

Your Health, The First Concern.



OUR CHANGING IDEAS ABOUT DIET.

The scene tis almost any household at meal time. The characters are a tearful child and a conscientious mother—or perhaps a stern father. The performance consists in feeding spinach.

"I don't want it." "You must eat it, darling." "It looks nasty." "Then shut your eyes, dear." "It tastes bad." "Take it quick and don't think about the taste."

So down the spinach goes, some of it down the unhappy throat, some of it down on the bib or the floor. There are tears, and often they are not all childish tears for mother is torn between weary anger and tender regret. Perhaps she herself has never learned to eat spinach without revulsion. Yet she has been taught that it has to be done because spinach is "the king of vegetables," mighty in iron, valuable as roughage, a true protective food.

The propaganda for spinach has been successful largely for economic reasons, because spinach is cheap and can be found in every market practically the year round. There is, however, a growing group of physicians who by both laboratory and clinical experience have come to believe that spinach is overrated, particularly as a food for children.

Many children and adults can benefit by the special merits of spinach if they like it. But spinach is sometimes forced upon malnourished children, or eaten as a duty by adults who have nutritional disturbances, because of a general impression that it is "good for everybody." Spinach is not good for everybody; it is not a panacea. It is bad for some people, notably the following:

1. The malnourished child, in whose diet it may replace more easily assimilable and nourishing foods. Many of the nutritive troubles of children are due to an excessive amount of course, stringy high-residue foods, and spinach even when pureed is still a high-residue food.

2. Any child, healthy or otherwise, to whom spinach is compulsive. To a great many children the appearance, consistency and taste of spinach are unquestionably repulsive. If they are compelled to eat it nevertheless, the whole sequence of digestion may be upset by the emotional conflict. Even when the child is "good" and nobly swallows the spinach, the digestive harm may be done.

3. Adults with ulcer, colitis, enteritis and proctitis, should not take spinach or any other high-residue food which mechanically irritates the mucous membrane.

4. Adults with certain types of nervous disorders in which the calcium reserve of the blood is ordinarily reduced.

It was about the spinach that the famous Irish ball was made. "I don't like spinach and I'm glad I don't, because if I did I'd eat it and hate the darned stuff!" There is really no good reason why any household should feel that it must serve spinach, unless it is the only green that the family can afford. Lettuce, cabbage and half a dozen other foods can supply roughage to those who should have roughage, and contain as generous amounts of vitamins, iron and other mineral salts.

Lettuce may be ranked as the greatest of all vegetable foods. While it is an excellent green when cooked, its very crispness in the raw state makes it attractive to most persons, and of course most of us should eat more raw food. Lettuce is rich in vitamins and mineral salts, contains a large amount of available iron, counteracts acidosis by keeping the digestion alkaline and is a vehicle for useful oils and lemon juice. The enormous increase in the consumption of lettuce, as shown by the government figures on shipments to market, is one of the most encouraging signs of improvement in our national diet. No doubt a great deal of credit for this is due to the ingenuity and persistence of the women's magazines in giving their readers a great variety of attractive recipes for salads.

Certain other spinach substitutes ought to be given similar publicity, for they are among the sadly neglected foods of today. These include beet tops, dandelion greens, leeks, young clover and alfalfa. Osborne and Mendel, in the vitamin researches found that alfalfa and clover leaves surpass tomato, spinach, cabbage, turnip, carrot and beet root in vitamin content. Alfalfa leads in content of the important Vitamin A and deserves emphasis as a splendid green for human consumption, although to many tastes it is too strong. It is not now generally found on the markets, but could be made available if a demand were developed. At present I am canvassing foreign countries, particularly in the tropics and the Orient to learn what other greens might be introduced into this country. Undoubtedly within the next decade many greens not now known to the American dietary will become common.

I have taken considerable space to cover this subject of spinach and its substitutes, because it is an outstanding example of our changing ideas about diet.

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FOR AND ABOUT WOMEN.

DAILY THOUGHT

The law of the worthy life is fundamentally the law of strife. It is only through labor and painful effort, by grim energy and resolute courage, that we move on to better things.—Theodore Roosevelt.

My periodic siege of don'ts is on me, occasioned this time by the number of tall women I've lately seen who seem to bend every effort to increase lankiness. Rule number one, and ever to be regarded, is: Break up the vertical line. And, with tiers, flares, puffs and such giving modish aid, there's no reason why tall women shouldn't dress becomingly.

One of the smartest daytime frocks for a tall woman uses black flat crepe as a foundation and employs the monk's cowl to the discreet use of breaking up height without removing dignity. The bodice is checked, and just below it the cowl drapes gracefully in front, edged in white. The general movement is toward the side, ending in a bow of the black crepe.

The skirt consists of two tiers, shirred on, but not too lavishly, giving a mildly irregular effect. Sleeves are long and well fitted in the shoulders of the gown.

Cape effects hanging half way from the shoulders break the relentless vertical and shorten the figure considerably. The cape bolero that can be pulled up behind to fall gracefully in front will answer for several occasions.

Then there is the much-discussed bolero that deserves all the appreciation it receives. Tall women who find evening dress particularly disturbing will find a solution in the silken lace frock of modest décolletage with a straight bolero behind that flares out but attaches to the seams.

The skirt has a series of two or three tiers that follow the lines of the bolero without appearing too obvious. Jackets, two-piece effects, ensembles with blouses differing in color or from the skirt, wide brimmed hats, general modesty of color, all these tend to reduce the height and render the illusion of a shorter figure.

Wrist watches having so far remained conservative in this wild race toward futurish, have at last succumbed. These geometric patterns that we have come to call the modernistic are now embellishing tiny square and oblong watches that do their best to look diagonal.

Fine enamels, stripes and various colors, oddly set faces are some of the new points. Straps, too, are affected. Twine, braided ribbons and braided metals eliminate the severity of watch bracelets.

Watches are not by any means reserved to wrist type. There are tiny watches diagonally set into the side of the cigarette case. Some of the lighters are embellished by tiny pieces, and the watch severely mounted on a fob is seen with smart tailored suits.

But enough for watches and on to other unique bits of jewelry. You may have seen by now the long ornate, filigreed earrings representing mummy cases. When a too secret spring is pushed the case opens for self-defense, but a metallic, highly enamelled watch.

Over and around all these modes remains the vogue for flat metallic jewelry. Patou's disc necklace becomes more and more popular, and Lanvin's enamel bracelets are pretty nearly ubiquitous. And by the way, she has a new one of gold in a series of small sections, that meet finally in small, fringed balls that fall over the hand if they don't slip around somehow.

The only thing that competes with the business of metals is the crystal type. Those who like their jewelry flashing are still buying all they can of the Chanel "diamonds" and the other lustrous crystal jewelry in all shades and shapes.

More than three-quarters of a young baby's life is spent in sleep, and upon the restfulness of it depends much of the child's future strength, says the New York Evening Telegram. This being the case, it is certainly important that the sleep should be the right kind. One of the errors of young mothers is to believe that if a baby sleeps it is surely resting. This is far from being the case, for if the crib is not comfortable, the clothing suitable and the ventilation as it should be slumber does not do for the child what it should.

One of the most important of all things is that a baby should sleep alone. I know this seems like a cold-blooded edict, and to many mothers a senseless one until they understand the reason. First and foremost, there is always danger of a baby's being smothered when in the bed at night with another person. As a matter of fact, the death rate among infants from suffocation in this way is by no means small.

It is a well-known fact that when two persons sleep together the stronger absorbs the vitality of the weaker, and that is what you cannot help doing to your baby. It cannot be as strong and lusty a child as it will be without this drain upon its constitution.

Directly the weather is balmy the more the baby sleeps out of doors the better. He should be put into his perambulator and he warmly but lightly covered, with a hot water bottle for his feet and a shade around him to protect him from all draughts. He will not only sleep peacefully in this way, but will be gaining health and strength from breathing the fresh air.

On cool or stormy days, when he must sleep indoors, be sure that he is not limited for fresh air. If an open window in the nursery makes too much of a draught on the bed, a board six or eight inches high and just the width of the window will give a constant change of air between the two sashes without a direct current of air.

Altoona to Have Biggest Motor Racing Event Ever Held.

The biggest program of championship automobile races ever held on any track of the world has been announced for the International Speed Sweepstakes set for Saturday, August 18, on the celebrated Altoona speedway. This inaugural annual classic is to consist of three spectacular events.

The main event of the sweepstakes is to be a 200-mile classic, with 18 of the world's greatest drivers to battle for a \$20,000 purse. But preceding this race will be two unique shorter events that loom as the most thrilling contests ever staged—two 10-mile duels.

The first of the 10-mile races will be a match between the world's four greatest living race drivers to settle the debate on their individual daring that has been rife since the famous mile-and-a-quarter timber oval was opened on Labor Day, 1923. The second 10-mile clash will see at least 14 renowned pilots in bitter competition. Championship prize money, as fixed by the contest board of the American Automobile Association, the governing body of racing, will be posted for each of the 10-mile sprints, but the match race between the four noted drivers will be for a rich special purse in addition.

These two special sprint events were announced by the speedway officials after approval by the A. A. A. of the elaborate safety precautions installed at the giant bowl to safeguard the drivers during the dazzling speed battle. Because the cars will have only eight laps to travel, racing authorities predict the competition will be the most exciting and dangerous ever witnessed.

Since the rigid rules of the A. A. A. forbid the starting of more than 18 cars at one time because of the intense speed attained on the Altoona speedway, officials stated today that elimination trials would commence four days prior to August 18 to select the starters, all of which must surpass 125 miles an hour.

Community Improves School Landscaping. Community spirit is now being measured in terms of accomplishment, says Emil Kant, extension landscape specialist of the Pennsylvania State College.

Recently with J. W. Warner, farm agent of Indiana county, he supervised a community planting day at Armagh where 150 citizens of the borough and East Wheatfield township set out \$250 worth of shrubbery according to plans prepared by Kant.

Students, school directors and parents turned out with shovels, picks, rakes, wheelbarrows, teams and trucks. Forty truck loads of good soil were placed around the building for planting the shrubbery.

Lunch was served at noon by the women of the community, and in the evening a meeting was attended by 300 to see slides on landscape improvement and to hear the talks.

A crowd of troubles passed him by as he with courage waited. He said, "Where do your troubles fly when you are thus belated?"

"We go," they said, "to those who hope, who look on life defeated, who weakly say good-bye to hope—We go where we're expected."

—A new instrument is a combination of the violin and the saxophone. We were afraid somebody would think of this.—London Opinion.

The P. R. R. Hopes to Run Trains by Radio.

The utility of radio in maintaining communication for signaling and other purposes between the engine and caboose of long freight trains was submitted to the test of a practical trial, under actual working conditions, by the Pennsylvania railroad. For this purpose a demonstration run with an experimentally radio-equipped train was made Tuesday, June 26, from Altoona to Pittsburgh, Pa.

The test was witnessed and the results recorded by officers representing departments of the Pennsylvania railroad and the Westinghouse Electric and Manufacturing company, by which the signal equipment was made.

The apparatus required for the tests was installed in a Pennsylvania Railroad Class I-3 locomotive, such as is used in the heaviest freight service, which headed the train, and in an all-steel cabin car at its rear.

The radio system used was devised to maintain both telephonic communication and code signaling. Transmitters and receivers, with loud speakers, are provided in both the locomotive and caboose. The effective range of the system much exceeds the length of any freight trains ever operated.

The Horse Shoe Curve territory of the Alleghenies was chosen for the experiment because the run provides a number of situations in which the use of radio communication between the engine and caboose should prove most effective.

Among the advantages of radio signaling is the fact that after the flagman has been dropped back and is recalled, the train may be started instantly when he reaches the caboose. When the train pulls into a siding the engineman may be notified as soon as the caboose has cleared the switch. If a standing train has to be advised by radio to back up so as to permit uncoupling at the right point, then to proceed, and then to stop. At any time a member of the crew at the rear of the train can immediately notify the engineman should any trouble or difficulty be observed.

It is expected that the tests will enable the railroad officials to form a more accurate opinion than has been heretofore possible as to the value of radio communication under all conditions of service. The radio enginemen who have devised the new signaling system believe that sets on passing trains should not interfere with each other, as each will operate on a wave length of its own.

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Advertisement for C & B Line Steamers, offering a restful night on Lake Erie with amenities like unlimited facilities, including large, comfortable staterooms, wide decks, excellent dining room service, and courteous attendants.

Large advertisement for 'THE NEW ERA' telephone service, featuring a bell logo and the text 'THE BELL TELEPHONE CO. OF PENNSYLVANIA' and 'AMERICAN TELEPHONE & TELEGRAPH CO.' It promotes a thrill and secure communication.

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