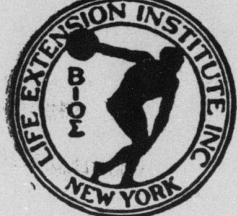


Democratic Watchman

Bellefonte, Pa., August 3, 1923.

Your Health,

The First Concern.



There is a story of a woman who was dying of pernicious anemia. Her physician told her that death was near and that she might just as well enjoy herself during the few weeks she had left. He told her to eat anything she wanted. She had always had an inordinate craving for pate-de-foie-gras, which is goose liver. She decided to eat it to satiety. She ate all she could the first day and found herself getting stronger. She continued eating it daily thereafter. At the end of a few weeks she was entirely cured of her anemia, as was proven by blood tests. Pate-de-foie-gras is not the bad food we formerly thought it to be and it will soon be taken by many persons on doctors' prescriptions.

From Germany have recently come reports of the satisfactory use of liver extracts in the treatment of anemia and high blood pressure. I wish to emphasize the value of giving to all children, and particularly those suffering from anemia or malnutrition, some liver at least once a week and preferably twice.

Liver affords the best example of a complete reversal of medical opinion but that reversal, as we have seen is based upon the most careful and accurate laboratory and clinical experience.

Another somewhat revolutionary discovery has been that diets rich in protein increase the responsiveness of the kidney, lowering the level of circulating uric acid. Thus the boggy of protein in the diet is no longer to be dreaded. The best dietetic treatment for reducing uric acid is a diet from foods which contain high purine such as liver, sweetbreads, mushrooms, tea, coffee, and chocolate. The diet should contain an adequate amount of protein selected from animal tissue and from peas, beans and lentils. Of course the physician is the only person capable of advising the ill person as to individual dietary requirements.

The advocates of low protein have been much in the limelight in years past. Now comes the more praiseworthy slogan "low carbohydrates." Limitation of the intake of sugar has great potentiality for good. Indeed, it may be said that sugar forms far too great a proportion of the modern diet, partly because it is sweet and is craved, and partly because it is an economical means of getting energy. Ten cents worth of sugar supplies three thousand food-fuel (calories) whereas ten cents' worth of rich bread supplies only one thousand units. But the excessive abuse of the sugar diet may cause many ills, such as intestinal toxemia, constipation, obesity, diabetes, chronic headaches and decay of the teeth.

The whole matter of protein versus carbohydrates is receiving a great deal of study and much is being learned. From the testimony of explorers we have obtained the following interesting contrast.

The Eskimos who eat meat exclusively have never had stomach and intestinal disorders, including constipation and cancer, while the Eskimos who have become sufficiently "civilized" to add carbohydrates to their protein diet now show the effects of these common ills. On the other hand, the Tibetans who never eat meat but live wholly on fruit and vegetables and milk are free from stomach and intestinal disorders. Even discounting other factors, it would appear from this that either an all-meat or a lacto-vegetarian diet may be preferable to one in which both kinds of food are unwisely combined. I say unwisely combined for it is certainly the case that more and more importance is being attached to combinations in the diet. There is much testimony to show that a meat-free diet is not advisable except in certain diseased conditions, for it may result in anemia, muscular weakness and loss of physical vigor. Experiments are now under way to determine whether in our present urban conditions, it is possible to maintain health on a diet consisting exclusively of meat, as some believe it to be.

For most people the varied diet is not only the most healthful, but the most appetizing, and the practical household question is how best to achieve variety and at the same time keep a proper balance.

In my own practice and in that of other physicians, excellent results have been obtained over a period of years by directing patients to avoid taking animal proteins and concentrated carbohydrates at the same meal, unless well offset by leafy vegetables and fruits. Now this is rather a sweeping rule and if followed quite literally it would exile from the dining table many of the favorite food partnerships such as meat and potatoes, chicken and rice, beef and noodles, eggs and bread. I would not go so far against the culinary traditions of our race as to say that we should never eat these combinations. People in normal health can of course do so if they do not permit themselves for example to attack the roast, potatoes, bread and sweets so enthusiastically that they have no room left for the salad and the fruit.

The bio-chemical facts are these: proteins and carbohydrates both acid formers. Now protein requires acid for its digestion. Carbohydrates on the other hand are hindered in their digestion by the presence of acid.

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FOR AND ABOUT WOMEN.

DAILY THOUGHT.

Sometimes fate makes a hero of a man, though he cannot always hold the job.—Selected.

—During this season of heat all of us think of dressing for our own comfort, but how many of us carry this thought a step farther and think of dressing for the comfort of others? That is a charm secret which has far reaching possibilities.

For example, a few seasons ago bright purple was fashionable during the hottest Summer weather and hundreds of women had at least one purple frock in their wardrobe. Many of these frocks were made of astin, which was the ultra smart mode of the moment.

So much for fashion* * what we are concerned with is beauty.

Most shades of purple are hot looking and satin is a hot appearing material. Reds, bright orange, henna, bright green* * all are hot colors and should be avoided during hot weather.

What woman can hope to be attractive on a hot day, swathed in a frock which is hot both in color and material? How can she compete with the girl who wears a sheer, cool appearing dress of pale green organdie with crisp trim of a complimentary pastel shade?

She can't! The cool, restful appearing girl will win the prize (what-ever it is) nine times out of ten. She wins because she surrounds herself with an aura of cool daintiness which is the very thing that we all seek on a hot, sticky day.

Therefore, select your Summer frocks so that they make you deliciously cool in appearance that you may refresh the tired eye of the passerby if you would be beautiful and charming on a hot day.

Paris designers are now apparently paying more attention to the jewels which accompany them than they do to the gowns themselves. We have special jewels for every costume and for every occasion. And it is a criminal offense to wear the necklace designed for your white sports frock with your pink evening gown. Where dressmakers once slaved for days over shirrings and cording and pleating, they now simply use a large and handsome ornament, and there your are.

There is no denying the smartness and distinction which the right jewelry can give. Black and white with a string of jade beads and a green diamond handkerchief becomes instantly individual and vastly smart. Beige may be altogether colorless until one adds a Chanel necklace of emeralds with a bracelet to match. Turquoise is another good jewel for beige.

The vogue of pearls seems to be passing if it has not already done so. A single string of pearls is demode. Strings of brilliantly cut crystals are greatly liked. Gold beads in long chains are seen a great deal and are smart when worn three times around the neck, each loop a trifle longer than the other. This is a fashion also followed by the long necklaces of flexible gold which are fitted to follow the neck and then hang about half way to the waist with a large colored stone.

Stones grow larger and larger. It is fortunate that we need not wear real ones; only movie queens could afford them. Imitations are quite as smart and perhaps more so. And there is literally no end to them. Semi-precious stones are also high in favor. Red carnelians are extremely fashionable and are used for rings, bracelets and necklaces. Rose quartz which is a lovely soft pink is charming against the right shade of blue. Rock crystals which is so very like diamonds in its cut, is immensely popular. Lapis lazuli with its beautiful blue shadings, chrysophase and jade for green, tour-maline for pink, onyx, thysts, topaz like drops of honey, and rubies are all here for the choosing.

The newest bracelets are an inch wide with colored stones set in filigree silver. Colored enamel is a new arrival which combines beautifully with maracite or black enamel. Intricate designs are etched in the smarter shapes and stylized tell us this will be a very important note for summer. An instance is the necklace with a modernistic trend which is fashioned of gold or silver with ones elongated triangle set into the base of the one above. And a bracelet to match, of course. One must not forget this is an ensemble season.

The outstanding piece of jewelry of the season is the jeweled buckle. Chanel is said to have thought of it first, but no one fails to think of it now. It is an absolute necessity of the lace frock and may be of crystals or of brilliantly colored stones. It is odd to see a ruby buckle at the front of a beige face frock, but after a moment you decide you like it.

The Indian designs in silks which have been so many sports frocks have an echo in the necklaces of bright-colored tiny glass beads which are twisted in rope effect. Very fine gold and silver beads like woven ropes are also seen. They have a flexibility which is greatly liked this season. Many necklaces have large pendants. Among the genuine stone jewelry there are handsome chokers of chalcedony, rose quartz or aventurine with a flat pendant at the front.

Many a housekeeper has been puzzled to know how to clean the inside of glass straws so they would be quite as bright as the outside. Pipe-cleaners make a perfectly satisfactory device for this purpose. A package of them can be purchased at any tobacco store at a very low price. If the straws are large, several of the pipe-cleaners may be twisted together. The pipe-cleaners need not be discarded but can be used many times.

—Instead of putting stiff shoe-trees into very wet shoes fill them with crushed newspaper. The paper absorbs the moisture and helps the shoes to retain their shape. The stiff shoe-trees will stretch the wet, pliable leather and cause the shoes to stiffen. The very slight stiffness resulting from drying shoes with paper in them can easily be remedied by cleaning and polishing.

FARM NOTES.

—Plenty of clean, fresh water and protection from flies and heat are summer necessities for the dairy herd.

—Loafing hens in the farm flock eat up the profits the busy biddies make. Good poultrymen soon send them to the butcher.

—Dahlia require plenty of water and close cultivation. Remove surplus buds to insure beautiful blooms. A dressing of bone meal also will prove beneficial.

—To maintain a good milk flow during the fall months, extra feeding of green feed or grain, or both, should begin now or as soon as pastures begin to get short.

—Do not take the laying mash away from hens as it will check production and cause early molting. Keep plenty of fresh, clean water in front of the flock at all times.

—Order bulbs now for fall planting. Procure a good supply of catalogs and study them carefully for favorite varieties. Early orders stand a better chance of being filled.

—Roses will need attention this month. Discourage a too heavy cane growth by pinching out the tips of the shoots. Keep all suckers cut out and remove all dead wood. Mulch well during the hot weather. Grass clippings will be good for this purpose.

—As soon as strawberries are all picked, start preparing the bed for next season if it is worth keeping over. Cultivate, hoe, and fertilize because fruit buds are formed in the late summer and fall.

—If there is quack grass in your fields cut it before it goes to seed or it will infest new areas on the farm.

—If you plan on storing grain it will save money to inspect and repair the granaries now. Eradicate the common grain robbers, rats, which is not such a hard job. Shoot calcium cyanide into the holes with a dust gun. The rats will die in these hiding places or will be so overcome that they are easily killed when they emerge.

—With harvest time near at hand farmers are again reminded by State College entomologists that early threshing must be practiced to protect the wheat crop from the Angoumois grain moth. Fumigation with carbon bisulphide in the bins should follow the threshing operation.

—The popular vegetable, asparagus, should be cultivated during the summer months even though the stalks are not producing. Efforts along this line will be rewarded next spring by big, healthy stalks.

—One of the surest methods of increasing the returns from the poultry flock will be to cull closely this summer. As soon as a bird stops laying she should be sold. If you are not familiar with culling methods, consult your county agricultural agent.

—If the pigs do not have permanent shade, such as that provided by trees, put up a temporary structure, say livestock specialists of the Pennsylvania State College. This is especially important for heavy hogs and sows farrowing in the fall. Also provide plenty of fresh, clean, drinking water in receptacles in which the pigs cannot wallow.

—Farmers residing in a strip of land three miles wide and ten miles long, at Marsh Run, Pa., where farm crops were totally ruined by last week's hailstorm, have been advised by experts that the only thing they can do is to plant buckwheat if they are to have any crop this season.

Nicholas Schmitz, agronomist, of Pennsylvania State College, visited the stricken territory with J. H. Knode, Franklin County farm agent, and addressed a meeting of farmers who lost their entire crops. The experts said they had never before seen such wholesale destruction of crops in this State from hail. One farmer had 200 young trees cut down by the hail.

—Canada thistles are best killed by some smother crop, and the more thoroughly the smothering is done, of course the more effective the killing will be. Where a good stand of alfalfa can be had, that will usually wear out the thistles. Thorough cultivation of a crop like tobacco should do serious damage to the thistles. The essential thing is to keep the tops from growing, and after a time with this treatment the roots will be starved out and die.

If you sow oats on this field the thistles are likely to overgrow the oats, so that the crop will be pretty near worthless. If tobacco will work well in the farm rotation, that will be a much better crop, because it would be cultivated, and hence the thistles would be kept cut off. In the oats or other similar grain, they will grow right up with the grain and no progress whatever will be made with getting rid of them.

—Savings of thousands of dollars in buildings and valuable cattle herds destroyed every year in the United States by disastrous fires may be accomplished in a few years by means of the fireproof barn, described in the June Farm and Fireside Magazine.

"Ancestral barns that can be passed on from father to son and on to the next generation are likely as a result of successful construction of such a fireproof barn at Iowa State College Experiment Station," says the magazine.

If this new type of barn proves as successful as it appears to be, it will be possible to do this thing at an expense not exceeding the cost of frame construction by more than 25 to 50 per cent. The new type of barn is called a masonry arch barn, which, as the name reveals, is made entirely of masonry and with the upper story in the form of an arch. It is built of tile with reinforced concrete floors and reinforced concrete ribs in the roof. Since it is made entirely of masonry, there will be no expense in keeping it painted with the exception of the windows and doors frames. Made of construction material that is non-combustible this building would retard a fire to such an extent as to prevent destruction and it would enable livestock in it to be removed safely.

IVY POISON SEASON.

This is ivy-poison season for the barefoot country youngsters and the city cliff-dwellers who camp and hike in the open. Victims of the pest are trying all the old-fashioned remedies, one after another, in their efforts to relieve the painful irritation of ivy poisoning.

W. A. McCubbin, of the Bureau of Plant Industry, Pennsylvania Department of Agriculture, says recent investigations throw much doubt on the value of most of these old "cures," which include salt, lime sulphur, hy-po, bluestone, jewel weed, plantain, mint and grindelia. He recommends a new remedy—strong soap, hot water, and a stiff scrubbing brush.

According to Mr. McCubbin, a cold hearted scientist says the value of most old-time remedies is imaginary, and their reputation is gained from the fact that ivy poisoning runs its course, heals and the remedy last used is given credit for the cure.

"It is well-established," he asserted, "that the poisonous property of ivy is a non-volatile oil which penetrates the skin and the underlying tissues, producing intense irritation and much inflammation. Few persons are entirely immune to poison ivy and yet comparatively few suffer severely from it. The poison is contracted by contact with the ivy or with other objects which have brushed through it, such as shoes or clothing, animals, tools or sticks. There is little or no basis for the prevalent belief that

wind carries the poisonous oil and that susceptible persons contract poison by merely passing a clump of ivy.

"The best cure for ivy poison is a very simple one, and it is based on the relation of the skin irritation to the oil poison. The oil can not be removed with ordinary soap and water, but it can be washed off the skin by thorough scrubbing with very hot water and strong laundry soap.

"Even after the irritation has started and the small pustules, or blisters, have appeared indicating penetration of the oil into the skin, virtually all the irritating oil can be washed out by thoroughly scrubbing with hot water and soap. The water should be as hot as possible and the soap used should be a coarse laundry type containing considerable free alkali. A piece of pumice stone or a stiff brush is a valuable aid and several washings should be given the infected part of the body."

"Susceptible persons will find that after exposure to danger prompt and thorough scrubbing of all exposed skin surfaces will readily remove the oily poison before it has had time to penetrate, preventing the unpleasant effects of a well-developed case of poisoning."

The banana: Formerly condemned as indigestible, this fruit is now recognized as wholesome, easily digested, high in vitamins, and is even included in the diet of infants. It must be eaten thoroughly ripe or cooked.

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