prof. Smith is in such constant demand that, though Pennsylvania has been trying to get him for three years, yet this is the first opportunity he has had. Pennsylvania Sunday school leaders will find much of instruction and interest in Prof. Smith and the State association is to be congratulated in securing men and women of such exceptional merit.

Old Virginia Seventh State to Restore Daily Bible Readings in Schools.

The Virginia House of Delegates, by a vote of 83 to 5, has passed a bill requiring the Bible to be read in the public schools of the State. There are eleven States, with a population of 70,000,000, that prohibit Bible reading in the public schools; thirty, with a population of 14,000,000, where the Bible may be read in the schools; and seven States providing by law for Bible reading in the public schools. We have yet to hear of a single instance where Bible reading in the schools has ever been twisted into the teaching of creed, church or formal religion. Every Protestant church in America opposes the teaching of creed or sectarianism in the public school; but what has that to do with the Golden Rule or the great law of love to man; the judicious life or merciful conduct? Who puts the Bible out of public schools, and why? One of the earliest acts of Congress was a move to import 20,000 Bibles, for distribution in the remote places of the sparsely settled parts of the colonies. Don't be afraid of the Old Book—the book of our Pilgrim and patriot fathers; the book in the hearts of a free people, that gave us a free church, a free school and a free State.

First Printed Bank Check.

With the passing of Child's Bank in London, says the Chronicle, of that city, is written the concluding chapter of one of the most interesting stories of the romance of business. Absorption of Child's into one of the large London banking concerns not only marks the disappearance of one of the last surviving private banking institutions in the British Isles, but that of the oldest bank as well. In 1762 appeared the first printed check on record, and it bore the name of Child's.

PARKING OF CARS.

Parking automobiles on public highways is strongly condemned as a public nuisance by the American Automobile Association, according to a bulletin just released through the organization's touring and transportation board at Washington, D. C.

The basis for the A. A. A. action is numerous complaints received from motorists who have been both inconvenienced and endangered by persons who park their cars on the main highways when they could just as well drive on to a cross road, or open space, it is stated.

In its bulletin the board states that it does not sympathize with the motorist who thinks he would forfeit a privilege if forbidden to park on highways because it contends that he is not safe in parking where there is high speed traffic and that he really would benefit by being compelled to park in safer places.

Thomas P. Henry, president of the A. A. A. says that the number of accidents resulting from parking cars on heavily traveled highways offsets any possible advantages and that if the motorist does not appreciate the importance of parking safely legislation must step in to produce desired results.

"It is hoped that this appeal to the motorist, however, will obviate the necessity of adding another law to the already overcrowded statutes," Mr. Henry explains. "If each motorist would act upon the recommendations of the A. A. A. board, the highways would be safer for all who use them and the nuisance of unsafe parking would be minimized."

The following suggestions have been offered by the A. A. A. board: "Do you seek main highways for picnic purposes. Use the secondary roads where there are plenty of opportunities for parking off the road."

"In event of picture try to get the car as far off the road as possible before changing the tire, and in no case stop on a curve or near the top of a hill."

"Never stop opposite a car that has parked alongside the road. If you want to ask your way stop your car at least 150 feet beyond and walk back and inquire."

"You are not safe sitting your car while it is parked on a highway. Furthermore you are a source of danger to those who are obliged to turn out to pass you."

"If you turn into a blind driveway to park have the back of the car to the main road. When your car is facing the road motorists may think you are just driving into the road. They may make a sudden stop before discovering that your car is not in motion, and cars following them may be thrown into a series of rear-end collisions."

"Parking a car at night on a main highway is doubly dangerous. You never know what minute the tail light may burn out."

JACKSONVILLE.

Most of our folks are attending the Granger picnic this week.

John Dietz, who hurt his arm last week, is now able to use it a little.

Miss Beatrice Hoy, of Blanchard, spent a week's vacation with friends here, returning home Friday evening.

Harry Hoy and son are building a large meat house, packer and cooler combined which, when finished, will enable them to handle more products at one time, making business more profitable for both farmer and buyer.

James Bartley was thrown from a load of oats, last week, spraining his ankle and also sustaining some bad bruises but is now recovering nicely.

Many people from our town attended the funeral of Mrs. Emma Harter, of Upper Marion, on Sunday.

A real weiner roast was held at the Elmer Swope home, last Wednesday evening, under the supervision of eldest daughter, Kathryn. Everybody had a fine time, with lots of dogs to eat. Those present were: Misses Relda McClosky, Viola Boone, Violet McClosky, Geraldine Swope, Sarah Vonada, Blanche Orr, Myrtle Boone, Helen Vonada, Nora Weight, Beatrice Beightol, Jane Yearick, Loretta Condo, Kathryn Swope, Messrs. Hogan Long, Leon Aley, Charlie Robinson, Leonard Boone, Melvin Dixon, Geo. Swope, Harold Betz, George Weight, Willard Markle, Deimer Ertley, Clarence Weight, John Vonada, Clifford Swope, George Boone, Leonard Robinson, Ira Robinson, Harry Swope, Mr. and Mrs. Joseph Neff, Miss Beatrice Hoy, of Blanchard; Mr. and Mrs. Elmer Swope.

New Licenses Cause Nimrods to Complain.

Strong complaint has been registered by the hunters against the new licenses they must carry during the hunting season of 1924, the nimrods claiming it is necessary to fasten them on their coats by wire, or by riveting them.

As they are aluminum plate and because of this are sharp edged, cutting a thread right off, hunters contend they have a just complaint. The former hunting licenses were canvas and were easily sewed on by a sewing machine or needle and cord.

Perfect Husband.

First Flapper.—Dick's a perfectly adorable husband to Marie. He gives her anything she wants.

Second Flapper.—What did he give her last? First Flapper.—A divorce.—New York Sun.

In proportion to the number of inhabitants, Alaska has the most intensive radio development of all lands. It seems to have been especially devised to fit the needs of these people, because they are cut off from many settlements for six months of the year by the snow, the icy blasts are no obstacles to the electromagnetic waves.

The value of the products of all the States' prison industries during the past year was \$69,000,000; of this prison-made work, clothing was valued at \$19,000,000.

Read your own "Watchman."

FOR AND ABOUT WOMEN.

DAILY THOUGHT. But evil is wrought by want of thought as well as want of heart. —Thomas Hood.

MOTHERS.

In the first set of teeth there are 20. They appear, usually, in the following order: The two central lower teeth being first to appear and come from the sixth to the ninth month. Next are the four upper central teeth, which come from the eighth to the twelfth month. The other two lower central teeth and the four front double teeth come from the twelfth to the eighteenth month. Then follow the four canine teeth, the two upper ones being known as the "eye teeth" and the two lower as the "stomach teeth."

They generally come between the eighteenth and the twenty-fourth and the thirtieth month. At one year a child usually has six teeth; at one and a half years twelve teeth. At two years sixteen teeth. At two and a half years twenty teeth.

The appearance of teeth varies in different families. In some they come very early, in others much later. The teeth may come late as a result of prolonged illness and also from rickets.

In healthy children there is very often fretfulness and poor sleep for two or three nights. There may be loss of appetite, so that only one-half the usual amount of food is taken. There is salivation or drooling and often slight fever. There may be some symptoms of indigestion, such as vomiting or the appearance of undigested food in the discharges from the bowels. In delicate children all these symptoms may be much more severe.

Usually the symptoms last but three or four days, but there may be no gain in weight for two or three weeks.

Most of the other symptoms attributed to teething, nearly all of them, come from indigestion due to bad feeding.

A young baby should be lifted from its bed by using the right hand to grasp the clothing below the feet and the left hand slipped under the infant's body to its head. It is then raised upon the left arm.

The entire spine is supported by doing this and no undue pressure is made upon the chest or abdomen, as often happens if baby is grasped around the body or under the arms.

Lift the child who runs about by placing the hands under the child's arms and never by the wrists or hands, as often serious injury is done to the elbow or shoulder joints.

In any acute illness the amount of food should be much reduced and the food made more dilute than usual. If there is fever, no solid food should be given. If the child is already on a milk diet, this should be diluted and in some cases partially reconstituted.

In very hot weather treat a child as if it were ill by giving less food, particularly less solid food and more water.

I never could see much difference between the person who devoured a pound of candy at a sitting and complained of a headache the next day, and the one who consumed a quart of whiskey and groaned likewise on the morning after. Both were satisfying a craving for something they believed they wanted, and did it a little too much, which is what most of us do one time or another.

A child is born with a desire for sweets, and the desire lasts through the years until the worn-out stomach refuses the burden. Then sorrow is that child's portion, for when the stomach strikes, it has no reason about it, but strikes against food in general rather than candy in particular. "No sweets," says the doctor, "and here's your list. Stick to that diet until we see what's going to happen."

Yet children need sweets. They have to have sugar to keep the health in their bodies. It is hard to teach a child moderation in the use of candy, but it is harder still to see him sick and suffering because his sweet tooth has outraged the other 31.

Even when the candy ration is reduced to the piece after meals there is trouble. There is scarcely a child in a hundred that is going to be satisfied with the amount of sugar a careful parent, advised by the careful doctor, allows him. He has to have more and he's going to get it some way, somehow. Better see that he gets it.

He doesn't have to have it in the form of candy and frostings. If he gets honey spread on his bread and butter, his appetite for sugar for that day is about satisfied. The sugar in the honey won't burn out the fuses as the candy will.

Ripe fruit is full of sugar, and there never was a child born yet that would not sing for his supper if it consisted of peaches, whose beauty alone almost feeds his hunger, to say nothing of the honeyed golden sweetness that lies under the tawny velvety skin. When did you see the time that a child's eyes wouldn't dance at the sight of a big red and gold apple? It's full of the very best sort of sugar, and health and beauty for the growing youngster. Raisins are the essence of sweetness, with a dulled richness supplying the undertone that lingers in the memory as a treat from the gardens of enshrouded sunshine and dew and wild honey.

Fruit is so much lovelier to look at and to touch and to smell than candy, and so much less troublesome afterward. It was made for the sweet tooth of the child. Let him have it. Perhaps the sugar cane was made for the more testy tongue of the adult, who needs a bit of ferment to make his dull soul sing. Children's souls sing and their bodies grow best on Nature's sweets. They best satisfy the sweet tooth of the youngster.

One of the easiest ways to be sure of getting sufficient amount of vitamin C, the scurvy-preventing substance, is to eat tomatoes rather regularly, perhaps every day, or to make it a practice to put tomato juice in some of the dishes that we are preparing for the family, says the United States Department of Agriculture.

JAPANESE BEETLE IS SLOWLY LOSING BATTLE.

After a month of intensive warfare during which it played havoc with the crops and gardens through southeastern Pennsylvania and New Jersey, the army of Japanese beetles is making a slow and orderly retreat to its winter quarters.

And it's not the cold weather, either, according to government scientists, that has prevailed on the pests to fold their wings and declare the present campaign of destruction at an end.

The beetle, they explain, lives about a year on the average, eleven months of which it spends in quiet repose. However, during its month of activity it manages to do enough damage to make it the most obnoxious pest known to farmers.

The scientists pin great faith in the ability of the little leafed wasps, imported from Japan to make the sojourn of the beetles much more trying when they reappear in these parts about a year hence. About 3,000 of the wasps have been freed for the purpose of making war on the beetles whenever and wherever they can.

The Tachinid flies, also hereditary enemies of the beetles, are expected to take a great part in the general offensive planned to take place during the winter and early spring months.

Charge Coal Price is Raised Monthly.

Retail coal dealers are advancing the price of coal ten cents a month, officials of the Bureau of Mines have been informed.

On the first of each month the coal men increase the price ten cents a ton. This is done, the dealers claim, to ensure that those who can just as well buy their coal in the early summer will do it then and not wait until cold weather comes.

This policy of cutting the price fifty cents a ton in the early spring will be followed out in the future, the retailers told State agents. Then the price will increase from ten cents a month during the summer until it gets back to its original price by the time cold weather comes.

Incidentally reports from the anthracite districts indicate there will be no coal shortage this year. Many of the mines have been working throughout the spring and summer and huge coal piles are being stacked at vantage points for winter shipment.

There has been a number of strikes in the mines this summer but few of them have continued for any length and hence the larger coal companies have been enabled to lay in thousands of tons of coal this summer.

State Farmers to Cut Down Wheat Acreage.

Farmers in Pennsylvania are going to reduce the acreage of winter wheat seeded this fall, a survey of the State indicates. The planted area will be only 97 per cent, as large as last year.

This survey shows only what the farmers have in mind at the present time. They may change their plans. The intentions to plant winter wheat in the entire United States, however, indicates an acreage seven per cent larger than the past season, or 42,919,000 acres.

Always Worry.

I suppose you find everything so different now you are married? Not very. I used to sit up half the night wondering when Arthur would go home, and now I sit up half the night wondering when he'll come home.—London Mail.

Advertisement for Nature's Remedy For Liver Ills. Includes image of a bottle and text: "Better Than Pills For Liver Ills. You can't feel so good but what NR will make you feel better. Got a box? 25c. Nature's Remedy FOR LIVER ILLS. C. M. PARRISH BELLEFONTE, PA."

Advertisement for Caldwell & Son. Includes text: "Caldwell & Son BELLEFONTE, PA. Plumbing and Heating By Hot Water Vapor Steam Pipeless Furnaces Full Line of Pipe and Fittings AND MILL SUPPLIES ALL SIZES OF Terra Cotta Pipe and Fittings Estimates Cheerfully and Promptly Furnished. 66-15-12"

Advertisement for Chichester's Pills. Includes text: "CHICHESTER'S PILLS THE DIAMOND BRAND. Get your Druggist for... SOLD BY DRUGGISTS EVERYWHERE"



Advertisement for Faubles. Includes text: "The Real New Things on Display Now ...at Faubles... Griffon Clothes Mallory Hats Stetson Hats Emory Shirts Brady Sweaters Goods that will Please You ...Priced Honestly... We would Like to Show You A. FAUBLE"

Advertisement for The First National Bank. Includes text: "Capital and Labor Capital and Labor are necessary factors of industry, and should work in perfect harmony. It pleases us to please you, and we are always glad to be of the utmost service to you. THE FIRST NATIONAL BANK STATE COLLEGE, PA. MEMBER FEDERAL RESERVE SYSTEM"

Advertisement for Holmes & Edwards Silverware. Includes text: "Holmes & Edwards Silverware Reinforced at Points of Hardest Wear Four Patterns F. P. BLAIR & SON Jewelers and Optometrists BELLEFONTE, PA."