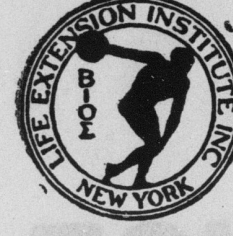


Democratic Watchman

Bellefonte, Pa., August 17, 1928.

Your Health,

The First Concern.



The predominance of acid-forming foods produces more systemic harm than local stomach harm for they lessen the alkalinity of the blood and bring on the condition called acidosis which may lead to serious metabolic ills. When starches and proteins are taken at separate meals or are accompanied by plenty of green vegetables or fruits which have an alkaline ash, a normal acid-base balance of the body is maintained.

Bread is the most prominent of the carbohydrates, so much so that it has long been called "the staff of life," an unfortunate phrase. Bread has its legitimate place but its place is not at every meal. Overweight persons should of course eat very little bread, not only because it is starchy but also because it tempts them to use too much butter. A well-known authority on obesity says that nine out of ten patients had grown too fat because they were immoderate in the consumption of bread and butter.

Bran bread and straight bran are being advocated entirely too recklessly. Self-diagnosis, always risky business, has led many persons to take up the eating of bran when it is the very thing they should avoid. Only about one third of it is digested, and the residue irritates the intestines. Therefore it is not advisable in cases of colitis, enteritis and ulcer. Bran may be good for atonic constipation, but it is very bad for spastic constipation. The rule about bran is: consult your physician before making it a regular feature of your diet.

Roughage is a fad today and this dietetic cry is doing much harm to deluded souls whose individual need is for a low-residue or smooth diet. Dr. Alvarez of the Mayo Clinic has said that a person with a digestive tract that is irritated, narrowed or contains reversed stretches should avoid eating cellulose-containing food, such as bran, spinach and coarse string beans, for much the same reason that we avoid putting bits of wood or cotton down a drain that has a poor drop or an uphill stretch.

A change of attitude has lately been made with reference to pie and fried foods. As to pie, the Journal of the American Medical Association comments that "tirades against the digestibility of a well-baked mixture of flour, fat and fruits no longer make a universal appeal to the devotees of dietotherapy." I myself am somewhat skeptical about pie.

That foods fried in fat may not be as damaging to digestion as has been hitherto believed appears from recent studies of potatoes made at the University of Chicago. Tests were made on the stomachs of normal human beings, after eating potatoes fried and potatoes boiled. It was found that potatoes fried in the pan or in deep fat were in some cases more readily digested than boiled potatoes. It appeared that heating starches with fat caused more thorough cooking, because the temperature is higher. The amount of fat taken into the stomach with the potato seemed to have a good deal to do with the digestibility. It was apparent that some persons were more susceptible than others to the action of fats in the stomach. The conclusions were that "in the average normal person fried potatoes, unless steeped in fat, are no more likely to cause digestive disturbances than boiled potatoes," but "this statement is not to be construed as advocating the wholesale use of fried foods for health." Those with feeble digestions or pathological alimentary tracts must still avoid all fried foods.

"Life, which health departments and physicians are doing so much to conserve and prolong, is being daily thrown away through the seasonal enthusiasm of the vacation time on the part of the individual," said Dr. Theodore B. Appel, Secretary of Health.

"It does seem a shame that thoughtless people will deliberately cross crossings incautiously, pass motors on hill and do many other foolish driving tricks, the result of which is serious accident or death.

"It is also a pity that a number of so-called expert swimmers are doomed to go down for the third time every summer during the vacation months. Swimming, while one of the healthiest sports, should always be handled with care; strangely enough, it is the person who is sure of himself who often goes to the bottom. This kind of an 'expert' will venture where the less experienced will be extremely cautious.

"To keep the roadside eating stands sanitary, to insure healthy drinking water by the side of the highways, to insist upon cleanliness and proper facilities at motor camps all go for naught if the vacationist permits his enthusiasm to overcome his judgment and an accident or calamity results.

"According to available statistics more people were killed through motor accidents in the last six months' period than ever before in the history of vital statistics; and Pennsylvania, with its dense population, occupies a high position in this unenviable record.

"With respect to swimming fatalities the statistics also disclose that despite bathing beach protection too many will venture away from it, either because of their swimming conceit or desire for exclusiveness, and drown in consequence.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

"I don't know whichever is worst, to see the beautiful times that there are in the world, and not be in 'em—or to see the people that might be in 'em and ain't."—Mrs. Whitney.

—I will appreciate it very much if you will give me information as to the proper way a married woman should sign her name.

And I appreciate the opportunity you give me for explaining this information again in my column. For one of the items that are most important give-aways in the social life of a married woman is the way she signs her letters. And how few women sign their names correctly—whether of high or low degree.

The fundamental rule is that no letter, whether formal, informal, of a business or social nature, to anyone whatever, should be signed with the Mrs. in the direct signature, unless that Mrs. is enclosed in parentheses. That is, it is absolutely incorrect for a married woman to sign a letter, either:

Very truly yours,
Mrs. Mary Brown

Very truly yours,
Mrs. John Brown

She should sign her business letters like this:

Very truly yours,
Mrs. Smith Brown
(Mrs. John Brown)

And this is the form for her signature for all letters that need the addition of the formal name: for instance, her letter to me, (if it were necessary for her to sign her name to the letter), for I would not, of course, know her formal name. Instead of using the first and last names of her maiden name prefixed to the last name of her married name, many women prefer to use—and correctly—only the first name of the maiden name and the last name of the married name:

Very truly yours,
Mary Brown.
(Mrs. John Brown.)

For her social letters, the married woman uses the signature appropriate for the letter being written. To some friends it would be "Mary," to others it would be "Mary Smith Brown," to others, "Mary Brown." On her checks, the married woman usually signs "Mary Smith Brown," or "Mary Brown," if she prefers. The former is more often chosen. It is not correct for her to sign her checks with a "Mrs.," either "Mrs. Mary Smith Brown" or "Mrs. John Brown." The bank officials usually explain this when the application for the first check book is made out.

On her visiting card the married woman has engraved her formal name: Mrs. John Allington Brown. And every detail of this is true for the signature of a widow. She uses the same form for her signature that she used when her husband was living.

—From the New York American.

—Brassieres and bandeaux are now to be found in many styles and materials and made to suit the requirements of evening clothes, sports costumes and daytime apparel. When an afternoon dress is worn that has a deep neckline, requiring a bit of lace, one of the new bandeaux with a plain net inset may be worn. These are made of white, flesh and ecru net and fit snugly, avoiding the trouble that ordinarily arises when separate pieces of lace are worn, which have to be either pinned or sewn in place. By wearing this type of bandeau the pin may be placed to best advantage and the neckline properly adjusted without causing an undue strain on other parts of the garment.

Under sheer frocks for either afternoon or evening the new lace brassieres are very desirable, for they fit the figure snugly and may be had without straps. Some are made of lace and crepe de chine, others entirely of lace with a net foundation. For wear about the country club with the semisports type of dress there are new open-mesh silk stockings in pale shades. These stockings are to be had either plain or with clocks, both being equally stylish.

—Perhaps you've wondered whether to match shoes and costume, or costume and hat, in completing your summer ensembles. From a good fashion source comes information that the shoes and hat are smartest when they match each other.

—Removal of ashes from the furnace, a disagreeable and often neglected task, is rendered quick and easy with a new ash "ash lifter," which places a can below the furnace and brings it out for emptying at the turn of a crank.

The ash-lifting device is installed in a pit lined with concrete which may be waterproofed where conditions require. Whenever the fire is shaken the ashes drop into the can through a hole in the floor of the furnace ash pit. This pit is automatically closed when the elevating mechanism is operated, preventing the can from becoming clogged with ashes. The door may also be kept closed excepting when the ashes are shaken, in the case of a forced-draft furnace.

The trapdoor of the device may be placed either in front or at one side of the heater. For convenience in trundling the cans of ashes a small steel cart is furnished with the outfit.

—To use pieces of soap put them in the starch on wash days and they will give the clothes a sweet, lasting odor when ironed and prevent the starch from sticking.

—Light-colored rag rugs may be made to look like new if one-half cup of flour and one-half cup of cornmeal is sprinkled over them before sweeping.

—An easy way of doing up sash curtains: After washing slip them on a curtain rod. Then either pin or throw rod over line to dry. When taken down they will be perfectly straight and can be ironed without removing the rod and will be very satisfactory.

—Subscribe for the "Watchman."

FARM NOTES.

—Many farm jobs can be done in the next few months to relieve the busy calendar of spring.

—Colony houses for winter use in the northern States should be banked with manure or cornstalks.

—There's nothing a hen, with her simple tastes, enjoys more than a wallow in dust. It's her own remedy for body lice.

—Capons will stand confinement very well, will grow quicker, put on weight faster, and will not consume much more feed than the average rooster.

The general-purpose American breeds are considered the best breeds for capons—Wyandottes, Plymouth Rocks, Rhode Island Reds and Orpingtons.

—It is best to treat pullets and place them in permanent quarters some time before they begin laying, to avoid checking egg production by handling them.

—Well fed and sheltered, the Barred Plymouth Rocks fully deserve the reputation they have so long sustained as the ideal, all-round fowl for the farm home.

—Poultry keepers who have or can get bright third-cutting alfalfa hay or clean, bright alfalfa meal have a good winter substitute for green feed for the laying flock.

—Lots of us neglect the two big little things, lime and gravel. Finely ground limestone or crushed oyster shell has to it to make egg shells. As for the gravel, that's the hen's teeth.

—Pullets cannot be expected to lay many winter eggs unless they are kept free from lice and mites. The lice may be destroyed by dipping the chickens into warm water containing one ounce of sodium fluoride to each gallon of water.

—There is much difference of opinion as to the best floors for hog houses. So far as ease of keeping clean combined with cheapness and long life are concerned, probably nothing can compare with concrete and if it is given a rough float finish it is not slippery. However, the concrete floor is apt to be rather chilling. The ideal floor would be a concrete base with a cork brick or pressure creosoted wood block upper layer, but this type is more expensive.

—Offal and blood which is ordinarily wasted by the farm butcher can be made into tankage or fertilizer without much trouble, according to the United States Department of Agriculture. The process is a simple one. The offal and blood can be thoroughly cooked in an open kettle. After it is cooked it can be dried out and ground as tankage for hogs. This residual tankage will give good results in feeding as a supplement with corn for hogs.

If it is to be used for fertilizer it can be cooked and then ordinary 10 per cent. acid phosphate can be added at the rate of 35 to 50 pounds of phosphate to 100 pounds of the cooked offal. This mixture can be air-dried by raking it over occasionally. After it is thoroughly dried it can be ground and used immediately or stored for future use. The phosphate will prevent putrefaction and flies do not breed in the mixture. This usage of the offal leaves only the squeal to be wasted.

—Practically the entire State outside of the Japanese beetle quarantine area will be watched for new manifestations, the Department of Agriculture announced today. The check is necessary, it was said, because of the danger that a few beetles which slipped through the quarantine lines have established colonies in other sections.

The scouting crews will have headquarters at Altoona, Pittsburgh, Monroeville, Bushkill, Liverpool, Scranton and Chambersburg. Other crews to check the extent of the beetle infestation in nurseries and greenhouses within the quarantined area will have headquarters at Lancaster, Bloomsburg, Oxford, Norristown and Allentown.

The State has been divided into five districts, each of which has a supervisor. The supervisors are located at Norristown, Lancaster, Harrisburg, Milton and Scranton. The district scouts report to their supervisors who in turn report to the State headquarters at Norristown.

Department officials suggest that persons finding beetles will aid in the work if they take them to the nearest scouting crew.

—After the sows have weaned their pigs and have been re-bred for fall litters, they can be easily and cheaply handled on pastures. While upon pasture they will consume about one pound of grain to each 100 pounds of live weight. Brood sows will manage to live upon pasture without grain, but it is a mistake to graze young pregnant sows on pasture without grain. Both the sow and their pigs will be stunted. How much grain and when to feed it requires feeder judgment. Young sows and sows thin in flesh need more grain while on pasture than do mature sows and sows that are strong and in good flesh.

The kind of grain is not so important if the sows are in good pasture like alfalfa, clover or rape. Many successful hog men feed one-quarter to one-half pound of tankage daily to each brood sow before farrowing in addition to the grain and pasture. The addition of tankage is more necessary if the sows are upon a pasture like bluegrass, bromegrass, rye, etc., which are not legumes.

About ten days to two weeks before the sows are due to farrow, they are removed from the pasture to the place where they will finally farrow. This places them under closer observation of the feeder and he can feed them especially prepared rations which are both nutritious and laxative. Such management makes for more vigorous pigs and it puts the sows in better condition for farrowing and for the care of their litter.

Now is the time to plan for your hog pastures.—B. W. Fairbanks, Extension Service, Colorado Agricultural College.

LITTLE DANGER FROM LIGHTNING FLASHES.

The next time the lightning flashes and baby cries and mother shivers and you swallow hard and tell Johnny, "Pooh, pooh, there is nothing to be afraid of," and then duck your own head under the bed-clothes—don't. You are right. There is nothing to be afraid of. The chance of a person being struck in his home is one in several million.

And if you chance to be at your desk in some downtown skyscraper, the lightning cannot reach you.

You have the assurance for this from R. M. Spurck, an engineer of the new switchgear plant of the General Electric company at Philadelphia, in charge of the high voltage testing of circuit breakers, were arcs of artificial lightning at from fifteen to twenty feet are played over apparatus to make sure there are no defects and that it will withstand conditions when put into service out in the open in natural lightning areas.

"Shooting a million volts into circuit breakers to thoroughly test them before leaving the factory is not mere guesswork. The fundamentals are based on studies made in the company's laboratories, field observation, and the classic work of the late Doctor Steinmetz," Mr. Spurck said.

If you reside on the top of a hill with no trees about you are in a comparatively perilous position. But if you live in the average city home, with houses of equal height about you, lightning is likely to single you out about once every thousand years. As for the residents in the house perched upon the hill, the chance is one in several million that they will be struck by the bolt that comes once every hundred years.

The bolt might tear up the roof, or even set it afire, but likely would get no closer to you. It would encounter the electric house wiring and would be carried impotently to the ground. Or it would hop on to the plumbing system and docilely speed off into the earth.

The safest place in your house is anywhere except where these lightning conductors are centered. Most plumbing and heating pipes run up and down in the middle of the house. Keep away from the walls in which they run. Do not stand between two metal objects, such as a heating radiator and the plumbing pipes. There is nothing wrong with the superstition that the bed is a safe place.

In the modern steel office building lightning can't even get the roof. Most roofs of such buildings are metal and are purposely brought in contact at some point with the steel framework, and this circuit absorbs and carries off any lightning that may chance to shoot down.

Perhaps the question of the efficacy of lightning rods has never been fully settled in the public mind. Lightning rods are now to be seen chiefly in the country. There is a lightning rod on nearly every house in the cities, though it may not be visible to the eye. Every plumbing system has an air vent—a pipe—that runs upward so, if not through the roof, it serves exactly as does the lightning rod which pricks the air on the farmer's house.

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