

**PURE CARBONATED BEVERAGES STIMULATE OVERTAXED SYSTEM.**

Water Used with Fruit Juices is Regulatory Type of Food, Hodgdon Says.

By Dr. Daniel R. Hodgdon.

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Good carbonated beverages are in answer to the human system's natural call for something cooling and sweet with a little "pep" after strenuous exertion. To punctuate an evening's dancing, for instance, with a drink or two of this kind is both logical and sensible. A man pitching hay, relishes this kind of drink and it is better for him than ice water. A carbonated drink for the housewife, to break the morning's work of ironing or any other hot and taxing work, serves a useful purpose.

A cool drink soothes the spirit, even though the cooling effect is only temporary; a sweet drink, with its carbohydrate content, supplies energy. Carbonated water in a drink prevents us from gulping down the cold liquid too fast, as we usually do with ice water, and so we are protected from the danger which might come from chilling our stomachs too quickly after exertion.

A carbonated drink is usually sipped and not gulped, and so each mouthful has a chance to be raised to the temperature of the body before it is swallowed. At least, we cannot gulp the carbonated drink quite as fast as we can ice water, no matter how hot and thirsty we are.

**FRUIT JUICES GOOD.**

The fruit juices which are a part of many good carbonated beverages have a toning effect upon the system as good fruit always has. Fruit juice is a regulatory food, necessary to health. Of course the genuine fruit juice is used only in high-grade carbonated beverages, but of those which are not genuine fruit juices, there is little that can be favorably said.

The ginger in good ginger ale, and sarsaparilla of good quality, also have a toning effect, as well as being pleasant to the taste.

The carbonated water used in carbonated drinks is a regulatory type of food, of a different kind from fruit juices. The former by producing gas breaks up hard lumps of food, and so assists digestion. If not taken in excess, carbonated water and carbonated drinks, may be used to advantage for this regulatory purpose.

The popularity of "soft" or carbonated beverages during the heat of summer is due probably as much to the exhausting effect of heat, as to the demand for something cold. Exhaustion calls for energy, and the sweetness of "soft" drinks supplies energy.

**MUST WATCH CHILDREN.**

Carbonated beverages can be approved for summer drinking, provided they are not indulged in to excess and providing they are of the proper quality. The temptation when we are hot, restless and uncomfortable, is to respond to every soda water sign thus overloading our stomachs with sweets and liquid. The consequent dullness which always follows over heating is, I suspect, a familiar sensation to all of us.

Children especially, must be guarded against seeking a cure for summer restlessness through distending their stomachs with an excess of sweetened carbonated drinks. I wonder, however, whether we are not all to an extent, "children" in this regard.

A second warning which applies in the use of carbonated beverages is: "Beware of adulterated, unwholesome products." Those which contain imitation fruit juices, and we may assume other ingredients correspondingly cheap, are a hazard to health. It is not always possible to judge what one is getting at a soda fountain, but careful mothers will protect their families by dispensing soft drinks from the cooling plant of her own ice box with beverages that bear a reliable label.

**CLEAN GLASS ESSENTIAL.**

It often happens that pernicious effects following a drink from some particular soda fountain are due not to the drink itself, but to unsanitary containers of the drink, and of the glass in which it is served. Carelessness and unsanitary conditions behind the counter of soda fountains is too common and should be eliminated.

Bottled beverages, made by a company that is reliable, are to be preferred. And the menace of the dirty glass can be avoided by providing one's own glass, at home.

It seems hardly believable that there are so many people who are so careless of their health, as to buy drink at nondescript street-corner fountains. It seems astonishing that people should give so little thought to their most precious possession, their health.

People must learn to inspect brands and labels more carefully than they do, if they wish to safeguard their physical well-being. Some progress is evident in this respect, but it is not universal enough. Carbonated beverages are only of many foods which are good when they are made with the right ingredients, and very, very bad, when they are made from cheap ingredients. The secret of choice between the two is the label of the reliable manufacturer.

Few persons can be as determined as a woman who has decided to wash her hair and a man who has made up his mind to go fishing.

**FOR AND ABOUT WOMEN.**

**DAILY THOUGHT.**

What do we know of the world, as we grow so old and wise? Do the years, that still the heart-beats quicken the drowsy eyes? At twenty we thought we knew it, the world, then at our feet; We thought we had found its bitter, we knew we had found its sweet. Now at forty and fifty, what do we make of the world?

—SIII.

**SIMPLE DIRECTIONS FOR MAKING A LAVENDER BAG.**

Cut out a small muslin bag, and on the front half paint three sprigs of lavender with the stalks uppermost.

First paint the stalks and put mauve dashes each side for the flowers and touch them, when dry, with white here and there.

Sew the bag together, hemming the top. Fill with lavender and tie the neck with mauve ribbon.

If the stalks are not painted uppermost the flowers will be hidden when the bag is tied.

No, we are not yet over the top coat—by top coat is meant the separate and tailored garment which, in different guises, has haunted smart society for many a moon. For a long time the fashionable emphasis was placed on that derogative of the Prince of Wales overcoat. This spring we encounter some totally new forms. One of these is the wider top coat. The other is the three-quarter top coat launched by Jenny this spring and shown today by some of the smartest specialty shops.

The top coat of this latter variety may be of any number of fabrics and it may be worn either separately, or as part of the ensemble. A smart creation of green duvety with a belted back with a dark blue flower stuck in its mannish rever—and, by the way, the bloom of this color is one of the newest fancies in boutonnières—is made to wear over a frock of light gray crepe.

**HOW TO FORGET YOU ARE TIRED.**

There's a special treatment that you can do in a few moments, about fifteen to be exact, which will bring the blood to the face in a marvelously youth-giving fashion and lift the dolours of tiredness. You begin this treatment with a thorough cleansing of the face, with the special cleanser you use or a smooth, delicious cold-cream. Then a dash of skin tonic to freshen it, and then you spread all over the face and neck a delightful, rejuvenating ointment, which in five or ten minutes makes your face feel as though it had been stimulated to new life!

Leave this ointment on as long as you conveniently can, ten minutes at least, unless your skin is of the super-sensitive kind, and lie down, relaxing for those ten minutes, if possible. Then remove the ointment with cold-cream or a cleanser, mold in a generous quantity of skin food (it will soothe the skin), close the pores with an astringent or a quick dash of ice, and put on your protective cream.

A special protective cream for a dry skin and a special lotion for an oily skin, besides a list of excellent protective creams which will give your face the dewy, misty appearance of a skin not robbed of its natural oils! The oily skin, which half through the evening is annoyingly shiny, will be helped materially by a lotion which is an astringent as well, while the dry, sensitive skin will remain much more fresh and alive if you feed it with a protective cream which has just a little more oil than the cream which should be used for an average skin.

There are two other treatments for freshening the face for evening. One is a facial pack, which takes from twenty minutes to half an hour to apply and which draws out the lines of tiredness and fatigue from the face until it becomes as glowingly rosy as the freshest of young pink skins. After this treatment you feed the tissues with a muscle oil and skin food as you do after the other treatment, then tone it with an astringent and protect it with finishing cream. Rest while you have the pack on the face if you possibly can.

The other treatment is simpler than these described, though effective to the nth degree. It is the application of an anti-wrinkle cream after the face has been cleansed and stimulated with an astringent and twenty minutes or half an hour's rest while the cream does its particular work.

A suitable drain to carry off rain or melted snow is almost an essential for a porch with a solid concrete brick or wood railing.

Then, too, the washing of a porch is made much easier when there is a drain from the waste water and one does not have to mop it up and return it to the bucket. In fact, if the porch is provided with a drain one can use the ordinary garden hose and wash it just like a sidewalk.

We have found that the best and most efficient drain can be constructed easily in the following manner:

Frame up the porch joists in the usual way, then cut in headers between the outside joist and the one next to it, then head across again between the headers, leaving about two inches between this header and the outside joist.

This leaves a place for the surplus water to drip down the front porch joist, where the ground will easily take care of any amount of water as would naturally fall in such a place.

**CHEESE AND CELERY SALAD.**

Select firm, crisp, tender celery and choose the stalks which have deep grooves. Cut into inch pieces and fill with seasoned cream cheese to which chopped onion, green pepper and nuts have been added. Heap a half dozen of these filled stalks on lettuce and serve with a French dressing.

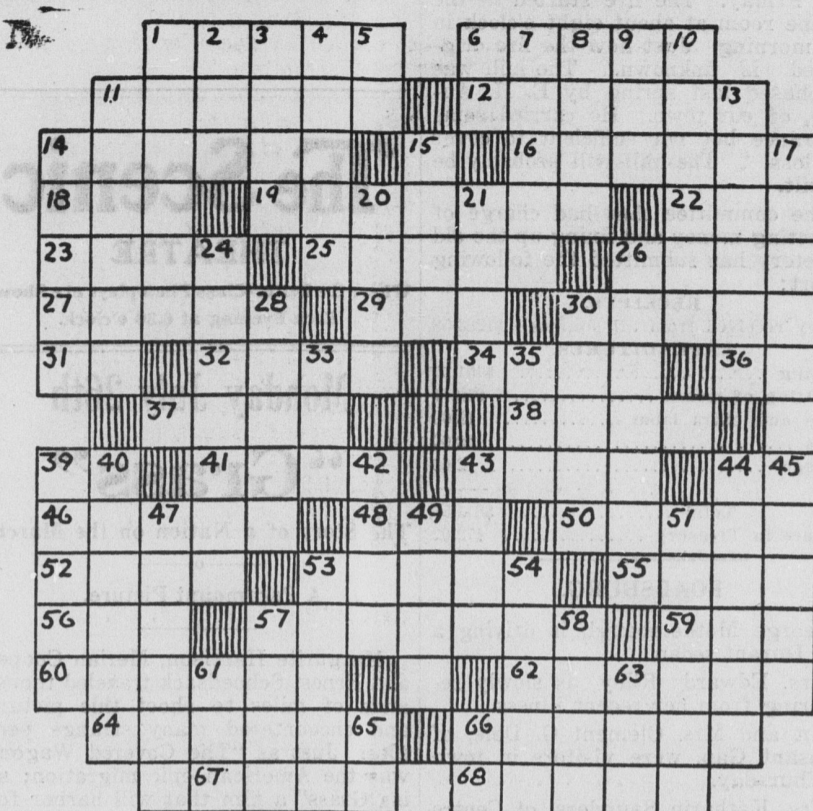
This same method may be used for longer stalks and serve them as a salad accompaniment.

**HOT HAM AND TOMATO SANDWICHES.** Sauté thin slices of lean ham very quickly in a frying pan. Peel and slice thin some ripe tomatoes. Have ready slices of white bread cut one-fourth inch thick and lightly toast.

**HOW TO SOLVE A CROSS-WORD PUZZLE**

When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

**CROSS-WORD PUZZLE No. 1.**



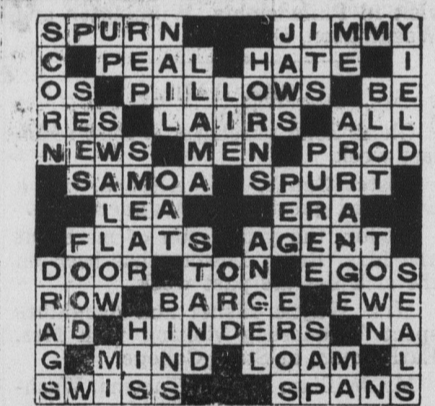
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|--|---|
| <b>Horizontal.</b>                       | <b>Vertical.</b>  |
| 1—Metal cylinder spirally grooved        | 1—Shrill, prolonged cry   |
| 6—Essential oil of roses                 | 2—Young bear  |
| 11—Justice of the peace                  | 3—Vex   |
| 12—Critical moments (pl.)                | 4—Construct   |
| 14—Two-fold                              | 5—Personal pronoun  |
| 15—Reply                                 | 6—Army corps (abbr.)  |
| 18—Before                                | 7—Rubbish   |
| 19—Rapturous excitement                  | 8—Very small  |
| 22—Wrath                                 | 9—Beast of burden   |
| 23—Male deer                             | 10—To wind again  |
| 25—Instruct                              | 11—Sally of troops  |
| 26—Cut with short strokes of scissors    | 12—Literary composition published in parts in successive issues of a periodical |
| 27—Ovens for burning brick               | 14—Articles of office furniture   |
| 29—Part of the body                      | 15—Celestial body   |
| 30—Ingenious                             | 17—Answer   |
| 31—Compass point                         | 20—Flasure  |
| 32—Smallest imaginable portion of matter | 21—Perfection   |
| 34—Very black                            | 22—Member of legislative body   |
| 35—Suffix used to form adverbs           | 23—Take feloniously   |
| 37—Any open space                        | 24—Knotty   |
| 38—Homeless street wanderer              | 25—Type of Greek architecture   |
| 39—In contact with the upper side of     | 26—Shade tree   |
| 41—Inland body of water                  | 28—Not wholesome or good  |
| 43—An entrance                           | 29—Large musical instrument   |
| 44—Like                                  | 30—Pertaining to the nostrils   |
| 45—Part of the face                      | 31—Brilliant impetuous rush   |
| 46—Pray                                  | 32—Altar end of a church  |
| 48—Shell blown as a horn                 | 33—Agile  |
| 52—Grating of parallel bars              | 34—Outward form   |
| 53—Parsonage                             | 37—Having the vigor of manhood  |
| 55—A roster                              | 38—Linear measure   |
| 56—Atmosphere                            | 39—An officer empowered to administer oaths                                     |
| 57—Honest                                | 40—King of the golden touch   |
| 58—Gift of money to a servant            | 41—Wear away  |
| 59—Fastened with a nail                  | 42—Prefix meaning half  |
| 62—Composed of eight                     | 43—Imitate  |
| 64—South American woolly animal          | 44—Number   |
| 66—Stick fast                            | 45—Town highway (abbr.)   |
| 67—To live                               | 46—Prefix meaning "to"  |
| 68—Large garden flower                   |   |

Solution will appear in next issue

Spread toast with salad dressing, cover with ham, then a slice of tomato and spread with salad dressing and chopped lettuce leaves. Cover with toast spread on one side with salad dressing. Cut into triangles and garnish with sliced pickle. Serve with coffee.

**Solution to Cross-word Puzzle No. 4**



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