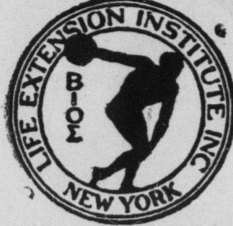


Your Health, The First Concern.



Doctors at leading hospitals are investigating a new treatment for varicose veins which renders a surgical operation unnecessary.

By this method curative drugs are injected into the diseased veins, minute clots of blood forming at the points of injection. In this way a state of artificial thrombosis is created, the effected vein becoming literally plugged up by the formation of blood clots.

"A number of cures in the early stages of the disease have been obtained by this injection method," a doctor says, "but further research is necessary before we can advertise it as a 'cure'."

"A danger seems to lie in the way the treatment is applied. The drugs must be injected into the veins itself otherwise ulcers are almost certain to result."

The treatment, which is the discovery of French scientists, is not painful, and it is not necessary for the patient to remain in bed.

During the hot weather it is wise to eat for vitamins rather than calories. Milk, eggs, whole grain cereals, green vegetables and fruits are the most important vitamin bearers.

Vitamins are more or less mysterious. We don't know just what they are, but we know we can't live without them. They were named vitamins because of their vital importance to life.

A is the growth promoting vitamin. A lack of it will cause sore eyes and granulated lids, which may develop into serious eye trouble.

B is the antineuritic vitamin. A lack of it will cause intestinal trouble, neuritis and anaemia.

C is the antiscorbutic vitamin. Its lack in the food makes for irritability and weakness, and in extreme cases results in scurvy.

D is the antirachitic vitamin. Its lack results in poor bone and tooth formation, rickets.

Vitamin D is very necessary for babies and small children whose bones and teeth are forming. It is also important for the expectant mother.

Vitamin D is found in very small quantities in greens, egg yolks and whole milk which is sufficient for those who have their growth. Young children need more of this vitamin than can be had from this diet. The only other way to get it is by cod liver oil and sunlight.

If the baby is irritable and cross don't give him a spanking. Feed him more vitamin C. This valuable element is found in oranges, lemons, tomatoes, fresh raw cabbage, liver and milk, and in smaller quantities in apples, bananas and potatoes.

In eating for vitamins it is a good idea to keep a list of those containing A, B and C handy. In fruits there are oranges, lemons, pineapples, peaches, bananas, apples. Vegetables are headed by the raw list of beets, cabbage, carrots, spinach, lettuce and tomatoes.

Cooking sometimes kills the vitamin content entirely and at all times lessens its value. Peas and turnips also contain the three vitamins. Milk has them, and liver is the only thing in the flesh line that contains all three.

When you sneeze it is not always a sign you are taking cold. That is the opinion of physicians working on public health problems in the last few years.

Most men and women when they feel that tickling in the nose or throat immediately look for the nearest door or window, convinced that they are sitting in a draft.

However, the draft, if there is one, may have nothing to do with the matter at all, physicians say. The unhappy one merely has inhaled a few million or so dust particles.

That may be true particularly of our cities where enough dust floats in the atmosphere in one year to build a cone-shaped mountain 1,500 feet high, with a five-mile diameter.

Some statisticians have figured it out that if all the dust that hovers above American cities were gathered in one place, say Manhattan Island, that dust would be piled up on the streets of Manhattan to the depth of 21 feet.

But one is likely to sneeze while walking along a country road, though not quite as likely as in the city. Here the dust that is raised usually comes from dirt or gravel roads.

There is, however, less likelihood of this today than ever before as highway officials now have at their command many methods for "binding" the top cover, particularly the use of such chemicals as calcium chloride, considered by engineers the best of dust layers.

Habit is a strange thing. And when we study our habits one by one we learn how inconsistent we really are. I'll give you an example:

Suppose you were to come to my house and wanted to wash your hands. Suppose I took you to a soiled wash bowl filled with dirty water and offered you a soiled towel. What would you do?

If I stood by to watch, you would gingerly dip the ends of your fingers in the water, scowl at the dirty towel and take out your handkerchief to dry your fingers. As soon as possible, without openly insulting me, you would take your departure, vowing never to visit my home again.

You wouldn't eat from a soiled plate, with a fork covered with dried food from previous use. Why not?

PROSPERITY AND ALASKA.

When the United States government acquired Alaska from Russia in 1867, Secretary of State Seward, who engineered the deal, was the subject of much criticism in the press. The American people could hardly see the use of the new purchase; Alaska was dubbed "Seward's ice box" by the scoffers.

But in 1898, when gold was discovered, the time changed. Alaska became immensely valuable, and the wisdom of Seward's act was made evident.

The gold rush didn't last, however. In the course of time the readily available ore was exhausted. Fairbanks, which was a town of 20,000 people during the height of the rush, declined to a village of 2,000. Alaska, once more, was looked upon as an unproductive, almost useless, waste.

Now it appears that Fairbanks is going to regain something of its former eminence. Hydraulic mining is to be undertaken on a big scale. Gold deposits that could not be worked in the old style will yield a rich return if attacked by modern machinery; and more than \$10,000,000 has been spent in preparation for large scale activities.

As a result, Fairbanks' population has doubled, and is still growing. The Alaska railroad, which connects Fairbanks with the seaports of Anchorage and Seward, has been reaping the benefit of the new activity. For the first time in its history it is showing a profit.

Nor is this all. The Department of the Interior, under whose wing Alaska nestles, estimates that the new mining operations will last for at least 25 years. By attracting men and money to Fairbanks and vicinity, they will stimulate other lands rising in value; Alaska's soil is fertile, and the department believes that the impetus which the new mining ventures bring will have a lasting effect.

Alaska is, potentially, a rich country, even if it had not a grain of gold dust. It has good lands, forests, many kinds of ore-bearing rocks, fine fisheries, abundant water power sites. Some day it will be a populous and prosperous land. It may well be that the present developments at Fairbanks will be the beginning of the rise of Alaska to a place in the community of States.

Game Birds Help to Kill Off Insects.

Ravages of Japanese beetle and other insects are being held in check by ringneck pheasants particularly in the southeastern section of the State, where these birds are plentiful, and where the beetles have caused considerable damage, officials of the Board of Game Commissioners said today.

When reports were first received from farmers that ringnecks were consuming hundreds of these pests, several birds were killed and their stomachs examined and found to contain many Japanese beetles, as well as other injurious forms of insect life. Subsequently petitions were received from farmers in many sections, asking that certain counties be closed to the killing of ringnecks in order to insure their aid during coming years.

Today the ringneck is considered an excellent game bird, but in former years and particularly after the first stocking was attempted, about 1925, it was thought by most sportsmen and farmers that it would tend too much toward domestication, and that its sluggish flight would prevent it from ever becoming a game bird. Reasonable protection, along with a proper amount of shooting, have resulted in the birds becoming wilder, and today they furnish sport to thousands of hunters. Like the bob-white, turkey and other birds, the ringneck lays a large clutch of eggs, ranging from nine to twenty.

Although a number of complaints have been made that ringnecks are destroying young corn, investigations in many cases have revealed that the birds were merely searching for grubs and cut-worms at the roots.

The bob-white quail, as well as the ringneck and the new "impert" from Czecho-Slovakia, the Hungarian partridge, are invaluable as exterminators of the potato beetle, officials added. Bob-whites, particularly, spend much time in the potato fields, and are daily effecting a saving to farmers.

That the recently introduced Hungarian partridge is proving its worth as an insect-consumer is being noted. This bird is an excellent game bird, well able to withstand our coldest weather.

The skunk, unpopular because of its scent, has also been observed eating Japanese beetles. The skunk is chiefly an insectivorous animal, and also proves its worth by destroying many mice, snakes, frogs, and by digging out the nests of yellow-jackets.

Bulletin Asks Care When Parking Along Roadside.

August, September and October are the months when roadside fruit and vegetable stands do their greatest business, said a bulletin issued today by the State Highway Department which urges caution in parking.

Motorists who stop at roadside stands should not park on the traveled portion of the highway, but should get well over on the shoulders, says the highway department bulletin.

Caution should also be used in alighting from the vehicle. Get out on the right side, or if you must get out on the left, "Look before you leap."

If it is necessary to cross the road, look both ways before crossing.

To stand owners the department suggests that they can help to prevent accidents, as well as promote their sales, if they will provide some parking space entirely off the highway right of way. Many of the stands are built right up to the edge of the highway, so that customers must park on the roadside. On some of the heavy traffic routes serious congestion is caused by such parking. If the stands are set back and parking space provided, it is likely to bring more customers and cause them to linger longer.

Who Were They?

- A was a traitor found hung by his hair. B was a folly built high in the air. C was a mountain overlooking the sea. D was a nurse buried under a tree. E was a firstborn, bad from his youth. F was a ruler who trembled at truth. G was a messenger sent with good word. H was a mother who loaned to the Lord. I was a name received at the ford. J was a shepherd in Arabian land. K was a place near the desert of sand. L was a pauper begging his bread. M was an idol, an object of dread. N was an architect ages ago. O was a rampart to keep out the foe. P was an isle, whence a saint looked above. Q was a Christian, saluted in love. R was obscure yet a mother of kings. S was a Danite who did wondrous things. T was a city that had a stronghold. U was a country productive of gold. V was a queen whom a king set aside. Z was by Moses received as his bride. Churchman.

How to Pass Auto Examination.

"Many persons who have applied for and received learner's permits from the State Highway Department develop a severe case of nerves when presenting themselves before the examiners," says the weekly bulletin of the Lancaster Automobile Club, "For the most part the examiners are very considerate and do their best to make the applicant feel easy about the test. There are no trick questions among the thirty which are sent to the applicant." The Auto Club bulletin says, "Ten of these are picked out for the applicant to answer and, if the person examined has made a study of the Motor Code he will have no difficulty answering these correctly. The examiner will then have the applicant drive along the road, then make a turn in a limited space. This is the most dreaded part of the test for many, but it is not difficult if this method is followed: 'Start at the curb in first speed and immediately swing the steering wheel as far left as possible. When within about five feet of the lane quickly shift your right hand to the top of the wheel and pull the wheel over hard and fast to the right and bring your car to a stop before reaching the line. Put your car into reverse gear then start backwards slowly with the wheel pulled as far to the right as possible. When the rear wheels are within about eight feet of the curb quickly put the left hand to the top of the steering wheel, pull the wheel sharp to the left, and at the same time bring the car to a stop. Almost invariably with this one backing you will be able to make the complete turn.' 'The beginner is advised to practice this before presenting himself for examination.'

Abolishing Bill Boards.

The practice of abolishing sign boards and other large signs along the highways, is increasing in many communities, and it is predicted that the time is not far away when nearly every State will have legislation that will compel the advertisers to seek elsewhere to spend their money in advertising their business. Many States and counties have laws that forbid the placing of sign boards along the public highways. Back there a few years ago when "Old Dobbin" was used, a person had time to read these signs, but in these days, the average motorist can't take time to catch the first line. Advertisers of National prominence are beginning to learn now that outdoor advertising of this nature is spending money foolishly. In the past few months several nationally known concerns have placed increases of advertising for the newspapers, indicating that the preference in that direction is growing, because a newspaper is the place for such advertising. The outdoor signs along the highways not only detract from the value of the official highway markings, but divert the attention of the drivers of motor vehicles away from their duties, as well as marring the roadside beauty. The money that is spent on a single billboard would place that same advertising message in many newspapers, which in turn would take it into thousands of homes and it would be read. In a few years it is highly possible that billboards along our highways will be gone, because no one reads them any more in this mile-a-minute age.

Reduced Postage Rate for Air Mail Expected to Increase Volume.

A check by the American Air Post Association shows that American business is taking the air. More than 100 concerns selected at random by the U. S. Chamber of Commerce show that 41 made extensive use of the air mail and express, 39 made limited use and 16 reported "once in a while" while four made no use of the nation's air facilities at all.

With five cent air mail postage for the first ounce, and ten cents for each additional ounce, effective August 1st, a substantial increase in the number of firms using air transportation is expected to be shown.

Elephant and Donkey to Race to White House.

A donkey and an elephant are to race from New York to the White House. Frank A. Russo, Democrat, and J. B. Martell, Republican, are to act as muleter and mahout, respectively. They are advertising men. There is also a wager.

DENVER TROOPS HONOR CENTRE COUNTIAN.

Dr. Wilson P. Ard Goes with 50 Other Officers to Train at Fort Sam Houston.

From the Denver, Colorado, Evening News of July 27, we take the following story concerning a gentleman in whom many Centre countians are interested:

When 50 Denver officers of the 103d division, Officers' Reserve Corps, report at Fort Sam Houston Sunday for their annual two weeks' military training, they're going to have their religious advisor right with them. He is the Rev. Wilson P. Ard, pastor of the Messiah English Lutheran Church here, and for three years a first lieutenant in the 328th Medical regiment. On completion of the course this year he will be eligible for a captaincy.

Dr. Ard will report to the post chaplain and take instruction from him on a military chaplain's duties, as well as taking the other military work. If the regiment requires a chaplain for religious services, funerals, marriages or the like, he may be called on by the post chaplain.

Dr. Ard had his first military experience during the World War as a Y. M. C. A. secretary at Camp Morrison, Va. He was one of eight secretaries at that camp.

Dr. Ard departs for the camp tomorrow. Chaplain Oscar Reynolds of Fitzsimmons General Hospital will occupy his pulpit here Sunday. Dr. M. F. Troxell, now resident here, former president of Midland College, Fremont, Neb., will fill it a week from Sunday.

Sheep Growers Magazine Praises Penn'a. Dog Law.

"The American Sheep Breeder and Wool-Grower" says in a feature article on "A Dog Law That Works." The Pennsylvania statute is characterized as a law with teeth, and its provision for 23 officers, working night and day on the problem seems to commend it most highly to the sheep men.

The whole basis of the law is in the licensing of all dogs. Terms are carefully defined, so that no loop-hole for evasion may be found. The law is clear in its statements that officers, or even private individuals are permitted to kill any dog which commits a private nuisance, such as entering a field where animals such as livestock or poultry are confined, or attacks either human beings or livestock.

The law also reacts on the individual owning the dog, and enforcement officers are alert to watch for violations. "District agents are carefully chosen, men of good judgment, acquainted with live stock, able to handle a gun and not afraid of long hours," the article states.

An excellent summary of the results of the Dog Law is made in the following paragraph quoted from the article: "Here is a State which takes in money enough from its dog tax to pay for all sheep killed at full value, support 23 dog enforcement district agents, and, in addition pay half the cost of a vast livestock disease control program."

FIRE INSURANCE

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



New? OR

Dry Cleaned?

The only difference between a brand new suit and one that has been dry cleaned by us is the difference between \$1.75 and whatever you usually pay for a new suit.

Try Us and See

Phone 362-R

Stickler & Koons

8 West Bishop St. Cleaners - Dyers - Tailors Hat Renovators

Extend Service in Testing of Water.

Expansion of the service which tests private water supplies was announced today by Henry P. Drake, chief of the engineering division of the State department of health.

In addition to testing all public water supplies along the main highways of the Commonwealth, attaches of the bureau also have offered the same service to those who live in remote sections. Under present conditions, Drake said, it will be possible to widen the scope of this work considerably.

Requests for a survey and examination of individual water supply sources will be handled by the department in the order in which they are received. Drake stressed the importance of the service because of the large number of unsafe water supplies which have been found in the regular examination work.

Hunters' License Ready.

Hunters' license plates have been forwarded to fifty-one of the sixty-seven counties.

"If curtains are dipped in coffee in the right way the color will be restored. If you want a deep ecru, the coffee must be strong and left in for some time.

IRA D. GARMAN JEWELER 101 South Eleventh St., PHILADELPHIA. Have Your Diamonds Reset in Platinum 72-48-4f Exclusive Emblem Jewelry

Fine Job Printing

A SPECIALTY at the WATCHMAN OFFICE There is no style of work, from the cheapest "Dodger" to the finest BOOK WORK that we can do in the most satisfactory manner, and at prices consistent with the class of work. Call on or communicate with this office

NEW ADVERTISEMENTS.

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 fail. Price \$1.00. YEAGER'S TINY BOOT SHOP.

Thousands of new Words are included in the Merriam Webster, such as aerograph, broadtail, credit union, Babaim, patrognetis, etc. New names and places are listed such as Casber, Sandberg, Stalin, Latvia, etc. Constantly improved and kept up to date. WEBSTER'S NEW INTERNATIONAL DICTIONARY Get The Best "The Supreme Authority" in courts, colleges, schools, and among government officials both Federal and State. 452,000 entries including 408,000 vocabulary terms, 32,000 geographical subjects, 12,000 biographical entries. Over 6,000 illustrations, and 100 valuable tables. Send for Free, new, richly illustrated pamphlet containing sample pages of the New International G. & C. Merriam Company Springfield, Mass.

CHICHESTER'S PILLS THE DIAMOND BRAND. Ladies! Ask your Druggist for Chichester's Diamond Brand Pills in Red and Gold metallic boxes, encased with Blue Ribbon. Take no other. Buy of your Druggist. Ask for CHICHESTER'S DIAMOND BRAND PILLS, for 32 years known as Best, Safest, Always Reliable. SOLD BY DRUGGISTS EVERYWHERE

Keep cool and well Heat bothers people who are not in best health. Keep your body strong and your mind clear and active these days by eating light, easily digested foods with plenty of roughage. Shredded Wheat has all the bran you need. Its toasted shreds of whole wheat are easily digested because they compel chewing - and are so good that you want to chew them anyway! Serve Shredded Wheat with milk and peaches or berries. Everyone will like it - and it's good for them. Made by The Shredded Wheat Company at Niagara Falls Visitors Welcome

A Restful Night on LAKE ERIE C&B LINE STEAMERS Each Way Every Night Between Buffalo and Cleveland offer you unlimited facilities, including large, comfortable staterooms that insure a long night's refreshing sleep. Luxurious cabins, wide decks, excellent dining room service, courteous attendants. A trip you will long remember. Connections at Cleveland for Lake Resorts, Detroit and Points West Daily Service May 1st to November 14th Leaving at 9:00 P. M.; Arriving at 7:30 A. M. Ask your ticket agent or tourist agency for tickets via C & B Line. New Low Fare \$4.50 ONE WAY ROUND TRIP \$8.50 AUTOS CARRIED \$6.50 AND UP The Cleveland and Buffalo Transit Company Wharves: So. Michigan Ave. Bridge, Buffalo, N. Y.