

Your Health, The First Concern.



Hurry appears to be on of the major interests of civilization, said Dr. Theodore B. Appel, Secretary of Health, recently.

And while this driving force of speed is largely responsible for many of today's great inventions, it is almost trite to add that time is not to be had in any greater quantity than before.

The whole thing would be a huge joke were it not for the fact that a 'joker' is concealed within it. And it is this joker that interests the public health official.

For example, an Englishman inquired of a panting American friend, who with an expression of achievement had caught the 5.15 train, 'Why all the hurry?'

And thereby hangs the moral of his talk. Though remarkable strides have been made in the mechanical world, the human body remains the same machine it always was.

While it has geared itself, by reason of its amazing adaptability, to the swift pace of today's life it still remains fundamentally the same old body; and consequently possesses the limitations set down for it in the original model.

Speed and the absurd value placed on time that send men of middle age or more running like a school boy to catch a trolley or a train is foolish and may be deadly.

The same speed that pushes a man into twelve hours of hard work and then leads him into amusements that rob him of his proper sleep is equally dangerous.

Speed that does not permit a person time enough to go to a doctor for an annual examination once a year and to the dentist twice a year is also senseless.

Speed that rushes to make dollars and limits life is likely to run off the track when he least expects it.

Speed that does not allow one to live according to the fixed rules and laws of nature destroys life.

What is the antidote? Simply this: Take time to take time—and live!

If we could get wornout men and women to take the needed rest before utter prostration comes many lives would be saved. It is dreadful to see a man struggle along, striving hard to finish his task, and then falling in his tracks.

I have in mind a man close to seventy, working at his desk every day, his face haggard, his lips white, all but crushed under his daily task.

"Can't do it now," he replied. "In June I'll get away for a good long vacation."

This man should take his vacation in broken doses. A quarter of it now and another quarter some other time, would keep him fresh and fit all the time.

You know, I am telling you the gospel truth. You are nodding assent. But what will you do about it? Nothing!

You ask then, "Why are you giving all this advice?" I am doing it so your wife will read what I say. She will grasp the importance of the matter and then, Mister, you'll take that partial vacation right now!

Whenever a man tells me that his wife reads this health advice, I know that he is saying to himself, "I wish these health advocates would get writers' cramp!"

But, come, now, why not rearrange that vacation idea of yours? Instead of waiting until next summer's vacation, why not take a week right now?

If you do, you will get twice as much out of the three weeks you have left for summer. Think it over.

It will do your wife good to have a little vacation, too. How about Atlantic City, or if you are country folks, why not go to the city for a week? When were you last in the old home where you were born?

Give yourself a chance for health's sake before you break down in complete exhaustion.

In the summer season many people become sun crazy. Under a misguided notion of the sun's power to do good, they challenge its direct rays in a bathing suit hours at a time and suffer in consequence.

Centre County Girls to Contest for Gold Medal.

Three Centre county girls are to enter the final declamatory contest that will decide the winner of the grand gold medal on the opening day of the annual encampment of the young peoples' branch of the Pennsylvania Women's Christian Temperance Union to be held next week at the Pennsylvania State College.

The Centre countians are Miss Beulah Harnish, a Bellefonte High school student from Wingate; Miss Margaret Borland and Miss Gretchen Marquardt, both of State College. Miss Myrtle Seelye, of DuBois, has charge of this contest.

The convention will take to State College about 100 delegates from thirty-seven Pennsylvania counties. They will be housed in McAllister Hall dormitory for the duration of the convention, June 25 to 30. The aim of the convention is the training of delegates for citizenship and observance of law.

Included in the list of prominent speakers for the convention is Mrs. Ella M. George, of Beaver Falls, for twenty-two years president of the State W. C. T. U. She will appear on the program Wednesday and Thursday.

According to Mrs. W. A. Broyles, chairman of the Centre county section and a member of the board of directors of the State organization, others to attend include Mrs. Lillian Trezise, of DuBois, vice president of the State W. C. T. U.; Miss Lena Dell Wiggins, Tunkhannock, general secretary; Miss Winola Jewell, Chicago, national Y. P. B. general secretary, who will speak Thursday evening; D. Lloyd Claycomb, Altoona; Willard Kratz, Chalfont, who will be in charge of the instructional course, and Prof. J. W. Yoder, of Juniata College, who will direct the music during the convention.

DeMolays to Visit Philipsburg Next Thursday.

The Penn Centre chapter Order of DeMolay has accepted an invitation to go to Philipsburg, Thursday, June 28th, and hold a ceremonial session in the asylum of Moshannon Commandery Knights Templar.

In the neighborhood of forty members of the Penn Centre chapter are residents of Philipsburg and vicinity, and a class of almost that many candidates will be taken into the order at the meeting next week.

The local chapter, which was organized under the auspices of Constant Commandery Knights Templar, No. 33, has now a membership of about one hundred and fifty and is growing right along.

Married at Golden Wedding of Grandparents.

Mr. and Mrs. George H. Bitner, of Beech Creek, celebrated their golden wedding, on Wednesday of last week, and had with them on that happy occasion one hundred and eighty-four relatives and friends, which included their seven sons and daughters with their children.

During the afternoon Sanford Huff, of Williamsport, a grandson of Mr. and Mrs. Bitner, was married to Miss Velma Boone, daughter of Mr. and Mrs. Wilson Boone, of Howard. The ceremony was performed by Rev. David Neilson, of the Church of Christ, at Blanchard, the ring service being used. Mr. and Mrs. Huff will reside in Williamsport.

P. O. S. of A. to Picnic July 4th at Newton Hamilton.

The Patriotic Order Sons of America, of the Central Pennsylvania Association, will hold an all-day picnic at Newton Hamilton on July 4th. The association covers thirteen counties and includes one hundred and fifty camps. The Newton Hamilton grounds offer splendid advantages for such a gathering. Located on the line of the Pennsylvania railroad the park can be reached by train or automobile. Free parking space will be provided for autos. Meals can be secured on the grounds by those not wishing to be bothered with baskets. Dinners, 60 cents; supper, 50. Prizes will be awarded in athletic contests. The public is also invited.

Restore Telephone Service in Forests.

After one of the most serious and widespread disruptions of service in history, the net work of telephone wires which help protect the State forests have been repaired. When the snow storms of late April swept the State, foresters joined the thousands of commercial repairmen who worked for weeks to restore service. Unlike commercial telephone lines, many of those on the State forest lands are necessarily in places difficult of access.

Space Trees Carefully.

Spacing of trees is something that cannot be governed by fixed rules, says the American Tree association. Street trees may be placed from 30 to 80 feet apart, depending upon the variety used. Catalpa and Lombardy poplars, which are not very commendable for street use, may be planted at the minimum distance given above while sycamore and elm require the maximum distance.

Harrisburg Office-holder Found at Lock Haven.

William A. Moore, director of the land bureau in the Department of Internal Affairs, at Harrisburg, who had been missing from his office and home since May 18th, was found in Lock Haven on Saturday. Moore was last seen at the railroad station, in Tyrone, on May 20th, and then apparently dropped out of sight. As he frequently made long trips throughout the State inspecting woodlands his disappearance caused no concern from him, his absence became a matter of investigation on the part of his family as well as State officials.

Moore was found sitting on a bench in the railroad station at Lock Haven and had the appearance of a man who had just awakened from a long sleep. His baggage was missing and all his money gone, but he had his watch and other personal belongings. When questioned he said that he had gone to Mt. Union from Harrisburg, on business, and the next day had gone to Tyrone. When he arrived at the latter place he had a severe headache and went to a hotel, signed up for a room and went to bed. That is the last he was able to recall until he awoke in the station at Lock Haven.

Old Time Handshake is Greatly Overdone Says Hoosier Author.

Declaring that the "old American handshake had been greatly overdone," Meredith Nicholson, widely known Indiana author spoke before a group of business men at Indianapolis on the subject of "The Courties of Life as They Apply to Men and Women."

Elaborating on the subject of handshaking in replying to a question from one of his audience, Nicholson derided the type of person who "paws all over you and thumps your back painfully" as a form of greeting. "The salesman who comes to you with outstretched hand without your taking the initiative is a little bit presumptuous," Nicholson said. "He should wait for you to indicate how you desire to be greeted, unless your acquaintance is of long standing. The same condition should exist in the manner of greeting women and older persons. They should be given the privilege of taking the initiative."

"The best way to make a 'hit' with your best girl and her folks is to always speak to her parents or grandparents when you call," he advised. "Before you become tongue tied and paralyzed trying to tell Marie how wonderful she looks stop over and say 'good evening' to grandma and ask after her health. This is no joshing matter, boys, it works."

Real Estate Transfers.

- Toner K. Dunlap, et ux, et al, to Allen A. Dunlap, et ux, tract in Benner Twp.; \$800.
George D. Snyder, et ux, et al, to Christ Beezer, tract in Benner Twp.; \$1.
Charles E. Snyder, et ux, to Russel F. Stein, tract in State College; \$40,000.
Lehigh Valley Coal Co. to Mike J. Botson, tract in Snow Shoe Twp.; \$1.
Maggie Kelley, et al, to Conrad Miller, tract in Benner Twp.; \$6,000.
John E. Taylor, et ux, to Charles T. Taylor, tract in State College; \$1.
Geraldine M. Bilger, Adm., to Philip H. Johnston, trustee, tract in Boggs Twp.; \$1.
School District of Gregg Twp. to Mrs. C. H. Ungard, tract in Gregg Twp.; \$140.
B. Weber Thomas, et al, to Beulah Davy, tract in Howard; \$4,500.
John R. Williams to Edward J. Williams, tract in College Twp.; \$1.
George Graham to Carroll M. Smith, tract in Rush Twp.; \$1.
William Weber, Exec., to Frank Butler, tract in Howard; \$1.
Frank T. Butler to William Weber, tract in Howard; \$1.
Fred G. Merkle, et ux, to Hugo Besdek, et ux, tract in State College; \$1300.
Michael Stair, et ux, to Mary Sacola, tract in Rush Twp.; \$65.
Charles T. Bilger, et ux, to Margaret Armstrong, tract in Spring Twp.; \$100.
Reuben Tressler to Robert I. Smith, tract in Centre Hall; \$725.
Arthur S. Jones, et ux, to Charles J. Roland, tract in State College; \$1,265.
Bessie G. Christian, et al, to Ida M. Green, tract in Bellefonte; \$1.
Wilbur W. Wilson, et al, to Effie E. Lupton, et bar, tract in Philipsburg; \$2,250.
Ora M. Moyer to Harry E. Ishler, et ux, tract in Spring Twp.; \$3000.
J. O. Heverly, treasurer, to C. C. Rupert, tract in Liberty Twp.; \$9.89.
G. E. Womalsdorf, attorney, to George F. Dunkle, tract in Rush Twp.; \$500.
Frank S. Armstrong, et ux, to O. Fred Bouche, tract in State College; \$1.
John L. Holmes, et al, to Robert T. Hafer, tract in State College; \$500.
J. O. Heverly, treasurer, to Thomas Huey, tract in Patton Twp.; \$11.22.
G. H. Woods, et ux, to J. W. Kepler, tract in Ferguson Twp.; \$60.
George C. King, et ux, to James S. Wright, et ux, tract in Gregg Twp.; \$3500.
William M. Lutz, et ux, to Julia E. Bodle, Adm., tract in Benner Twp.; \$3300.
Charles S. Jordan, et ux, to Eleanor Gettig, tract in Ferguson Twp.; \$1.
Eleanor R. Gettig to Charles S. Jordan, tract in Ferguson Twp.; \$1.

Sale of Blood Transfusions is Big Business.

Competition in the sale of human blood has become so keen in Vienna that the price has dropped to fifty Austrian shillings a liter.

This blood is used in blood transfusion. These have become so common in medical practice in that city that a regular trade has developed and quite a number of people live solely from the sale of their blood. Many of them have been bled from twelve to fourteen times; the record is sixteen times.

The Eiselberg clinic is the distribution center of the "bleeders," from there they are sent to the various hospitals as needed.

The "bleeding" trade is, of course, the last refuge of the impoverished. After about fourteen bleedings, however, they find themselves "without blood and without money," and the constant bleeding has made them incapable of heavy manual labor for life.

The names of the patients whose lives are often saved by the blood transfusions are kept secret from the "bleeders" in order to prevent later requests for money. Personal gratitude is therefore unable to help them.

Recently, the "bleeders" tried to organize a union in order to raise the price of their blood, but the effort failed and the "bleeders" trade is therefore still run on an open shop principle.

FIRE INSURANCE At a Reduced Rate 20% 71-28-6m J. M. KEICHLINE, Agent

Free SILK HOSE Free Mendel's Knit Silk Hose for Women, guaranteed to wear six months without runners in leg or holes in heels or toe. A new pair FREE if they fall. Price \$1.00. YRAGER'S TINY BOOT SHOP.

"SUPREME AUTHORITY" WEBSTER'S NEW INTERNATIONAL DICTIONARY -THE MERRIAM WEBSTER

Because Hundreds of Supreme Court Judges concur in highest praise of the work as their Authority. The Presidents of all leading Universities, Colleges, and Normal Schools give their hearty indorsement.

All States that have adopted a large dictionary as standard have selected Webster's New International. The Schoolbooks of the Country adhere to the Merriam-Webster system of diacritical marks.

The Government Printing Office at Washington uses it as authority. WRITE for a sample page of the New Words, specimen of Regular and India Papers, FREE.

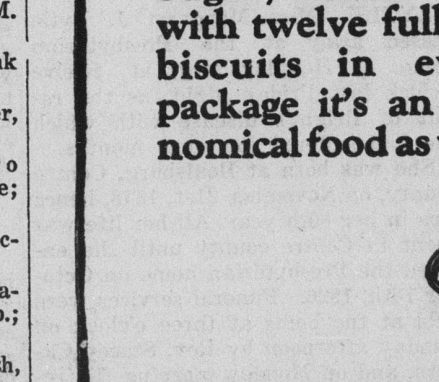
G. & C. Merriam Co., Springfield, Mass. Get The Best!

Sharpening Lawn Mowers We do but one thing and we do that right G. W. WILLIAMS 332 East Bishop St. 73-20-14 BELLEFONTE

Strawberries at their best

You will learn how good strawberries really can be when you eat them with Shredded Wheat. For breakfast, lunch or supper this food combination is the best treat of the season.

The distinctive flavor of crisp, toasted whole wheat blends wonderfully with the milk and the fruit. It's an easily digested food combination too. Shredded Wheat is nothing but selected whole wheat, shredded and thoroughly baked. And with twelve full size biscuits in every package it's an economical food as well.



Made by The Shredded Wheat Company

THE NEW ERA The old folks at home! Why not chat with them? You can do it—by telephone. And they'll get a thrill!

JESSE H. CAUM, Manager

ATTORNEYS-AT-LAW

S. KLINE WOODRIG—Attorney-at-Law, Bellefonte, Pa. Practice in all courts. Office, room 13 Crider's Exchange. 61-17

J. KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Office—No. 5, East High street. 67-44

J. M. KEICHLINE—Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Office on second floor of Temple Court. 49-5-17

W. G. RUNKLE—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 65-5

D. R. L. CAPERS. OSTEOPATH. Bellefonte Crider's Ex. 66-11 State College Holmes Bldg.

S. S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 35-41

C. D. CASEBEEER, Optometrist—Registered and licensed by the State. Eyes examined, glasses fitted, Satisfaction guaranteed. Frames repaired and lenses matched. Casebeer Bldg., High St., Bellefonte, Pa. 71-22-14

E. VA. B. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday. Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 5 p. m. and Saturday 9 a. m. to 4:30 p. m. Bell Phone 65-40

Physicians

D. R. L. CAPERS. OSTEOPATH. Bellefonte Crider's Ex. 66-11 State College Holmes Bldg.

S. S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 35-41

C. D. CASEBEEER, Optometrist—Registered and licensed by the State. Eyes examined, glasses fitted, Satisfaction guaranteed. Frames repaired and lenses matched. Casebeer Bldg., High St., Bellefonte, Pa. 71-22-14

E. VA. B. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday. Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 5 p. m. and Saturday 9 a. m. to 4:30 p. m. Bell Phone 65-40

Feeds

WE HAVE A FULL LINE OF WAYNE FEEDS IN STOCK AT ALL TIMES

Wayne Chick Starter - \$4.50 per H. Wayne All Mash Starter, 4.40 per H. Wayne Buttermilk Growing Mash - 3.75 per H. Wayne All Mash Grower, 3.50 per H. Wayne Chick Feed - 3.50 per H. Wayne Egg Mash - 3.50 per H. Wayne Pig Meal - 3.40 per H. Wayne Calf Meal - 4.25 per H. Wayne 24% Dairy Feed, 3.20 per H. Wayne 32% Dairy Feed, 2.90 per H.

Wagner's 22% Dairy Feed, 2.70 per H. Wagner's 30% Dairy Feed, 2.90 per H. Wagner's Pig Meal - 3.00 per H.

Wagner's Egg Mash, Wagner's Scratch Feed, Cracked Corn, Chop, Bran, Middlings on Hand at All Times.

If You Want Good Bread or Pastry TRY "OUR BEST" OR "GOLD COIN" FLOUR

C. Y. Wagner & Co., Inc 66-11-17r. BELLEFONTE, PA.

Caldwell & Son Bellefonte, Pa.

Plumbing and Heating

Vapor...Steam By Hot Water Pipeless Furnaces

Full Line of Pipe and Fittings and Mill Supplies

All Sizes of Terra Cotta Pipe and Fittings

ESTIMATES Cheerfully and Promptly Furnished 66-15-17.

Fine Job Printing A SPECIALTY

at the WATCHMAN OFFICE There is no style of work, from the cheapest "Podger" to the finest BOOK WORK that we cannot do in the most satisfactory manner, and at prices consistent with the class of work. Call on or communicate with this office

Employers This Interests You

The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates. It will be to your interest to consult us before placing your Insurance. JOHN F. GRAY & SON. State College Bellefonte.