Bellefonte, Pa., April 20, 1928.

Your Health,

The First Concern.



Night after night sleep fills the reserve tank of the human machine, thus making it efficient again for its Jersey. daily work. Sleep recharges the dulled brain, reloads the never resting heart and replenishes the tired mus-cles. What during the active life of original designs of stands which will the waking hours has been damaged and disintegrated is repaired and replaced. Reinforcements are dispatched to the weakened parts of the body and broken down cells are re-

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. In the bank of health and life sleep and rest preserve the budget that daily activity threatens to deplete.

always possible, to resort to sleep whenever one is tired. Man is so made that he finds rest from activity approximate distance of station from by indulging in another. A walk in the open will conuteract the fatigue The buildings st tion in looking at a picture book.

Rest, it must be remembered, depends on the needs of the individual (if any). 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. In general, the child reacts to rest as he reacts to work. Should he work continuously at a task regardless of its difficulty, he will naturally need long periods of rest; on the other hand, the child whose efforts are spasmodic and of short duration, intense as they may be, will recover relatively quickly

from acute fatigue. 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. Propagandists for more concentrated living, for a longer work day, find a telling example in Edison, whose sucsful career they attribute to his the surest short cut to success it to work while others are asleep. This is a very dangerous doctrine to apply

to the growing child.
Sleep insufficient in amount and inadequate in quality is responsible for more absences from and failures in school than any other factor. Insufficient sleep depletes the reserve energy of the child and undermines his efficiency. Insufficient sleep is a short cut not to success but to chronic fatigue and all its evil consequences.

To prove the truth that l'es in these statements, one has only to compare the amount of sleep of tired children with that of normal children. Tired children often average not more than half the amount of sleep required for their age. Youths do not get enough sleep because they imitate their parents. They attend evening parties, they meet at their clubs after dinner, they go to theatres and movies at night. Apparently, their parents do not realize that they themselves plant the seed for these adult tastes of their children. One sees in the audience at evening performances small children and even babies in arms. Countless nurslings and children, while half asleep, are jostled about been selected, nor has the site been at night in automobiles. Once the pernicious habit of keeping late hours has taken root it can be broken only with great difficulty.

Girls more than boys read books until late into the night. Boys more than girls are possessed by the ra-dio craze. Not satisfied with the program of their home town they remain awake in order to tune in on midnight concerts from distant stations. Jimmy, while his mother was worrying about his health, may have been listening to midnight concerts for six months without his mother

suspecting it. 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 Parents seem to encourage their children to do mental work before school, because, with their minds refreshed from sleep, they are better able to accomplish such tasks. Indeed the reason parents advance in favor of mental activity at that time of the day is the very reason for its condemnation. School work requires the best energy the child can give to it and to deplete this energy early in the morning is a serious mis-

Many boys and girls find their hours of sleep reduced because they are compelled to work for pay in the evening. Girls stay up late guarding children whose parents are away for the evening. Boys grind in shops and stores often as late as 10 and 11

o'clock at night. 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 purpose of this compaign with its series of four competitions, each having its own objective, is to improve the appearance of the wayside refreshment stands, which, through ugliness of conception and carelessness of construction are beginning to menace the

beauty of our highways. 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. This competition was concluded December 15th, the first prize of which was won by Norma Bamman, of Plainfield, New

The second competition, now being announced, is architectural in charimprove the present conditions. Ten awards will be made; five for stands without gas pumps and five for stands with gas. The buildings in the first case should not occupy a plot of ground over 3,000 square feet, and in the second case, not over 5,000 square

Plans for the first stand should indicate arrangements for the preparation of food, space for gas range, cupboards or shelves, work-table, ice-box, sink, etc. Service room should show

heating apparatus, display, etc.
Plans for the second stand should show arrangements for preparation of food, space for gas range, cupboard or shelves, work-table, sink, etc. Men's and women's lavatories should Neverthelss, it is not necessary, or show space for basins and toilets.

resulting from writing and reading at the desk. So the child, weary from his school work, will become alert and happy again by playing outdoors. Or if hustling about in the open has been too much for him, he will find relaxation in looking at a picture book.

The buildings should be simple in design and economical of construction. They should be in harmony with the architectural traditions of their surroundings. Stands must also meet the advertising, service, and sales requirements of their locality. The tier locality. The plans must show the peths and drives the desk. So the child, weary from the sign and economical of construction. They should be in harmony with the architectural traditions of their surroundings. Stands must also meet the advertising, service, and sales requirements of their locality. The plans must show the peths and drives. the advertising, service, and sales requirements of their locality. The plans must show the paths and drives soon as a sports frock that was definded. and positions of underground tanks Basis of Award .-

1. Fitness of the design as a whole to meet the needs and spirit of the

 Aesthetic merit of the design.
 Excellence and Ingenuity of the plans.

4. Practicability and Economy of construction. Excellence of 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.

the \$15,000,000 in the measure, long hours of work and reduced \$200,000 is for a special hospital here amount of sleep. In their opinion, for women world war veterans, most of them nurses. At present 2,110 women veterans are drawing compensation, and there are 209 in hospitals, but this separate hospital will stablish a permanent policy

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. Mrs. Rogers also will be in charge of the measure on the floor-the first time a woman has been clothed with this legislative authority.

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. She now lives in New York.

Mrs. Rogers expects passage of the bill by the House as it was reported from committee, which added it 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 sites for the two former have not selected for the hospital for Kan-sas, Nebraska or Missouri. The committee provided \$1,300,000 for this

hospital 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, 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; Tuskogee, 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,-

The bill also carries \$1,300,000 for revamping facilities in other hospit-

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. Telephone lines to the fire towers and forest warden headquarters have been repaired and placed in good condition. The forest inspectors, fifty-six in number, have organized forest fire fighting crews and the equipment of the 4000 forest fire wardens has been inspected and found to be in excelFOR AND ABOUT WOMEN.

DAILY THOUGHT IF YOU BELIEVE

'If thou believest." Acts 8:37. If you believe in religion, show it. 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, exer-If you believe in progress, move for ward. If you believe in peace, be peaceable.

Don't profess one thing and live an-If you believe in a better world, make

-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 They appeared on our golf France. 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. They soon decided that the simplicity of sport clothes was infinitely becoming. Then they began to play games themselves and sports clothes were not only a caprice but a processity. but a necessity.

What has stabilized their popularity more than anything else—more er had been added. than golf itself—is the small, twoseater car, the little conduite interand slip out to the country to get a breath of pure air after the fatigue

of a busy day. This generation is far too practical to dabble with machinery in frills and furbelows. Therefore we see frocks with a sports tendency being worn from morning until dinner time. But the Parisienne insists on a cer-The buildings should be simple in individual sports frock stand out tain chic—something that makes her itely practical and at the same time had a smart Parisian air was to be had, they all wanted it. They always will. This is my reason for specializing in sports clothes and evening dress. Modern life is an active life. Few women have time for the type of afternoon dress that demands leisure and luxurious surroundings. They may have one or two. But each of them will order from six to twenty merce. sports frocks. As time goes on, I should not be at all surprised to see should not be at all surprised to see afternoon dresses disappear altogether, except for women who spend their farmers of Christian county, Ken-

type of afternoon dress makes her The sheep is look younger. It is charming in move- animal that can ment. It has the advantage of not getting in her way when she steps and cut-over hill and mountain lands into her little car and drives herself home. She can slip it on for luncheon when her morning shopping is finished, and she often wears the hat that went equally well with her tail-

Now about the difference between the Parisian sports ensemble and the Anglo-Saxon. In the first place, we pay great attention to detail. The whole chic of a Paris sports suit may be achieved by a carefully studied belt, with sometimes a brooch to match. Very narrow, dog-leash belts are fashionable just now. Sometimes these are made of leather to match the dress and finished with a metal buckle of original design. In this case the brooch will be made to match the buckle. Or a note of contrast may be introduced by means of the belt. What could be smarter than a thread of scarlet leather at the waist of a biege sweater and skirt?

Tailored suits with full skirts and short jackets in silk will be popular this season if the advance showings are any criterion. And it is a blessing to know that ou can buy the material for the

skirts already pleated and arranged on bands in any fabric that you prefer. Sew up the side seams and you have an extra skirt for your neutral shaded jacket or for your new blouse. In this present silk-stocking, kneedress age, hosiery has become a ma-jor wardrobe item, both from the style and expense viewpoint, points out an article in the Delineator.

"The washing of hosiery," advises this article "should be done with even more regularity and care than is given to silk underwear. It takes very little time and energy to wash your stockings in the evening when they are removed. Draw a little very hot water in the basin, add a teaspoonful of soap flakes, and then add cold water, whisking the soap to a suds as you cool it to the temperature of your hands. If feet of stockings are very dirty or stained allow them to soak for a few minutes to avoid the necessity of hard rubbing. Rinse very thoroughly in water which barely feels warm to your hands and squeeze this water out, but do not wring or twist hard as this pulls the delicate threads. It is then desirable to twist gently in a towel, and then shake to evenly distribute any water which may have settled in a ridge and cause

the stocking to be streaked when dry.

The next important factor in giving longer life to your hosiery is your method of putting stockings on. Those who were taught to put on their stockings in the old days when all children wore long "undies," and so acquired the habit of turning in the toes on the wrong side, and then pulling up the long are loss and the pulling up the long are loss and the pulling. ing up the legs, are less apt to run their fingers through the leg than those who just grasp the top and pull the stocking up. One other sugges-tion on the purchase of hosiery is that you buy your stockings large enough.

There are two reasons why it is desirable to do so, the first being that of comfort and the second, economy.

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.

Calves should have plenty of fresh

not pay-plan your work, then work the plan.

Iowa ranks fourth among the States

farms in Pennsylvania have dairy cows and nine out of every ten have chickens?

ducing 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. This practice with an occasional polishing will prevent the col-lection of the film that can make a new car look old in a short time.

Thirty farmers have been prosecuted during the past year by the bureau of foods and chemistry, Pennsylvania department of agriculture, for selling watered milk. In several cases as much as twenty-five per cent of wat-

Fieldmen of the bureau are making space for counter or table with chairs, ieure that every other woman drives from farmers at the various milk disto do her shopping, call on her friends tributing plants throughout the Commonwealth, and whenever watered milk is recived immediate action is taken. The State law provides for a fine of \$25 to \$50 or a jail sentence or both, for adding water to milk.

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 pow-

used put it on as hot as possible with painters' or whitewash brushes. This whitewash formula has been used extensively and is also recom-mended by the bureau of lighthouses, United States Department of Com-

afternoons in each other's drawing tucky, according to a report issued by the State experiment station. It The woman who dances in the afternoon wears a frock that has very much the lines of the suit she would some good wool and mutton breed wear on the golf course. It may be would, if properly cared for, do more made of richer material, but the sim-plicity of line is there. The sports that "the sheep wears a golden hoof." animal that can be raised on the farm, and cut-over hill and mountain lands that could be utilized as pastures for

> 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. The farmer who feeds the most, not only puts a litter to the weight of a ton in the shortest length of time but also

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. Milk always helps to increase gains. Feed what milk you have to spare and as the quantity of milk is increased, decrease the quantity of tankage. One gallon milk will take the place of one pound of tankage. Liberal feeding is what turns the trick in the ton con-

For holding gravel, oyster shells, ing with the grain.

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. All others should be planted in early spring.

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.

FARM NOTES.

water even though they are getting Going at it blind in dairying can-

of the Union in number of cow testing associations. More than three-fourths of all the

Farmers in Pennsylvania are pro-

dered Spanish whiting and a pound of clear glue dissolved in warm water; mix these well together and let the mixture stand for several days. Keep the wash thus prepared in a kettle or portable furnace, and when

large flocks with greater profit than could be derived from the same number of acres under cultivation.

cheapens the cost per pound.

Make corn the basis of the ration

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. Results to date strongly indicate that top dressings of manure on sand produce larger crop increases than where manure is plowed down. A top dressing of manure after the wheat was taken off is a large factor in preserving the stand of clover. In addition to the manure, a rotation of corn, soy beans, wheat, alfalfa (two years) is being tested out. It appears that corn once in five years keeps above the safety line. The corn gets 100 pounds of an 0-12-6 fertilizer drilled in the row at planting time. The alfalfa is allowed to stand two years and is given a liberal application of acid phosphate at seeding time.

starch and charcoal, use tube cake pans such as are sold at variety stores for baking angel food cakes. Drive a sharpened two-foot stake through the center of the pan and the fowls can-not tip it over and but little is wasted. The pan can be slipped off the stake for cleaning and refilling. If you are giving a tonic there is less waste if it is given in this way than by mix-

Seed treated with DIPDUST 23 Sound -2 Decayed

Same seed treated with

Which Seed Will Produce the Most Potatoes?

Compare the results of the new In- After one trial of DIPDUST you taken on the farm of A. Schlechtweg, stand. Freehold, N. J.

stantaneous Dip-DIPDUST-with will never again waste time with a the old-fashioned "two-hour soak" "two-hour soak" treatment or spend treatment. Above is a photograph two weeks worrying about your

Read These Results of

Actual Field Tests

FRED BRUNNER, JR., Cranbury,

HARRY O. DICKEY, Elk River,

ference between the treated and un-

plants came up better and appeared

healthier and sturdier than the un-

treated plants. At digging time, I

While vines were still green, 25 consecutive DIPDUST and corrosive sublimate treated hills were dug. Dipdust hills had 23 sound and only 2 de- N. J. "The DIPDUST potatoes came cayed seed pieces. Corrosive sublimate up very even with very few misses, hills had only 4 sound and 21 decayed whereas the undipped potatoes came seed pieces.

up very uneven, and with many a miss DIPDUST is much more effective plants (black-leg) were found to a than the old-fashioned ways of treating seed potatoes. Besides, you can seed showed only 15 plants in a whole treat your seed potatoes as fast as 14-acre patch of Prince Edward you can scoop them up. Just dip Island seed potatoes. The difference them in Dipdust solution and out was so apparent at all times that again and your seed is all ready to again and your seed is all ready to very frequently." plant. One man can easily treat from 200 to 400 bushels of potatoes per Minn. "It was easy to see the difday.

There is not the slightest danger of treated parts of the field during the injuring the sprouts or even cut seed. growing season (Early Ohio seed DIPDUST controls surface-borne dispotatoes). The DIPDUST treated eases, 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 bushels while the untreated rows gave from seed rotting organisms in the from 15 to 25 bushels per acre.

me only 140 bushels per acre." One pound treats 15 to 20 bushels of seed potatoes.

GUARANTEE Plant a few acres of DIPDUST treated seed in alternate rows with untreated seed. If, at digging time, you are not satisfied, return the empty DIPDUST can to us and we refund price paid.

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.



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