

Your Health, The First Concern.



The following items are taken from Hygeia, the health magazine published by the American Medical Association, 535 N. Dearborn St., Chicago, price \$3.00 a year or 25 cents a copy.

Too little of dollars, interest and time is spent in the purchase of health.—Antioch Notes.

ACID-FORMING AND BASE FOODS.

1. The foods that are set down as acid-forming are those containing a considerable percentage of protein. These include meats, fish, eggs and the cereals. Most vegetables are base-forming, and these include all legumes, such as peas and beans, which have high protein content. This does not mean, however, that any of these foods are not wholesome or that with a normal individual they should not constitute a reasonable portion of the diet.

2. Egg albumin is not objectionable to the normal person and does not tend to promote diseases of the kidneys.

3. Milk is not constipating in itself. It is so completely digestible that when it is the sole article of food, lack of bowel movement may result from lack of roughage. When green vegetables, fruits and the coarser cereals are included in the diet in reasonable amounts, milk is a most wholesome and valued food.

Club women of Illinois have planned to unite their efforts for improvement in sanitation, health and prevention of disease during the coming year, according to a statement from the Illinois Federation of Women's clubs.

In promoting public health and child welfare, the various clubs will decide which activity their community needs. Assistance in carrying out their programs will be given by the State chairman of public health and child welfare. Because of the close cooperation of four important agencies in the State—the federation clubs, the State medical society and the State department of public health—there is an opportunity for unusual achievement.

A plan for saving babies and mothers, a plan for preschool child examinations, medical inspection of school children, dental inspection of school children, control of diphtheria, adult health audits, and study and enforcement of health laws are the items specified in the prospectus sent to the individual clubs by the federation.

While the medical care and treatment of the school child has progressed enormously in the last fifteen years, little or no consideration has been given to the teacher's health. Persons who are below par physically, who are weak, ill, depressed or tired, are not fit companions of youth, nor have they the energy requisite for teaching.

"We have as much right to demand physical fitness as intellectual and moral fitness," declares Prof. Frank Smith of Armstrong College, England, writing on the health of the teacher in the World's Health.

Aside from the benefit to the child and the teacher, good health in the teacher is an economic saving to the community. Industry has found that money was saved when the health of employees was examined and improved. School teachers are exposed to no occupational hazards, compared to those found in industry and have comparatively easy hours and conditions of work with long holidays for rest and recreation. Besides that, they are a selected class. One would naturally expect to find among them less time lost because of illness, but such is not the case.

Teachers in the London schools showed an average loss of 7.3 days annually for each teacher. In the State of Illinois, there was a loss of 6.6 days annually for each teacher, involving a loss to the educational system of more than \$1,000,000 in salaries, according to a report from the State health department. In England, the rate of sickness based on over 12,000,000 workers for eight years shows an annual loss of 5.2 days for each man and 6.7 days for each woman.

Improvement in the condition of the teachers' health and consequent saving in the State may be made along the same lines that have been adopted in industry. Physical examination of all applicants for positions, with a high standard of fitness, is the first step. In the normal schools physical examinations are usually made at entrance and upon leaving, but less than half the teachers go to normal schools.

Improvement of working conditions is the second step to be made in improving the health of teachers. The time lost by teachers is usually due to minor ailments, particularly pulmonary, bronchial, throat, nervous and mental cases. Smaller classes in more hygienic schoolrooms, with special attention to light and ventilation, have been advised to overcome these minor complaints. The additional expense should be more than offset by the improved quality and efficiency of the teaching and by the saving in lost time due to illness.

Olive oil is good for burns and scalds if applied immediately. It should be covered with the white of a raw egg to exclude the air.

—Subscribe for the Watchman.

FOR AND ABOUT WOMEN.

DAILY THOUGHT

Wesley's Rule. Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can.

Shops and old jewel collections are being ransacked for the cameos that were cast aside a few years ago as no longer good style. They are now classed among the choicest antiquities of Paris shops. Even the cameo brooch, so humble in its last seasons, is the sought-for pin of the day. One dealer in antique jewelry makes an important display of a pair of long earrings made up of four black cameos of different design reset in the manner of 50 years ago.

Spring styles in lingerie have been displayed at the Hotel Astor under the auspices of the United Women's Wear League of America. Most of the models featured a waist line, a close-fitting bodice and a full flaring silhouette.

Flesh pink was the outstanding hue while there was also a noticeable array of printed silks in underwear and pajamas. The bridal lingerie set comprised four pieces, with ivory satin for the negligee and nightgown and cream satin for the slip and combination.

Novelties in the pajama line included vagabond trousers and an affair consisting of a seven-eighths length coat of gold lace with shirred peach-colored satin sleeves, a surplice, satin bodice and satin trousers.

What to wear with what is the burning question of most women's lives, and, knowing this, a group of fashion experts have devoted much time and study to the matter. They call themselves fashion co-ordinators and offer many splendid suggestions to the woman who is never quite sure whether navy blue is smart for evening or if a coat suit will do for luncheon at the hotel.

An afternoon dress of printed silk has a velvet coat matching the predominating color of the print. With it go black suede opera pumps, a black pouch antelope bag with gold frame, beige gloves in pull-on stones and a small close hat in either beige or black Tuscan.

Spectator sports costumes are now an accepted part of our wardrobe. Ensemble suits of tweed with a seven-length coat and a knitted blouse are smart. With them one wears beige gloves, oxfords or strapped slippers with medium heel, preferably trimmed with reptile and a patterned bag to give a note of color.

For evening one wears printed chiffon with a matching coat, a beaded model of bouffant taffeta, if one does not choose velvet. Velvet coats, fur trimmed or metal brocade, accompany them. Bags are of gold or silver brocade. Slippers are of brocade or gold or silver cloth or sometimes velvet to match the costume if one is a debutante.

For the street, as spring approaches, we will have printed frocks under kasha coats, ensembles of tweed or homespun and smart little suits. Pull-on gloves of natural doeskin or beige, ballbunt hats with Descats fan ornament, bakou, beiging or felt. Bags of homespun, colored leather or antelope. Shoes of lizard, in strapped models, black patent oxfords, pumps and tan or beige with two straps and a lower heel are smart.

Beige is well liked as ever. There are subtle shades called putty, rose beige and yellow beige. With these the stockings are "noon" which is a clear light "sunburn," honey-beige and matin, which is a new flesh tone. Shoes are brown or beige or white trimmed with beige in suede, kid-skin or calf with reptile as trimming or sports, or brown or beige in suede, kidskin, reptile and patent for street.

Gloves are white champagne, brown, mother goose, wood beaver, silica, sand, sable and mode. Gray is spoken of as a coming color for spring. With it shoes are black or gray, natural reptile, gun-metal or lizard. Gloves are black or matching gray in kidskin and putty, natural, mother goose or gray in doeskin.

Gloves for immediate wear, according to reports from Paris, favor simplicity in trimming, although some form of embellishment is used. Color is again important. Gray and beige are popular colors, as are also the new light browns that match the walnut shoe shades. Jade white is another important color for wear with the dressy afternoon ensemble.

Black gloves in lace kid and a d mocha with white stitching on the backs and cuffs are being worn. The very fine white kid glove also is still to the fore. These are noted in both slip-on and single button models, with only slight touches in applique work or embroidery.

On the more tailored gloves which are worn with the new daytime frocks and costumes, the strapped models appear to be in vogue. These gloves are not so mannish looking as those shown in previous seasons, for the straps are finished with new buckles in the modernistic manner. Some of the newest slip-on gloves are open at the tops and linked together with regular cuff links and made in new designs and color schemes.

There is at present quite a demand for the old-fashioned type of shopping bag made in strong sturdy leather. These are wanted for traveling purposes, probably because of their roominess. The colors asked for are dark brown, black, gray and green. Women are using them to carry small handbags and purses and selecting them to harmonize with the one remainder of their luggage.

FARM NOTES.

FOREIGN NATIONS BUY OUR APPLES.

An average of more than 600 carloads of Pennsylvania apples were shipped to foreign countries during each of the four years from 1923 to 1927, says the Bureau of Markets at Harrisburg in explaining that fruit, grown in this Commonwealth, has almost the whole world for a market. France, Germany, England, the Scandinavian countries and South America have received most of the export shipments.

In addition it is estimated that more than 1000 carloads of apples during the average year were shipped annually during the same period to twenty different States located as far south as Florida and Alabama, and as far west as Arkansas and Wisconsin.

Over 400 carloads of peaches have likewise been shipped from Pennsylvania in one year. These have gone to eighteen States ranging from Florida to Louisiana and Wisconsin in the Middle West.

The Pennsylvania Department of Agriculture has prepared a bulletin entitled "The Market for Pennsylvania Fruit" which can be secured free by any interested party.

In spite of bad weather conditions existing during several of the most important spring and summer months Pennsylvania farmers in 1927, proved themselves among the best farmers in the United States, says the Department of Agriculture, at Harrisburg. The total value of crops produced was estimated at \$249,084,000, which is \$660,000 more than that of all the New England States and New Jersey combined.

While the acre yield of corn—39.5 bushels—was below the five-year average, still this yield is three bushels more than was produced per acre in Iowa and 9.5 bushels more than in Illinois.

The winter wheat crop, which with one exception was the lowest since 1911 was produced at the rate of 7.3 bushels more per acre than in Kansas. Likewise the acre yield of oats was three bushels more than in Iowa and 10.5 bushels more than in Illinois.

The potato crop was the most valuable produced in any State of the Union excepting New York, and the acre yield of 120 bushels was the largest on record in Pennsylvania excepting 1923 when the yield was 123 bushels, more than in Wisconsin, 19 bushels more than in Minnesota, 40 bushels more than in New York—all of which are leading potato producing States.

The acre yield of tame hay—1.65 tons is the largest on record for Pennsylvania and the total crop, with the exception of 1916, was the largest since the Civil war.

The buckwheat crop was the largest since 1912, giving the State first place in the production of this crop. The acre yield of tobacco—1360 pounds—was the highest of any State, being 136 pounds more per acre than in Connecticut.

Permanent barnyard pavements not only add to the appearance of a farm they also help to prevent disease in the cattle and keep the milk clean. These pavements can be easily constructed by the farmer himself.

The ground must first of all be leveled off. Forms for the concrete are then built of two-inch lumber five inches wide which will be the thickness of the floor. The top of the forms are set to such a grade that a slope of one-fourth inch a foot across the floor will be secured for proper drainage.

The forms are built to provide for slabs not more than ten feet square. A good plan is to lay the alternate slabs first and the intermediate ones later.

The concrete for pavements contains five and one-half gallons of water to the sack of cement. If the sand and pebbles used are moist add only four and one-half gallons as the extra gallon will be contained in the materials. Wet sand and pebbles require only three and three-quarter gallons of water.

Use enough sand and pebbles to secure a concrete that is workable, but not sloppy. Ordinarily two cubic feet of sand and three of pebbles to each sack of cement will give the right mixture. If this mixture is too dry or too "sloppy" vary it to meet the exact needs.

After the concrete has been placed, it is finished with a wood float. This finishing gives the pavement a gritty surface on which the cattle will not slip.

Short Skirts and a Bishop.

The venerable Bishop of Ely and Viscount Lascelles, the King's son-in-law, are debating the authorship of the following deathless rhyme directed against the short skirt: Half an inch, half an inch, half an inch shorter; The skirts are the same of mother and daughter.

When the wind blows each one of them shows Half an inch, half an inch, more than she oughter. The Viscount says the Bishop wrote it, but the Bishop denies the charge. He does, however, confess to the authorship of this one: Mary had a little skirt, So neat, so bright, so airy; It never shows a speck of dirt, But it surely does show Mary.

Planes Are Equipped with Telephones Now.

"Hello, pilot. This is passenger No. 7. What river is this we are passing over? Pardon? The Mississippi—so soon! Thank you." This is a model conversation which can be carried on soon when the Boeing Air Transport company completes installation of a telephone system on the passenger planes from the Oakland airport to Chicago. The first telephone was installed recently by mail pilot C. K. Vance who flies from Oakland to Reno, Nev.—Christian Science Monitor.

—Subscribe for the Watchman.



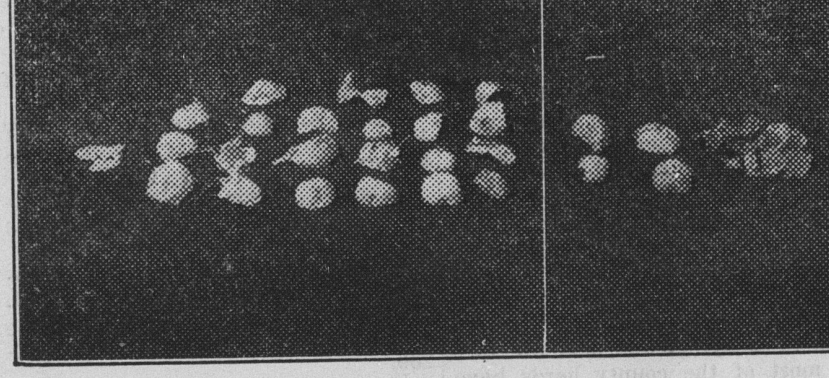
Tired and Achy Mornings?

Too Often This Warns of Sluggish Kidneys.

DOES morning find you stiff, achy—"all worn out"? Do you feel tired and drowsy—suffer nagging backache, headache and dizzy spells? Are the kidney secretions scanty and burning in passage? Too often this indicates sluggish kidneys and shouldn't be neglected.

Doan's Pills, a stimulant diuretic, increase the secretion of the kidneys and thus aid in the elimination of waste impurities. Users everywhere endorse Doan's. Ask your neighbor!

DOAN'S PILLS 60c A STIMULANT DIURETIC FOR KIDNEYS Foster-Milburn Co. Mfg. Chem. Buffalo, N.Y.



Seed treated with DIPDUST 23 Sound—2 Decayed. Some seed treated with corrosive sublimate 4 Sound—21 Decayed.

Which Seed Will Produce the Most Potatoes?

Compare the results of the new Instantaneous Dip—DIPDUST—with the old-fashioned "two-hour soak" treatment. Above is a photograph taken on the farm of A. Schlechtweg, Freehold, N. J.

While vines were still green, 25 consecutive DIPDUST and corrosive sublimate treated hills were dug. Dip-dust hills had 23 sound and only 2 decayed seed pieces. Corrosive sublimate hills had only 4 sound and 21 decayed seed pieces.

DIPDUST is much more effective than the old-fashioned ways of treating seed potatoes. Besides, you can treat your seed potatoes as fast as you can scoop them up. Just dip them in Dipdust solution and out again and your seed is all ready to plant. One man can easily treat from 200 to 400 bushels of potatoes per day.

There is not the slightest danger of injuring the sprouts or even cut seed. DIPDUST controls surface-borne diseases, such as Rhizoctonia, scab and black-leg, and protects cut surfaces from seed rotting organisms in the soil. It insures sturdy profitable plants that will increase your yield from 15 to 25 bushels per acre.

One pound treats 15 to 20 bushels of seed potatoes. Treat your Corn and Vegetable Seeds too. 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.

The Bayer Company, Inc., Agricultural Dept., 117 Hudson Street, New York, N.Y.

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

RUNKLE'S DRUG STORE BELLEFONTE, PENNA.

Bush Arcade. Next Door to Bell Telephone Office

THE FAMILY HEALTH is guarded by the butcher; for the quality of meats and their proper refrigeration go a long way toward keeping the family in good health and vigor. When you buy from us quality is assured, for we handle only the choicest cuts, the kind you enjoy eating. Let us prove to you our ability to serve you better.

Telephone 667 Market on the Diamond Bellefonte, Penna. P. L. Beezer Estate....Meat Market

NEW ADVERTISEMENTS.

SHERIFF'S SALE.—By virtue of a writ of Levari 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, APRIL 14th, 1928 The following property: All that certain tract or lot of ground situated in the Borough of State College, County of Centre and State of Pennsylvania, bounded and described as follows, to-wit:

BEGINNING at iron pin of Holmes street, one hundred feet from the South-east corner of Hartwick Avenue and d Holmes Street; thence North thirty-nine and one-half degrees East one hundred and fifty feet to lot No. 53; thence along lot No. 53 North fifty-one and one-half degrees West 50 feet; thence South thirty-nine and one-half degrees West one hundred and fifty feet to Holmes Street; thence along Holmes Street South fifty and one-half degrees East fifty feet to the place of beginning, being one-third part of each of three lots numbered 50, 51 and 52 in the plan of lots of the Hartwick estate, dated April 24th, 1913, and having thereon erected a one and one-half story, asbestos roofed dwelling house.

Seized, taken in execution and to be sold as the property of Paul C. Boeger. Sale to commence at 1:30 o'clock p. m. of said day. H. E. DUNLAP, Sheriff Sheriff's Office, Bellefonte, Pa., March 19, 1928 73-12-3t

TRIENNIAL ASSESSMENT APPEAL FOR 1928.—Notice is hereby given to the tax payers of Centre County that the County Commissioners will hold appeals for the Triennial Assessment of 1928, at the following times and places, from 10 a. m. to 4 p. m.

- March 29—Milesburg Boro. Boggs and Spring Townships, at Court House, Bellefonte, Pa.
March 30—Bellefonte Boro. West Ward, Marlon, Walker, Benner and Patton Townships, at Court House, Bellefonte, Pa.
March 31—Half Moon, Taylor, Worth Townships and Port Matilda Boro., at the Court House, Bellefonte, Pa.
April 3—Bellefonte Boro., North Ward, and Bellefonte Boro., South Ward, at the Court House, Bellefonte, Pa.
April 4—Unionville Boro., Huston and Union Townships, at Hotel, Unionville, Pa.
April 5—Howard Boro., Howard, Curtin and Liberty Townships, at Hotel, Howard, Pa.
April 9—State College Boro., Ferguson and College Townships, at Firemans Hall, State College, Pa.
April 11—Centre Hall Boro., Harris and Potter Townships, at Hotel, Centre Hall, Pa.
April 12—Gregg Township, at Hotel, Spring Mills, Pa.
April 16—Millheim Boro., Haines, Miles, and Penn Townships, at Hotel, Millheim, Pa.
April 18—Phillipsburg Boro., and South Phillipsburg Boro., at Public Hall, Phillipsburg, Pa.
April 19—Phillipsburg Boro., and Rush Township, at Public Hall, Phillipsburg, Pa.
April 20—Snow Shoe Boro., Burnside and Snow Shoe Townships, at Mountain House, Snow Shoe, Pa.
May 2, 3, and 4—General Appeal, Court House, Bellefonte, Pa.
All Assessors are required to be present and have their transcript with them. HOWARD MILES JOHN E. SPEARLY N. L. WILSON
Attest: Centre County Commissioners, Fred B. Healy, Clerk 73-11-2t

\$13.26 Easter Excursion ROUND TRIP BELLEFONTE TO ATLANTIC CITY Wildwood, Ocean City, Cape May, Sea Isle City, Angelsea, Avalon, Fenwick, Stone Harbor FRIDAY, April 6 Tickets good returning within 16 days Valid in parlor or sleeping cars on payment of usual charges for space occupied, including surcharge. Tickets to Atlantic City via Delaware River Bridge 50 cents extra, no change of stations. Stop-over allowed at Philadelphia in either direction. See Flyers. Consult Ticket Agents. Proportionate fares from other points. Pennsylvania Railroad

\$4.00 Round Trip Philadelphia SUNDAYS APRIL 1 MAY 27 Leave Saturday night Preceding Excursion Leave Bellefonte .10.00 P. M. " Milesburg .10.10 P. M. " Howard .10.20 P. M. " Eagleville .10.30 P. M. " Beech Creek 10.40 P. M. " Mill Hill .10.51 P. M. RETURNING Lv. Philadelphia (Bd.St.Sta.) 5.50 P. M. Pennsylvania Railroad

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 toe. A new pair FREE if they fail. Price \$1.00. YEAGER'S TINY BOOT SHOP.

FIRE INSURANCE At a Reduced Rate 20% 71-28-6m J. M. KEICHLIN, Agent

CHICHESTER'S PILLS THE DIAMOND BRAND. Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold metallic boxes, sealed with Blue Ribbon. Take no other. Buy of your Druggist. Chichester's Diamond Brand Pills, for 25 years known as Best. Always Reliable. SOLD BY DRUGGISTS EVERYWHERE