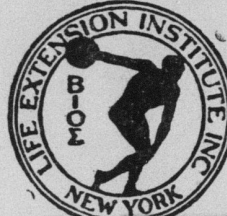


Your Health

The First Concern.



Night after night sleep fills the reserve tank of the human machine, thus making it efficient again for its daily work.

The intensity of modern civilization is apt to soften or deaden the vigor of children unless they are taught to apply wisely the principles of rest and sleep.

Rest is nature's best healer. It is the antidote to work. Absolute rest, in the form of sleep, is under normal conditions the most ideal method for neutralizing the effects of work.

Nevertheless, it is not necessary, or always possible, to resort to sleep whenever one is tired. Man is so made that he finds rest from activity by indulging in another. A walk in the open will counteract the fatigue resulting from writing and reading at the desk.

Rest, it must be remembered, depends on the needs of the individual child. The same principle applies to the length of rest periods; some children find relief after short periods of rest; others must have longer intervals to recuperate from the same amount of work.

Many parents, afraid that a child may grow up to be a sleepy head, believe it inadvisable to let him sleep as long and as much as he wishes.

Sleep insufficient in amount and inadequate in quality is responsible for more absences from school than any other factor.

To prove the truth that it is in these statements, one has only to compare the amount of sleep of tired children with that of normal children.

Girls more than boys read books until late into the night. Boys more than girls are possessed by the radio craze.

Some children reserve the late evening and the early morning hours for the study of their home lessons; others arise early in order to practice on the piano or on the violin before school.

The question arises as to how much sleep school children must have so that they may develop normally, do their work efficiently, and keep their reservoirs of energy well supplied.

Subscribe for the Watchman.

Wayside Refreshment Stand Competitions.

The Wayside Refreshment Stand Competitions have been initiated by Mrs. John D. Rockefeller, Jr., through the Art Center of New York and the American Civic Association.

The first competition which was announced in the "Ladies' Home Journal" in November, 1927, offered prizes for photographs and plans of the best stands already in use.

The second competition, now being announced, is architectural in character and offers prizes for the best original designs of stands which will improve the present conditions.

Plans for the first stand should indicate arrangements for the preparation of food, space for gas range, cupboard or shelves, work-table, sink, etc.

Plans for the second stand should show arrangements for preparation of food, space for gas range, cupboard or shelves, work-table, sink, etc.

The buildings should be simple in design and economical of construction. They should be in harmony with the architectural traditions of their surroundings.

Excelsior rendering, while desirable, will not be considered of extreme importance.

Plan Hospital for War Women.

A definite policy for hospitalization of women war veterans, numbering thousands, is provided for the first time in the country's history in the general hospitalization bill which, it was recently announced, probably will be taken up in the House.

Of the \$15,000,000 in the measure, \$200,000 is for a special hospital here for women war veterans, most of them nurses.

It was a woman, Mrs. Edith Nourse Rogers, Republican member from Massachusetts, who had this appropriation included. She was in relief work during the war.

She pointed out that the second American wounded in the World War was a woman, Beatrice MacDonald, a nurse, who lost the sight of one eye when shrapnel burst about a British casualty hospital, where she was on duty in August, 1917.

Mrs. Rogers expects passage of the bill by the House as it was reported from committee, which added to the Veterans Bureau appropriation of \$1,000,000 for a hospital in Kentucky, the same amount for one in southern New England and \$250,000 for Walter Reed hospital at Washington, D. C.

The other appropriations authorized are: Bedford, Mass., \$300,000; Oteen, N. C., \$670,000; North Chicago, Ill., \$895,000; St. Cloud, Minn., \$200,000; Palo Alto, Cal., \$240,000; Pennsylvania and New Jersey, a hospital each, the two to cost \$3,000,000; Atlanta, Ga., \$350,000; Chillicothe, O., \$300,000; Maywood, Ill., \$1,100,000; Walla Walla, Wash., \$250,000; North Little Rock, Ark., \$300,000; Tuskegee, Ala., \$250,000; Tucson, Ariz., \$260,000; North Port, L. I., \$70,000; Fort Snelling, Minn., \$50,000; Sheridan, Wyo., \$100,000, and Alexandria, La., \$600,000.

The bill also carries \$1,300,000 for revamping facilities in other hospitals.

Foresters Prepare for Spring Blazes.

A number of forest fires reported to the bureau of protection in the Pennsylvania Department of Forests and Waters during the past week, indicate that the spring forest fire season is close at hand.

Chief forest fire warden George H. Wirt in a statement issued said that the protection organization throughout the State is completed and the 112 forest fire observation stations have been placed in charge of experienced and competent observers.

FOR AND ABOUT WOMEN.

DAILY THOUGHT IF YOU BELIEVE

"If thou believest," Acts 8:37. If you believe in religion, prove it. If you believe in a clean life, live it. If you believe in the Bible, honor it. If you believe in brotherly love, exercise it. If you believe in progress, move forward. If you believe in peace, be peaceable. Don't profess one thing and live another. If you believe in a better world, make it.

—By Dr. Arthur Growden.

The more I mix with modern women, the more I feel assured sports clothes are not only the ultimate chic for everyday wear now but that they will become still more popular in the future.

To a certain extent, English and American women introduced them to France. They appeared on our golf links in their smart sweaters and skirts. At first few French women had taken up golf. They went up to the clubs to take tea and watch the players come in.

What has stabilized their popularity more than anything else—more than golf itself—is the small, two-seater car, the little conduite interieure that every other woman drives to do her shopping, call on her friends and slip out to the country to get a breath of pure air after the fatigue of a busy day.

A whitewash for wood, brick and stone is recommended by the North Dakota Agricultural college. Following is the formula for whitewash:

Slake half a bushel of unslaked lime with boiling water, keeping it covered during the process. Strain it and add a peck of salt dissolved in warm water; three pounds of ground rice put in boiling water and boiled to a thin paste; half a pound of powdered Spanish whiting and a pound of clear glue dissolved in warm water; mix these well together and let the mixture stand for several days.

"Enough sheep on every farm to pay the taxes," is a slogan suggested for farmers of Christian county, Kentucky, according to a report issued by the State experiment station.

A balanced ration given in abundance is what counts in producing hogs on a profitable basis, states J. H. McLeod, extension swine specialist of the University of Tennessee.

Make corn the basis of the ration and do not fail to add something to this fattening grain that will make muscle, bone, etc. Tankage and shorts given in equal parts by weight make a splendid addition to the corn.

A block of experiments to find the place in the rotation where manure gives the largest crop increase shows that manure applications on sandy soil do not necessarily show the same results as those on other soils.

Only those evergreens should be planted in the fall that come from much cooler climate than that of the region where they are to grow.

Many farmers cut down the normal egg production of their poultry flock because of the fear of getting the birds too fat. No hen can be too fat to lay if fed a laying mash and good clean scratch grain.

Plenty of clean drinking water where cows can get it easily will do more than anything else to make them produce all the milk they can.

FARM NOTES.

Calves should have plenty of fresh water even though they are getting milk.

Going at it blind in dairying cannot pay—plan your work, then work the plan.

Iowa ranks fourth among the States of the Union in number of cow testing associations.

More than three-fourths of all the farms in Pennsylvania have dairy cows and nine out of every ten have chickens?

Farmers in Pennsylvania are producing over five bushels more wheat per acre than fifty years ago.

The longest crop growing season in Pennsylvania, 207 days, is in Philadelphia county and the shortest, 80 days, is in Potter county.

The car can be kept looking well if its owner is willing to spend a little energy on the job. When the machine is placed in the garage after a journey through a rain or snow, rub it dry with a chamois kept handy for this purpose.

Thirty farmers have been prosecuted during the past year by the bureau of foods and chemistry, Pennsylvania department of agriculture, for selling watered milk.

Fieldmen of the bureau are making a careful check-up on milk received from farmers at the various milk distributing plants throughout the Commonwealth, and whenever watered milk is received immediate action is taken.

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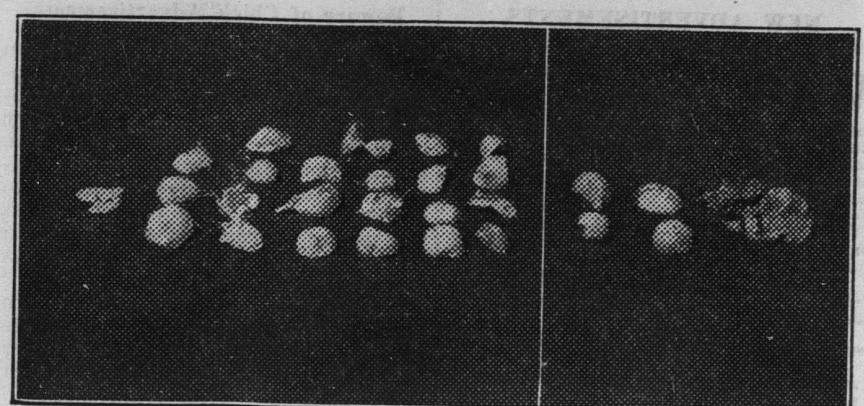
Make corn the basis of the ration and do not fail to add something to this fattening grain that will make muscle, bone, etc. Tankage and shorts given in equal parts by weight make a splendid addition to the corn.

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Seed treated with DIPDUST 23 Sound—2 Decayed

Same 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

Come to the "Watchman" office for High Class Job work.

Advertisement for P. L. Beezer Estate...Meat Market. Includes text: '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 our 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.

Advertisement for A Restful Night on LAKE ERIE. Includes text: 'Add enjoyment to your trip East or West, giving you a delightful break in your journey. C & B LINE STEAMERS Each Way Every Night Between Buffalo and Cleveland offer you unlimited facilities, including large, comfortable staterooms that insure a long night's refreshing sleep. Luxurious cabins, wide decks, excellent dining room service. Courteous attendants. A trip you will long remember. Connections at Cleveland for Lake Resorts, Detroit and Points West. Daily Service May 1st to November 14th Leaving at 9:00 P. M.; Arriving at 7:30 A. M. Ask your ticket agent or tourist agency for tickets via C & B Line. New Low Fare \$4.50 ONE WAY ROUND TRIP \$8.50 AUTOS CARRIED \$6.50 AND UP The Cleveland and Buffalo Transit Company. Wharves: So. Michigan Ave. Bridge, Buffalo, N. Y.'