Democratic Watchman. Bellefonte, Pa., January 6, 1928 Your Health, The First Concern.

monoxide successfully:

Careless Mailing.

One million dollars is the annual

loss sustained by the business people

of this country through careless mail-ing methods. Their greatest mistake is the use of back-number mailing lists or their neglect to keep their

mailing lists up to date. The records

amounts to the sum of \$635,428.85.

sents a very large amount which nev-

er even gets to the dead letter office

for it is destroyed by the various

postmasters into whose hands it falls. This great loss could be very largely

avoided by an occasional revision of

the mailing list made use of and by

rial have an objection to placing their cards on the envelope arguing that it

tages of making use of the card far

postoffice authorities are about to

start on a campaign to cut down the

Murders Grow, Suicides Decline.

Murder is becoming more and more

common in Pennsylvania, while sui-

cide is on the decrease, records in the offices of the State department of

health here show. During the first six months of last

year there were 243 deaths in the

State classed as homicide; in the same period of 1926 there were 236 murders, while in 1925, during the first half of the year, there were only

been on the increase during the three-

outweigh the disadvantages.

volume of undelivered matter.

this

The

ing, postage and other costs,

weather."



### PROTECT THE BABY'S EYES.

"Blindness is a terrible affliction. If one is prone to doubt this statement, that doubt will be entirely re-moved by closing the eyes and then starting to go somewhere," said Dr. Theodore B. Appel, secretary of health, today. "Vocational training health, today. "Vocational training and the habitual optimism of the blind can in no wise diminish the blind can in no wise diminish the tragedy of the utter darkness to which many thousands of men, women and children have been consigned. "The great war has sent back to

"The great war has sent back to all the belligerent nations large numbers of men who will never see again —their vision laid on the altar of devotion to their country. But there is no such excuse for the picture to be seen at any institution for blind children. They were not in the war. Many of them arrived even after the the use of return cards printed upon armistice. That by far the greater number of these youngsters literally have been robbed of their sight increases the pathos of the situation.

creases the pathos of the situation. "Germs that destroy the sight of the new-born cause a big proportion of child blindness today. And these germs are promptly destroyed when properly attacked with a nitrate of silver solution.

"Under a regulation of the health department all new-born babies must receive a preventive treatment. The regulation reads: 'It shall be the duty of physicians and midwives attending women in confinement to instill in each eye of the new-born child, as soon as practicable after birth a one per cent silver nitrate solution, or other approved agent of like character, for the purpose of preventing the disease known as ophthalmia neonatorum.'

"Parents owe their children all the safeguards that modern science can afford. When it comes to the eyes of the new-born, this is not only a moral obligation but also a legal one. No one has any right to take any chances by disregarding it. It is a matter of compulsory routine. Be-cause, contrary to popular opinion, there are several types of bacteria which cause discharging eyes and con-sequent blindness. All babies, therefore, of whatever station or condition must receive this preventive treatment.

"The duty of administering the 1926 and 203 in 1925. treatment is placed upon the doctor or the midwife, but parents should check up on this perfectly harmless and vital procedure. 'Keeping babies well by taking them to "well baby centres" is laud-able. To surround them with the common safgeuards of vaccination and toxin-antitoxin is also most wise. And while these things, and more, are necessary if proper protection is to be raised against the onslaughts of disease, the first preventive measure is to protect the eyes of the baby against the possibility of ophthalmia neonatorum. "Someone has said that a baby's eyes are the most beautiful things in the world. On the other hand, just remember that a baby's eyes that are blind is one of the saddest of all sad things. Protect them!"

FOR AND ABOUT WOMEN. pliances; indeed with any heating

appliance, whether gas or otherwise. "Here are the rules to fight carbon "Pie and hash are what you make them.

Parisian flappers, having no oth-"1. Never start your automobile er need for hips, occasionally carry their flowers there. Some of the most recent evening dresses from auin a closed garage. "2. Never tinker with an automobile with the engine running. "3. Have the local gas companies thoritative houses have bouquets or "3. Have the local gas companies check up on your appliances before putting them into service. "4. In using gas or other heaters fresh air is always desirable and frequently necessary. Therefore, open windows slightly, even in very cold roses caught at the hip, or in the folds of silk which form a bustle, or bow at the back. This back arrangement usually heralds a rudimentary train. The side arrangement of flowers is most commonly seen in rich velvets or stiff taffetas.

> The cardigan sweater has graduated. It is now a coat. More than one house is making spring coats exactly like cardigans, elongated to dress length, fashioned of fine wool-ens, and lined with finely-printed silks to accompany matching silk dresses.

The actual line of the cardigan re-mains unchanged. It is like the plain, collarless sweater which for the last few seasons has been made of jersevs. silks and other fabrics to match the dress with which it is worn.

The plain band which takes the place of the collar extends to the hem of the coat, and is sometimes with-out buttons or buttonholes.

The shoulder flower, which seemed doomed, is again an important fashion. It is a new type of flower-not so much a decoration as a part of the design of the costume.

Many times it is made of the fabric of the dress. Drooping chrysanthemums, worn at the tip of the shoulder, are new. There are also flowers of shining, transparent stuff, like those on dresses of Louisebou-langer, duplicating the colors of the printed chiffon.

Blossoms of black patent leather, worn on the lapel of a tailored coat and matched by a flower on the hat, and a black patent leather belt on the dress beneath, are the latest.

In a season of black, Paris is combining color in a subtle way of tingeing beige and gray with suggestions of greens and blues, by darkening deep reds until they are very near brown.

Each designer is launching certain colors which he claims are his own, dyed according to his direction. Beiges particularly are adroitly colored. Some have a very slight touch of rose, and others which verge upon the gray

belicately pale gray-greens and creamy yellows are used for wool coats which have immense collars of 39—Deep sea worker 41—Ability to see 43—Pertaining to the nose 43-Pertaining to the noise 45-To add sugar to 47-Pertaining to the navy 49-Rowing implements 50-To arrest light fur, such as natural lynx or beige fox.

first half of the year, there were only 231. Last year the first six months saw 532 suicides compared to 551 in the tot to matron. We of this generation are expected to present a chic

same period last year. Deaths due to alcoholism also have appearance, rain or no rain. Materials that were formerly for year period, the records revealed. In fair days only, are now processed to

the first six months of the year there stand the ravages of rain and storm. were 297 deaths, compared to 189 in Rubberized crepe de chine, for instance, has entered handsomely into A heavy increase in automobile fa-talities also is shown. Last year there were 784 deaths in the first half, com-talities also is shown at the first half, com-

then drain and pour cold water over them.

HOW TO SOLVE A CROSS-WORD PUZZLE HOW TO SOLVE A CROSS-WORD PUZZLE When the correct letters are placed in the white spaces this puzzle will spell words both vortically and horisontally. The first letter in each word is indicated by a number, which retors to the definition listed below the puzzle. Thus No. 1 under the column headed "horisontal" 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 obso-lete forms are indicated in the definitions.

## CROSS-WORD PUZZLE No. 1.

Z	2	3		4	5	6	7	110 MI 11 MA		8	9	10
11	od mol	n in Maliali	12		13		1.11		14	10033		10.00
15				16		17		18	116.123 (11. 5			
	29	935. 31577	10 - 110 - 110 - 110	1	20		21					
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49					50		51		52	2.1		
53				54				1000		55		

(C, 1926, Western Newspaper Union.)

Horizontal.

1-Heavy mist

13-The sun 14-Girl's name

17-State house

plateau

25-Anger 27-Cooking vessels

33-Puts teeth into

29-Was carried

31-To exist

52-Identical

54-Perfume

will float.

ilv.

58-Highways (abbr.)

55-Meshed material

19-A blotch

4-To get the better of 8-To knock 11-

21-Morning religious service

34—Feline 35—Road (ab) 36—Is carried along in a vehicle

days old it will tilt upwards. If stale,

it will stand on end. If very old, it

Pour hot water over onions, allow

them to remain for a few minutes,

The skins can be remov

37—Female horse 38—Small label on a package

1-Brother of a religious order 2-Belonging to us 3-European country 11-Regretted 5-Bone 6 7-To close violently 6-Fabled bird 15-A dart 8-To bind again 9-At a later time 10-Companion 12-Those who act 23-Early race occupying Iranian 14-Measure of volume in metric system 16-Method 18-Hurta 20—Violent 22—Piece of fire sz-Some A-Renowned 26-Automatic registering instru-35-Road (abbr.) ment 28-Conjunction 31-To prohibit 30-Rosin 33—A corner 36—Storms 37—Small plateaus 34-Desert train 28--Rows 40-Moving vehicle 41-To hit with a bat 42-Canvas shelter 44-Crippled 5-Distress signal 46-Egg of a louse 51-Father 48-To permit

Vertical.

Solution will appear in next issue.

-2RC

### Solution to Last Week's Puzzle.



# ATTORNEYS-AT-LAW

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and St.,

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a. m

Τ

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Wayne Horse Feed, per ten\$52.00
Wayne Poultry Mash, per H\$ 3.20
Wayne Pig Meal, per H\$ 2.90
Wayne Calf Meal, per H\$ 4.25
Cotton Seed Meal, 43%, per ton\$56.00
Oil Meal, 34%, per ton\$56.00
Gluten Feed, 23%, per ton\$48.00
Alfalfa fine ground, per ton\$48.00
Winter wheat bran, per ton\$38.00
Winter wheat Middlings, per ton \$44.00
Mixed chop, per ten
Meat Meal, 50%, per H\$ 4.25
Digescter Tankage, 60%, per H\$ 4.25
Meat Meal 50% per H \$ 4.25
Digester tankage 60% 4.25

When you want good bread or pastry Use "Our Best" Flour.

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CARBON MONOXIBE POISONING.

"'Pleasant to take' is a slogan used by publicity agents for patent medi-vine advertisements and by quack dentists for the gas administra-tions," said Dr. Theodore B. Appel, secretary of health, recently. "But that alluring suggestion in no sense adds to the efficacy of the bottled remedies or to the tooth-pulling abilities of unethical dentists.

"'Pleasant to take' can with even greater emphasis be applied to that invisible, odorless and tasteless product which is now almost daily taking victims in Pennsylvania. But this fact is indeed a weak argument in favor of that crafty and murderous criminal known as carbon monoxide. "Germs, deadly though they may

be, are amateurs when compared to this lethal gas. When invading the system, germs give the victim a chance. Their work is comparatively slow and the physician can more frequently than otherwise wage a successful fight against them. Not so, carbon monoxide. It doesn't work that way. It knocks you down. And

that usually is the end of it. "The pathetic feature of the situa-tion is that not one death in Penn-sylvania should occur from carbon monoxide poisoning. Loss of life and even illness from this vicious poison are entirely and easily preventable. It is but necessary to supplant indifference with care to achieve this happy result. Like other cowards carbon monoxide will not put up even a weak defense if confronted with the slightest bit of opposition. However, receiving none, it kills, and

kills quickly. "The running automobile engine in a closed garage is a perfect situa-tion for carbon monoxide. It asks nothing else. Issuing from the ex-haust pipe it painlessly and unknow-ingly slaves

ingly slays. "In this season of the year hun-dreds of thousands of gas heaters are also in use. These appliances, like automobiles, are perfectly harmless and entirely safe when properly handled. The point to be emphasized in this connection, however, is that a prolonged use of gas through appliances that have been improperly connected or do not conform to the standards recommended by manufacturers and gas companies are dition in unventilated, small rooms. It follows that reasonable care must sil raindrops." be exercised with these heating ap-

# Vanity Not Fault of North Carolina Man

When John Cerrachi, an Italian sculptor, wrote to Hugh Williamson. are handsome in appearance, at the one of North Carolina's notables, in same time practical and protecting the early days of America, requesting in case of a downpour. him to sit for his bust, "not on account of getting Mr. Williamson's influence in favor of the National monument; this is a subject too worthy to be recognized; but merely on account of his distinguished character, that will produce honor to the artist," Williamson replied:

"Mr. Hugh Williamson is much obliged to Mr. Cerrachi for the honor intended him, and could not possibly suppose that Mr. Cerrachi had offered such a compliment by way of a bribe, for a man in his public station who could accept a bribe or betray a trust ought never to have his likeness made except from a block of wood.

"Mr. Williamson in the meantime, cannot avail himself of Mr. Cerrachi's services, as he believes that posterity will not be solicitous to know what were the features of his face."-Kansas City Star.

# Lincoln Myth Exploded

The position of the hands of a jeweler's clock sign is one which has been selected for the reason that it furnishes the greatest facility to meet the requirement for painting the longer name above the hands and the shorter word below. The minute hand has been varied in position from 7 to 25 minutes after 8. Sometimes the longer name requires to be written in a semicircle above the hands. There have been stories connected with the death of Lincoln that the position of the hands is commemorative of the hour of the death, but this story can be shown to be false from the simple fact that the hour of the death of Lincoln was not at 8:22 o'clock. Further, the use of this position of the hands of the clock is believed to have preceded Lincoln's death.

#### "Fossil Raindrops"

In slabs of Triassic rock little depressions are often seen that have been called "fossil raindrops," the idea being that they were formed by showers on muddy sea beaches, and preserved by being covered with a layer of mud at the next high tide.

But lately it has been suggested, in view of observations on a flood plain in the Dorn valley, that the supposed impressions of rain drops may really be due to pittings formed by bubbles in a film of mud at the bottom of shallow water. There have been watched the formation of many pittings, and likely to produce a dangerous con- it has been found that after the mud has dried they exactly resemble "fos-

talities also is shown. Last year there were 784 deaths in the first half, com-pared to 651 in 1926 and 606 in 1925. plaided silk or novelty woolen on one side, the other side being of rubberized crepe de chine. Probably the inspiration for these coats came from the song which tells us to wear our silver-lined clouds "inside out." At any rate, these new reversible coats

Leather, too, takes a smart place in raincoats. Some suedes, too, are waterproof, and are to be seen in many handsome colorings. Snakeskin effects in rubberized fabrics add their modishness to mediums for rainy-day coats and accessories.

Selvages which at one time were considered waste are now very often called upon to play quite an import-ant part in the mode. When first some of the great dressmakers allowed a selvage to remain as a trim or finish it was considered quite a daring and original act. Catching at the idea with great speed, tissue manufacturers now merely say, "Why not?" for they present their rolls of material with such attractive edges as to suggest and inspire all kinds of novel ways of using them.

Especially effective are the selvages of the newest English, Scotch and Irish tweeds. Often they are formed by fine colorful stripes, these same colors being later mixed in the more indefinite fashion, characteristic of tweeds.

Fireplace furnishings of oxydized metal are most easily kept in order by occasional treatment with furniture cream.

Lacquered brass must, of course, be kept free from polishes; usually a leather or duster will suffice to keep it in order. If it does get dirty, wash with a little soapy lather, dry and polish with dry whiting.

When filling the sitting-room coal scuttle prepare one or two sugar bags, filling them with dampened coal dust or very small coal. A few potato parings and tea leaves will help to bind it. Close the bags securely and they will provide good fuel for an open grate, burning brightly and mak-

when washing wool hosiery, put slipper trees inside the stockings while they are still wet, not the solid boot trees with a strip of metal con-necting heel and toe. When dried in this way stockings are worn more comfortably.

Enlarging the small room.-Light valls and woodwork. Mirrors placed where the most space is reflected. Avoid the use of too much furniture and too heavy draperies. In a small living-room don't attempt a center table, but try to arrange the furni-ture artistically around the room with wall tables rather than one in the enter.

If you use a great deal of cocoa and sometimes are called upon to make it in a hurry, why not make a quart of chocolate syrup and keep it on ice in a bottle? When cocoa is desired. one teaspoon of syrup to a cup of hot milk will make the cocoa in a jiffy. Place an egg in a pan of water. If fresh it will lie on its side. If a few



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