



CHRISTMAS SEAL STORIES.  
Dedicated to the Children of America.

ALICE'S DAY WITH THE PENNY LIFE-SAVERS.

"I feel," thought Alice, "just like another Alice, in Wonderland! Why it's been days and days since I left Alaska and Mother and Daddy."

Then, as she had done so many times during the last few days, she thought of her long ride on the sled, the big boat that had carried her to the railroad, and finally the long ride on the train.

Alice just supposed she had seen everything in the world until that morning. The funniest thing then happened. The train had stopped at one of the big stations and Alice caught sight of a huge picture of Santa Claus. And underneath the picture was written "Buy Christmas Seals."

"Now, what," thought Alice, "are Christmas Seals? We don't have them in Alaska and I s'posed Christmas was the same all over."

It was while she was puzzling away, wishing she knew all about that jolly sign, that the big colored porter came and told Alice she was nearly at the end of her trip. "Oh, dear," said Alice to herself, "I wonder what sort of person Aunt Betty is and if she is anything like Mother. And what if I don't like her?"

But Aunt Betty was a great deal like Mother; and after she had hugged and kissed her and said how glad she was to see her, Alice knew she was going to be very happy in Pennsylvania.

"Oh, Aunt Betty," she said suddenly, "Where did you get those funny stamps and why are they called Christmas Seals, and why?"

But Aunt Betty laughingly stopped her. "One question at a time, dear. I was sure you would be interested in the Christmas Seals so I am going to tell you just a little about them and tomorrow you are going out with me and learn more about them."

So Aunt Betty told Alice that not only in the United States, but also in other countries, Health Seals are sold each year at Christmas time and are just as much a part of Christmas as Christmas trees, hanging up stockings and Santa Claus' visits. "They are called Health Seals," explained Aunt Betty, "because with the money that is raised, people are taught how to be strong and well. And because they cost only a penny apiece, men, women and little children can buy them. They are real penny life-savers as I shall show you tomorrow."

The next day was nothing but sunshine and it was a very happy and excited little girl that jumped in the automobile beside Aunt Betty. Their first stop was at a small white schoolhouse. The teacher smiled at Aunt Betty and Alice and answered cheerily their "good morning" greeting.

"I am so glad you came," she said, "I was just trying to tell the children about the Health Crusade." Aunt Betty told the children all about the Modern Health Crusade. She spoke about the Crusaders of long ago when men were knighted and gained titles, and told the boys and girls how they, too, could be Crusaders and become Knights, thereby winning distinction and honor and happiness. She explained how, by doing things which made healthy, strong bodies, they would be rewarded. Then she gave each of them a card—a chore card, she called it, telling them how they were to do the chores each day and when vacation time arrived, those who had performed all the health duties would be knighted.

Alice could hardly wait until she and Aunt Betty were outside. "Oh, Aunt Betty," she said excitedly, "may I have a chore card and does the money from the Christmas Seals buy the chore cards and pins and teach children how to keep well?"

"Yes, it does. But that is only one of the things. Here is Mrs. Brown's house. Let us stop and see if every thing is all right. Two of her children were in the little school."

Mrs. Brown was very glad to see Aunt Betty and Alice.

"Do come right in and see the baby. He is so much better. The milk you sent is such a help and the other children have learned to like it. They don't drink tea or coffee any more since we have the milk. Mary and Tommy have had their tonsils out and seem like different children, always busy and happy. The doctor at the clinic is very fond of Mary and was just as glad as we were when he examined her and found that she didn't have any serious disease."

"Don't forget all they did for Mrs. Brown," said Aunt Betty, as they were off to see what other things the penny life-savers do. The automobile carried them back to the city.

Aunt Betty said, "I want you to see another little girl who was so ill she couldn't talk and all because her tonsils were so large. There she is now." Aunt Betty waved to a little Italian girl who was calling out to her, "Hello! Hello!"

It was little Carmela, and as Aunt Betty and Alice got out of the car she danced up and down. "Just think,"

she cried, "I am so much better now and I'm getting fat! I just eat and eat. I am doing fine in school and now that I have my voice again Uncle Tony is going to give me the singing lessons. I go to the clinic whenever the nurse tells me to and I only eat the food they want me to eat—vegetables, fruit and lots of milk."

Aunt Betty laughed over Carmela's breathless outburst and told her how very happy she was over her improvement.

"Hello," shouted good-natured Mrs. Navigato from across the street. "Look!" And she held up a black-haired, wiggly little baby. "Tommy, he all right now. I take him to what-you-call well baby clinic every week. Nice nurse, nice doctor there. They tell me Tommy fine baby. I see lots other babies there—all well."

As Aunt Betty and Alice got back into the car Aunt Betty smiled. "Ever hear of a well baby clinic, Alice?" And when Alice said she hadn't, Aunt Betty told her that another big thing the penny life-savers did was to help to have babies examined and cared for before they grow up. This was so they would be strong and healthy before they went to school.

In the afternoon Alice and Aunt Betty went to a school in the city where a health play was in progress. The name was "The Passing of the Littlest Knight."

The scene was laid in Mother Nature's home on the borderland of fairyland and earth. Blind Public had come to consult Mother Nature about his failing health. He found her mending the little lungs of some earth children who were suffering from tuberculosis. While Blind Public was consulting Mother Nature, the Fairy Queen brought the Littlest Knight to Mother Nature for her blessing. "ere he went to Earth to become a little brother to the children whose lungs she was mending. With the help of the Fairy the bandage of indifference was removed from Public's eyes and he promised to help Mother Nature mend all of the little lungs, and to keep the blessings of health for all of the Littlest Knights."

At the close a woman whom the teacher called Mrs. Wilson spoke to the children. She said:

"This class is to be rewarded for the splendid part it has taken in the Modern Health Crusade. I am very happy to present this pennant to you and I heartily congratulate the teacher as well as the pupils on such an excellent health record. There are now eight million children in the Modern Health Crusade and all are daily practicing the habits of right living. Now that you have won this honor don't stop. There are bigger and better things awaiting you. Work together, work hard, and let us see what can be done at the end of next year."

"Now," said Betty, "the next thing is the nutrition class."

"The what?" exclaimed Alice.

"A what-you-should-eat class," smiled her aunt, "you shall see."

And Alice did see. She saw slender children given glasses of milk. She saw them weighed and measured. She heard the doctor tell them the story of how to eat, drink and be merry and healthy. And then she saw how the doctor carefully examined each one.

That night Alice was brimming over with all the things she had seen and learned. There was the Modern Health Crusade; the milk sent to Mrs. Brown; Mary, Tommy and Carmela who had been made well by having their tonsils out; the other kind of clinic that Mary had gone to; Mrs. Navigato's baby who was keeping well because she took him to a well baby clinic. Then there was the health play and last of all that wonderful Nutrition class!

"Why, Auntie!" exclaimed Alice, "how can I ever remember all the things the penny life-savers do?"

"Well," laughed Aunt Betty, "you don't really have to remember all of those things—only this: All of these things are done to help make children and grown-ups well and to keep them well. The other kind of clinic, that you remember little Mary's going to, was to find out whether little Mary had tuberculosis, the wicked disease in the health play that you liked so much. The doctors say that we can protect children from that disease by making them strong and well. And we can also protect them from other illnesses."

"Now here is where the part of the penny life-savers comes in: In the nutrition class, the Modern Health Crusade, the clinics and in the care of children there are always some expenses to be paid. Well, each year there are sold so many of the little life-savers—that there is money to pay for everything you have seen."

"And do you know, Alice, that all the little girls and boys in town do their part in selling the penny life-savers? They knew the harder they work, the more money is raised; and the more money raised the more people made well and the more lives saved. So just before Christmas they try hard to sell all they can."

"How wonderful!" said Alice, adding after a pause, "Aunt Betty, when I go back to Alaska I am going to tell the people there how children can be made well and happy with the penny life-savers. And won't the children be happy when they learn that they, too, can become knights?"

And when Alice climbed into her little bed she said: "I know that our class at home can win a pennant too, but best of all our school children in Alaska can do their part in helping the penny life-savers do their joyful work."—By Verna L. Hoagland.

Christmas Clubs Save \$243,855,840.

Six million members of Christmas clubs in the United States, depositing small sums in the bank each week, this year saved almost \$250,000,000, it is announced.

The aggregate Christmas fund savings amount to \$243,855,840—ten times the sum saved ten years ago when the movement started—according to Herbert F. Rawlin, president of the Incorporated Christmas club, and one of the originators of the plan.

—The best job work done here.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

THE CHRIST CHILD.

By Clara S. McCulley.

Christmas—the same old Christmas—That lives in the minds of men; The same old round of buying, Then buying and buying again.

The same old tinseller playthings; The same old star on the tree; The same old worn out shoppers, And the same old childish glee!

Christmas—the same old Christmas, The faces was and white, That peer into the gay decked windows, And shiver—on Christmas night!

Christmas—the same old Christmas, The time of the Christ Child's birth; When the angels sang of heaven, And peace to the strife torn earth!

Thank God for the Christmas spirit, Thank God for the cheery light, That streams from the cottage windows, When the Christ Child walks that night. —Kansas City Star.

FOR MOTHER.

Just as Dad often likes the things which please the young man of the family, so does mother hold a fondness for things which daughter owns. Notice how she pauses to run her hand over the silken softness of negligé or lingerie as she cheerfully places it in its proper place.

Let the things you give her be dainty and feminine, with a bit of dignity and distinction added. Her lingerie will be fine and lovely without quite so much lace and fly-away ribbons. Her neck wear and handkerchiefs will be more sombre in tone; her silk stockings minus the lace clocks.

She loves smart gloves, but when she buys them for herself she tries to be contented with the less expensive ones.

A costume slip, either silk or linette, is particularly nice, and gives good lines to the older women's frock.

An order for a made-to-measure corset, something in good perfume or toilet water; opera, theatre or lecture tickets, a box of nice stationery, with a supply of stamps; a string of unusual beads; one of the charming mottoes on parchment; a new book; all these are things she will like, but will not be likely to buy for herself.

If she hasn't a lovely negligé you must see to it that Sandy does not overlook this important thing.

FOR BABY.

A dress of white French voile, smocked in collar.

A hand embroidered petticoat fastening on the shoulder.

A rubber ball with the alphabet and funny animals on the sides.

A china plate with special sides so that it will not tip over.

A bread and milk set consisting of pitcher, plate and bowl with Mother Goose folks wandering over the surface.

The beginning of a string of real pearls. Jewellers sell baby pearls on a fine gold chain, either a single one in the centre, or three or five. Others may be added from year to year.

A young dog. This is the only kind which should ever be given to children. If they play together when young, they will permit the rough handling which they are sure to get and there is no danger of the child being hurt.

FOR DAD.

A great many of the things which a young man likes are exactly what will please dear old dad as well. For what man ever outgrows his taste for good-looking things, even if he is too unselfish to indulge it.

Give him a really smart umbrella or a cane. An attractive as well as a serviceable lounging robe or house coat. Let the socks and handkerchiefs you select be good-looking ones. Nearly all men like an all-linen handkerchief, perfectly plain, with a half-inch hem and a black initial.

The match safe for paper matches will find much favor with him. So will the traveling case; the dress scarf; the golf balls and the riding accessories.

He will appreciate a pair of warm gloves for driving, and if the car is an open one, he will like a fur cap or an angora jacket. Suede vests are very warm and are rather new.

A humidor for tobacco, cigars or cigarettes, according to his taste in smokes, is a splendid thing. Humidors of fumed oak or of mahogany with a brass name plate on the cover are mannish.

Good-looking, substantial fittings for his desk at home or at the office are always nice. Brass, lacquered so that it will not tarnish, is smart, and far removed from the feminine note.

An initialed belt buckle; a cigarette case; a silk dressing gown; a silk or English broadcloth shirt; business or personal cards; a wallet with gold corners; a collar bag; a new shaving brush; studs for his dress shirt.

FOR THE FOUR TO EIGHT YEAR OLD.

A pocketbook. Every little girl loves one. A few pennies inclosed adds much.

A "party" frock. They are never too young to love these. Taffeta is a good choice, and cotton crepe an inexpensive one.

A new gingham dress and sunbonnet for dollie, with a touch of handwork. One shop sells lovely ones in all colors for \$1 a set.

A set of crayons, with bunny or other animals' heads. These faces are delightful and the head dress is of crepe paper. A paint book might accompany this gift.

A toy wrist watch on a black ribbon just like mothers. It won't run, of course, but it may be wound up and it will be worn proudly.

Children's versions of Bible stories, or of the well-known poets who write for small children. These are instructive as well as interesting.

FOR THE YOUNG LADY DAUGHTER.

A fox fur. Rose taupe is popular. Silver is exquisite, but expensive. Black and brown are both well liked. A sterling silver flexible bracelet with enameled or jeweled links.

Bangle bracelets; two, three and

five held together by a slide are being worn.

Dance slippers of metal brocade. Bright effects are favored. Plain velvet or satin with colored metal inserts at the sides are new. Interwoven straps are high in favor.

Mules are always adorable. Good, substantial walking shoes and smart oxfords will not be frowned upon. Riding boots or puttees for the girl who rides or who considers taking up riding will be very welcome. Skating shoes with or without skates attached, will be just the thing in many cases.

A doll lamp for her dressing table, with perhaps a doll pin-cushion or other accessory to match, is charming. Powder puffs whose tops are covered with dainty lace and ribbon are frivolous enough to please any deb. Dainty garters are sure to be received with delight.

A carved crystal bottle for perfume; a necklace or earrings or ring from the Orient; silk stockings with lace clocks; an enamel pencil; one of the flat brocade purses.

FOR YOUR HOLIDAY HOSTESS.

A box of glazed fruit. An opera or other selection among the more expensive records.

A Jerusalem cherry tree, if she happens to be one of those who are sensible enough not to consider them bad luck.

A cluster of dried grasses or sprays which last all winter. Bittersweet is very smart, but is extremely scarce. The painted and dyed weeds are popular. Bright red berries of various kinds may be had at all florists. A few sprays of bayberries are particularly nice. These might be given in a pretty vase.

WOULD CURB TRAFFIC MENACE.

The mounting toll of traffic deaths and means of reducing the number of auto accidents throughout the country were the chief problems considered by the 16th annual conference of State Governors, at Jacksonville, Florida. It came as a surprise to many State executives to learn that traffic accidents in this country last year caused a loss of life equal to one-third of the total battle losses of Americans in the nineteen months of the world war. Traffic accidents in 1923 seriously injured more than twice the total casualties of American troops in the world war—including dead, wounded, missing and captured—and more than three times the number of Americans wounded. The economic loss is placed at \$600,000,000.

Last year 22,600 persons were killed and 678,000 more were injured in traffic mishaps. In the nineteen months we were in the world war less than 68,000 Americans were killed and 192,500 were wounded. These comparative figures were compiled by the committee on statistics of national committee on street and highway safety.

Governor Cox, of Massachusetts, urged other States to consider the merits of an act introduced in the Legislature in his State which contains these features: No person will be permitted to drive a car unless he takes out a bond to cover injury and death damage to the limit of \$10,000 and a \$1,000 limit for property damage. According to Governor Cox, this measure does justice to the owner, insurer and public. In his opinion are great majority of accidents are brought about by financially irresponsible drivers. He deplored the reckless driver and called the drunken driver a "menace."

Governor Branch, of Indiana, favors the law now in vogue in several States which requires vehicles to come to a complete stop when approaching dangerous grade crossings. He intends to recommend such a measure to his State Legislature. If the driver will not take the trouble to slow down and take other precautions he should be compelled to by law, thinks Governor Branch. He holds that the grade crossing death toll is one of the most serious problems faced by the nation.

The Governors were the guests of Governor Hardee, of Florida, at the dedication of the new Gandy bridge which spans Tampa bay and forms a new direct traffic link between Tampa and St. Petersburg.—Ex.

Will of Lewis Emery Jr.

Bradford, Pa.—The will of the late Lewis Emery Jr., pioneer oil man and progressive politician, who died in a Philadelphia hospital, has been filed in this county for probate. It covers seventeen typewritten pages.

Under its provision Mrs. Lewis Emery Jr., gets large life insurance policies, and it is understood is beneficiary of a settlement made prior to the will. Miss Elizabeth Kennedy, a grand-daughter, gets \$150,000, when she comes of age. Charles E. McCafferty, former private secretary, and William A. McCafferty, sales manager of the Emery Manufacturing company, are left \$40,000 each. In addition, there is a list of faithful employees who receive from \$1000 to \$5000 each.

The bulk of the estate goes to Lewis and Earl Emery, to be held in trust for continuation of the various enterprises of the deceased "until such time as they will to make a division," when it is to be divided among the three children, Grace, Lewis and Earl Emery.

The Bradford hospital gets \$20,000, the Bon Air sanitarium, \$10,000, the County Children's home at Foster Brook, \$5000. A bequest of \$30,000 to Hillsdale College, Mich., his alma mater, is canceled by codicil, the amount having been paid over to that institution before Mr. Emery's death. There is no inventory filed of his estate.

Marriage Licenses.

Archie D. Whamond, Altoona, and Isabel R. Zettle, Bellefonte. John W. Confer, Bellefonte, and Alta S. Colyer, Mingoville. Theodore Brandt, Munson, and Pauline Krebs, Philipsburg.

SWEDISH CHRISTMASTIDE LASTS A MERRY TWO WEEKS.

Stockholm.—Christmas is the vacation season in Sweden. For about two weeks, at least in the rural districts, every one knocks off work and takes to church going, feasting, visiting or loafing.

It is a time for family reunion, social frolic and winter sports. The crops in the grain threshed, the stock housed for the cold season and the granaries filled.

A great deal of baking, brewing, washing and cooking has been done in advance, and there follows a welcome let-down, a relaxation from the year's work. A feeling of satisfaction and benevolence seems to pervade the atmosphere.

In order to make this holiday enjoyable there is a great ado in preparing for it. "Busy as in the days before Christmas," is an old Swedish saying which remains forever applicable.

Besides the usual Christmas presents, it is the custom to provide new clothes, new shoes, new hats and caps and new underwear for the holidays, and in addition to new raiment the children may expect new skates, new sleds or new skis.

In the north of Europe such a mid-winter holiday is of ancient origin. Numerous records have been found in runic inscriptions, in sagas and verbal legend of great heathen celebrations at the time of the winter solstice. Sailors then were home from sea, the hunters from the forest and soldiers were forced to lie idle in camp.

The "piece de resistance" of the Yule dinner was a boar's head, served whole on a platter with a red apple in the mouth. Before carving the host and his guests made pledges to perform certain exploits the next summer. Sacrifices to the gods, really huge barbecues, were prepared before roaring bonfires in sacred groves of beach and oak. Here the common people were entertained.

Traces of many of these ceremonies appear in the modern celebrations of Christmas. A pig's head is still supposed to be the proper dish for the principal meal Christmas eve, not Christmas day, just as turkey is served in the United States.

For those who cannot afford the regulation head, other cuts of fresh pork, besides home-made sausage and recently corned beef, serve as a substitute, boiled in an iron kettle, which is put in the center of the table.

Into the kettle all members of the household, whether master or servant, child or grown-up, are expected to dip slices of bread, which are then eaten with cuts of pork or beef or spicy sausage. This rite is supposed to symbolize the unity of the family. Family prayers, closing with a Christmas hymn, concludes the ceremony of "dipping in the pot."

Modern poets no longer chant their compositions to the king's hall, but publish them in the numerous Christmas magazines, which have great vogue.

Instead of the auto-door sacrifices to the gods of Valhalla there are many special Christmas services, of which the principal one comes at 5 o'clock in the morning of Christmas day. Even the country churches are brightly illumined by candles, set along the pews and in arches in the windows, besides in the regular chandeliers.

There is a solemn thrill in the air that morning, and the churches are packed. Great fires roar in the stoves or on the open hearths and, until recently, although churches were not heated, except by the thousands of tallow candles, huge bonfires were built in the snow outside, the flames of which could be seen reflected far and near in the winter sky.

Into these fires were thrown the pitch pine torches by which people found their way to church, which added to their brilliancy.

In connection with the celebration of Christmas many superstitious practices and beliefs were once common in the backwoods districts. One of these was that by fasting Christmas eve and spending the entire day in the woods, speaking not a word and seeing no human beings, one could get second sight for Christmas day.

Another belief was that whoever got home first after the morning services, which usually terminate at day-break, would be the first to get his crops garnered the next summer, and consequently the drive home that morning partook of the nature of a horse race.

A third notion was that in the reflection of a lighted Christmas tree in an uncurtained window one might observe the absence of those who were to die that year.

A tallow candle would burn in a double flame at midnight, the exact hour of the birth of Christ.

No household should extinguish all lights that night, otherwise the elves and fairies couldn't see their way to come in and taste of the Christmas dinner, the remnants of which must be left on the table.

Animals have the power of speech that night and early in the morning, before the regular Christmas service, the dead rise from their graves and hold a service of their own in the church.

After the early morning service Christmas day seems long indeed. It is sacred to the family circle. Outdoor sports, social visits and dinner parties do not begin until next day, which is also a legal holiday with church services in memory of St. Stephen.

Legend says that this good man was a hostler, and, mounted on horses, often bareback or with only a sheepskin for a saddle, it used to be the custom for young swains to make the rounds of the village, singing carols about the saint and expecting to be rewarded with deep draughts of home-brewed Christmas ale or stronger distilled spirits.

Each day of the following week had its special ceremony, including New Year's day with its cakes, now turned with a shower of specially printed cards from friends and business relations.

The last legal holiday is the thirteenth, which is supposed to commemorate the worship by the wise men. A star used to be carried about the village lanes followed by a procession of children chanting carols.

This is the twelfth night of English legend, which ends the Christmas vacation in a whirl of games and frolic, dinners, drinking bouts and sports.

The Christmas tree is supposed to remain until the twentieth day, which is named after old King Knut of Canute, "who drives Yule out."

After that the workaday world begins anew.

A Butterfly's Wings.

Butterflies are often compared to flowers, because of their wonderful and beautiful coloring, and because they are both summer products, and their lives are so transient.

But there is still better reason than similarity in color. It may be news to some of you who have not examined these creatures, but the male butterfly has a faint though distinct scent. If you brush your finger over the wing of a common white butterfly, you will find it covered with fine white dust which gives off a delicate perfume similar to lemon or balsam. As a rule, the duller a butterfly's color the stronger his scent—perhaps a compensation from nature. Some of the dull colored night butterflies or moths have quite a strong odor.

Removal of the dust leaves a noticeable bald spot on the wing; and when we come to examine the dust under a microscope we find it of more substantial composition than we could have suspected. In fact, it is made up of countless scales—the real coloring of the wings; for without the scales the wing is as transparent as that of a wasp or blue bottle.

The scales are laid on the wing in much the same way as slates on a roof. But in spite of the exquisite shape and coloring, they are so tiny that the scales on the wings of a single butterfly would outnumber all the slate on the roofs of the houses of a good sized town. When you consider that each must be arranged according to its color, in order to give the wonderful patterns that the wings display, you will obtain some idea of the wonders of workmanship in a butterfly's wings. Mother Nature's patience is boundless and her workmanship worthy of imitation by human laborers at all times.—Ex.

FARM CALENDAR.

Keeping Farm Records.—January 1, 1925, is a good day to start a farm book-keeping set. Knowing where dollars come and go may mean the difference between success and failure in 1925. Your county agent has record books, and The Pennsylvania State College has a correspondence course of five lessons in farm book-keeping that will help you get started.

Order Chicks Early.—The buying of baby chicks for next spring's delivery is similar in one respect to Christmas shopping. "Do it early" is a good slogan and its application may save you a disappointment. Many a poultryman has been forced to accept later-hatched chicks than he desired just because he did not place his order with his hatchery at an early date.

Growing Deciduous Shrubs.—Many deciduous shrubs can be grown from cuttings taken at this time of the year. Cuttings should be made with a sharp knife. They should be about six inches long and should have from four to six buds. The cuttings may be tied into bundles and set in moist sand in a cool cellar. In the spring they can be set out in rows about six inches apart in one corner of the vegetable garden. Plant at least two buds below the surface of the ground.

Cow Testing Tells.—Guesswork does not tell which cows of the herd pay and which ones are boarders. Cow testing records compel every cow to stand up and face the music. Only those cows that can give a good account of themselves deserve to accept the hospitality of any dairy farmer.

Christmas Dont's.

Don't hunt for price marks on the presents you receive.

Don't wait till Christmas for the purpose of being kind.

Don't present your Christmas gift as if you were offering a favor.

Don't, if the present you are sending away was expensive, fail to remove the price tag.

Don't give merely for the purpose of creating the impression that you are generous.

Don't forget that the clerk who has been working long hours for many weeks is human.