

Your Health,
The First Concern.



The response to the whooping cough clinic established in Syracuse, N. Y. has been gratifying, according to a bulletin from the city health department. Various types of treatment are being given and laboratory facilities for diagnosis in doubtful cases will be available. All cases are to be carefully investigated and followed.

For purposes of study the various cases at the clinic have been classified in three groups. The first is the group of contacts, patients who have not yet developed coughs but who have been exposed to the disease. Prophylactic injections of whooping cough vaccine will be given them.

Early cases with cough but without the characteristic whoop comprise the second group. History of exposure and examination of blood or sputum cultures will be used to aid in diagnosis and treatment will be given accordingly.

In the third group, in which the typical cough and other symptoms are present, every effort will be made to find some means of shortening the course of the disease and of relieving the suffering. In all groups the hygiene and general physical condition of the child will be given careful consideration, with particular attention to infants with rickets or tetany. Every effort will be made to encourage prompt reporting, and to this end an inquiry will be made to ascertain whether a physician has previously been called and the case reported.

A whooping cough school has been opened in Needham, Mass., for the benefit of children who have sufficiently recovered from the disease to continue their studies but who must remain away from school in order to protect the other pupils. This special school is held in a portable building on the hospital grounds.—Hygeia.

The other day a citizen of Pennsylvania was prosecuted, found guilty and sentenced because he tore down a bit of printed pasteboard which had been tacked upon his house. The sign proclaimed that a communicable disease had attacked one of the inmates; that the people in the house coming in contact with the patient should stay in, and that all others except those professionally interested in the case should stay out, said Dr. Theodore B. Appel, Secretary of the Department of Health, recently.

The householder in this instance conceived an entirely wrong idea about that card. He felt that the yellow sign was evidence to the community of a punishment being inflicted upon his family because bad germs had invaded his home. Of course, he was mistaken. For the application of quarantine is absolutely impersonal and carries no reflections whatsoever as long as it is obeyed.

It is an extremely difficult proposition under the most favorable conditions to avoid serious epidemics in such a vast population as exists in Pennsylvania. Millions of people, living under many different conditions and engaged in countless pursuits, call for constant vigilance and efficient control. It is a daily fight between health officials and disease germs. And quarantine, when a communicable disease asserts itself, is the most effective and successful weapon that can be employed.

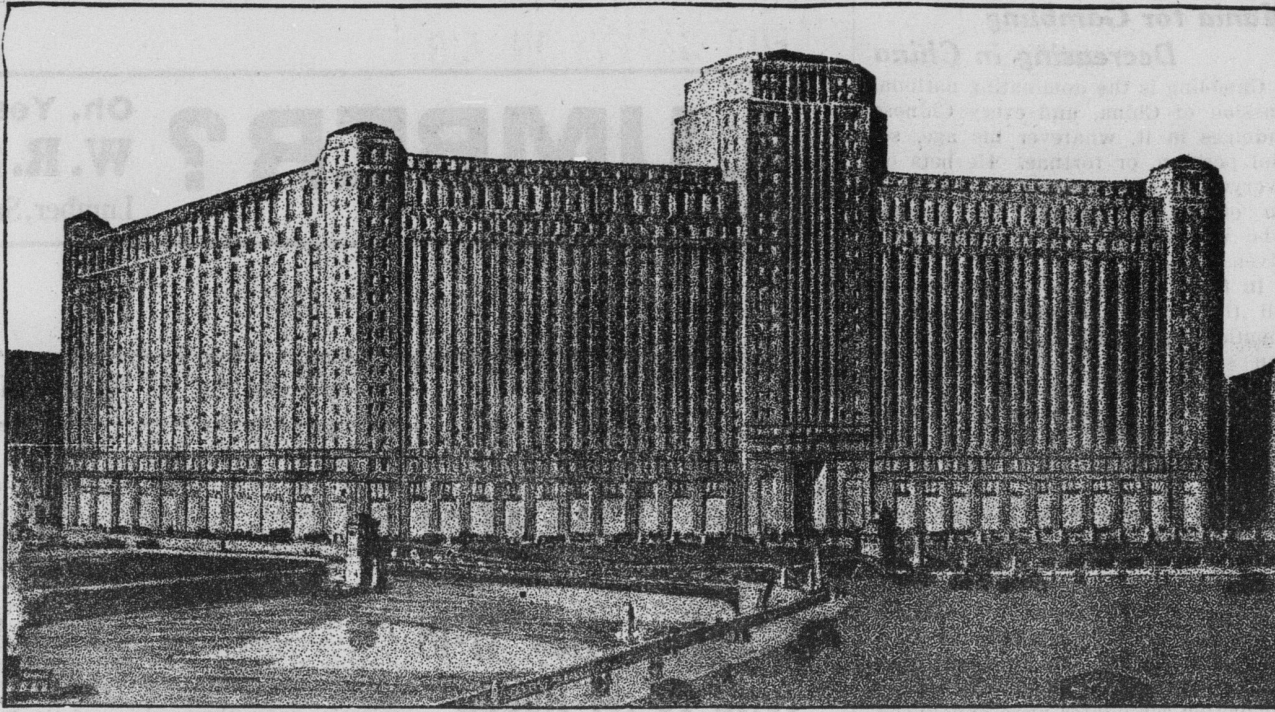
Modern quarantine is arranged to afford the greatest protection to the public and to interfere as little as possible with the earning capacity of the head of the house. Its duration depends upon the length of time the patient remains infectious plus the period necessary to determine whether others in the family will develop the malady. In most diseases this second interval varies from three to four days as, for example, in diphtheria and scarlet fever; for measles and chicken pox as long as two weeks, and in mumps as much as twenty-one days.

There can be no question that quarantine is always an inconvenience to the immediate family involved but it seldom, if ever, works a real hardship. And in every case the embarrassment is entirely offset by the protection afforded to the neighbors and the community, not to mention the personal safety factor involved when it is the other fellow's house that is placarded.

By all means avoid communicable disease by the adoption of reasonable protection against them. But, if in spite of all efforts quarantine becomes necessary, make the best of it with a smile. And thus greatly assist in protecting the public against the inroads of disease.

The attitude of entire accord with the policy of applying quarantine is therefore the only logical one to assume. It is the principle of the greatest good to the greatest number.

That whole grain products contain valuable food principles and cereals is not a fad. It is a fact that has come as the result of years of careful study and research. The origin of the study along this particular line reads like a fascinating story. For centuries the people of the Orient especially the sailors, were troubled with a nervous disease—beriberi. This disease was not only wide spread but it carried a high death rate as well. Finally through the investigation of a Japanese naval officer, Takaki, followed by other investigations and experiments conducted by our own army medical officers in the Philippines, it was found this disease could be cured by adding whole grains, vegetables or unpolished rice to the diet.



The Merchandise Mart of Chicago, Twice the Size of the World's Largest Business Building, to Cost \$30,000,000.

**GIGANTIC MERCHANDISE MART
TO BE TWICE SIZE OF WORLD'S
LARGEST BUSINESS BUILDING**

New Project for Chicago's Great Central Market to Cost \$30,000,000—Involves the Greatest Single Development of Air Rights in the West.

Foremost Manufacturers, Wholesalers and Importers Will Be Housed Under One Roof in New Wholesale District; Inbound and Outbound Freight Station on Ground Floor of Building; Club in Tower for Nation's Merchants.

Chicago, (Special).—Chicago is to have a gigantic Merchandise Mart housed in its own building, which will be twice the size of the largest business building in the world. This mammoth structure, two city blocks in length, 18 to 23 stories high, is planned for the service and convenience of merchandise buyers of the United States and to achieve for Chicago a still greater prestige as a Great Central Market. It was declared today. It will cost \$30,000,000. Construction will begin immediately. The project will be the largest single development of air rights. The property of the new building except for caissons begins 23 feet above "datum."

The big business of the country is now done mainly in concentrated market places, as evidenced by the Garment Center and Cotton Goods Center in New York City, automobile rows in all leading cities, financial buildings, and the Furniture Mart in Chicago, where more than 700 furniture manufacturers show their products side by side, in the most modern manner and under ideal conditions. Business men have learned that the nearer they are to the centers of these market places, the greater is their opportunity for volume and profit.

The establishment of the Merchandise Mart is a dramatic development in the program to make Chicago the Great Central Market, a movement which the Chicago Association of Commerce started a number of years ago and a goal toward which it has been devoting its energies continuously ever since, under the leadership of its Foreign and Domestic Commerce committee.

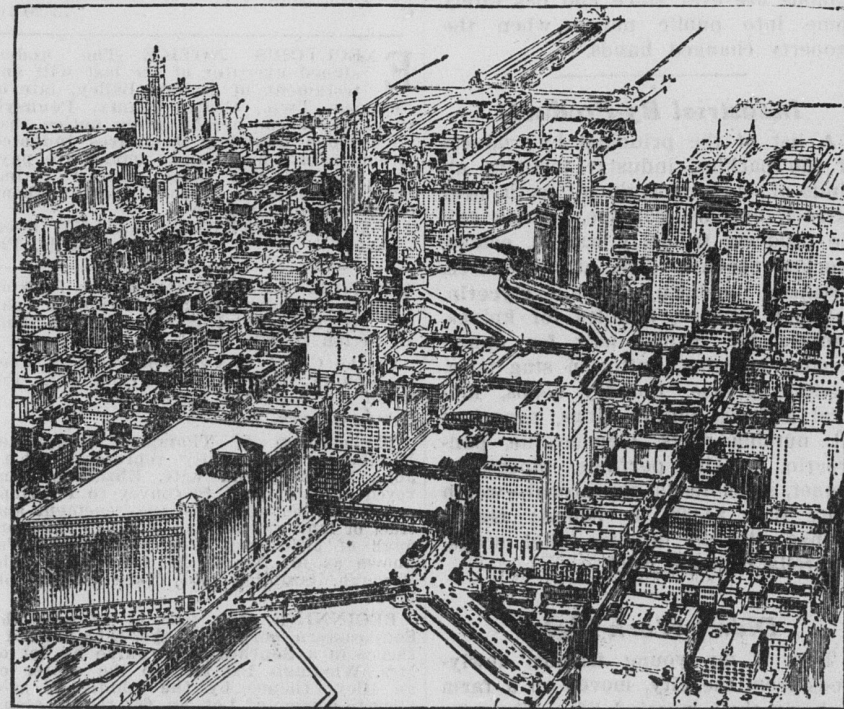
Located on River Front.
This great Mart, which will house sales quarters and merchandise displays of several hundred of the country's foremost manufacturers, wholesalers and importers, will be located in the rapidly developing new river district, and will occupy a distinctly conspicuous position just across the river from Wacker Drive at Wells street, where the southern facade of the structure will be visible for blocks. The site was formerly that of the Chicago and North Western Railway Company's passenger station. The building will extend 724 feet on Kinzie street, 577 feet on the river front and 324 feet on Wells street, with a diagonal frontage facing Orleans and Franklin streets. It will be set back from the river about 80 feet to accommodate a broad upper level drive extending from Wells to Franklin. The main entrance of the building will face the river and the drive.

The Merchandise Mart will have a total floor space of about 4,000,000 square feet as compared with slightly less than 2,000,000 square feet, which is the floor area of the Furniture Mart, the next largest building. Each of the eighteen main floors will have an area of more than 200,000 square feet.

Within the walls of this huge edifice the retail merchants of the United States, Canada and foreign countries will be able to see, under one roof, hundreds of lines of the world's best merchandise. The manufacturers' exhibits will include textiles, ready-to-wear, toys, laces, gloves, corsets, millinery, silverware, glass, rugs, knit goods, hosiery, shoes, men's wear, fancy goods, sport goods, art and antiques, jewelry, trunks, toilet articles, house furnishings, office equipment and scores of other merchandise displays.

Ten Largest Business Buildings in the World

- Comparison of the cubage of the largest buildings in the world shows the Merchandise Mart, to be erected in Chicago, will be more than twice the size of the largest business building ever constructed. Here are the figures in cubic feet:
1. The Merchandise Mart, 53,000,000.
 2. Chicago Furniture Mart, 25,370,000.
 3. Equitable Building, New York City, 24,000,000.
 4. General Motors, Detroit, 20,411,000.
 5. Union Trust, Cleveland, 20,000,000.
 6. Railway Exchange, St. Louis, 12,000,000.
 7. Illinois Merchants' Bank, Chicago, 17,850,000.
 8. Continental & Commercial Bank, Chicago, 13,200,000.
 9. Woolworth Building, New York City, 13,200,000.
 10. Straus Building, Chicago, 10,420,000.



Bird's-eye View of Chicago's New Business District Carrying Out the City Beautiful Theme in Which the Mercantile Mart Will Be a Dominant Factor.

Among the largest tenants will be the wholesale and manufacturing sales departments of Marshall Field & Company.

Time Saver for Merchants.
Every possible facility will be provided for the comfort and convenience of the retail merchant, who under one roof will be able to see hundreds of lines, thus saving time and money by doing in a few hours what ordinarily would take him days to accomplish.

On all floors of the Mart will be great corridors, with all the appearance of boulevards, more than 650 feet in length, on either side of which will be the shops displaying their varied lines—veritable "business streets." These great corridors will be impressively treated architecturally and with the large space available it will be possible to house the selling activities and warehousing of many allied concerns on one floor, thus attaining the advantages of concentrated groupings.

The facilities for handling merchandise within the building will embody the best and most modern achieve-

ments of engineering science, including fast elevators, freight conveyors of both the gravity and endless chain type and quick horizontal distribution on every floor.

Probably no building in the world will have such facilities for receiving and shipping merchandise as the new Merchandise Mart. The entire ground level below the street floor will be a modern freight station. Private tracks for incoming carload freight will extend under the center of the building. The Chicago and North Western Railway will operate an inbound freight station for less than carload lots, as well as an outbound station, which will connect with all other roads through its new Proviso yards. The merchandise as it comes into this big freight station will be loaded into high-speed conveyors and transported immediately to the exact floor and aisle of the merchant for whom it is intended.

Connection will be made with the Illinois Tunnel Company's system of freight transportation, which has more than sixty miles of tracks beneath the streets and buildings of the city, reaching all other railroad terminals. A river dock for vessels will connect with the south freight elevators of the building.

Club Planned for Tower.
One of the interesting features planned for the Mart will be a Merchants' Club in the tower of the building, with lounging rooms, reading and smoking rooms, where the retailer may relax and meet his friends. The Mart will provide the retailer with everything but a place to sleep. He can go direct from the train to the Mart with his baggage. Here his hotel reservations will be taken care of, his baggage transported to his hotel and placed in his room. Restaurants, lunch rooms and grills in the Mart will further economize his time. He will have the facilities of a barber shop, and a branch postoffice, telegraph office and public stenographers will afford him the opportunity to handle his correspondence without leaving the building. One of the biggest telephone exchanges in the world will be installed in the Mart.

Many other unique features are being considered for the Mart, including an Assembly Hall, where trade meetings, business conferences and fashion

Won't Rent Her Rooms to Folks Minus Children.

In a comfortable old mansion not too far from the business centers which give them employment, apartment seeking parents and their children barred by so many landlords, have found a haven.

The bars formed by the abrupt "No children or dogs allowed," discouraging to so many proud fathers and mothers in search of a home for their little family, have at last been lifted through the medium of kindly Mrs. Geneva Foss.

Boldly flaunted in front of her huge old house, once the home of a wealthy local business man, is invitingly displayed a sign:

"For Rent: Rooms for parents and their children only."

These parents who are forced to work each day—there are clerks, waitresses, and milliners among them—can devote their best efforts to their tasks in the realization that Mrs. Foss and her helpers are caring for the children, supplying their wants and regular meals.

Herself the mother of two little children, and under the necessity of earning a living, Mrs. Foss turned to a field she knew she would love. Now there are 32 children, from two to sixteen years of age, under her roof and there is a long waiting list.

Fat Men Stand Heat Best

Fat men can stand high temperatures better than thin ones, according to tests made by the bureau of mines. The fat men lost more weight but were less exhausted after the experiments were over, says Popular Mechanics Magazine. The trials revealed that high pulse rate rather than the mere increase in bodily temperature is the important factor that brings discomfort under high heat and humidity.

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" Howard ..10.20 P. M.
" Eagleville ..10.30 P. M.
" Beech Creek ..10.40 P. M.
" Mill Hall ..10.51 P. M.
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Lv. Philadelphia (Bd. Sta.) 5.50 P. M.
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C&B LINE
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ROUND TRIP \$8.50
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Don't Neglect Your Kidneys!

You Can't Be Well When Kidneys Act Sluggishly.

Do you find yourself running down—always tired, nervous and depressed? Are you stiff and achy, subject to nagging backache, drowsy headaches and dizzy spells? Are kidney excretions scanty, too frequent or 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. Doan's are endorsed everywhere. Ask your neighbor!

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