

Your Health, The First Concern.



TRY THIS FOR YOUR COLD. The next time you have a cold analyze your diet and see if you haven't for some time been on the diet that is too high in acid-ash foods—breads, cereals, pastries, flesh foods, eggs.

Dr. Volney Cheney, medical director of a large industrial concern, made an intensive study of the colds of the employees of the concern. He found that in every case there was a change of the chemical condition of the blood. There was a lessening of the alkali reserve, so that there was a mild acidosis. A mild acidosis can be caused by a diet that is too high in the acid-ash foods.

The doctor began to treat his patients with a cold, in the beginning, by giving them doses of sodium bicarbonate (ordinary baking soda) an alkali. In every case, the cold was aborted. He didn't state the dosage; probably it differed with each person. The doses of bicarbonate of soda given in the Materia Medica is 5 to 25 grains. That is about 1-12 to 1 dram (a dram is approximately one level teaspoonful). The bicarbonate of soda is given in seltzer, vichy or water, two or three times a day.

If you have a cold, you might try this. However, you should also immediately go on a diet which has no acid-ash foods; that would mean that you would have to eliminate the foods that I have mentioned, and confine your diet to vegetables, milk, cheese, nuts and fruits (with the exception of prunes, plums and cranberries which have a slight acid-ash). You should always have a diet that is higher in these alkali foods, anyway, because this mild acidosis seems to lower the resistance to all sorts of trouble.

THE MORE ABUNDANT LIFE.

That our bodies begin wearing out at the age of 12, is the startling belief which Dr. Eugene Lyman Fisk, director of the Life Extension Institute of New York, a few years ago reached as the result of his life-long study of old age.

If your mirror, madam, reveals gray hair and crow's feet, blame not your having passed the age of 40. Old age imprinted its withering kiss in childhood though the mark of its cold lips was long in showing.

Why do men and women begin to grow old when they are little more than half-matured? Medical science hesitates to answer; no two experts agree on why the death rate of young people has been reduced in the past 30 years while that of the rubber over 25 has increased.

The Rubner school physiologists maintains that death is a natural happening—like the fall of withered leaves in autumn. From the observations of Dr. Fisk it appears that our leaves are withering and falling dead in the summer time.

Of men between 21 and 31 called up under the draft, 38 per cent were rejected on account of physical defects. Old age had already sunk its talons into 38 out of every 100 of our manhood.

The doctors figured that more than half of these physical defectives were the victims of carelessness, ignorance and lack of physical training—in their youth.

How can we check this increasing tendency of people to die at the age which should be their very prime? The late Prof. Metchnikoff, the butter-milk champion, led the scientists who believe we could all live to be 150 by correct eating. Metchnikoff died at 71.

Old age is more than a problem of buttermilk, bran bread, and gymnasiums. Its causes are worry, overwork, nervous strain, dissipation and occupational poisons. Alcohol dissipation is one of our chief assassins. Numerous other partners of death are in our social system. That means they can be fought—conquered.

We have said that the causes of our physical frailty are inherent in our social system and we do not mean to withdraw the statement. It is true, even if not the whole truth.

But the truth has another, a spiritual side. After we have abolished mines and factories and workshops uniformly safe and healthful, after we have established a larger degree of social justice and freed the honest and faithful worker from the haunting specter of sickness and old-age dependence, human life may still languish unless we remember that man lives not by bread alone.

The body exerts a constant and important effect upon the mind and if abused or neglected drags down and suffocates the mind. But neglect or abuse the mind (and even more important than mind) the soul or moral and spiritual nature, and you no longer have either a healthy man or even a man at all. You have a mere brute, less powerful physically than the gorilla and as insignificant otherwise.

The heavy muscled prize-fighter who has no intellect, or spiritual development lives shallowly and does not live long.

The body is only a servant. The soul, as Dr. Saleeby (a celebrated London physician) says in his book on "Health and Happiness," is the master. Man, is a spirit, and only as he lives in the moral and spiritual world, does he know nobility, truth, righteousness, and beauty, and live deep.

The body left to bodily satisfactions is cheated of its rightful nourishment, and like a mateless bird soon pines itself away.

PINE GROVE MILLS.

Hugh E. Dale is housed up with a bilious attack.

Samuel Reed transacted business at Boalsburg, on Saturday.

Homer Grubb is loading a car with \$1.45 wheat at Strable station.

We doff our hat to J. H. McCracken for a delicious hunk of beef.

Mr. and Mrs. E. D. Isenberg were Philipsburg visitors the latter end of the week.

A. S. Bailey and Royal Klire took in the auto show, in Altoona, during the week.

Large flocks of wild geese have been flying over this section recently, going north.

Daniel Irwin, one of our retired farmers, is confined to his bed with an attack of pleurisy.

Warren Ward Jr., who holds a good job in Pittsburgh, is visiting his parents, at Baileyville.

M. M. Nearhoff and Miss Esther Neidigh enjoyed a motor trip to Harrisburg, on Friday.

Mr. and Mrs. Wilbur McElwain, of Franklinville, were callers on the sick in town, last Friday.

Mr. and Mrs. C. B. Wilson, of Huntingdon are visiting Mrs. O. P. Bloom, on the Branch.

John C. Dunlap motored to Cherry Tree, recently, for a visit with his brother, Randall Dunlap.

John Gearhart, a Jackie in the U. S. navy, is visiting his parents, Mr. and Mrs. Fred Gearhart.

Curly Randolph, drug clerk in Gilliland's store, at State College, spent Sunday at the St. Elmo.

Warren P. Bailey is spending some time with his sister, Miss Esther Gregory and family, in Juniata.

Ralph Gregory, implement dealer, was here this week soliciting his share of trade from the farmers.

Willis W. Weaver, one of our hustling garage men, made a business trip to Bellefonte, last Thursday.

Mr. and Mrs. Samuel Hess Tate, of Burnham, spent the latter end of the week visiting relatives in our valley.

Some of our High school boys went in a body to Altoona, last Friday, to attend a special show at the Mishler theatre.

Mrs. Samuel Fleming is reported as recovering from an operation she recently underwent, at the Lewistown hospital.

Mrs. Katherine Stover, widow of the late Rev. Stover, of Berlin, is spending some time with Centre county relatives.

W. Albert Allen, who figured in an auto accident at Milroy several weeks ago, sustaining serious injuries, is now recovering.

Rev. J. Max Kirkpatrick and Mr. Briner, of Williamsport, were royally entertained at dinner, Sunday, at the J. H. Bailey home.

Mrs. G. P. Irwin entertained the Missionary society of the Presbyterian church, last Friday evening, about thirty being present.

Mother Nancy Bailey, though past the four score mark, spent Sunday visiting the sick in town and spreading good cheer generally.

Mr. and Mrs. J. H. Neidigh have closed their home, at Strable, and are sharing the hospitality of their son-in-law, John Hoy, at Waddle.

J. Fred Rossman and wife, Mrs. Randall Rossman and wife, and Mrs. George Barto spent Saturday in Bellefonte attending the bargain sales.

James Gummo spent Saturday with his sister, Mrs. Grove, who is a patient in the Centre County hospital, and is now on the way to recovery.

According to word received here R. S. Musser is recovering very nicely from a surgical operation he recently underwent, in a Philadelphia hospital.

E. D. Isenberg and wife and Elmer Rider and mother attended the funeral of the late Rev. Isaac Krider, at Duncansville, on Wednesday of last week.

The annual congregational meeting of the Presbyterian church will be held on Tuesday evening, March 13th, at 7:30 o'clock. A full turnout is requested.

A class of thirty novitiates will be initiated in the P. O. S. of A. lodge on the evening of March 8th. Refreshments will be served following the initiation.

Robert J. Wigton and Ed Frank have each purchased new potato sprayers. Both farmers are planning to go more extensively into the potato growing business.

Mrs. John Haugh, who spent several weeks in the Kelly hospital, Baltimore, where she submitted to radium treatment, was recently brought to her home at State College.

W. Clyde Rider, of Gatesburg, was here on Saturday on a business mission. He is planning to fit to his new home on April 1st. George Wieland will be his right hand man next season.

Robert Eugene Irwin can sympathize with Job and his boils, as he is now the victim of a big carbuncle on his right arm, which is causing him torture during the day and sleepless nights.

James Myton, of Shaver's Creek, delivered some choice stock in our valley, last Friday. He is a hustler and keeps two trucks on the go all the time in his buying and selling operations.

Henry McWilliams is spending some time in the eastern part of the State, dividing his time between his sisters, Mrs. Ollie Bowersox, in Philadelphia, and Mrs. Alice Buckwalter, at Lancaster.

The L. W. T. Missionary society met at the R. G. Gohsen home, on Friday evening. The R. M. Campbell band met the same evening. Miss Betty entertained the youngsters with a Washington Birthday cake.

Farmer Lloyd Frank spent Monday in Huntingdon, making preparations for his large sale to be held on March 15th. Lloyd is quitting the farm to engage in the insurance business and

will locate at Williamsburg, Blair county.

Mr. and Mrs. Merrill Leighty, of Altoona, motored here, on Monday, and spent the day at the McCracken farm, in the Glades—Merrill's old stamping ground.

"A Fortunate Calamity," a comedy drama in three acts, will be presented by Halfmoon Grange in the I. O. O. F. hall, Saturday, March 3, at 8 p. m. Admission, 20 and 35 cents.

Earl Louck, accompanied by his lady friend, was in Bellefonte, the latter end of the week, buying furniture, and now the young people are watching the list of marriage licenses.

Rev. J. S. English, pastor of the Lutheran church and chairman of the subdivision on ministerial relief, announced that the allotment has been more than raised, which is a great cause for gratification.

The whereabouts of Clyde Price, a former resident at Fairbrook, has finally been learned through a letter received by Miss Mary W. Meek, saying that he is now safely anchored to a good job in sunny California.

J. S. Miller and wife, of State College, tarried in our town a short time, on Saturday evening, on their way home from a trip to Tyrone. Rumor has it that Summer may be one of our boss farmers next season.

Thresherman William Gates is confined to bed at his home in Warriorsburg as the result of injuries sustained in a gasoline explosion in his new garage at Franklinville. He is suffering with burns on the waist and ankles.

A number of our farmers attended a milk meeting held at Alexandria last Friday. President Alleboch, of the State Milk Producers' Association, was present and explained the requirements necessary to pass the milk inspection in Philadelphia.

Grover C. Corl and family, with Mrs. W. K. Corl, motored through the western end of the township, Thursday, visiting friends and looking after his farming interests. After April 1st he will devote all his time to sheep growing and dairying on his large farm on the Branch.

Our fur men have lifted their traps for the season. J. Archie Laird reports 38 foxes, 10 raccoons, 40 skunks, 13 opossums. J. A. Gummo, 25 foxes, 47 skunks, 8 weasels, 11 muskrats. William Gummo, 32 skunks, 1 weasel, 1 opossum. All the pelts were in prime condition and are now ready for market.

The hatchet social at Colerain attracted a large crowd, on Thursday evening. A colonial orchestra entertained with some real old-fashioned music and songs. The Hatchet family were present and acted their part to perfection. Special mention must be made of Josephine Everhart, who lauded George Washington in an excellent oration. About 150 people were present and the proceeds will be devoted to wiring the Methodist church.

WINGATE.

Mrs. H. B. Witherite, of Osceola Mills, spent a brief time with her sister, Mrs. Florence Lucas, one day last week.

The condition of John T. Harnish is slightly improved, at this writing, and we all hope for his speedy recovery.

Mrs. Lydia Irwin expects to resume her employment at the Federal Match company's plant, in Bellefonte, on Monday.

Mrs. Florence Lucas returned home, on Tuesday, from a week's visit with her sister and family, at Osceola Mills, and with friends in Philipsburg.

The supper served at the home of Mrs. James Snyder, by the ladies of the Evangelical church, was well patronized and a nice sum was realized.

Mrs. Linde Wiggins, a State W. C. T. U. organizer of Dunhannon, was here on Tuesday and assisted in completing the organization of the young people's branch of that organization.

Mr. and Mrs. Gordon Walker, with Mrs. Walker's mother, Mrs. Ida Witmer, and Silas Emehizer motored to Mount Alto, on Sunday, to see Mrs. Emehizer, who is a patient in the sanitarium at that place. Her condition is regarded as extremely serious with practically no hopes of improvement.

Rev. T. R. Husler preached his farewell sermon in the Evangelical church on Sunday morning. The Y. M. C. A. quartette, of Tyrone, was present and materially assisted with the musical services of Rev. Husler but wish him success in any field to which he may be sent.

PLEASANT GAP.

The John Wilson family, of Osceola, spent Sunday at F. D. Millwards.

Mrs. Claire Hazel, who has been seriously ill, is slightly improved at this writing.

Miss Anna Comstock, of Boston, Mass., spent the past week with Miss Eleanor Magargel.

The sewing class, Miss Reynolds instructor, met in the M. E. church on Monday afternoon.

Mr. and Mrs. Walter Armstrong, of Bellefonte, spent Saturday evening at Frank D. Millwards.

The members of the Loyal Workers were entertained by Mrs. Roy Swartz, at a quilting, on Thursday last.

The Loyal Workers of the Lutheran church held a food sale at the T. E. Jodon horse and cow sale, on Tuesday. This is the second of their food sales and they netted quite a nice sum.

Mrs. Martha Noll returned, on Friday, from a two weeks' visit with friends in Bangor, and with her daughter, Jean, in Easton. Mrs. Noll also spent a few days with her friend, Mrs. Fred A. Clemens, in Nescopeck.

She made the trip to Bangor with the Strunk family, who had driven up to see their son, James, a Senior at State College.

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.

Grid for Cross-Word Puzzle No. 1 with numbers 1-52 indicating starting points for words.

(© 1926, Western Newspaper Union.)

Horizontal.

- 1-A moral failing less serious than a vice
6-Woman's department of a Turkish home
10-Part of "to be"
11-Devoiced
13-Large body of water (abbr.)
15-Fashion of the moment
17-To weep
18-Interrogative pronoun
20-Single
21-Goatskin
22-Same as 20 horizontal
23-To lure
27-Screamed
31-Atmosphere
32-Greasy substance
33-Hasty
35-Symbolic poles, part of Eskimo religion
37-Slippery fish
40-Monkey
42-Skill
44-So be it!
46-Edge, as of a wheel
47-A thin, narrow board of wood
48-Of ase (Latin abbr.)
49-Prefixed meaning new
50-You and me
51-Unenclosed
52-Unverified report

Vertical.

- 2-A military or naval officer, assistant to a superior
3-To employ
4-Fishing paraphernalia
6-Time of highest vigor, or strength
7-Tier
8-Reverberation
9-Fumes from burning material
12-Prefixed meaning three
14-Animal to be ridden
16-Preposition
19-Indefinite article
20-Short sleep
25-To bind
26-Anger
28-Piece of ground
29-To tell a falsehood
30-Kind of tree
32-Mean, crafty fellow
34-Longs for
35-Vibration
36-An argument
38-Printing measure
39-To jump
41-Pastry
42-To
43-Sun god
45-Room
47-Amount

Solution will appear in next issue.

LEMON1.

Mrs. Kocher is visiting at the James Fry home.

George Shuey and George Martz are on the sick list.

Mrs. G. W. Hook attended to business in Bellefonte, one day last week.

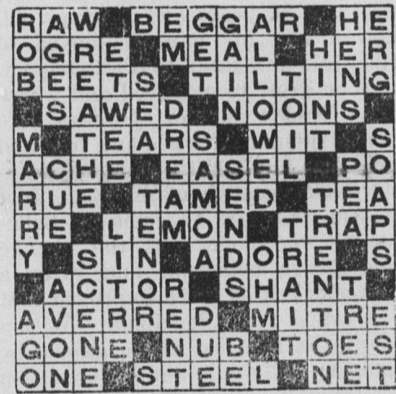
Mrs. Daniel Keller and daughter are visiting at the George Martz home.

Mrs. Emma Kern has returned to her home after spending sometime at Pleasant Gap.

Daniel Bohn and family, of Centre Hall, spent last Sunday at the home of their son, Arthur Bohn.

Mr. and Mrs. Russell Schreffler, daughter, Charlotte and son, Jesse, spent Sunday at the Alvin Lyle home, at State College.

In the United States fifteen hundred women are listed as operatives in the coal mines; seventy-eight work in quarries.



Daughter: "Dad, I want some money for my trousseau."
Father: "But, my dear child, I did not even know that you were engaged."
Daughter: "Father! Don't you ever read the papers?"—Bystander.

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