Your Health.



The function of a mouth wash is to eliminate, by vigorous rinsing, all the particles of food and debris that have been loosened by the brush. Warm water, a salt solution made by adding one teaspeonful of salt to a pint of water, or the same salt solution to which a little sodium bicarbonate has been added are probably not only the safest but also the cheapest to use as rinsing solutions.

The curative power of mouth washes has been grossly overestimated. In chronic cases of pyorrhea usually seen, they are ineffective, neither checking nor curing the disease. The problem in successful pyorrhea treatment is primarily the removal of all things that irritate the gum tissue (tartar deposits, faulty dentistry, and so forth) and the bringing about of active blood exchange in the gums by means of a toothbrush.

The first part of the task must obviously be accomplished by the dentist; the second part must be done by the patient. Tooth structure and tarpears both on the \$1 and some \$20 tar are so much akin chemically that bills. a mouth wash that would dissolve the one would also dissolve the other. Tartar must therefore be removed mechanically with steel instruments. It need not be mentioned that mouth washes cannot correct faulty dentistry. In stimulating gum tissue they are just as ineffective, being quite incapable of bringing blood to the areas involved. Many of them contain astringents, which would tend to keep the blood from coming in to the

Mouth washes are usually advertised as great germ killers; no doubt many of them are if they are kept in the mouth for a long time. But germs are only secondary factors in py-orrhea, entering the gums only after a lesion has developed from irrita-tions on the teeth that mouth washes cannot remove. The problem of re-establishing health in the mouth is mechanical, not chemical or bacterial. The failure of mouth washes in the treatment of pyorrhea is quite evi-

Germicidal mouth washes are valuable only in the treatment of acute mouth infections, caused by a specific germ or group of germs, as in Vincent's angina commonly called trench mouth. Their daily use in a mouth free from specific germ disease is not only unnecessary, but it tered later. is to be discouraged.

Attractive advertising, ridiculous and fraudulent claims made for proprietary mouth washes and the incessant search for a short cut are responsible for the opinion that the mouth may be cleaned and kept clean and healthy by the use of a mouth wash only. The cool, clean feeling highly priced concotions lead the patient to think that his mouth is clean. He is really only disguising a dirty one, and in using such mouth washes he is a worthy disciple of the Oriental who uses perfumes instead of soap and water.

All types of toothpicks should be avoided. They irritate and lacerate gum tissue, lowering its resistance to infection. Wooden toothpicks used over a long period of time will wear grooves in teeth.

When contact points are faulty so that food cannot be dislodged from between the teeth with a brush, dental floss may be used. Incorrect use of dental floss is harmful to the gums. It must be passed gently through the contact points so that it will not as were suffered by United States forces during the entire World war. lacerate it. Usually a slight back and forth movement will help to ease it tomobile is responsible for more inby the contact point. If bleeding results from the use of floss, it is being used incorrrectly.

Although each year more and more people crawl out of their shells to brave the biting breezes of winter, they should not overlook the taking of outdoors into their home, Dr. Theodore B. Apple said in one of his talks

recently.

That is the step that many people fail to take, according to Dr. Apple.
They arrive at the rather illogical conclusion that winter air was particularly manufactured for outdoor use only, and that this being the case, every effort must be made to see that none of it gets inside.

It is positively surprising to what lengths they will go in their attempts to bar the winter breezes. In many rural sections practically whole homes will be shut up—blinds drawn and shutters closed. So that air can't get in, they say. In countless city homes the practice of keeping out frach oir in induled in to an unfresh air is indulged in to an unhealthy extent. One, of course, cannot be blamed for using all modern devices to keep out cold and elimin-ate drafts. On the other hand, to seal up a house efficiently turn on the heat and permit it to remain that

way until spring comes is foolish. It is neither to be supposed nor expected that one will want to try to heat up the outside by opening the house in summer fashion. But there is such a thing as raising windows and opening doors, preferably before bedtime, and thus permitting the good

fresh air to come inside. A super-heated home, with its at-mosphere of breathed and rebreathed air is a fine place for germs. Moreover, living day in and day out in that kind of air, even if one does buck the winter outdoors occasionally, is prone to reduce one's resistance and make it possible for the germs to set up business in your body.

SMALLER PAPER MONEY SOON TO APPEAR

The year 1928 will mark the first change in size of paper money since

For months the Bureau of Engraving and Printing, the greatest print shop in the world, will be busy mak-ing new and smaller \$1 bills so that upon some fixed day next fall they vania charter to William Penn by King Charles, of England. Since March 4 falls on Sunday this year, the Governor asked that the anniversary be celebrated on the first Friday preceding that date, in order that or by two and eleven-sixteenths inches whereas the notes now in circulation are seven and seven-sixteenths by three and one-half inches. By the change, the government expects to save \$2,000,000 annually. The reduction in size of the bills is expected to increase the capacity of the Bureau of Engraving and Printing by 50 per cent because 12 of the smaller notes can be printed at one impression upon the same press which now prints but

Through the change in size the bills will be made more convenient to handle and will also be more durable. The new notes will slip into a bill fold or pocket, it is claimed, without creasing or folding and for this reason are expected to have a longer life than those now in use. The life of the average bill now is not more than six or seven months, treasury officials say. Folding is one of the chief items cutting short the life of

paper money. Designs on the bills are also to be standardized. Many designs now appear on the various denominations and the various kinds of notes. Washington's portrait, for example, a p-

Treasury officials point out that through standardizing the designs the new notes cannot be so easily raised er appreciation and to leave a last to higher denominations by the crooks in g impression upon the youthful who make this their business. In adminds of the pupils in the public dition to standardized designs on the new paper money, there will be a re-lation between the portrait on the face and the engraving on the back except in the cases of the \$1 bill and those above \$100.

On the face of the new \$1 bill will be the portrait of Washington and on the back will be the word "one" in large letters. On the \$2 bill will be a portrait of Jefferson with an en-graving of Monticello, his home on

the back. Lincoln's portrait will be on the face of the \$5 bill with the Lincoln Memorial for the back. Hamilton's portrait will appear on the face of the \$10 bill and the Treasury building on the back. For the face of the \$20 bill Grover Cleveland's portrait has been chosen with the White House

Grant's portrait will be on the face of the \$50 bill. Benjamin Franklin's on the \$100, McKinley's on the \$500, Jackson's on the \$1,000, Madison's on the \$5,000 and Chase's on the \$10,000. All these designs have been ap-

proved, although some may be alof money-making reureme machinery will be necessitated by the change, it is said.

Worse than War.

Whatever else may happen during 1928, it is a practical certainty that more than 25,000 Americans will be killed in traffic accidents, and another 750,000 injured.

toll of automobiles does not serve as a warning to automobile drivers and pedestrians alike, but it appears that it does not. While a slight lessening of the accident rate in proportion to the number of cars in use has been noted, the total number of casualties

has steadily increased. Many persons who worry over bacteria or minor dangers of other sorts will take chances on the highways which are bound to sooner or later end in disaster.

As recent statistics show, three times as many casualties result from automobile accidents in a single year

A mong the yearly automobile deaths are those of about 7,000 children of school age, the greatest number being between the ages of six and twelve years. The greatest number of acidents occur between five and six o'clock in the afternoon. Drivers and pedestrians are about equally at fault in their responsibility for accidents, according to the estimates at

While the automobile is an indispensible convenience of modern life, it has already caused the death of almost as many persons as were killed in battle in all the American armies since the founding of the Republic.

Reindeer Meat Gains.

Soaring beef prices are stimulating the demand for reinder meat, according to Ralph Lomen, president of a great land barony in Alaska, where two-thirds of a million tundrafter animals exist, writes a Seattle correspondent.

The Lomen concern shipped 800,-000 pounds of reindeer carcases to this city during the fall months, about one-third going east. Reindeer meat is selling fast these days and prospects for the medern industry are increasingly bright day by day. The meat is retailed at three public markets there in the form of steaks,

roasts, stews, meat and sausage. The 650,000 reindeer now in Alaska are increasing at the annual rate of 30 per cent, says Lomen, and by 1930 will number in excess of 1,000,000. The pasturage in the north will care for about 4,000,000 reindeer, so that in a few years a million animals must be marketed to keep the range available for the herd's existence. By that time the meat is expected to have made a place for itself on American tables.

-Subscribe for the Watchman.

FRIDAY MARCH SECOND TO BE PENNSYLVANIA DAY

Governor Fisher recently issued the first proclamation asking observance of Pennsylvania Day on Friday, the second of March.

The day declared a state-wide holiday by the 1927 General Assembly which set aside March 2, the anniversary of the granting of the Pennsylvania charter to William Penn by preceding that date, in order that exercises can be held in the public schools.

The proclamation follows: "Whereas, the Act of March 9, 1927 provides that it shall be the duty of the Governor to issue annually proclamation designating March 4th as Pennsylvania Day, (unless such falls on Saturday or Sunday, in which events the preceding Friday or the following Monday may be named), to be observed as a patriotic day the public schools and citizens of the Commonwealth; and

"Whereas, in the present year said fourth day of March falls upon Sun-

day; "Now, therefore, I, John Fisher, Governor of the Commonwealth of Pennsylvania, do hereby designate and appoint Friday, the 2nd day of March, 1928, as Pennsylvania day, to be observed by the public schools and the citizens of the Commonwealth by

appropriate patriotic exercises.
"Especially, I recommend that in the public schools the exercises shall have reference to the granting of the charter of Pennsylvania by King Charles II, of England, to William Penn to the achievements and progress of our Commonwealth since it was founded; and to the life and principles of William Penn, the great Humanitarian, statesman and founder, er appreciation and to leave a lastschools."

Crown Jewels of Russia on Display in Shop in London.

With histories which read like romantic fairy tales, eighty of the most beautiful jewels in the world have

arrived in London from Russia.

Formerly the property of the Russian Czars, these jewels were purchased from the Soviet Government for the sum of \$500,000 by a London jeweler, and are now on display in London's most modern

throughfare, Regent street.

Since the Revolution the fate of the Russia Crown jewels has been a mystery, but according to the English jeweler, who has been in negotiation with Moscow for the past twelve months, the Soviet Government now has the majority of these precious articles in its possession.

None of the jewels in the collection

royal family for generations.
"The most beautiful object among them, is a tiny clock in fine diamonds and enamel, which once stood in the private boudoir of the late Czarina at Czarskoe-Selo, according to Emmanuel Snowman, the man responsible for bringing the jewels to England. This clock was made especially for

Russia Court jeweler. "Faberge vowed to make the most exquisite clock the world had ever 50,000 injured. seen. Russia went into estacies over it is strange that the awful death it, and it became world-famous.

the Czarian by Faberge, the celebrated

Fold Your Bills Lengthwise.

There is a superstition widespread through the country that in folding your money you should fold the bills lengthwise if you would prosper fi-nancially. If you fold them short across you will always be "hard up." The basis of this superstition is very easy to come at. It is purely sympathetic magic—like, producing like, what is associated in thought is associated in fact. When you fold the bills lengthways the money remains at its greatest length-literally the "long green," not curtailed nor stuntyou fold the bills across you diminish them in length-apparently cut them in two, curtail them. Folded in one way they represent money extending and folded the other way cut off. There you have clearly the association of ideas and the association of ideas brings about by sympathetic magic, the association of actual fact...

The superstition is a folklore primer one but is interesting as showing how the human mind, even without the aid of tradition, unconsciously evolves in terms of sympathetic magic-an example of the persistence of the subconscious primitive in man's mentality.

Women Should Serve as School Directors.

No school system, in a community large or small, urban or rural, can successfully develop without the help of women on its school board, believes Mrs. Ernest J. Mott, of San

member of a board of education of the city and county of San Francisco, Mrs. Mott recommends this kind of public service to women voters. Women are needed on these boards, she says, because they appreciate fully the relation of the home to the school. After her first appointment Mrs. Mott was elected to the seven-year term

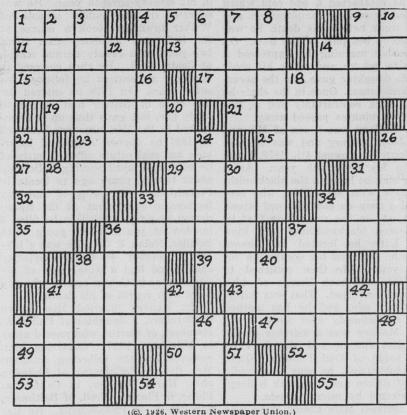
which she is now serving.
"While there is no difference between men and women in their desire to bring the public schools of very high standard of efficiency," she very high standard of efficiency, be the multiplicity of details that the condition of confront school directors requires the point of view, the knowledge and un-derstanding, as well as the wise and intelligent interest of both sexes."

-The voters of the State will pass on the merits of fourteen proposed amendments to the State constituion fore help is given to them.—Chicago at the election in November.

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-Uncooked 4-Mendicant 9—That man 11—A giant 14—That woman 13—Repast 15—Vegetables

17—Inclining, as a lid 19—Cut with a saw 21—Middays 23—Rends 25-Intelligence 27-A pain 29—Artist's standard

31-Italian river 33-Domesticated 32-To regret 34—Beverage 35—Note of scale 36—Citrous fruit

37-A snare 38-An evil-doing 39-To love inordinately 41-A performer 43-Shall not (contraction)

45—Stated 47—Official headdress of a high 19-Departed 50—Gist of a story 52—Pedal digits

53-Unity 54—A refined kind of iron 55—Meshed material

51-To exist

The Dandelion Flower and Its Uses.

the dandelion flower as the 'kee-blum' (cow flower) and to the entire plant is less than fifty years old, and some (cow flower) and to the entire plant of them have been in the Russian as bidder-salawdt (bitter salad). He pins great faith in chewing the root as a palliative of stomach and liver

> scalded in boiling water and the resultant decoction administered to children afflicted with bladder ailments.

A highly medical wine is even to-day prepared from the freshflowers. When mixed with cattle food they al-so serve to stimulate milk production. love according to belief years ago.

An early substitute for tincture of arnica was a preparation made by digesting the flowers in hot vinegar. This was a favorite application for bruises and lacerations.

and leo (lion on account of the leaf edges fancifully resembling a lion's

denoting to move or to disturb. When fresh leaves are masticated and swallowed they act as a tonic to the sys-

lion as dante yellow. German arrivals spoke of it as owenzahn and English emigrants addressed it as wild en-

Irish daisy.

nourishing of the table salads if consumed when the leaves have acquired a bitter taste.

Trees Require Care for Good Condition.

if it is really possible to keep trees in a thriving, vigorous condition.

The old unsightly wrecks of trees are frequently a menace and an eye-sore to the community. A tree that is not a thing of magnificent beauty is not worth having. And ordinarily there is little reason why trees should not be kept in good condition.

ures that may be required to restore a tree to health and beauty, is neces-sarily greater if trees are left to de-cline almost to the point of death be-

Vertical.

1-To pilfer 2-Periods of time 3-To encircle 5-Printing measure 6-To obtain 8-Permitted

14-A suggestion 16—Ocean 18—Labor 20—Hallucination 22—To wed 18-Labor 24-Island in the Pacific ocean 26-A cleansing agent prepared in

28—Billiard stick 30—Dispatches 31—Vegetable 33—One who sings the high part in a quartet

system 37-Characteristic

44—Woody plant 46—Is owing 45-Past time 48—Established (abbr.)

The Pennsylvania German refers to

Years ago the roots were diced, roasted and employed as a substitute for coffee. The dried leaves were

Bouquets of dandelion flowers symbolized deep affection and undying

The word dandelion is a construc-

Taraxacum, the botanical term, originates from tarassein, a Greek word

Dandelion is the most medical and

should be collected in fall, carefully washed and diced and then slowly dried in an oven in order to destroy parasites always present in the fresh

ing thing. If attention is not given to defects, and diseases in youth, then it is certain that disintegration and early death will follow. Pretty much

areas from trees and installing necessary sectional concrete fillings in the cavities, and the cost of other meas-

7—Profit 9—Chickens 10-Unit of work 12-Toilet case

bars (pl.)

34—City of New Jersey 36—Measure of volume in metric

38—Setting 40—Unit of electrical resistance 41—What Shakespeare was the bard

Solution will appear in next issue.

Pioneer Welsh referred to dande-

Other names for this cousin of the common hawk-weed are canker-wort, monk's head, yellow gowan, priest's crown, false arnica, puff-ball and the

There are so many decrepid, un-kempt, battered and broken trees in all localities that people often wonder

The principle of taking care of trees is the same as the principle involved in taking care of any other liv-

ARBITRATE TREE I SAVE BRED END PERT RIA WATER NOR UP JAR BOX SO T BARN TEES M BOMB WED DECK UTES O TIP WEDGE ACE YARD POE ARTS TOUR O ONES

Alarm Clocks Shock. The alarm clock might well be

PNEUMONIA

abandoned for a more soothing device, according to Dr. Paul V. Winslow, of New York, who appealed to members of the National Association of Music Merchants, recently for an tion of two Latin words dens (tooth) instrument or attachment which would awaken sleepers by musical tones. Dr. Winslow spoke before the board of control at a luncheon. Sudden awakening by violent sounds is largely responsible for early morning irritability and the chronic grouchiness often present in highly nervous persons, Dr. Winslow said. Many of the nervous diseases to which man is heir are attributable to shocks, and in many cases have lost the power of sleep because they prefer lying awake in anticipation of a loud alarm to being rudely awakened by it, he de-

clared.

"When one is suddenly awakened by the alarm one jumps quickly and shuts it off," he said. "The heart is put into violent action, producing a sudden shock to the heart and circulation."

Dr. Winslow asked the merchants bitter taste.
For use as a medicine the roots awaken a sleeper more slowly. He recalled one perfected by a friend who connected the alarm mechanism of a clock with a phonograph. His friend was awakened each morning by the strains of "Hark, Hark, the Lark,"

How the Snake Charmer Keeps Himself Immune.

How does the snake-charmer work? asks a writer in the Popular Science Monthly. That's one of the questions we've always asked ourselves And now an English doctor tells us

one of the secrets. Take the case of the cobra, for instance. It is a very venomous snake, yet the snake-charmer is not harmed

when bitten by one.

The secret lies in the fact that the charmer "milks" the cobra before he allows himself to be bitten. He makes the cobra bite into a piece of meat, thereby expelling two-thirds of the poison in its poison gland. When the charmer allows the snake to bite him immediately thereafter, there is not

enough poison left in the gland to do any harm. What is the next step? The charmer makes the snake bite a fowl while he squeezes the remaining drops of poison out of the snake's gland; the fowl dies and the charmer wins the confidence of his audience.

-The Watchman gives all the news while it is news.

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