Your Health,



THE HEALTH GNOME SAYS Bootleg liquor has its faults There is no doubt of that; And those who keep on drinking it May take a long, long nap.

Of this evil existing Much has been penned and said, But there are other drinks as well That can kill you quite as dead.

The nice, clear, icy water, Tastes all right and looks all right, But sometimes gives a bump

And so can stonewalled spring and well.

With typhoid bugs replete, They'll make you sick, and what They'll send you to defeat.

So hearken all you readers, When on the broad highway, Be sure to drink from wells marked "safe." No other rule will pay.

SPRING FEVER.

A favorite, though somewhat hackneyed gambit for beginning a story on the subject requires, first of all, just the word "SPRING" followed by an exclamation point. From there the scribe meanders on, referring to his hero's general malaise, which is later quickly and permanently cured when he sees the heroine for the first time, usually atop a Fifth Avenue Spring fever, of course, is a bit different, so that this particular screed will not use that classic opening, although it will definitely refer

about All Fool's day! The snow's all gone; and the ice, and crocuses are jabbing their green spears through Mother Earth's brown hide; while here and there the press heralds the advent of the robin and the blue bird, those rare and azure harbingers of the world's rebirth. Everything looks good, but not to the languishing lad

Spring fever, of course. Down in the Pit of Time, slowly filling with dead years, lie a number of layers that are remembered as the "good old days." The days when Ma, every spring prepared a bowl of sulphur and molasses and daily hoisted a slug of this sure-shot into the unwilling mouths of her progeny, not forgetting Pa in the process. Great was the benefit they theoretically derived from this process, which was often augmented by a daily deluge of sarsaparilla, or maybe of sassafras tea—these, to thin the blood, which was thought to have jellied during the winter. I can see in memory the old, sad looking and whiskered herb doctor who used to peddle these articles in our neighborhood.

were worn, and when night air contained some toxic ingredient that caused wise people to keep their bedfrom windows closed at night. The family, after spending the evening playing lotto by an oil-burning, oxygen consuming lamp, while backing in the heat of the not altogether gasticht tight base burner, shuffled off to repose in a tightly closed room, and wondered why it had a sort of dark brown taste in its mouth in the morn-

No wonder the sulphur mines paid big dividends, and the herbalist grew mighty in the land. Something just had to be done to relieve that awful spring fever. Well, anyhow, it seemingly never occurred to anyone to hunt for the cause. It just was. And it followed as the night the day, the five month semi-hibernation of the genus homo. Farewell the Victorian period, and let us to nowadays.

Spring fevre is not found in any medical lexicon, but it's a fact, nevertheless. It's just a condition caused by bad habits of living. So let's dig up some of the causes.

Fresh air to many of us is almost a

fetich, though we find, even now, old ladies of both sexes who fear drafts. But just regard the fair sex, old, Arm out pur post-oppium pur sunon they cavort up and down the boulevard. Red flannels? Red flannels, indeed! The ladies, with a minimum of covering, brave the fiercest gales of winter and manage to keep warm. I mean they actually do. And how? It's no secret that the human skin is capable of withstanding any ordinary temperature, and it's no job to train it. All that's necessary to stop pampering it. "Heavies" and "longies" aren't necessary for the average fellow, at any rate. Just remember that your house, store, office and factory are heated to a degree comparable with that rare day in June, and that you spend about twenty hours a day in that temperature. You don't have to emulate the Eskimo just because it's cold outside. You never wear a raincoat in the house because it's raining outside, do you?

Now you know something about spring fever. It really isn't anything, any one thing. It's just the result of a winter of bad habits—too much food, no exercise, sleeping in closed rooms, and all the rest of it. —"Pennsylvania's Health."

NEW MINIMUM FOR ALL TIME.

TUBERCULOSIS DECLINES TO

The greatest single health achievement in 1927 was the reduction in the death rate for tuberculosis to a new minimum for all time, according to Dr. Louis I. Dublin, statistician of the Metropolitan Life Insurance company. This new minimum of 93.5 per 100,-000 was registered among the more than eighteen millions of Industrial policyholders of the Metropolitan.

While no figures are yet available for tuberculosis among the general population last year, the indications are that a new minimum also will be registered in the country at large. since conditions among the company's industrial policy holders usually reflect health conditions throughout the

country. Since 1920, when a death rate from tuberculosis of 137.9 per 100,000 was recorded, the reduction has been 32.2 per cent, according to Dr. Dublin; since 1915 it has been a remarkable drop of 58.4 per cent. The death rate from tuberculosis of the respiratory system, which causes almost nine-tenths of all the death from tuberculosis diseases, dropped 59.3 per cent since 1911.

"Particular gratification is to be found in some of the individual items in the declining tuberculosis death rate during the first quarter of the twentieth century," said Dr. Dublin. "A study made by the Metropolitan last year showed conclusively that the reduction in tuberculosis has applied to all sections of the country; to both urban and the rural populations; to the colored as well as to the white race; and to the persons engaged in practically all occupations and branches of industry. Above all, it has applied to all economic strata of our population. And among the industrial wage earners of our cities and their families, where the tuberculosis situation has always been the gravest, the greatest gains have been accomplished.

"The campaign of the public health movement against tuberculosis has been effectively organized and carried Its good results are becoming cumulative. With an infectious disease like tuberculosis, a rapidly declining number of deaths means that we have to deal with correspondingly fewer advanced cases, and hence with fewer feci for new infections. This in turn is resulting in fewer new cases and in a steady downward trend to that feeling of indisposition that in the morality, which, in a relatively so often follows close upon the Ides of March.

How lifeless a fellow feels along adult life and of middle age down to the level of the minor causes of death."

The talk on cheap nutritive foods is not for the woman who wishes to reduce. Her idea must be to choose foods with as little nutrition as pos sible, to get as much bulk and as little fat as she can. Not for her are with the winter hangover whose yel- the rich dishes of spaghetti baked fow skin, dull eye and hang dog air proclaim his inability to join in the universal sigh of relief from frigid weather and coal bills. What's the matter with him anyway? Why! til tender and served with little pools of melted butter on the top, nor the morning bowl of steaming porridge. She must eat until she feels she has had a regular meal, but her calories must never average more than 1200

to 1500 a day.

Fortunately it is cheap to diet if you do not eat much in quantity. And even if you go in for the most delicate and fancy dishes it still is not expensive, because such rich and costly things as cream and fancy sauces, foods cooked with butter, eggs and nuts and all the little delicacies that run up the marketing bill are most strictly forbidden.

The reduction diet can be as dainty and well-cooked as you can afford. You should have a clear soup at least once a day, this being filled without You'll remember that these were fattening; oyster broth, clam broth, the days when red flannel step-ins consomme and thin vegetable soup are most delicious. You can go in for lean cuts of meat, never very much and never fried, but broiled or roasted. You should have chicken rather than meat, too; chicken is always a delicacy. You can have all the salad you want as long as you do not have an oil dressing.

Use your ingenuity concocting French dressing from vinegar, herbs, spices, with the least bit of salad oil or preferably tasteless mineral oil, enough only to cut the acid and hold the ingredients together. You can have all vegetables except beans and potatoes in almost any quantity. There are hundreds of ways of making them empires ing them amusing, and new suggestions are being printed every day. I would suggest you make your dieting a game to see how you can vary the limited number of foods.

Buller Gets Data on Trout Streams.

Commissioner of Fisheries N. R. Buller is touring the northeastern part of the State collecting data on trout fishing conditions in that sec-tion. Detailed information on the conditions will be made available to the public through the newspapers,

Commissioner Buller said. The present tour will be followed by others to other sections of the Commonwealth. In each instance a summary of conditions as they exist will be made public by the commission. In addition the commission is prepared to supply such information

to individuals who request it. As the fifteenth of April falls on Sunday, the trout season this year will open on the 16th. Reports already indicate that the present year will be one of the best in the history of trout fishing. Under the present plant of the commission by which only large trout are released in the streams, it is believed that fishing

should be at its best. Although in some sections, good catches were reported in 1927, the generally prevalent high water prevented much good fishing. As a result it is believed a great many trout are awaiting canny fishermen during the present season which under norconditions would have been caught last year.

-Subscribe for the "Watchman."

FOR AND ABOUT WOMEN.

DAILY THOUGHT "Christ the Lord is risen today," Sons of men and angels say, Raise your joys and triumphs high; Sing, ye heavens, and earth reply.--Charles Wesley.

The millinery motto for Easter for 1928 is, "Pay your money and take your choice."

Paris has not been so lenient for many years as it is in the matter of size and material for hats this spring. They may be the biggest within the young generation's memory, as some est within the memory of older womof the advance models, or the small-en like the diminuitive bonnets of felt and straw that are in favor just now. The new freedom is admittedly a part of Paris style creators' campaign to lure women away from masculine ideas and standardized effects

Felt, silk and straw all have Paris' approval. As the season advances felts are expected to disappear temporarily, medium wide straws of bangkok, ballibunti and peanut straw taking their place. Many an Easter parade hat, however, will be of felt and follow the close-fitting turban lines with narrow brim turned off the

Black, dark blue and beige are the early spring colors. But indications for later on are for hats to match dresses. Some bright red is already in view. With midsummer, Paris expects to see many a shoulder-wide hat in light shades to match chiffon dresses. Some of them will be big leghorns, tinted or in natural shades. Various forms of Panama are also shown for midsummer.

The vogue of silk coats for summer has brought back silk-covered hats. Most of them are of grosgrain with medium wide brims.

The trouser dress has arrived. A large portion of the models shown in spring parades here have definite trousers attached and visible.

Trousers are evident in both morning and evning models. Some reach only to the knee; others are gathered at the ankle.

Then there are short knickers open at the knee, over which the briefest skirts slit up in front are worn. Knee breeches buckled at the knee are also seen, as well as frocks which dispense with skirt entirely, substituting trousers reaching to the ankle.

One striking model, designed to enhance the female form and bring to

mind oriental fantasy, is the long period dress with flowing draperies that suddenly opens from waist to hem when the wearer moves, revealing trousers of silver tissue gathered at the ankle.

The divided skirt still is almost universal for sports wear, though occasionally one sees a separate skirt over knickerbockers.

In spite of the trouser mode, the new fashions are predominantly feminine. Thin, filmy materials, sometimes in delicate subdued shades of green, gray, biscuit and beige, in figured materials, are popular.

Smockings, tucks, frills and lace

are used to give a still more distinctively feminine touch. Skirt legnths are established two inches below the knee for day wear and all sports clothes. Evening frocks must reach the ankle at some

part of the hem, though not neces-

sarily all around. Trousers are creased at the sides, after King George. They will be introduced as an experiment, but there is little hope, even though the king has worn them for years.

There is little that is new in shoe shapes this spring, the models with slender straps and high, spike heels still holding the center of the stage.

In materials kid has the strongest following among fashion authorities, the preferred color being beige or some shade verging on it. "Honey beige" which is almost a parchment, and "white jade," a lovely off white tone are favored shades, as they har-

monize with everything.

Gray and dark blue kid promise to show interesting developments as the summer advances. The three shades sponsored by the Garment Retailers of America in their semi-annual fashion show, were beige, gray, independent blue (another name for navy), and lake blue one of the new green. and lake blue, one of the new green-blues bordering on turquise. Stroller tan and marron glace kid are attractive for sports and the more tailored street wear. Pure white will be little worn, even with all white costumes, "white jade" having taken its place, except for active sports where white buckskin still reigns.

been stressed as the supreme leather for this season's shoes. What silk is to the costume, kid is to the smart shoe, says Paris, and indeed no other was prepared by adding one pound material seems quite so suitable to of dry skimmilk to nine pounds water

Shoes will continue to be made of to velvet also. Heels, except for active sports are slightly higher, and the vamp a trifle shorter with a slightly more rounded toe. Otherwise there is no change to speak of in the general outline.

The fine woven linen shoes, in delicate colors will still be worn, as they wear well and clean easily. They have almost the appearance of suede The woven straw slippers in bright colors, introduced last year, are so amusing and attractive that they will probably be seen again this summer, especially at seaside resorts.

Salt water will set all shades of

Skimmed milk will stiffen fine organdies and dainty laces.

A little borax sprinkled under rugs will keep away troublesome moths. Sawdust sprinkled evenly over the floor before layink linoleum will make it wear longer.

FARM NOTES.

Concentrated milk products can be used successfully in calf feeding. It will doubtless become an important factor in dairy development in whole milk regions where the expense of raising calves has been an obstacle to herd improvement.

Because of the expense of raising calves where whole milk command a high price many dairymen formerly vealed them. This necessitated buy-ing cows to keep up their herd and often resulted in introducing disease and getting inferior producers. With strict regulations put into effect in the campaign to eradicate tuberculosis these dairymen soon realized that raising their own dairy stock was a reliable safeguard against in-

fection. The desire for better cows also emphasized the need of raising the calves from the best cows. With this change in dairy practices came the problem of feeding the calves eco-nomically. Different feeds and calf meals have been tried, often with success. The aim at all times has been to use as little milk as possible and yet insure a healthy and rapidly

growing calf.

Outside the whole milk sections this has been accomplished with skimmilk. Many dairymen are raising calves on as little as 200 pounds of the control of the whole milk following it with skim-milk. But when whole milk is sold the skimmed by-products are not available. Now similar results are obtained with the use of dry skimmilk and dry buttermilk. Tests have been carried on by the United States department of agriculture and the Connecticut, Minnesota, Washington, and other experiment stations which have proved these materials to be entirely suitable for calf feeding.

They are not milk substitutes for they are the skimmilk and buttermilk with all the food elements of the original by-product retained intact and only the water removed. The addition of one pound of either of these materials to nine pounds of water and thorough mixing will produce a product that is very difficult to distinguish from the original. Furthermore, the calves do not know the difference according to tests reported by T. W. Gullickson, of the Minnesota experiment station. Calves used in certain trials at that station were fed skimmilk direct from the separator one day and the remixed product the next with no effect on the calf nor disturbance to its digestion.

Dry skimmilk has several advan-It can be purchased by the 5. Improves the stand and growth is easily handled, quickly prepared and of uniform quality. The composition is almost one-half milk sugar, 38 per cent protein, 1 per cent fet. 38 per cent protein, 1 per cent fat and eight per cent salts or minerals, all in highly digestible form. Dry buttermilk is slightly lower in protein and milk sugar, higher in ash and contains about three per cent fat.

Buttermilk as a calf feed may be a new idea to many dairymen but it is common in some sections. Experiments by Eckles and Gullickson at the Minnesota station compared the growth rate of calves fed condensed buttermilk and dry buttermilk with the normal growth rate of calves. one test both groups exceeded normal rate of growth and in the other the calves grew slightly less than the normal rate. In all cases the calves were unusually healthy and not one was ever off feed after the start of the experiment nor did any suffer from scours. Dry buttermill and the price of condensed butter-milk is higher an the basis of its food value. It is also subject to more variation, especially in the amount of water it contains and in the degree of acidity which may reduce its palatability, but no bad results from that cause were observed in the feeding trials reported. The dry products are easier to handle and less likely to

Because these materials are higher in price than skimmilk produced on the farm where fed most experiments were planned so as to wean the calves rather young, developing them at the lowest cost consistent with good growth. Some tests were carried to about 70 days of age, others to 105 days and a few to 150 and 180 days. As a rule the amount of dry skimmilk and dry buttermilk fed amounted to a pound a day. It was a little less for Jersey and Guernsey calves and slightly more for Holsteins. The amount of condensed buttermilk amounted to about two and a half pounds per calf daily and was mixed with three times its weight of water to get the proper consistency for feed-

Calves which were used in these where white buckskin still reigns.

Not only will light colored footwear the first two days and then fed whole lead the mode for spring, but kid has milk from the pail. At 15 days the amount of whole milk was reduced by one pound a day and a pound of ren ixed skimmilk used in its place. This go with fluttery chiffons and sheer at 95 to 100 degrees. A little grain printed silks. feeding and some alfalfa or clover contrasting materials or two tones of one material. Reptile is no longer used to fashion the whole shoe, but is still smart for trimming. Paris is showing satin for evening wear only, never for street wear. This applies to relate the still the st a slower change is advisable

After the change of milk is complete, which will be at about 21 to 25 days of age, the amount of dry skimmilk fed should be about one pound daily, varying slightly with the size of the calf.

Some calves are weaned from milk at 70 days and a temporary setback in their developments followed but when they reached 180 days they were nearly on a par with those fed a long-er period. The results with the calves in the dry buttermilk feeding trials were practically the same as for dry skimmilk and a trial at the Washing-ton State College farm was more suc-cessful, although only three calves were tried on the dry skimmilk and certain conditions were not right for

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2. Can not be used on cut or sprouted seed without injury.

3. Before cutting, give no protection to the cut surfaces. The seed frequently decays in the ground before the young plants get start-

4. Although effective against Rhizoctania, and scab, do not control

5. Frequently decrease the stand, and therfore the yield, to a ser-

ious extent. One pound treats 15 to 20 bushels of seed potatoes.

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