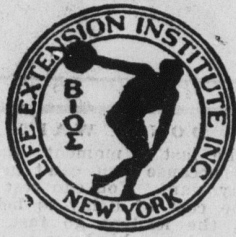


**Your Health,
The First Concern.**



Handkerchief Prevents Infection.

(By Royal S. Copeland, M. D.)
Having occasion to call on a friend, I found his young son in bed. On my inquiry as to what was wrong, the lad said he had a cold. Asked how he got it, the reply was, "Caught it from a boy."

Here was a well-informed youngster. He didn't get his feet wet, sit in a draft of cold air, or catch it one of the other ways commonly blamed for a cold. The boy knew he caught it from a playmate.

When everybody knows that colds are "catching," then everybody will seek to avoid them. They will learn, too, what it is they must do to escape colds.

It makes me shiver when I see what happens so frequently in this benighted world. A lady gets out of an automobile, announcing to her inquiring friends and family, "I'm all right except for a terrible cold." Then with intimate impartiality she presses sweet and juicy kisses upon the willing lips of the assembled group.

If she had a revolver in each hand and proceeded to take a shot at each of the family, she'd be arrested. But she bombards them with the germs of acute illness and nobody says a word.

"Caught it from a boy. These words tell the story. "Caught it from a girl," is all we need to add. That is the way a cold comes—it is passed on from another human being.

Everybody having a cold is a dangerous associate. He needn't be, but he is. He is dangerous because he fails to do the simple things essential to the protection of society.

Almost all the infectious, "catching" diseases are conveyed by the moisture from the nose, mouth and throat. Whenever these secretions in the moist state are brought in contact with the nasal tissues, lips, or tongue of another, there is great danger of infecting that person.

You can see that the air and the hands are the chief means of transmitting the germ-laden moisture. To sneeze into the air, to cough, to talk loudly—any one of these acts will spray into the atmosphere thousands of droplets of moisture, each drop teeming with disease-producing germs.

To sneeze or cough into the palm of the bare hand covers the skin with infective material. This may be passed on to the hand of another, or to a door knob, a street car hanger strap, or some other object which may convey it to another's hand. From that hand it goes to the nose or mouth and the damage is done.

If you have a cold, use a multitude of handkerchiefs or squares of gauze. Never sneeze or cough without covering the face with this cloth. Keep your own hands clean so that your dangerous secretions will not be carried to others.

If you are free from colds, keep your hands from your face. Never eat without washing them first. Wash your face and hands thoroughly several times a day.

These are a few suggestions about colds. Ponder them and be governed accordingly.

What Happens When You Just Can't Sleep.

(By Prof. Joseph Jastrow)

The one thing we can't do without is sleep. How do you put yourself to sleep, and what is wrong when you fail?

Despite the fact that we all practice it once a day and spend a third of our lives in unconscious sleep, much remains obscure for sleep is a mind condition as well as a body condition, and the two are so closely entangled that we can't take them apart.

There is a body side of sleep. You must relax, lie down, give up the job of supporting your body; but mere lying down won't put you to sleep. You must empty your mind as well as your muscles of all cares; and that's the mind side of sleep. When you have a worry or a fear or a problem on your mind, or your brain has been too active, you are wakeful. You can compose your body but not your mind.

Another clinching proof of the body side of sleep is the action of drugs. A sleeping powder will do the trick, or, at least, help. And ether and chloroform will make your sleep deep enough to insure a painless operation. The relation to digestion is intimate. Too heavy a meal late at night disturbs sleep and induces nightmare. Yet a cup of hot milk or a hot relaxing bath before retiring may aid sleep.

Sleep is related to age. It is part of the rhythm of life. An infant starts with twenty hours of sleep spread through the day, with brief periods of being awake. Young children have a long night, and a shorter day sleep. Naps help throughout life. From the end of infancy to early youth sleep is profound. As you have more on your mind your sleep is less certain and less sound. Old people need less sleep, but often have less power to keep awake. The individual variation is large. Cases of sleep prodigies like Grant and Napoleon, who can sleep at any time and soundly; or like Edison, who can do his work on four hours of sleep, are no examples for the rest of us; and some of us never get enough sleep to do a good day's work.

The body side of sleep covers the

entire range of functions. Your body is an elaborate chemical laboratory. It is converting your intake of food into energy. Any clogging in assimilation may affect sleep. In that process poisons arise and must be got rid of in waste. There seems to be a fatigue toxin or poison; when that is not eliminated, the patient is as if drugged. And the "sleeping sickness" that comes on in brain inflammation is still a mystery.

You breathe differently in sleep. As you enter the room where some one is sleeping, you judge by the breathing whether your footsteps are arousing him. The circulation is altered, with some evidence that drawing blood away from the brain helps sleep. With so many factors at work it is easy to understand how easily the balance may be disturbed.

The mind side is just as complex. Habit does much. Night watchmen have their own schedules, and nurses shift from a day to a night service, as do relays of workmen in factories. The surroundings affect sleep. Some can't sleep in strange beds. Sleeping-cars are misnamed for many travelers.

On shipboard some are kept awake, and some, like children, are rocked in the cradle of the deep. Monotony induces sleep, and the absence of light and sound. Quiet is a chief consideration. But, after all, the individual counts most, and that's why rules for sleep can't be framed to suit all. Every one has his strong and his weak points. If it happens to be poor sleep, he may suffer intensely. To be forced to keep awake is a torture no less than the inability to go to sleep. That is called insomnia. Like stuttering, it is common—often slight, always difficult to manage. The slighter impediments of speech or of sleep will yield to treatment. The severe or obstinate cases challenge all the wisdom of body and mind regulation that we as yet command. Anything so complex as sleep remains something of a mystery.

Naval Vessel to Carry 100 Planes.

The U. S. S. Lexington, largest and highest-powered naval vessel in the world, will be ready for her trials at sea within the next six months.

Final touches are being put on the ship at the Fore River shipbuilding yards in Quincy, Mass., where she was launched two years ago. The vessel, one of the queen ships of the United States navy, belongs to the electrically driven group that includes the U. S. S. Maryland, West Virginia and Saratoga.

The Lexington, like the Saratoga, which was launched in the spring of 1925 at Camden, N. J., is an airplane carrier. Originally these two vessels were to have been battle cruisers and as such would have been among the navy's largest fighting vessels. Due to the modification of the American naval program decided upon at the conference of the limitation of armaments the ships were converted into airplane carriers.

The interior of the Lexington will be quite different from the space plans below decks on most naval vessels. There will be ample space to store flying machines as well as elevators and cranes with which to hoist them up from below preparatory to hopping off from the flying deck.

Because of the minimum deck apparatus the Lexington seems unusually low in the water. The long sweep of flying deck, broken only by a massive combined funnel enclosure set at one side of the hull, resembles a marine drill ground. The elevators are so constructed as to come flush with the flying deck making an unbroken flying surface about 900 feet long. The elevators are capable of hoisting the largest type naval planes. A secret contrivance is set on the deck floor to stop landing airplanes within a distance of several hundred feet. This equipment is said to be fool proof and to prevent possibility of any mishap in landing during a rough sea.

The ship's armament in addition to the 106 airplanes which she carries, consists of eight 8-inch 50-calibre long-range rifles and twelve 5-inch 50-calibre anti-aircraft guns capable of warding off destroyers as well as enemy aircraft attacks. These latter guns are placed in groups of three at strategic points about the ship which facilitates concentrated and accurately directed fire as well as rapid supply of ammunition.

The flying deck will accommodate at one time the entire ship's complement of set-up airplanes and still leave sufficient room for a take off. Near the bow is a newly adopted device for launching seaplanes.

Marriage Licenses.

Charles W. Teichman, of Laurelton, and Mildred F. Hironimus, of Welk-ert.

Christ E. Heaton and Irene Huntington, both of Howard.

Earl W. Rocky and Hannah J. Howard, both of Bellefonte.

James W. Carson and Daisy I. Fultz, both of Milroy.

Ralph H. Carter, of Mickleton, N. J., and Cornelia W. Busby, of Woodstown, N. J.

James W. Cramer and Emma E. Flory, both of State College.

Clarence S. Johnson and Fietta Schaeffer, both of Bellefonte.

Clair Albert Smith and Martha Lucas, both of Phillipsburg.

Sex and Suicide.

Figures obtained from a leading insurance company show that suicide is approximately two and a half times as frequent among men as among women. Self-destruction does not assume numerical importance until the age of twenty is reached. The highest rate is experienced during middle age until at the age of sixty-five there are seven times more suicides by men than by women.

—The old saying that "there is nothing new under the sun" is refuted when a Philadelphia clergyman publishes a defense of Judas Iscariot.

Weeds an Appalling Menace.

"Most appalling is the way Dr. E. M. Gress, State botanist, describes the growth of noxious weeds, after a field survey made during early September in connection with the enforcement of the Pennsylvania seed law, in Berks, Montgomery, Bucks, Lehigh and part of Lancaster counties.

"Perhaps the most annoying weed is chicory or blue daisy," says Dr. Gress. "While chicory does not have creeping roots like Canada thistle, horse nettle and several other of the most noxious weeds, it seems to be spreading and becoming more abundant than any of the others. The seeds of chicory are very small and each plant continues to bloom and mature seeds throughout the summer, so that an enormous quantity of seeds is produced.

"There is a State law against chicory and Canada thistle, the enforcement of which is charged to the local authorities, so that any one aggrieved or about to be injured should become familiar with the provisions of the law and see to it that they are carried out. A copy of the law may be secured by writing the Department of Agriculture, Harrisburg, Pa.

"Among the other weeds that are causing tremendous loss to the farmers in the counties named are: Pennsylvania smartweed, Canada thistle, horse nettle, and wild carrot. In the lower grounds some fields are almost covered with a growth of asters, goldenrods, wild sunflowers and rag-weeds.

"These are not so difficult to eradicate by clean cultivation and alternation of crops but they are very abundant along fences, and in waste places and pastures where they become a source of pollution for adjoining fields and farms.

"If farmers realized that weeds were causing them annually a loss of about \$2.50 per acre, they would no doubt give the cutting of weeds more attention and would try to make their eradication a concerted community problem."

Professor Refuses Two Millions.

Professor Steenbock, of the University of Wisconsin, is said to have refused an offer of more than two million dollars for the patent rights of his method of exposing food to ultra-violet rays, and thereby capturing vitamin D. This vitamin enables the human system to absorb and retain sufficient calcium from the food to prevent or cure rickets. Doctors have known for some time that children having this disease are helped by being treated with ultra-violet rays. But Professor Steenbock has brought the rays to table, so to speak, transmitting them into food by special lamps, so that the food substances become highly beneficial and wholesome. He has refused to sell his patent, but has given it to the university instead, so that its benefits may be freely enjoyed by all who suffer from rickets.

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CAN'T EAT OR SLEEP**

"When I ate I would bloat up with gas. I couldn't sleep, was cross and nervous. Adlerika has given me real relief."—Mrs. M. Meyer.
Adlerika relieves stomach gas and sourness in TEN minutes. Acting on BOTH upper and lower bowel, it removes old waste matter you never thought was in your system. Let Adlerika give your stomach and bowels a REAL cleaning and see how much better you feel. It will surprise you. Zeller's Drug Store.

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While in France with the American Army I obtained a noted French prescription for the treatment of Rheumatism and Neuritis. I have given this to thousands with wonderful results. The prescription cost me nothing. I ask nothing for it. I will mail it if you will send me your address. A postal will bring it. Write today. PAUL CASE, Dept. K-218, Brockton, Mass.

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Made of cotton seed meal, oil meal, gluten and bran.

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Wagners Pig Meal, per H..... 3.20

We handle a full line of Wayne feeds.
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Wayne 24% Dairy Feed, per ton.....\$54.00
Wayne Horse Feed, per ton.....\$53.00
Wayne Poultry Mash, per H.....\$ 3.20
Wayne Pig Meal, per H.....\$ 3.20
Wayne Calf Meal, per H.....\$ 4.25
Cotton Seed Meal, 48%, per ton.....\$56.00
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\$22,000,000 Value on White House.

The White House is worth \$22,000,000 according to the Federal tax assessors.

If President Coolidge had to pay regular taxes on it, he would be out about \$374,000 a year—five times his salary. The capitol is valued at \$53,000,000.

Federal property within the district, which is non-taxable, has a total value of \$470,000,000.

According to the assessors, the Treasury building is worth but \$1,000,000 more than the White House, or \$23,000,000.

The Senate office building is placed at \$5,000,000 and the House of Representatives office building at \$5,000,000.

The Library of Congress was valued at \$10,000,000; the state, war and navy building at \$13,500,000.

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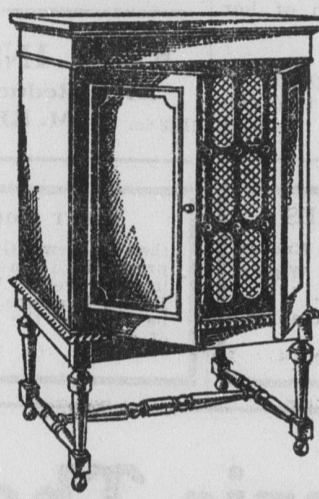
Bellefonte, Pa.

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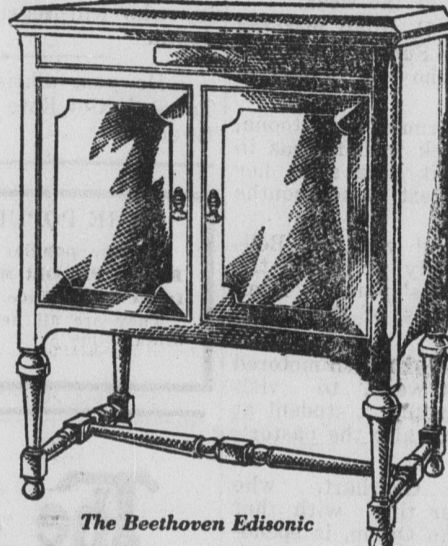
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The Schubert Edison



The Beethoven Edison

LOOK at these uncommonly handsome Cabinets! For chaste, decorative beauty they are ideally suited for your living room or foyer. A bit of Oriental brocade or an etching above—and either would furnish a wall space with rare distinction! . . . Yet it is not as a piece of handsome furniture that we present the Edison so proudly. It is because it holds the gift of infinite hours of inspiration and beauty—the gift of "close-up" music! It is characteristic of Mr. Edison's thoroughness that his "supreme achievement in the realm of music should be so fittingly framed . . . The full-throated harmony of lavish sound which pours forth from the Edison brings musician, vocalist, orchestra "close-up" to you. Edison volume reveals a new dimension in music—a depth and richness which endows the artist with life-like quality—like a "close-up" on the cinema screen! But why try to imagine this astounding advance in musical re-creation, when less than a half hour spent with us will convince you of the amazing nature of Edison music?

The EDISONIC

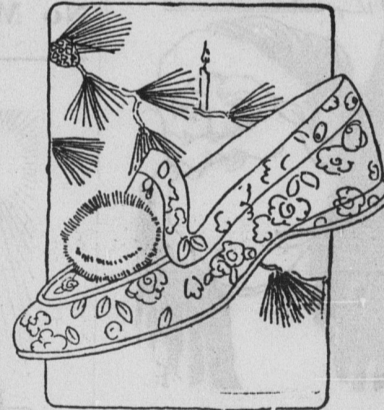
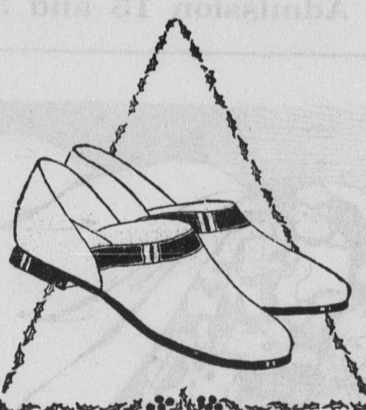


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Imagine this compact and beautifully proportioned Cabinet in your home! It is finished in two-tone English Brown Mahogany and occupies but little space.

The Beethoven Edison — \$225
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