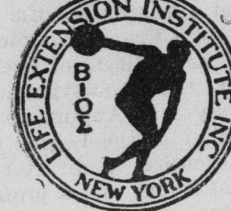


Bellefonte, Pa., March 9, 1928

Your Health, The First Concern.



Pulse foods, such as peas, beans, lentils and peanuts, contain more protein than the best cuts of meat, or any of the cereals.

Lentils are richest of the pulses in nitrogenous and mineral matter. They are also the most easily digested, partly on account of the absence of sulphur, which predisposes to flatulence.

Peanuts are valuable, not only for the amount of protein matter they contain, but for their large proportion of fat.

Pulse foods are not very easy of digestion, so should be cooked long and slowly, and eaten in moderate quantities combined with other vegetable foods.

Cheese is another useful substitute for meat. One pound of cheese contains as much protein matter as two pounds of meat and as much fat as three pounds. Hard cheese is difficult of digestion and should be grated before cooking. Cheese dishes combine best with some kind of farinaceous material, such as rice, bread, semolina, macaroni.

Nuts can replace butter. Coconut butter is more digestible than dairy butter owing to its freedom from acid. Nuts can also replace meat. They contain more protein or flesh-forming properties than meat, fish or cheese. Their richness in fat makes them somewhat difficult of digestion, and thorough mastication is necessary.

Brown flour is much richer than white in bone and blood forming material.

In 1900 the first reports appeared of cases in which persons suddenly became ill following the wearing of shoes that had been recently dyed.

In 1919 an army surgeon reported 17 cases, and more recently the records of 48 newly found in medical literature. In the 25 American cases, nitrobenzene was the ingredient of the shoe dye that caused the poisoning, and in most cases occurring in Europe, aniline dyes were responsible.

When a person puts on a pair of shoes that have been recently dyed with a substance containing a considerable amount of nitrobenzene or aniline, he is likely to develop weakness, dizziness, sleepiness, headache, nausea and vomiting, and begin to turn blue. When the blood is examined, it is found to be dark brown in color, and indeed sometimes almost black.

Several cases recently have been reported in which children have been severely affected as a result of wearing shoes newly dyed.

An investigation just completed indicates that the nitrobenzene acts directly upon the blood in such a manner that the latter is no longer able to take up oxygen; the hemoglobin of the blood, the substance that is responsible for taking up oxygen, is modified into another substance which has not that power.

A significant observation is that nitrobenzene will produce this effect in dogs, cats, rats and human beings, but will not have the same effect on guinea pigs and rabbits.

In several cities there are laws which prevent bootblacks or shoe stores from returning recently dyed shoes to the person who is to wear them. The shoes must be kept for 24 hours in the open air before they are returned to the person who left them to be dyed.

Any substance that contains large amounts of aniline or nitrobenzene can, of course, produce similar symptoms. Most hair dyes and cosmetics have been freed from these substances. In one instance a child became severely affected after wearing dippers that had been recently marked with laundry ink that was full of nitrobenzene.

There seems to be no reason why a woman or girl should not get as much enjoyment out of life as any man or boy. Too many of our sex consider themselves house flowers. If the weather is cold or stormy they will not venture outdoors. The sun must be shining and the weather warm before they will spend any time outside. Whether it is cold or warm, calm or stormy, every woman and girl should spend at least three hours daily in the open air. Not merely resting, but walking, washing or playing some game. Being in the fresh air is all right in a way, but to get 100 per cent value out of the good air, one should exercise in it. Even if the exercise consists only of deep breathing, this, at least, exercises the lungs. I find that too many women neglect their breathing. They seldom take a deep breath. It is easy to get into the habit of taking the deep breathing exercises; expanding the lungs to the limit if only two or three times a day. Doing this indoors is of little value. The fresh air should be taken advantage of. By this means, alone, one can obtain assurance against lung troubles. And there is no cost whatever for this treatment.

Freckles, tan moles and "moth spots" are all due to the pigment of the skin collecting in spots instead of being distributed evenly. You probably know all the ways there are of treating summer freckles and tan; will tan from exposure to winter wind, anything of the sort should be treated with cold cream and prevented by liberal use of cold cream or vanishing cream before the face is exposed.

A FACT A DAY ABOUT GOOD CITIZENSHIP.

Hindrances to Good Citizenship: (a) Indifference to our responsibility as a qualified voting citizen. (b) Indolence to inform ourselves, and to think analytically. (c) Apathy in arousing ourselves to the safety and saneness of our government, State and Federal.

FIRST DAY

There are bond issues coming up. Study them. Rep. Fletcher, of Ohio, has pointed out that the three and a half billions of dollars spent in the course of a single year by the United States Government would fill 94,000 one-ton trucks with silver dollars, and if these were lined up in single file, 142 trucks to the mile, there would be a procession 662 miles long. The average citizen would trudge at least ten miles to see such a parade, but he will consistently refrain from walking a block to vote in an election deciding how that money shall be spent and who shall spend it. Apply this to State finances as well.

SECOND DAY

Crime and repression of crime cost the United States more than \$16,000,000,000. Study the suggestions for Prevention of Crime, revision of the Bail law, selecting juries in criminal trial, and improvement of criminal procedure.

THIRD DAY

Carefully study the platforms of nominees and vote for the best qualified.

FOURTH DAY

Read, listen, analyze, digest partisan arguments and non-partisan arguments, then vote to the best of your ability. Says Senator Capper: "Ask the average citizen who does not vote what he thinks should be done to the bank director who does not attend meetings or keep an eye on the bank officials, thereby permitting them to mismanage and wreck the institution, with consequent loss to the depositors, and said citizen will probably say: 'That kind of bank director ought to be hung.' The same citizen does not realize, however, that when he fails to vote he is neglecting a duty even more important than that of the bank director."

FIFTH DAY

The gravest danger is the gross indifference of our people to the duties of citizenship. As voters we must concentrate on what may not be thrilling, but facts.

CREED

"1. I am living under a government—and am myself a part of such government—wherein at least an elementary knowledge of the nature and principles of this Government must be generally diffused among the great mass of its citizens. I therefore believe it to be my duty to inform myself on American history, the foundations of our Government as embodied in the United States constitution, and the application of those principles to present-day problems.

"2. Since ours is a government, of, for and by the people, it is by the very same token a government of and by public opinion. It is, therefore, my duty, as a good American citizen, to help form public opinion in the community in which I live in order that all citizens may hold intelligent, just and humane views on governmental questions and endeavor to have such views embodied in our laws.

"3. Since popular government is shaped in the first instance by the exercise of suffrage, it is one of my primary duties as a good citizen to cast my ballot in all local, state and national elections and to urge my fellow-citizens to do the same.

"4. Since ours is a government of laws and not of men, and since an orderly government can exist only through laws justly administered and impartially enforced, I declare it to be my duty as a good citizen to serve as a juror whenever summoned, and to use my influence in every proper way to the end that lawyers, judges and jurors so conduct the administration of justice as to entitle the law and the courts to popular approval and support.

"5. I believe that we Americans have the best government that has ever been created—the freest and the most just for all people—and that it is my duty to uphold and defend this Government at all times. I believe that just as the 'Minute Man of the Revolution' was ready upon a moment's notice to defend his rights against foreign usurpation, it is my duty as a patriotic American to be a 'Minute Man of the Constitution,' ready at all times to defend the long established and cherished institutions of our Government against attacks either from within or without, and to do my part in preserving the blessings of liberty for which my revolutionary forefathers fought and died.

"6. I believe that as a good American citizen I must maintain continuously a civic consciousness and conviction; that my country needs my active service in times of peace no less than in war, that patriotism must be a constituent part of my religion; that no prouder boast can emanate from my lips than truly to declare, 'I am an American citizen,' and that as an American citizen the Constitution of the United States ought to be as actual a part of my life and of my religion as the Sermon on the Mount."

Spring Arbor and Bird Days.

Governor John S. Fisher has designated April 6 and April 20 as the 1928 spring arbor and bird days to be observed by the planting of trees and shrubbery, the caring for trees and such other exercises as will develop an interest in the forests and birds of our State and a deeper appreciation of the value of trees, flowers and birds and their service to mankind.

Mrs. Petunia Riggs has at last located the squeak in the rear of her car which has been bothering her for the past few days. It was her husband requesting from the back seat that she drive a little slower.—Life.

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. A grid with numbers 1-52 and some pre-filled letters like '9', '10', '14', '15', '16', '19', '20', '23', '24', '25', '26', '27', '28', '29', '30', '31', '32', '33', '34', '35', '36', '37', '38', '39', '40', '41', '42', '43', '44', '45', '46', '47', '48', '49', '50', '51', '52'.

- Horizontal. 1-Banquet, 2-Separate, 3-Blinds, 4-European wild goat, 5-That thing, 6-One who repairs sanitary equipment, 7-Conjunction, 8-To bump into, 9-Smallest, 10-A horse's pace, 11-To color, 12-Cooked vegetables and meat, 13-To barter, 14-Small lizard (pl.), 15-Piece of neckwear, 16-Long, narrow inlet, 17-Sells, 18-Cattle farm, 19-Shoemaker's tools, 20-Meadow, 21-Stretches out, 22-Aeriform fluid, 23-Unit of a plant, 24-Preposition, 25-Underground prison, 26-Preposition, 27-Your uncle's wife, 28-To propel oneself through water, 29-Cognomen, 30-Exhausted. Vertical. 1-A coquette, 2-Preposition, 3-To drink tea, 4-To relate, 5-To encourage, 6-Prefix meaning "through", 7-Chopping tool, 8-To hurt, 9-Material from which shoes are made, 10-Author of "Ghosts", 11-Sour, 12-Poems, 13-Onslaughts, 14-End pieces, 15-Hogs, 16-River in England, 17-Period of time, 18-To hit, 19-To incline, 20-Established prices, 21-Warmth, 22-A second time, 23-Unit of work, 24-Any pastime, 25-Plays on words, 26-Plants, 27-Is owing, 28-To arrest, 29-Part of "to be", 30-This person.

Solution will appear in next issue.

Ears Supplied; The Old Ones Can be Renovated Nicely.

Any one dissatisfied with their ears may take hope from the strange case of Miss Edna Barnett, 24 years old, of Atlanta, Ga. She will leave a hospital soon with a right ear that is a perfect mate for her left—but the right was made by the skillful surgeon.

Miss Barnett burned her right ear entirely off when she fainted and fell into a fireplace. Dr. E. D. Highsmith began treating the wound and agreed to give Miss Barnett a new ear. Taking bits of skin and cartilage from various parts of her body, the surgeon fashioned the new organ after weeks of slow and painful effort.—Reformatory Record.

FAULT HAREM S I S A T E O C S M O D E C R Y W H A T O N E K I D O N E K L A E E N T I C E Y E L L E D A I R O I L S P E E D Y T O T E M S N E E R E A R T E E L A P E A R T A M E N R I M S L A T K A E N E O U S O O P E N S R U M O R

—Subscribe for the Watchman.

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Cor. High and Spring Sts. BELLEFONTE, PENNA.

These Cars are Ready for Service. "Excellent Condition."

- 1927 Chevrolet Sedan. Run 6000 miles. 1927 Imperial Landau. Run less than 2,000 miles. 1927 Chevrolet 1-Ton Truck with Body. 4 New Tires. 1927 Chevrolet 1-Ton Panel Body Truck. Run 3,000 Miles. 1927 Chevrolet Coupe. Fully equipped. 1926 Chevrolet Coach, fully equipped. 1926 Chevrolet Touring. 1925 Chevrolet Touring. 1924 Chevrolet Touring. 1926 Star Touring. 1923 Chevrolet Sedan "Duco paint." 4 new tires. 1923 Nash Sedan. 1925 Ford coupe, 5 good balloon tires. 1922 Ford Coupe. 1924 Ford Coupe. 1924 Ford Sedan. 1923 Cleveland Sedan. 1923 Studebaker Sedan, "Light Six."

Some of These Cars will be Sold as Low as \$35.00. LIBERAL TERMS.

Shoe Prices Going Up.

Owing to a great decrease in the available supply of cattle hides in the country, there has been a sharp increase in the price of leather. As a result, shoes and all leather goods are much higher in price than they were a few months ago, and the price is still advancing. While the cost of living in some lines has been dropping, people will have to pay more than ever for their footwear this spring. While shoes will not cost as much as in war time, they will be higher in price than for several years.

Rheumatism

While in France with the American Army I obtained a noted French prescription for the treatment of Rheumatism and Neuritis. I have given this to thousands with wonderful results. The prescription cost me nothing. I ask nothing for it. I will mail it if you will send me your address. A postal will bring it. Write today. PAUL CASE, Dept. K-218, Brockton, Mass.

NEW ADVERTISEMENTS.

HOUSE FOR RENT, 109 west Curtin St., call Mrs. H. C. Valentine. Phone 401R. 73-7-4t

EXECUTOR'S SALE OF REAL ESTATE.—Will be exposed at public sale on SATURDAY, MARCH 17, at 2 p. m. the following real estate of James C. Reed, deceased, in the town of Boalsburg: A six-room house, stable, shop and all necessary outbuildings on lot containing two and seven-tenths acres. Also, one acre of timber land. JAMES W. SWABB Executor. J. I. Reed, Auc.

NOTICE IN DIVORCE.—Stella E. Lingel vs. James C. Lingel. In the Court of Common Pleas of Centre County, No. 205 September Term, 1927. Libel in Divorce. To James C. Lingel, Respondent: Whereas, Stella E. Lingel, your wife, hereby Libel in the Court of Common Pleas of Centre County praying a Divorce from you, now you are hereby notified and required to appear in the Court or before the First Monday of April, 1928, to answer the complaint of the said Stella E. Lingel, and in default of such appearance you will be liable to have a divorce granted in your absence. H. E. DUNLAP, Sheriff of Centre County. 73-7-4t

SHERIFF'S SALE.—By virtue of a writ of Levavi Facias issued out of the Court of Common Pleas of Centre County, to me directed, will be exposed to public sale at the Court House in the Borough of Bellefonte on SATURDAY, MARCH 24th, 1928

The following property: All that certain lot of ground situate in the township of Ferguson, County of Centre and State of Pennsylvania, bounded and described as follows: On the North by lands of H. C. Evey and wife, on the east by a private driveway; and on the south and west by lands of O. A. Johnson and wife.

Being 50 feet in width on said private driveway and extending back 150 feet in length; Being the same premises which O. A. Johnson, et ux, by deed dated May 3rd, 1927 and recorded in Centre County in Deed Book No. 137 page 156, granted and conveyed to B. T. O'Neill and Bertha O'Neill his wife. Terms of Sale, cash. Seized, taken in execution and to be sold as the property of B. T. O'Neill and Bertha O'Neill. Sale to commence at 1:30 o'clock p. m. of said day. H. E. DUNLAP, Sheriff. Sheriff's Office, Bellefonte, Pa., Feb. 29th, 1928. 73-10-3t

SHERIFF'S SALE.—By virtue of a writ of Levavi Facias issued out of the Court of Common Pleas of Centre County, to me directed, will be exposed to public sale at the Court House in the Borough of Bellefonte on SATURDAY, MARCH 24th, 1928

The following property: Situate in the township of Halfmoon, county of Centre and State of Pennsylvania, bounded and described as follows, to-wit: BEGINNING at a post corner of lands of Mark James and Ira Fisher; thence by land of Ira Fisher and lands of John Downing and D. Buck, south 51 degrees, 30 minutes, west 416 perches to stone; thence by lands of J. F. Ebbs, south 38 degrees, 30 minutes, east 172 perches to post; thence by land of Schoenberger and Company, north 49 degrees, east 388 perches to post; thence by lands of same, south 38 degrees, 30 minutes, east 5 perches to post; thence by lands of the same north 32 degrees, east 116 perches to stone; thence by lands of Elizabeth Ebbs, north 2 degrees, 30 minutes, west 150 perches to post; thence by same lands north 31 degrees 30 minutes east, 30 perches to stone; thence by lands of Mark James, north 32 degrees, 30 minutes west 167 perches to post, the place of beginning.

Containing 287 acres and 48 perches. Being the same premises which the Pennsylvania Company for Insurance of Lives and granting annuities, executors of the last will and testament of Richard H. Downing, deceased, by its deed dated the 15th day of January, 1925 and recorded in Centre County in Deed Book 133 at page 488, etc., granted and conveyed unto Harrison A. Stewart, party of the first part hereto. Together with all the defendant's personal property. Terms of Sale, Cash. Seized, taken in execution and to be sold as the property of Harrison A. Stewart. Sale to commence at 1:30 o'clock p. m. of said day. H. E. DUNLAP, Sheriff. Sheriff's Office, Bellefonte, Pa., March 5th, 1928. 73-10-3t

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IRA D. GARMAN JEWELER

101 South Eleventh St., PHILADELPHIA. Have Your Diamonds Reset in Platinum 72-48-t Exclusive Emblem Jewelry

Free SILK HOSE Free

Mendel's Knit Silk Hose for Women, guaranteed to wear six months without runners in leg or holes in heels or toes. A new pair FREE if they fail. Price \$1.00. YEAGER'S TINY BOOT SHOP.

CHICHESTER'S PILLS

THE DIAMOND BRAND. Ladies Ask you to purchase Chichester's Diamond Brand Pills in Red and Gold Semitic boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Attention: CHICHESTER'S DIAMOND BRAND PILLS, for 25 years the Best, Safest, Always Reliable. SOLD BY DRUGGISTS EVERYWHERE

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- KENNEDY JOHNSTON.—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street. 67-44
- M. KEICHLINE.—Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Office on second floor of Temple Court. 49-5-17
- G. RUNKLE.—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 53-5

PHYSICIANS

- R. R. L. CAPERS, OSTEOPATH. Bellefonte Crider's Ex. 66-11 State College Holmes Bldg.
- S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence, Bellefonte, Pa. 71-22-11
- D. CASEBEER, Optometrist.—Registered and licensed by the State. Eyes examined, glasses fitted. Satisfaction guaranteed. Frames replaced and lenses matched. Casebeer Bldg., High St., Bellefonte, Pa. 71-22-11
- EVA B. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 8 p. m. and Saturdays 9 a. m. to 4:30 p. m. Bell Phone 63-40

Feeds

We keep a full line of all kinds of feeds at the right prices.

- Wagners 22% Dairy Feed, per ton \$32.00
- Wagners 32% Dairy Feed, per ton \$56.00
- Made of Cotton Seed Meal, Oil Meal, Gluten and Bran.
- Wagners Mixed Grains for Poultry per H.....\$ 2.50
- Wagners Egg Mash, per H.....\$ 3.50
- Wagners Pig Meal.....\$ 3.00
- We handle a full line of Wayne Feeds.
- Waynes 32% Dairy Feed, per ton.....\$62.00
- Waynes 24% Dairy Feed, per ton.....\$56.00
- Wayne Poultry Mash, per H.....\$ 3.50
- Wayne Pig Meal, per H.....\$ 3.20
- Wayne Calf Meal, per H.....\$ 4.24
- Cotton Seed Meal, 43%, per ton.....\$60.00
- Oil Meal, 34%, per ton.....\$60.00
- Gluten Feed, 23%, per ton.....\$62.00
- Alfalfa, Fine Ground, per ton.....\$48.00
- Winter Wheat Bran, per ton.....\$42.00
- Winter Wheat Middlings, per ton.....\$46.00
- Mixed Chop, per ton.....\$46.00
- Meat Meal, 45 to 50%, per H.....\$ 4.25
- Tankage, 60%, per H.....\$ 4.25

We have a full line of chick feeds in stock at the right prices.

When you want Good Bread and Pastry. Use OUR BEST Flour

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Employers

This Interests You The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.

It will be to your interest to consult us before placing your insurance. JOHN F. GRAY & SON. State College Bellefonte.