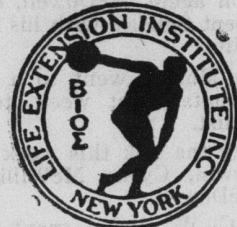


Your Health, The First Concern.



THE TOOTHBRUSH.

The most effective weapon for combating dental disease is the toothbrush. For civilized man it affords a means of bringing about the same cleansing action on teeth and the same stimulating action on the gums that raw and coarse foods did for primitive man. While the toothbrush does not entirely eliminate decay, it will cut down the incidence of decay markedly. In preventing gum trouble it is much more successful. If used correctly, a toothbrush will not only prevent gum tissue disease, but will aid materially in gum tissue that has broken down.

Most toothbrushes on the market are too large for efficient brushing. The use of a small fairly stiff-bristled brush is logical and advisable. The working end should be about seven rows of bristles long (about 1 1/2 inches) and two or three rows of bristles wide. The bristles should be of uneven lengths and the groups of bristles wide apart. The handle should be fairly heavy and at least 6 inches long. The length of the handle is important in the method of brushing. It must insure sufficient grasp to apply and to maintain considerable pressure.

The elongated tuft found at the end of some brushes does not work as efficiently as is theoretically supposed. Such a brush adapts itself poorly to brushing the teeth on the inside and does not permit proper stimulating of the gum tissue toward the tongue. The long bristles in the tuft, after they are wet, have a tendency to buckle or bend and to slide over instead of penetrating.

Strictly speaking, no toothbrush can be made that will conform itself to the dental arch, both on the inside and the outside. The smaller the brush, however, the closer is the adaptation to the arch ruined by improper care. Unfortunately, they are not then thrown away but used for months in a worn out condition. A few simple rules will lengthen the life of a toothbrush and at the same time make it more suitable for efficient brushing.

One should place a new brush in a strong, cold salt solution for two hours before using. It will set the clean bristles and also take away their original harshness. Cold water should be used to moisten a brush for brushing. One should never use hot water. It softens the bristles, alters the shape of the handle and in a short time makes it unsuited for efficient brushing.

The brush should always be rinsed well, all the water possible shaken out of it and if more convenient to keep it in a glass tumbler, the bristled end should be kept out of the glass. The brush should not be kept in a toothbrush container. It prevents drying, destroys the bristles and encourages bacterial growth.

A brush should be allowed to dry for twenty-four hours after using, so that the bristles will regain their original and necessary stiffness. Every person should therefore be equipped with a pair of brushes, one for morning brushing and one for evening brushing. Supplementary brushes should be used if teeth are also brushed after meals.

Many persons use brushes that have been worn out. If a good toothbrush eliminates dental disease, to waste time with a dilapidated toothbrush is false economy. It has been demonstrated that a pair of brushes used alternately will do efficient work for about four months. It is a good plan to buy a new toothbrush every two months and throw away the older one of the pair.

The function of a dentifrice is to aid in the mechanical cleansing of the teeth without injury to them. It should be unmedicated and should not contain too much soap or grit. Too much soap decreases the efficiency and stimulating action of the bristles; too much grit, if used diligently over a long period of time, will wear grooves in teeth.

A dentifrice is a mechanical aid in cleaning teeth, not a therapeutic agent for diseased gum tissue. It is, under no circumstances, a cure or even a preventive of pyorrhea. The medicines and drugs incorporated in many of the popular and widely advertised dentifrices are valueless and only afford the manufacturers selling talks to get their products before the public. Laboratory experiments with some of the widely advertised dentifrices lead an investigator to conclude that some dentifrices are put on the market in utter ignorance of the dental and biochemical principles involved.

The dentifrice really plays a minor role in mouth hygiene. Even as a cleansing agent it depends entirely on the efficiency of the brush that applies it. No surface of the tooth can be cleaned unless it is actually touched by the brush. The dentifrice has in itself no chemical or magic power to clean.

Because dentifrices are pleasantly flavored, they make brushing the teeth a more agreeable task. Only a very small amount on a brush is necessary. If the amount of tooth paste used were cut in half and the money thus saved expended for toothbrushes, there would be a marked improvement in mouth conditions.

WHY WASHINGTON IS BURIED AT MT. VERNON.

When General Washington died at Mount Vernon, Va., Congress was assembled in Philadelphia, one hundred and fifty miles away. Washington died on Saturday, December 14, 1799. He had been sick only about twenty-four hours, and no one in Philadelphia had the slightest suspicion of his illness. The morning after his death, Sunday morning, a messenger was started from Mount Vernon to Philadelphia, with a letter to President John Adams, notifying him of the death of America's most illustrious citizen. There was no telegraph nor railroad in those days and the "faithful swift horse" was the mode of travel. It was in the winter. The roads were heavy. Yet the messenger made good time. On December 19 the President sent a message to Congress, announcing the death of "our excellent fellow citizen, George Washington, by the purity of his character and a long series of services to his country rendered illustrious through the world." He transmitted also the letter which he had received from Mount Vernon conveying the sad intelligence. It is with peculiar pleasure we read the simple yet dignified communication:

Mount Vernon, December 15, 1799. Sir:—It is with inexpressible grief that I have to announce to you the death of the great and good General Washington. He died last evening, between ten and eleven o'clock, after a short illness of about twenty hours. His disorder was an inflammatory sore throat, which proceeded from a cold, of which he made but little complaint on Friday. On Saturday morning, about three o'clock he became ill; Doctor Craig attended him in the morning, and Doctor Dick, of Alexandria, and Doctor Brown, of Port Tobacco, were soon after called in. Every medical assistance was offered, but without the desired effect. His last scene corresponded with the whole tenor of his life: not a groan nor a complaint escaped him in extreme distress. With perfect resignation, and in full possession of his reason, he closed his well-spent life. I have the honor to be, with the highest respect, sir, your most obedient and very humble servant, TOBIAS LEAR, President of the United States.

Congress appointed a joint committee to prepare suitable resolutions on the death of Washington, and on Monday, December 23, Mr. Marshall presented to the House of Representatives the report of this "joint committee appointed to prepare and report measures suitable to the occasion, and expressive of the profoundest sorrow with which Congress is penetrated on the loss of their highly valued fellow-citizen, George Washington, General of the Armies of the United States."

This report was adopted by both the House and the Senate, and on December 24 signed by President Adams.

Two of the resolutions are of peculiar interest, namely: RESOLVED, by the Senate and House of Representatives of the United States of America in Congress assembled, That a marble monument be erected by the United States, in the Capitol, at the City of Washington; and that the family of George Washington be requested to permit his body to be deposited under it; and that the monument be so designed as to commemorate the great events of his military and political life; and be it further

RESOLVED, That the President of the United States be requested to direct a copy of these resolutions to Mrs. Washington, assuring her of the profound respect Congress will ever bear to her person and character; of their confidence on the late afflicting dispensation of Providence; and entreating her consent to the interment of the remains of General George Washington in the manner expressed in the first resolution.

In obedience to the request of Congress, President Adams transmitted a copy of these resolutions by his secretary, Mr. Shaw, to Mrs. Washington and on January 8, 1800, he sent to Congress a message containing Mrs. Washington's reply, saying, "As the sentiments of that virtuous lady, not less beloved by this nation than she is at present greatly afflicted, can never be so well expressed as in her own words, I transmit to Congress her original letter."

The letter referred to is as follows: Mount Vernon, December 31, 1799. Sir:—While I feel, with keen anguish, the late dispensation of Divine Providence, I cannot be insensible to the mournful tributes of respect and veneration which are paid to the memory of my dear deceased husband; and, as his best services and most anxious wishes were always devoted to the welfare and happiness of his country, to know that they were truly appreciated and gratefully remembered affords no inconsiderable consolation.

Taught, by that great example which I have so long had before me, never to oppose my private wishes to the public will, I must consent to the request made by Congress, which you have had the goodness to transmit to me; and, in doing this, I need not, I cannot say what a sacrifice of individual feeling I make to a sense of public duty.

With grateful acknowledgments and unfeigned thanks for the personal respect and evidences of condolence expressed by Congress and yourself, I remain, very respectfully, sir, your most obedient, humble servant, MARTHA WASHINGTON

We need not wonder much that nothing was done at once. The nation was young. Important matters crowded. Money was scarce. Intercommunication was difficult. Sixteen years elapsed before the subject was revived by a report of a joint committee of Congress, presented by Mr. Huger, of South Carolina, and providing "for a public monument and the removal of the remains." "But," says the chronicler, "nothing was done."

Legislature of Virginia authorized Governor Nicholas to apply to Judge Bushrod Washington, then proprietor of Mount Vernon, for permission to remove the remains of General and Mrs. Washington from Mount Vernon to Richmond, "to be placed under the monument proposed to be erected to the honor of Washington, at the capital of the State."

Judge Washington declined the request communicated to him by Governor Nicholas, saying, among other things: "But obligations more sacred than anything which concerns myself—obligations with which I cannot dispense—command me to retain the mortal remains of my venerated uncle in the family vault where they are deposited. It is his own will, and that will is to me a law which I dare not disobey. He has himself directed his body should be placed there, and I cannot separate it from those of his near relatives, by which it is surrounded."

It does seem strange that Mrs. Washington knew nothing of this will of her husband to be buried in the family vault. Or is it possible that she was willing to disobey his will? Again, after another period of sixteen years, that is, in 1832, John A. Washington, for a similar reason, refused the proposal made by Congress in that year, to remove the remains of General and Mrs. Washington to a vault under the rotunda of the Capitol. Again the Legislature of Virginia took part in the agitation, passing earnest resolutions requesting Mr. Washington not to consent. This action was prompted in some measure, it is believed, "by the desire to retain those sacred relics south of the Potomac, in the event of a dissolution of the Union, which the nullification excitement seemed to render possible."

The idea of removing Washington's body was abandoned and a plan was finally adopted by which the spot made sacred by Washington alive and dead could be preserved to the nation. In 1858 the Mount Vernon estate, consisting of the mansion and two hundred acres of land, was purchased for \$200,000 by the Ladies' Mount Vernon Association, a national organization composed of representatives from the various States of the Union.

\$10,000,000 Memorial Church to be Built at Valley Forge.

Ground will be broken on Wednesday, February 22, Washington's birthday for the National Washington Memorial church, at Valley Forge, it was announced by Rev. W. Herbert Burk, rector of the Washington Memorial chapel. The structure will cost approximately \$10,000,000 and which will accommodate 5,000 persons, is expected to be dedicated on the 22nd of February, 1932, the bicentenary of Washington.

The corner stone of the edifice will be laid June 19, the sesquicentennial anniversary of the evacuation of Valley Forge by the Continental Army. The ground-breaking ceremonies will be unostentatious because of the limited capacity of the Valley Forge chapel. At the laying of the corner stone, however, it is planned to have present some of the most notable figures in national affairs. The structure will be patterned after the historic Yorkwinster Cathedral in England. It will be erected on a tract of fifteen acres adjoining the present chapel, and overlooking the Schuylkill.

Funds available at present amount to \$100,000, Dr. Burk declared, and the balance will be raised in a nationwide campaign.

Ancient Greeks Knew Their Plants.

That the people of 300 B. C. were aware of many of the principles of plant life and reproduction known to exist today is revealed in translation studies of ancient Greek manuscripts by Dr. Robert E. Dengler, associate professor of Greek at the Pennsylvania State College.

Nation wide interest of botanists is being centered on the research work of Dr. Dengler which prove that the studies and writings of Theophrastus placed "The Father of Botany" centuries ahead of his time. The ancient scientist wrote two works on the general subject of plant life. The first of these, "The Enquiry into Plants," has been translated and published by the Penn State Greek authority, and he is now completing translation of the second, "De Causis Plantarum." He has found many points that have proved of great interest to botanists.

Working from a number of 400-year old books in his own collection, including a Latin version of 1527, and from photographs of others, particularly a famous seven or eight hundred year old Vatican manuscript, Dr. Dengler is making the first modern language version of plant life theories that are the basis of present day beliefs.

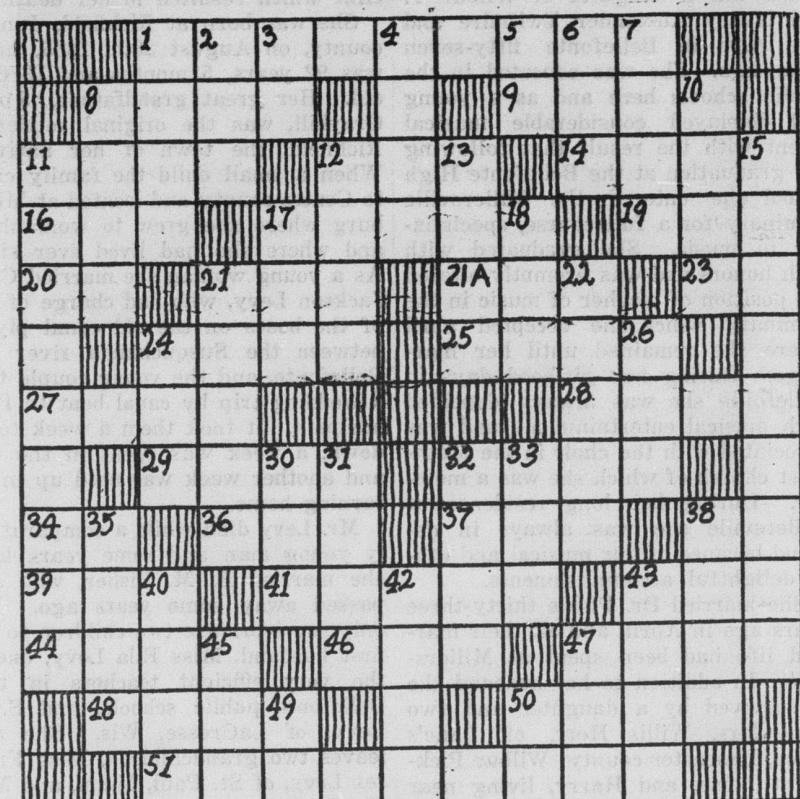
This work was the earliest attempt to study plant physiology and was written at about the time Aristotle set forth his studies of human and animal life.

New Rules for the Road.

The new code places some limitations on the privileges of overtaking and passing vehicles proceeding in the same direction. The driver of a vehicle overtaking and passing another vehicle proceeding in the same direction, shall not drive to the left side of the center line of the highway unless such left side is clearly visible and is free of on-coming traffic of sufficient distance ahead to permit such overtaking and passing to be made in safety. This simply means that the driver must make sure that he has sufficient clearance to pass the overtaken car in safety and, at the same time, to turn to the right side of the highway without danger of collision with on-coming traffic, or weaving in and out of a traffic stream comes within this prohibition. The driver who overtakes or passes another car takes a chance on the speed of his car in the

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.

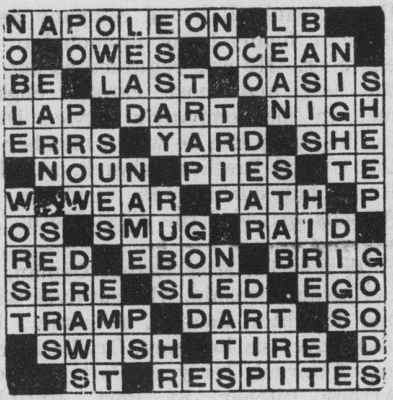


- Horizontal. 1-To settle a dispute by an arbiter. 2-Woody plant. 3-To hoard. 4-Finish. 5-Saucy. 6-Long, narrow inlet. 7-Colorless fluid. 8-Conjunction. 9-Preposition. 10-Glass container. 11-Wooden container. 12-Thus. 13-Stable. 14-Mounds of earth. 15-Affected with reverential fear. 16-An internal machine. 17-Part of a boat. 18-Shoshonean Indians. 19-Tool for splitting logs. 20-One, in a suit of cards. 21-Three feet. 22-American poet. 23-Skittles. 24-Journey. 25-Dollar bills. 26-Inflammation of the lungs. Vertical. 1-Extent. 2-Scarlet. 3-To exist. 4-Like. 5-To open a keg. 6-Equal. 7-God of love. 8-Beastliness. 9-To merit. 10-An amount owed. 11-Wind instruments. 12-Battle. 13-Fish eggs. 14-Warred. 15-A kind of Mediterranean vessel. 16-Couch. 17-Distress signal. 18-Bovine. 19-To encourage. 20-Pedal digit. 21-Authoritative order. 22-Performances. 23-To support. 24-Fate. 25-To hound one for money owed. 26-Blackbird of cuckoo family. 27-Note of scale. 28-Preposition. 29-To color. 30-Journey. 31-To retain.

face of on-coming traffic and will lay himself open to a charge of reckless driving and in doing so he dismisses the right of safety to others or endangers personal property. Bobbing or weaving in and out of traffic is one of the most vicious types of reckless driving that the authorities have to contend with and this provision of the code will be strictly enforced.

Short Skirt Hits Textile Industry.

The textile industry, and not the reformers as is generally believed, is the greatest sufferer from the present feminine preference for short skirts. Sir Edwin Stockton, M. P., speaking at a joint meeting of the Textile Institute and the Bradford Textile Society at Bradford recently, said that the existing mode had caused a serious depression in industry. "The shortening of skirts has resulted in many idle looms in Bradford and other manufacturing districts," he declared. There was one saving grace in the present style, however, he added, in-



as much as it created an unprecedented amount of employment in the hosiery trade.

It is a strange fact that the right hand, which is more sensitive to touch than the left hand, is less sensitive than the latter to the effect of heat and cold.

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