

Democratic Watchman

Belleville, Pa., December 23, 1927.

Your Health, The First Concern.



HOW THE STATE KEEPS FOODS PURE.

Every day of the year pure food agents of the Bureau of Foods and Chemistry are on the job somewhere in Pennsylvania inspecting food products to see that consumers get pure wholesome foods. These men have won the finest cooperation and goodwill of the thousands of reputable food dealers and manufacturers because of their rigid enforcement of all food laws. Careless or unscrupulous dealers, however, are found here and there so that it has been necessary during the past 21 years to take 21,000 legal actions.

This vigorous and widespread law enforcement has resulted in the food supply for 9,000,000 consumers being made as pure and wholesome as it is humanly possible to make it. Twenty-five years ago, it is said that 35 per cent of the staple grocery products offered for sale in Pennsylvania were either adulterated or misbranded. Today less than 1 per cent is in violation of State laws.

Twenty years ago, oleomargarine was colored artificially and unlawfully sold as butter for butter prices. The State succeeded in wiping out this fraud long ago, but it was necessary to spend thousands of dollars, and take hundreds of legal actions in order to protect consumers. The last effect of this work is shown by the fact that during the past seven years, there has been only seven offenders.

Other common food frauds of twenty years ago were the painting of smoked fish with coal tar dye in order to sell the product as high-priced red or pink salmon; the use of ground cocoon shells to the extent of 30 per cent or more in pepper and spices; and the sale of artificial strawberry and blackberry preserves and jams that had never seen a strawberry or a blackberry. Today smoked fish is no longer painted, ground cocoon shells have no "spice" market, and preserves and jams sold as such are made from the real fruit.

During these two decades, every possible legal loophole has been eliminated either by amendment or a new enactment and today the general and 24 supplementary pure food laws of Pennsylvania are regarded as the most complete and satisfactory group of acts with which to control food fraud of any State in the Union.

"Don't eat worms! This suggestion sounds unreasonable but it is nevertheless entirely justified at this season," said Dr. Theodore B. Appel, secretary of health.

"Of course no one would consciously consume worms. While some people will deliberately take harmful and even distasteful things into their systems, worms decidedly are not on the list. However, worms of a particular type and breed can be eaten unknowingly. Then there is trouble and usually it is of a most serious character.

"For example, not so many months ago a college student received a package from home. Among other appetizing articles, it contained raw smoked sausage. Illness and death resulted in eating this meat in its uncooked state. And the cause was worms.

"Microscopic in size the parasite, trichinella spiralis—a round worm that is curled up like a watch spring—spends its entire life as the guest of hogs and rats. Man gets his trichinae by eating infested pork. And that is exactly what the unfortunate boys got.

"There are two things to be emphasized in this connection. The first is not to be afraid of pork and pork products. The consumption of this food in the United States keeps pace with its almost world-wide popularity. And this tendency to eat pork is a most natural, and entirely justifiable one, when reasonably exercised. On the other hand, too much pork, as with any other kind of meat, is not conducive to the best health.

"The other thing to keep in mind is that while the vast majority of hogs are free of trichinae, some porkers entertain them; which fact calls for caution on the part of all people with respect to pork and its products.

"If it were possible to examine and weed out infested swine, caution on the part of consumers would not be required. But that is exactly where the trouble lies. To find trichinae in a live hog is extremely difficult and it is equally hard to discover in its meat. Nevertheless each individual has that the protection against this hazard that is required. And that protection is heat.

"It must be understood that it is the live worm that causes the damage—not the dead one. This parasite is absolutely destroyed by a temperature of 160 degrees. Boiling water is much hotter than that. It is easy for your frying pan and oven to go way above it. Therefore, always cook all pork and pork products before you eat them. Do not take any chances of contracting trichinosis. Use fire and plenty of it when it comes to the porker and his delicacies. Eat heartily—but don't, for your health's sake, run the risk of eating worms."

A man may go usefully about his work minus a leg, an arm, an eye, his tonsils, appendix, gall bladder, one kidney, part of his lungs and brain and as much as 12 feet of his intestines.

Dr. John F. Erdmann of New York is authority for the statement. He

took the Interstate Post-Graduate Medical Association here that the number of organs a human being can afford to lose to the knife is steadily increasing, owing to better methods of surgery and increased knowledge of the functions of organs.

Recent developments, he said, were operations on the heart, the removal of entire lobes of the lung and the removal of the gall bladder.

Jazz and Mars to Compete on 1928 Yule Tree.

Miniature jazz band drums, cardboard "steel" helmets, mechanical "trans-Atlantic airplanes" and toy cannon will fill stockings and decorate Christmas trees this Christmas in Europe and America.

And here is a tip for the jolly old gentleman with the long, white whiskers and the reindeer-drawn sleigh—girls no longer care much for dolls. They are going in for boys' toys, such as mechanical planes and little motor cars and engines.

That was the information obtained that has issued from the world's toy factory at Nuremberg, Germany.

Because of the big export of cheaply made German toys, not only to European countries, but to America, Germany sets the style in world toys.

The old style stock-in-trade toys such as dolls of various sizes for the girls and picture books and simple little things like lead soldiers and hand-drawn fire engines for the boys have given away to more elaborate devices such as mechanical airplanes marked "New York to Berlin" and mechanical fire engines which set up a ladder automatically when they bump against a wall.

With the planes go a tiny hangar; there is a spring which is wound up and which carries the machine a few feet into the air before it runs down.

Toy makers attribute the demand for jazz band drums to the radio, which carries jazz music into a majority of homes in both Germany and America.

The "steel helmet" is a strictly German institution. Its popularity arises from the fact that so many German young men belong to organizations which wear steel helmets as part of their equipment.

All in all, so far as toys indicate, there is going to be a mixed showing on the old Yule tree this year with jazz competing against Mars.

Remember the Brute Creation.

On the first night of Christ's life God honored the brute creation. You cannot get into that Bethlehem barn without going past the camels, the mules, the dogs, the oxen. The brutes of that stable heard the first cry of the infant Lord. Some of the old painters represent the oxen and camels kneeling that night before the new-born Babe. And well might they kneel. Have you ever thought that Christ came, among other things, to alleviate the sufferings of the brute creation? Was it not appropriate that He should, during the first few days and nights of His life on earth, be surrounded by the dumb beasts, whose moan and plaint and bellowing have for ages been a prayer to God for the arresting of their tortures and the righting of their wrongs? It did not merely "happen so" that the unintelligent creatures of God should have been that night in close neighborhood. Not a kennel in all the centuries, not a bird's nest, not a worm-out horse on towpath, not a herd freezing in the poorly-built cowpen, not a freight car in summer time bringing the bees to market without water through a thousand miles of agony, not a surgeon's room witnessing the struggles of fox, or rabbit, or pigeon, or dog in the horrors of vivisection, but has an interest in the fact that Christ was born in a stable surrounded by brutes. He remembers that night, and the prayer he heard in their pitiful moan He will answer in the punishment of those who maltreat the dumb brutes. —Talmage.

Legend of the Christmas Stocking.

Many, many years ago there lived in Germany a very wealthy man named St. Nicholas. He liked nothing better than to help poor people, but disliked very much being thanked for his gifts. One Christmas Eve he wished to give a purse of gold to an old man and his little daughter, and in order to escape being seen, he climbed to their roof and dropped his precious gift down the chimney. Instead of landing on the hearth, however, the purse fell right into a stocking which was hung up to dry, and the next morning it was discovered there! When other people heard of the strange happening they too hung up their stockings, and soon all over the land it became the custom on Christmas Eve to hang up one's stocking for St. Nicholas to fill.

Real Estate Transfers.

Emma C. Decker, et al, to Harvey L. Truckenmiller, tract in Walker Twp.; \$2,500.

Mark Olonowski to E. O. Stohl, tract in Rush Twp.; \$1.

E. O. Stohl to Mark Olonowski, et ux, tract in Rush Twp.; \$1.

William R. Picken to H. G. Strohmeyer, et ux, tract in Centre Hall; \$3,200.

Henry S. Illingsworth, et ux, to Ralph Illingsworth, et ux, tract in Ferguson Twp.; \$1.

Jennie E. Wolf to Edward Loughner, tract in Potter Twp.; \$1.

S. W. Granley, et ux, to Millheim Borough, tract in Millheim; \$1.

John L. Holmes, et al, to Robert T. Hafer, tract in State College; \$500.

Heirs of Christ Alexander, deceased, to A. L. Auman, tract in Penn Twp.; \$696.41.

Sarah A. Eckley, to George Eckley, tract in Benner Twp.; \$1.

J. W. Henszey, et ux, to Harry Gunter, et ux, tract in State College; \$700.

—Ladies' Holeproof silk hose, \$1.95 grade, special Friday and Saturday only, at \$1.45.—Sim, The Clothier.

FARM NOTES.

Frequent ventilation of the storage keeps down scald, say Penn State horticulturists.

Store some plants of common perennials in a frame before the ground freezes to provide material from which to make sturdy root cuttings.

When the leaves are off is a good time to size up the timber on your woodland. A tree count by size and kind is the next thing to a detailed estimate.

Have all farm accounts complete to date in preparation for closing the year. Get together a number of samples of your best farm products and prepare them for entry in the State farm products show.

People tempted to gather ornamental materials along the highways and in the forests for holiday purposes should remember that state law protects all evergreen or deciduous trees, shrubbery, and ornamental vines. Better be safe than penalized.

A greenish discoloration appearing in chocolate ice cream packed in rust-free cans has been found by State College dairy manufacturing research workers to be caused by combined action of the alkali present, the metal of the container, and the tannin products in the cocoa. The color was more pronounced at points where scratches or abrasions occurred on the inside of the can. This trouble may be eliminated by rinsing the cans free from alkali or by using paper liners.

Good stable ventilation will help some in keeping down frost; but unless the wall is well insulated, there is bound to be considerable frost gather when the moist warm stable air strikes a wall which is 20 below zero on the outside. With a wooden wall it is not very difficult, since wood in itself is a fairly good insulator. Two thicknesses of lumber and heavy building paper outside, and a layer of insulation and matched lumber inside the studding will make a warm wall. Sometimes the space between the studding is filled with sawdust or similar material. This is warm but has a tendency to draw dampness.

A gamekeeper near Aberdeen, Scotland, has had a remarkable experience among foxes.

He discovered the lair of a fox among the heather, and after a good deal of hunting succeeded in trapping the old pair. A few days later he found on the ledge of a rock near the den five young fox cubs.

It chanced that he had at home a cat with kittens the same age as the cubs, so he took two of them home and placed them beside the mother cat. She took kindly to her common enemy, and cared for them. The young cubs have become quite friendly with the kittens, and the cat is proving an excellent foster mother.

In the American vegetable garden eight principal food products had their origin in the Indian crops existing here before the advent of the white man. These include beans, corn, peppers, pumpkins, squash, tomato, potato, and sweet potato. Vegetables of Old World origin are far more numerous. The United States Department of Agriculture lists 24 of importance: cucumbers, eggplant, muskmelon, watermelon, okra, asparagus, beets, brussels sprouts, cabbage, carrots, cauliflower, celery, kale and collard, kohlrabi, leek, lettuce, onion, parsley, parsnip, peas, radish, salsify, spinach and turnip. But the value of the crop of the eight native vegetables is considerably greater than the 24 of foreign origin. Since the discovery of America the white man has not "tamed" any native plant which the Indians had not already brought from warmer parts of America, but notable improvements have been made in the quality and yields of most of these vegetables.

Choose between red cedars and apples. In the eastern United States, and in some other parts of the country, a neighborhood may have either but not both of these trees without danger or trouble for both. The cedar and the apple have been found to have a relationship—or antagonism—similar to that existing between the barberry bush and wheat, in which each is affected by one of those strange fungous growths in which one generation of the fungus develops on one plant and cannot reproduce on that plant, but only on the other of the pair of plants so strangely coupled.

For years apple tree rust was familiar to scientists, as was also the Virginia red cedar rust, which produced galls. The two were supposed to be distinct, but after the wheat and barberry coupling was established further studies revealed that a similar relationship existed between apple trees and red cedars. Spores from the cedar gall are blown to apple leaves and fruit, where they reproduce and cause damage within a few weeks, after which the spores of this second generation return to the cedar for a lifetime of about 22 months.

At first the apple rust affected only native crabapples, but from year to year it extended its variety to one supposedly resistant variety after another. Spraying, fatal to most other fungous growths, did not kill this rust, and Virginia apple growers found that the best method of preventing damage was to kill the cedar trees within a distance of a mile or two of apple orchards. When this was done damage from apple rust ceased. Or, conversely, in case the cedars are the more valuable, they should be protected from infectious apples.

The life history of this rust and the measures necessary for protection are outlined in a pamphlet, Separate No. 941-Y from the Yearbook of Agriculture, 1926, recently published by and obtainable from the United States Department of Agriculture, Washington.

Marriage Licenses.

George Ellsworth Weight, of Jacksonville, and Ethel Geraldine Shope, of Howard.

Howard S. Askey, of Phillipsburg, and Viola Hoover Whiles, of Hawk Run.

A WORLD-FAMOUS SONG.

(Goethe's "Mignon" as translated by G. R. Weiland).

Knowest thou the land of the golden sheen,
Where blooms the orange mid the mantled green?
Soft the scented winds from blue heaven blow,
Deep the banks of myrtle, high the laurel.

Knowest thou it well?
Hither, Hither,
My beloved, O, that with thee I might flee.

Knowest thou the house of the pillars tall,
The glittering chamber, the stately hall?
There the marbled statues relentlessly stand,
Onward beckoning; alack for me!

Knowest thou it well?
Hither, Hither,
My protector, O, thou must with me go!

Knowest thou the crags, the far cloud-bridge sway
Mid mist and rain, the muleteer's dark-some way?
In caverns dwell the dragons ancient brood,
Adown the rock-walled fell thunders the flood.

Knowest thou it well?
Hither, Hither,
Lies our way, O Father thy blessing give!

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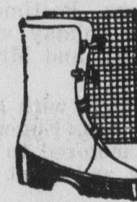
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