

Democratic Watchman

Bellefonte, Pa., April 13, 1928.

Your Health,

The First Concern.



CHRONIC JOINT INFLAMMATION (ARTHRITIS.)

Please imagine your chronic inflammation of the joints (chronic arthritis) as a safe, and on the dial lock, instead of numbers, have infected teeth, overweight, underweight, unbalanced diets, chronic constipation, lack of exercise, infected nasal sinuses, chronic infection of the ears, and other chronic infections.

Now in order to open a safe, you have to twist the dial around to different numbers. Perhaps turning the dial to one "number" will open the safe of your arthritis. Perhaps you may have to turn it to several before it will open.

This illustration is used by Dr. Hench, the physician in charge of the arthritis patients at the Mayo Clinic. He speaks of overweight as a double factor; the unbalanced diet which causes the accumulation of weight lowers the resistance; and then the physical drag on the joints and muscles, by the weight of the fat, making the joint trouble worse.

While the chronic joint inflammations are due most often to bacteria or to their poisons, from infectious spots elsewhere in the body, perhaps most often in the tonsils and teeth, the evidence shows that in many cases the lowered resistance due to unhygienic habits, especially improper diet, is the factor which allows these germs and their poisons to settle on the joints and elsewhere. It is especially the unbalance of the diet by excess starches and sugars which seems to cause this lowered resistance. It has been found in many of these patients that there is what we call a lowered sugar tolerance (sugars include starches, as these are converted into sugars before being absorbed). But not to the same degree as in diabetes. So, in these cases, aside from finding the original focus of infection and treating that, a diet which limits the starches and sugars, is indicated.

GETTING MOST FROM SUNSHINE.
Recently the outdoor temperature was 85. I pulled down a window and let the sun shine on the thermometer, and it soon stood at 120 degrees. I then put the window up and let the sun shine on the thermometer and it went down to 110 degrees. Ten degrees was reflected or absorbed. Now in order to get the most heat one should sit on a stool and let the sunlight strike the body at right angles. If you lie down you get the rays at about 45 degrees and a large amount is reflected away and lost.

In order to get 120 degrees the sky must be clear and free from little, white, misty clouds. This condition will run the thermometer down to 90 or 95 degrees and no heat will be felt. But when the sky gets clear, then you will know you are getting it and no imagination will be needed.

FOR A COLD.
At this time of the year most all of us find ourselves seized with a bad cold which oftentimes remains stubbornly with us. Here is a remedy which the writer has found a most potent preventative of taking a cold:

Purchase a ten-cent bottle of vaseline and two ounces of oil of eucalyptus; remove lid from vaseline, jab four or five holes in vaseline, pour these full of the oil of eucalyptus, cover, let stand awhile; take a strong wooden toothpick, twist some cotton on one end, dip this end into the mixture after thoroughly stirring and swab into the nasal passages up as far as you can. It has been found that goose grease or bear oil mixed and used in this way have proven more quickly effective and penetrating. After using, note the free and easy breathing. It is suggested to use the above three or four times daily and especially before going to church or the theatre or any place where a crowd is apt to be assembled these winter days. An "ounce of prevention is worth pounds of cure."

REDUCING DIET.
There are two ways to grow slim. One is to eat what you want but very little of it; the other is to eat all you want but choose the right things. Calories, those little enemies which make you tip the scales at an embarrassing figure, lurk in such foods as butter, cream, cheese, bacon, eggs, fat meat, cakes, potatoes, cereals and bread—all foods which are rich in starches, sugars and fats. She who covets the bean-pole silhouette should avoid them like poison. In middle age, it is dangerous to be fat. If we subtract the calories, we will add it to our vitality.

But there is no necessity for going around hungry. We may eat generously of fruits and green vegetables, with an occasional egg or helping of lean meat, and two or three cups of whole milk, or better still of buttermilk, daily.

Fruits and vegetables tone the system, provide corrective mineral salts and vitamins, their bulk encourages elimination. If you feel hungry between meals, drink a glass of water. It will fill the stomach and make you forget your discomfort.

To keep the teeth, mouth, stomach and alimentary canal clean and free from the poisons likely to accumulate around and in them, use plenty of fruit. Before you go to bed, brush the teeth thoroughly, then drink a glass of water into which has been squeezed the juice of half a lemon. In the morning repeat the process with the other half.

RING-NECKED PHEASANTS AND WILD TURKEYS.

The Board of Game Commissioners is taking an important step toward perfecting Pennsylvania's system of game management in deciding to experiment with the rearing of ring-necked pheasants and wild turkeys within the confines of the Commonwealth. An ideal game State furnishes its own game without depending upon outside sources. Large game within the State, such as the white-tailed deer and black bear are holding their own; cotton-tail rabbits may be purchased outside the State at reasonable cost; but ring-necked pheasants and wild turkeys may be purchased only in limited numbers and excessive prices. The game commission proposes, therefore, to use money heretofore devoted to purchase of game, in rearing these game birds on such refuges as are suited to the development of game propagating plants.

Ring-neck pheasants have become very popular as game birds in Pennsylvania. They are not only handsome as trophies, but their flesh is delicate in flavor, and as they learn the meaning of dogs and guns they become very clever in evading the hunter. The presence of ring-neck pheasants in Pennsylvania, in relieving the burden of shooting from other game birds, accomplishes more in the way of saving our grouse, bobwhites and wild turkeys than any other single feature of our game management, and the hunter is satisfied to pursue the ring-neck, realizing, as he does, that it is a worthy game bird. By rearing her own birds Pennsylvania will be assured of health, acclimated stock, and will not be embarrassed by difficulty in locating birds suitable for her uses. She will have a constant supply with which to stock depleted areas whenever such restocking is necessary.

The game commission plans to distribute eggs among the various refuges where there is open ground sufficiently extensive for establishing propagating plants and where the refuge keepers can handle this work along with other activities. Arrangements are now being made to equip these game refuges with hatching coops and exercising pens. About 500 of these pens will be distributed shortly. Later on breeding pens will be provided for a few of the refuges where some of the adult birds will be held for the production of fertile eggs.

The New York State conservation commission is so much interested in the success of this undertaking, that she has offered to donate 5,000 pheasant eggs for Pennsylvania's use. New York's State game farms have been successful in rearing ring-necks, and in the co-operative spirit which characterizes the conservation movement throughout the country today, she generously gives the aid. An additional 5,000 pheasant eggs will be purchased at a cost of about 25 cents each. New York's \$1,250 gift is evidence of the friendliness of that great State. Two hundred wild turkey eggs have been ordered. They will cost about \$1.25 each. All eggs will be hatched under domestic hens, this method having been most successful in other States.

Rearing ring-necks and wild turkeys is not an easy task; but the Board of Game Commissioners knows that what has been accomplished by others can also be accomplished with in Pennsylvania. A capable man has been placed in charge of propagation work within the Bureau of Refugees and Lands. He has made a careful study of several large game farms in the east and will travel from refuge to refuge instructing refuge keepers as to how to set the eggs and care for the chicks. Written instructions from the Bureau of Refugees and Lands have already gone out to refuge keepers, and it is expected that shipment of materials required for propagation plants will be made within a few weeks. The game commission expects to spend about \$12,000 this spring in providing equipment, purchasing domestic hens and game bird eggs, and so forth, in inaugurating the game-bird propagating program. This is a very small amount of money to devote to a project which promises to furnish sportsmen a great amount of outdoor pleasure in hunting, at an eventual saving of funds.

It is barely possible that a few of the 10,000 eggs which will be available this spring will not be allotted to game refuge keepers for hatching. Should there be a surplus these eggs may be distributed to trustworthy sportsmen's organizations and individual farmers and sportsmen who will co-operate with the game commission in the work of hatching and rearing the young birds. All of the wild turkey eggs will be cared for by refuge keepers. Pennsylvania may eventually rear a sufficient number of ring-necks from her propagating plants on game refuges to distribute eggs to farmers and sportsmen within the Commonwealth for hatching, and thus help in the pleasant work of maintaining an adequate game supply.

Reforestation by the State.

The department of forests and waters is planning a large scale planting on State owned forest lands this spring. Last year the department placed approximately 650,000 young trees on lands owned by the Commonwealth.

Six species of trees will be planted from the Bureau of the State owned nurseries. The varieties to be planted include white pine, Scotch pine, Norway spruce, larch, red oak and white ash.

Since the State began its reforestation program it has planted more than 40 million young trees. At the present time the Commonwealth has title to about 1,143,000 acres of forest land. It has contracted for the purchase of about 68,000 additional acres.

Next month the department expects to ship from its nurseries approximately 12,000,000 young trees to individuals and companies.

FOR AND ABOUT WOMEN.

I know there are no errors
In the great eternal plan,
And all things work together
For the final good of man.

And I know when my soul speeds onward
In its grand eternal quest,
I shall say as I look earthward,
Whatever is—is best.
—Ella W. Wilcox.

I'm almost dizzy looking at dots. Yes, they're on everything, it seems. The first use I noticed was in a short-coated ensemble in red and white dotted silk, and the clever feature of this model was the use of the reverse color combinations. Champ communal sponsored this particular outfit, but they're all doing it.

Dots were prevalent on many of the afternoon frocks, and Yteb is combining the dotted satins with plain satin in some of the most charming effects you can imagine. Regny, Marthe et Rene, Redfern and Lelong dot their newest models, and the dots are of all sizes and combinations of color—sometimes they're graduated, but they all look smart and jaunty.

To be in the forefront just now, it seems, you must be feminine but not fussy. The best houses are using ruffles, jabots, bows, cascades, drapery and panels, and yet somehow they achieve dignity and charm. Perhaps it's the subtle way they do it—I know the effects are not going to be easily copied by any but designers with real style sense.

Gingham will be more in evidence this year than ever before. The new designs are even lovelier than last year, which is saying a great deal. For every design there comes a plain one-tone gingham to match the predominating color in the design, or the background into which the design is woven. Beach coats of gingham have already become popular. The colors are guaranteed not to run. Some women, who do their own house work, have taken up the fad of wearing the three piece sleeveless shirt and collar coat, for housework clothes.

There are some charmingly small patterns in bright colors, especially adapted to children's wear. Some of the new gingham frocks for children seen in the smart shops are hand embroidered, or smocked. One of a fine blue and white check was smocked into a yoke at the neck, and into cuffs at the sleeves, in red silk. The neck was fastened with a red and blue silk cord ending in tassels. A little frock like this could be duplicated for a dollar, if made at home. The exclusive shop price was ten times that.

Trim tailor-made suits change but little as the seasons' fashions come and go. Skirts drop an inch or two, a coat may be wider at the shoulders and the number of buttons may vary from four to six. But these are really nothing but trifles. The best features remain the same, a perfect cut and trim smartness.

Some of the severe suits are adapted to car, deck or train, and yet retain their trimness and individuality. Others of a more decorative character are pretty and practical enough for the average woman in all circumstances.

Most of them have the skirt and jacket of the same material, although this arrangement may be varied and a skirt of striped or checked suiting worn with a plain coat. A chic model has a brown and fawn-checked cloth skirt with a plain brown belt. A hyacinth-blue and white jacket has a plain blue skirt. Another striking model has a pleated skirt in black and white plaid with a band of both black and white around the short jacket of black with a narrow leather belt.

Light tweeds in tones of beige, brown and grey are used as well as fine black and blue hopsack.

Skirts show box-pleats all around with the waists box-pleated in front, or with three or four pleats at the sides. Some have two panels overlapping at the back and in front. Now and again one finds an advanced model cut with a trouser skirt, the trouser portion being obscured by groups of pleats in front and a plain panel at the back.

Rasmus, who certainly makes some of the loveliest tailor-mades in Paris, puts the skirts low on the hips where they stay "put" and the blouse then really blouses over.

The return of taffeta into full fashion leads one to think that all women will be rustling into church this season. For the new variety is really the old one our great grandmothers used to wear, the very crisp and stand-up-alone kind.

Taffeta comes for morning, noon and night wear. Black taffeta is worn for town wear and there are some delightful tailor-mades in navy-blue, the skirt cut lightly on form, the coat short and semi-fitting with a long scarf collar which ties in a bow. Under it is a white lingerie blouse with embroidery and frills down the front.

Afternoon gowns of taffeta often have short capes which tie in the front with long scarf ends. Some have gathered yokes on the shoulders and sharply scalloped hems; others are flatly flounced. Sleeves may be long or to the elbow with frills and there are often fichus or organdie, net or ochre lace.

You can remove pecan meats whole. Just pour boiling water over the nuts and let them stand until cold, then hold the nut on end and with a hammer strike the small end of the nut.

You can clean windows and mirrors beautifully with thin cold starch? Rub it on and when dry wipe off with a soft cloth. The glass will be clear and have a brilliant polish.

If you place some thin pieces of raw beef along the inside of the pot—between the pot and the soil—your ferns will grow better.

A busy man's vacation should be taken in broken doses; a safer plan than a prolonged one taken after exhaustion develops.

FARM NOTES.

Actual needs of the garden should govern the purchase of garden tools. Small gardens need fewer tools than large gardens.

Feed early lambs grain so that they will grow rapidly. They should be in condition to market in June before western competition begins.

Spring is the time to locate wet spots that need draining. They show up at this time. Map out the drains and dig them when opportunity offers.

Valuable farm and garden items are broadcast by specialists every Tuesday night, 6.30 to 7.30, from the Pennsylvania State College radio station, WPSC.

Now is the time to start hotbeds for early vegetables if not already started. They should be placed in a sheltered corner where they will receive plenty of sunlight.

Go over all the harnesses, make repairs and grease them thoroughly. See that the harness fits the horse which is to wear it. An ill-fitting set of harness lowers the efficiency of the animal.

Are you sure your seed corn will grow. If not, test it. The work will not take long and you then will know whether your supply of seed is satisfactory or whether you will have to seek elsewhere.

The butter should be reasonably well drained in the churn before salting. Then take one-half ounce of salt for each pound of butter, and sprinkle the salt over the butter.

If you have a litter of pigs or several litters nominate one or all for the 1928 Keystone Litter Club. Your county agent will help you and will give you some good feeding combinations for profitable pork production.

For hogs, alfalfa is the best pasture obtainable, furnishing a maximum of ideal forage throughout the season, even in dry weather. As many as 20 shoats can be carried on an acre. Try to plant some alfalfa this spring.

Shrubs and trees grown for their flowers should not be pruned until after flowering. Spring flowering plants form their buds during the previous season so that they will be ready to burst into bloom with the first few warm days of spring.

One of the most important considerations in building up a soil for future vegetable growing is that of improving the physical condition by the addition of organic matter or humus. This is done by turning under manure or other vegetable material.

Be sure to rake off the mulch on shrubbery borders and flower beds before active growth starts. If this is left on too long it softens the plants. Do not remove the mulch, however, on a bright sunny day, say landscape architects of the Pennsylvania State College.

The owner of a cow which produced 10,584 pounds of milk and 542.6 pounds of butterfat last year was asked, "What is the cheapest and best food for dairy cows?" "Pure water," he replied, "only be sure that the water is put in the cow and not in the milk can."

Farm management specialists of the Pennsylvania State College declare that a few days taken off for trout fishing after April 15, when the season opens, will do any farmer good. After the rest and relaxation of such sport more work can be done than if no vacation were taken.

Early spring days can be used for cleaning up the trash, sticks, and tin cans accumulated around the yard during the winter. With flytime not far away, this is a good time to repair and paint screens. The garden tools also can be repaired and the lawn furniture and trellises given a coat of paint.

In cornstalks remaining on feed lots the corn borers usually stay in them throughout the winter. Where the stalks are completely trampled under the surface of liquid manure or mud the borers are destroyed, but if any parts of the stalks remain protruding from the surface the borers take refuge in them and may survive.

In answer to the question, when do corn borer moths fly, State College entomologists say that they fly mostly in the dusk at evening or at night. The moths are not attracted to lights in sufficient numbers to make them effective for trap purposes. Many kinds and colors of lights have been tested but none has proved effective.

Rivers and streams may carry plant material containing live corn borers. During flood seasons large quantities of old cornstalks are carried downstream from infested areas and lodge on banks in clean territory. It is important, therefore, say State College entomologists, that all corn refuse be kept away from the streams.

If sown early in the spring, covering alfalfa seed seems no more necessary than for clover. The inoculating bacteria also seem able to withstand freezing and sunlight at this season, although the greater number of bacteria and the slight protection furnished by some system of soil inoculation is probably advantageous when the seed is not covered.

Successful growers of alfalfa find that manure and inoculation are very important in the growing of this valuable legume. Where more than a ton of lime is needed, however, farm crops specialists of the Pennsylvania State College suggest that part be put on two or three years before seeding and then another test be made and the remainder applied the year before seeding.

Old lawns should be carefully gone over at this time. Unsightly depressions that cannot be removed by rolling can be eliminated by uplifting the sod, filling with good soil, and replacing the sod. Where this is not practiced fine loam to a depth not exceeding three inches can be filled over the existing lawn and the surface seeded. The existing grass will force its way through the new soil.

—Subscribe for the Watchman.

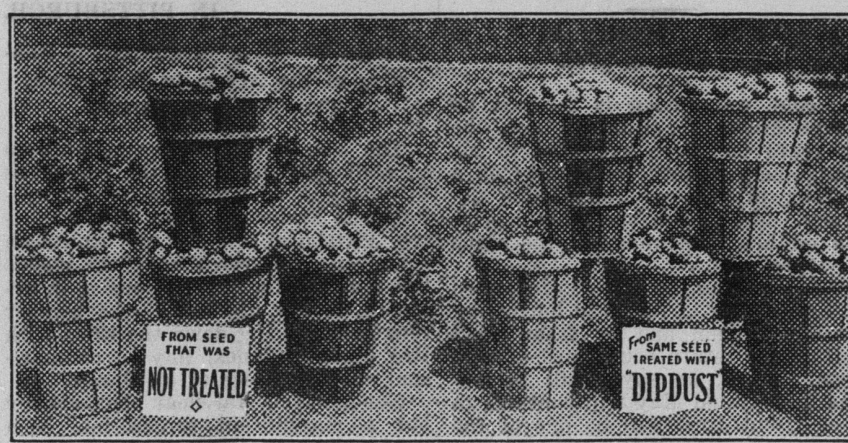


Photo taken on farm of J. C. Seabrook, Rockville, S. C. DIPDUST treated seed yielded 26 bushels more per acre than same seed not treated.

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