

Your Health

The First Concern.



HEALTH RULE—"Be moderate or temperate in all things."

Living to be 91 years of age with faculties unimpaired according to Chauncey Depew, means learning to be moderate, or temperate in all things.

One of the most popular foods in the diet of Americans is the orange. Without doubt, it is one of the most desirable and useful foods in the processes of maintaining well being within the human system.

The orange is a native of China. It was brought from China and Burma into the Mediterranean countries and into Arabia and Syria. The Spaniards brought it to America. Although prior to the fifteenth century, the orange was not known in Europe, its fame spread rapidly when once it was introduced into the market.

The orange is a storehouse of many valuable and important elements. The average composition of an orange in per cent of total amounts as shown by careful analysis is:

- 48.94 per cent of potash
24.71 per cent of lime
0.97 per cent of iron
12.37 per cent of phosphoric acid.
0.65 per cent of silicon
2.5 per cent of soda
5.74 per cent of sulphuric acid.
0.92 per cent of chlorine

The orange on account of its high content of lime and magnesia is one of the most important and useful foods in the process of building bones. The orange is one of the golden gifts of nature to man. It furnishes some of the finest food for immediate absorption, assimilation and utilization that can be obtained.

The orange is an invaluable fruit to counteract the tendencies of acidosis and no doubt is one of the most excellent means of stimulating the bowels and of preventing the tendencies toward old age. The orange and the juice of the orange is one of nature's most useful and delightful remedies in preventing accumulation of material in the colon which leads to that disagreeable and life-shortening malady of putrefaction and auto-intoxication.

The value of the orange cannot be overestimated in cases of fever. Oranges should be fed freely to most patients who are suffering from fevered conditions. In fact, the orange is so valuable in the diet of mankind that it can be called "the king of fruits."

Its use among small children is recognized as extremely beneficial in the prevention of scurvy, rickets and pellagra. It is highly valuable as a means of preventing malnutrition, in assisting in growth, and in the stimulation of the system, and in cases of emaciation. The orange is unusually rich in the valuable vitamin C which has that remarkable tendency of helping infants to grow and to be free from many of the maladies which bring about malnutrition and death.

In a recent experiment which I conducted upon a large group of children I found that the group which received orange juice with milk gained nine times as fast as the group which did not receive orange juice. The use of the juice of the orange in the morning may be considered one of the most beneficial habits human beings can acquire. The extent to which oranges are used within the home may largely determine the welfare and the health of the family. They should always be found on the table. They should be accessible to young growing children. They should be eaten freely and often because they are little bags of health surrounded by a covering which keeps them clean and sanitary until they are ready for use.

Truly, an orange a day will surely help to keep the doctor away. No one can get around the fact that five toes need a certain space of a certain general shape if they are to spread out naturally and comfortably. When jammed into shoes with pointed, needle-like toes, the feet are sure to be cramped, twisted, and finally deformed. Toes are buckled and piled on one another and bones are bent. Other foot troubles develop. Take the picture of a woman's shoes with a pointed toe. The shoe violates one of the points especially stressed by those who have studied the fitting of shoes, and that is that the inner line of the shoe must be straight. To be comfortable, safe, durable and attractive, shoes for everyday wear must conform to the natural shape of the feet and protect them.

There are five women technical engineers in New York City.

WILL INVESTIGATE AIRPLANE MENACE.

Recalling the fact that each year several United States army air service pilots come to grief on the rugged mountain slopes in the vicinity of Uniontown, Pa., scientific investigation to determine whether a deadly airplane menace hangs over that section is to be undertaken by the Pennsylvania State Aeronautical commission.

The investigation is to be made in connection with the work of surveying and routing new airplanes across the Keystone State.

In years gone by, when Langin field, Moundsville, was the midway station on the model airway between Dayton, Ohio, and Washington, the fall and winter was a usual period for crashes in the mountain sections. Almost miraculously the pilots of army planes escaped death one year, when there were no less than nine valuable ships hauled from the mountain recesses as wrecks after the pilots had lost control.

Many airmen assert that a mysterious threat to flying men lingers over sections of the high ridge which separates the seaboard from the vast continent to the west. They point to the death of Pilot E. R. Emory, of Newark, Ohio, and William D. Zollman, mechanic, of Fredericktown, Ohio, who were killed when their plane, modern in every respect, was wrecked. Both men tried to jump, but had no time. Their broken bodies were found beside their wrecked plane in the mountain forest.

And the pilots point also to a fact long known to dwellers in the mountains; that there are certain spots birds avoid in their flight. Even in the spring and autumn migrations, when the birds generally fly in a straight line, they detour from these suspected areas.

There may be a key to the conditions when it is established why motorists traveling the National or Lincoln highways over the "Big Fellow" suddenly find their motors stalled. There seems to be a peculiar atmosphere "in spots," unbalanced air probably, or that condition which all research in physics seems to disprove—an atmospheric vacuum.

Aviators may have this same motor trouble over the mountains. It is pointed out, and they talk of "the Pennsylvania ridges as of "bad lands" or in the vernacular of the air, as "bad clouds." A number of machines dependable in every way have been wrecked in the mountains—they just have dropped.

What did the aviators, who looked death in the face, see? What did they realize in the hurrying flash of their descent in their helpless, slipping planes? If any in that instant comprehended the cause of the disaster, the knowledge died with him. None who fell over the mountain lived to disclose it.

Corn Sugar to Take Rightful Place on Market.

In the search for farm relief curatives, many things that could be done to help the agricultural situation are overlooked. Take the case of corn sugar, for instance.

The scientists in the Department of Agriculture who control the administration of the Pure Food and Drugs Act are depriving American farmers of a market for twenty million or more bushels of corn annually by ruling against the use of corn sugar in certain food products unless such a product is branded as containing dextrose, while cane and beet sugar are sucrose. Both, of course, are sugar, but the scientists declare that "sucrose is the product chemically known as sucrose, chiefly obtained from sugar cane, sugar beets, sorghum, maple and palm." Corn sugar is not as sweet as cane or beet sugar, but it is in every respect as wholesome a food, while for some purposes it is superior.

No objection is made when corn sugar is used in the manufacture of candy, ice cream or bread, without designation, but this sugar is held to be an adulterant if so used in canned fruits or vegetables, preserves, jellies, jams, soft drinks, or condensed milk. Corn sugar cannot even be used in the curing of meats, if they are to be branded as sugar-cured.

In short, by denying that corn sugar is sugar in important usages, the super-critics in the Department of Agriculture confine the market for this most healthful product to restricted channels, rob the corn growers of a large market outlet and compel unnecessarily large importations of foreign sugar.

Bills were introduced in the last Congress to give corn sugar its rightful place. Similar measures will be before the present Congress. But legislative action should not be necessary. The absurd ruling of the department scientists ought to be changed. Only ten to fifteen per cent of the total corn crop reaches the price-making markets. An increased demand for even twenty million bushels in that market would have a decidedly helpful effect upon prices.

Gold Star Mothers May Visit Graves in Europe.

Without protest or debate, the House on Tuesday approved a bill to enable mothers and widows of war veterans buried in Europe to make a pilgrimage to American cemeteries overseas at government expense. The widows would be restricted to those who have not remarried.

The measure, which now goes to the Senate, would empower the President, co-operating with the American Red Cross, to arrange for the pilgrimages "at any time during the three years from July 1, 1928."

The mothers and widows would be taken to Europe in groups, each group remaining abroad approximately two weeks. First class accommodations would be provided either on government owned or chartered ships. Passports would be arranged for by the state department and immigration laws would be suspended in the case of aliens.

FOR AND ABOUT WOMEN.

DAILY THOUGHT

It's a hard old struggle And a long rough way But there's beauty in the battle That we fight each day. —Baltimore Sun.

Conventional styles are again the smartest and the dresses inspired by the old Paris masters are more or less left to the very young and the few willing to sacrifice style to individuality. Evening functions of the formal sort, receptions of state, gala nights and big public balls see fewer and fewer of the wide-skirted creations designed by important dress-makers.

They have not disappeared, however, for certain Parisian style makers adore the robes de style and will continue for a long time to come to create them for a few chosen clients. But the majority of the society women in Paris prefer the newer dresses of tulle, the chiffons of many ruffles and the graceful dresses of draped velvet.

At the Ritz, where society is dancing again, velvet and chiffon evening dresses of slender silhouette and disguised fullness are popular. Some of the smartest women prefer the very new models which barely clear the floor in back and lift to the knees in front. These skirts are often made up ruffle or ruffle of soft chiffon, or fall like a cascade of many skirts.

The strass and bead-embroidered dresses have by no means disappeared. There is much black velvet embroidered with strass, often in designs of parallel lines. Black chiffon is also strass trimmed.

The simple dress of velvet may have several lines of strass outlining the round neck. These strass-trimmed dresses of black require jewelry, and much of it is worn in the form of lavallieres, bracelets, necklaces, pendant brooches and earrings.

Top coats for morning and town wear are broadening across the shoulders by Parisian decree. Raglan sleeves are featured in the models of leading sports houses and many coats have sleeves sewed on to a low shoulder in semi-raglan effect.

For travel and sports the tweed coat has always an important place. Long loose lines and vatch pockets make this model particularly useful and practical. A deep shawl collar of natural opossum is smart and often useful for warmth. Such a coat is easily slipped on over a cloth suit or a jersey sports ensemble. As tweed is almost impervious to bad weather, it is by far the most suitable fabric for sports wear and travel.

Baldness among women is on the increase, say London beauty doctors, who contend the bobbing hair is responsible, indirectly.

Because of the "thinning a bit on top" among their clients, numerous hairdressers have resorted to the violet ray treatment as an aid in bringing the scalp back to its normal condition.

Since short hair became the vogue, say the beauty experts, women have neglected to brush their hair vigorously as they did formerly. That has caused most of the trouble.

Instead of brushing the hair every day, it has become customary merely to run a comb through it, and the scalp suffers from lack of proper treatment and falling hair is often the consequence.

In this day of servant troubles and the three room suite with kitchenette we do not hear so much of the drawing room as we used to. However, where there is the luxury of a house, we do still find, occasionally, a relic of the formal parlor style of room called the drawing room. In England, incidentally, in quite small "villas," as they call suburban houses, the term is still used, even though the room designated is what we would call a living room.

On its face the word "drawing room" gives not the slightest hint of its origin—yet how obvious once it is revealed! For it is merely a contraction for the original "withdrawing room," to which the ladies withdrew after dinner while the gentlemen sat over the wine!

If your family wants an unusual and also a delicious dessert try an "upside down" pineapple cake. It may be served with or without whipped cream or hard sauce. The two parts are prepared separately and then put together in the way described by the United States Department of Agriculture.

PINEAPPLE MIXTURE 1/2 cup sugar 2 tablespoons pine- 2 tablespoons butter 2 tablespoons apple juice 3 slices pineapple.

Stir the sugar until it is melted in a smooth frying pan, then allow it to brown. Add the butter and the pineapple juice and cook until a fairly thick syrup is formed. Place the sections of pineapple in the sirup and cook for one or two minutes or until they are light brown, turning them occasionally. Have ready a well-greased, heavy baking pan or glass baking dish, place the sirup over it. Allow this to cool so it will form a semi-solid surface, then pour in the following cake batter:

1/2 cup butter 1 egg 1 cup milk 1 1/2 cups soft wheat 2 teaspoons baking ing powder 1/2 teaspoon salt 1 teaspoon vanilla

Cream the butter, add the sugar, add the well-beaten egg, and vanilla. Sift the dry ingredients together twice and add alternately with the milk to the butter, sugar and egg mixture. Pour this over the pineapple. The batter is rather thick and may need to be smoothed on top with a knife. Bake slowly in a very moderate oven (300 to 325 degrees) for three-quarters of an hour. Loosen the sides of the cake, turn it out carefully, upside down. If the fruit sticks to the pan lift it out and place it on the cake in the place where it should be.

The "Watchman" is the most readable paper published. Try it.

FARM NOTES.

Make a germination test of all seed to be used and then plant only that which is good. Successful farmers do not plant poor seed.

Good tools and equipment may mean the difference between a good, clean, well-cultivated garden and one full of weeds. A little time spent now in overhauling garden tools will bring ample payment during the coming spring and summer.

In corn borer infested areas all corn stalks or corn remnants of the 1927 crop in the field, in the barnyard or elsewhere about the farm, unless ensiled, should be destroyed by burning, plowing under, or finely shredding, say State College entomologists.

In preparation for the arduous spring work, give the farm horse plenty of exercise. More attention should be given to grooming now than was considered necessary during winter in order to remove the excess of dirt and hair. Trim the feet if irregular, and in the case of brittle hoofs put on a plate to prevent breaking of the side walls.

Plant potatoes this spring on well-drained soil of good fertility. An open soil, such as a shaley or gravelly loam, is preferable to a heavy clay soil and produces cleaner potatoes of better shape and usually of better quality. Plenty of organic matter is highly desirable because it helps hold moisture and on the heavier soils has a desirable loosening effect.

Dry skim milk and dry buttermilk occupy an important place in many commercial calf meals. They contain large amounts of protein, dissolve readily and are palatable. These meals, mixed with warm water to form a gruel should not be fed at as young an age as skim milk or remixed dry skim milk or buttermilk. The change to gruel from whole milk can be started at four weeks and requires another two weeks before they should be weaned from the milk.

It is also possible to include some dry skim milk in the grain mixture and in that way continue to feed this material for some time after the calf is weaned from remixed skim milk or buttermilk in which case the remixed product may be discontinued somewhat earlier.

There is little reason to fear a shortage or excessively high prices of dry skim milk. The present production of this material amounts to about 91,000,000 pounds a year and only two per cent of the available supply of skim milk is used. The production in 1927 was 88,000,000 pounds. The price varies with the season and with the quality. The bakery, confection and ice cream trades take the bulk of the best grades. The production of dried buttermilk is about half as much and the price runs slightly lower.

Each dairyman must decide for himself if either of these products offer possibilities to raise his calves at lower cost. He must be able to rework sufficiently more from his whole milk to balance the extra cost of these materials over the ordinary skim milk. The convenience of this method is in its favor, requiring only a few minutes time and facilities for heating the water as contrasted with the labor of separating the milk. The calves may be fed at the most convenient time instead of delaying the feeding until milking is finished and the milk is separated as with ordinary skim milk.

The price that dairymen must pay for the powdered by-products or for commercial calf meals will depend to quite an extent on local conditions and the method of buying. If the material is used extensively in a community the turnover of dealers will be more rapid, making possible more favorable prices. Cooperative purchasing thru the cow testing associations or other farmers' organizations is also possible and should make substantial savings possible.

Columbian raspberries are pruned much the same as black raspberries. When the new shoots are about 18 inches high they should be topped so that they will branch. In some sections it is the practice to wait until these new shoots have reached the height of 3 feet and then cut them back to 18 inches, but there is no necessity of waiting until they reach that height. By waiting the plant is merely divitized that much more, says the Rural New Yorker. It is better to do the tipping when the plants have reached the desired height. Then the following spring the laterals on the canes that are left for fruiting should be shortened to about 8 to 12 inches.

New canes are rooted along in August when the tips of the shoots have a characteristic "snaky" look, due to the fact that there are very few leaves at the tips. In sod these tips will catch and root, but in cultivated soil it is customary to make a small hole in the ground and stick them into it, or else to throw a clod of dirt on them in order to hold them in place.

In case of the commercial fruit grower, dependent upon long-distance shipment, it is seldom advisable to grow more than one kind of fruit, certainly not more than two or three kinds. This is true because each fruit requires special treatment and more or less distinct technique in the method employed in its culture. Again, fruit production is tending today toward specialization, in which a fruit is chosen and grown because of its adaptation to a particular locality, and in which the grower himself lends his best effort to the production of a type that will meet competition and satisfy the demands of a discriminating trade.

A farm implement in the shelter is worth two in the storms. Poultry usually do not need such things as yeast, mineral or tonics if they receive adequate rations.

A grooved surface on a concrete approach to a raised driveway will assure a firm foothold. Cement-asbestos shingles may be placed directly over an old wooden shingle roof.

Concrete gate posts, covered with stucco, make attractive entrances to farms.



Photo taken on farm of J. C. Seabrook, Rockville, S. C. DIPDUST treated seed yielded 26 bushels more per acre than same seed not treated.

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Treat your seed potatoes as fast you can scoop them up. Just dip them in DIPDUST solution and out again—all ready to plant.

DIPDUST protects the seed and insures a heavy, profitable yield. It is much more effective than the old-fashioned "two-hour soak" treatment—besides there is not the slightest danger of injuring the sprouts or even cut seed.

After one trial of DIPDUST you will never again waste two hours treating seed potatoes or spend two weeks worrying about your stand. Compare this New Treatment with the older ones:

THE NEW WAY THE OLD WAY

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One pound treats 15 to 20 bushels of seed potatoes.

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You can now also disinfect your seed corn and vegetable seeds with DIPDUST and increase your yield by preventing many of the diseases which cause poor germination, weak, spindly plants, and poor quality crop. Simply use as a dust treatment. It is easily and quickly applied and costs but a few cents per acre. One pound of DIPDUST will treat six bushels of seed corn, or from six to eight bushels of vegetable seed.

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4 ounces - 50 cents 1 pound - \$1.75 5 pounds - \$8.00

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