

Your Health,

The First Concern.



It is not a good thing to permit chronic dyspepsia to persist. Repeated and particularly daily attacks of indigestion are bad things. They keep the stomach tissues congested, perhaps bordering on inflammation. They prepare the way for ulcer of the stomach, possibly something worse.

More than anything else, indigestion is due to faulty personal habits. When once you come to believe that ill health is really a fault, or due to a fault, it won't be passed over so kindly and sympathetically.

We are given to feeling sorry for sick folks and, of course, it is natural and right to take this attitude. But we wouldn't feel quite so sorry if we became convinced that the given illness is due to the wilful neglect of the victim.

Almost invariably indigestion is due to wrong eating. Eating too much of the right thing, or eating the wrong thing, or eating too frequently, or not eating enough—there are plenty of causes for indigestion. Each cause you see relates to an improper eating practice.

It is a common thing to rush to the castor-oil bottle or take a big dose of salts. The idea is that the indigestion will be cured by overcoming the constipation, the theory being that the state of the bowels is the cause of the trouble.

The difficulty about this is, that the constipation is not the cause of indigestion. On the contrary, it is the effect. It is merely one of the symptoms.

When I started this article I had intended to discuss ulcer of the stomach. What I have said will apply to that serious disturbance. You cannot get ulcer in a perfectly healthy stomach. You cannot have a perfectly healthy stomach if it is constantly disturbed by attacks of indigestion.

Well-nourished people who get an abundance of fresh air, sunlight and exercise, who sleep plenty and keep happy will never have stomach ulcers. They cannot be well nourished if they have indigestion all the time, so we get back to the necessity for right eating habits.

The greatest fault of Americans is that they eat too much. That must be stopped if we are not to deteriorate as a race. Temperance in eating should be the first rule.

Find out how to "balance" a meal. What would you think of a transcontinental railroad which undertook to drive a train across North America without changing engines? If you had plenty of time it might be done, but I venture to say it would require two or three weeks to make the trip. One time I crossed from Chicago to the Pacific Coast and, if I remember correctly, we changed engines twenty-four times. There was a strike on the road and the engines were in bad condition. A few hours would put the imperfectly repaired machine out of business.

There must be intervals for cooling off, for oiling and the making of minor repairs. Without them, the engine becomes so seriously out of order that it cannot proceed at all.

These intervals in the use of a machine compare with the periods of rest and sleep required in the life of a living machine. Without the restoration and repair accomplished by these restful periods, there could be no continued activity on the part of the strongest of men and women.

The nervous system is a delicate and complicated mechanism. It is far more sensitive, more liable to get out of order and more susceptible to serious disturbance than any machine made by man. It should be as well treated, certainly, as a railroad locomotive.

For myself I know that I must have sleep. I can get along without food, but without abundant sleep my work becomes unsatisfactory to me. Of course I can speak for nobody else, but for me I know I must have plenty of sleep if I am to do my best work.

Just how many hours of sleep you need depends on your particular make-up. Napoleon got along with five hours or less, but most of us require much more. The average grown person needs about eight hours. Children must have more.

The sleeping room should be dark, quiet, cool and well aired. The bed covering should be just enough to furnish comfort. If it is too heavy the sleep is restless and unrefreshing.

"Change of work is rest," is an old saying and a true one. Make it a point to get some recreation and a change from your usual duties. The tired part of your nervous system is being rested when you are using some other portion of it.

Sleep and rest are essential to your happiness. You cannot be successful in your undertakings and safe from the invasion of disease if you neglect them.

Infection dangers lie hidden in the summer scratch or slight bruise, according to the chairman, of a Red Cross first aid committee, and vacationers, especially, will take heed if they want to avoid the consequence attendant to septic poisoning, which is often fatal.

There are just four things to do: Apply a germ destroyer, apply a piece of sterile gauze folded into a bandage, wrap with a sterile gauze bandage and fasten it with adhesive plaster.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

—The pleasure of vacation days is very largely determined by the nature of the weather. Have you had anything like the following:

"Roasting!" cries the turkey;
"Chill!" says the sauce;
"Freezing!" means the ice cream;
"Mild!" calls the cheese across;
"Frosting!" the cake declares it;
"Clear!" vows the jelly bright;
"Pouring!" the coffee gurgles.
Now which do you think is right?

Crepe satin and crepe de chine are too useful and attractive to have their established place in the mode disputed, but these are about the only old favorites which appear. In fact, it is in the materials that one sees the greatest change in the mode. For one thing, if black velvet be expected, the season's supremacy lies not with the silks or velvets but with the woolsens. Tweeds for morning frocks, broadcloth, wool velour, cashmere, fur fabrics and allied materials have come back with a rush, nearly all informal frocks being made in these new woolsens as well as a great number of the formal ones.

Broadcloth would naturally return with the circular effects, for no other material so well stands the strain without eventual sagging. Brandt cleverly avoids any possible bulkiness which might result from the use of these heavy materials by making the foundation dress of crepe satin and applying to it in some original way the circular woolen overskirt and waist sections.

Tweed is the choice par excellence for sports and morning ensembles. Fitted neatly with flat seaming to avoid heaviness, it makes the plain morning frock with slight godet a fullness at the left; it appears in Beer's neatly tailored suit with its three-quarter length, semi-fitted jacket; it is omnipotent for the practical street ensemble in which flat fur collars and cuffs are worn over a sweater blouse of real or simulated sweater weave and with a tweed skirt—except in those cases when both lining and frock are of jersey. It is used in most separate coats whether intended for the street or for traveling.

Predictions have been freely made for some time that this is to be a velvet season, and so it is, as far as the limitations of velvet will permit it to be. The lovely material creates its own aura of luxurious leisure, so that it is only suitable for relatively elaborate costumes. For these, it and the new heavy satin are used exclusively. For afternoon gowns of distinction, for the extravagantly furred jacket suits, for the lively new afternoon ensembles with immense collars, cuffs and borders of fox, for evening gowns and for evening coats combined with lame, it fulfills its mission of elegance.

Printed velvets, be the pattern ever so minute, are more cosmopolitan in feeling and can be used, as they are used for less formal frocks and for less opulent afternoon ensembles in which the coat and frock match.

Laces in profusion, sheer lames, tulle, chiffon and some all-over beading done in one or two tones in bugles or round beads, are other materials used.

France gives unrestrained rein to her predilection for black this season. If it were not that browns in all tones, from blond and castor to tete de negre, are equally in vogue, the world would face a dreary winter. But with the help of the brown tones, a few light clear reds, a new plum-brown and a rich prune color, a charming bottle green and reseda green, perhaps the depressing dullness of winter days can be combated.

—It will be the wearin' of the green for the men this winter, according to the French fashion dictators who say that the favorite Irish tint is going to replace navy blue so long considered essential in every well-dressed man's wardrobe.

It will be a very dark bottle-green in most cases although grayish-green and the almond shade are not taboo.

Dinner-jackets will continue in midnight-blue as they have been all summer. Only one in every twenty now comes in black. The facing is black, either in plain satin or with a tiny stripe. A novelty is to have the waistcoat match the facing; in fact, it is often made of the same silk as the tie. For full dress, the waistcoats are in white pique, double-breasted, buttoning with one button covered with the same material.

The front of the short cuffs and tie are made of the same material as the waistcoat. Articles must match in every detail. The ensemble idea is just as necessary for the men as for the women.

Jeanne Lanvin, who is now busy making clothes for the head of the house as well as the ladies, is showing modernized McFarlanes for evening wear. The cape covers only the armholes and does not follow across the back as the old-fashioned coat did. It has a raglan back and the facings are of satin.

PREVENTS WINDOWS STICKING.
To make a sliding screen or a window sash move easily, rub a paraffin candle along the edge which is likely to bind. This is an effective lubricant that lasts a long time and is easily replenished. Dry soap may be used in this way.

—There are all sorts of inexpensive pasteboard cupboards on the market now. For shoes, stockings, hats and lingerie, that come in pretty colors and a variety of sizes. Any closet can be made far more convenient by the use of one or two.

—The perpendicular, slightly curved back is essential in the new and approved type of womanly beauty, according to Dr. Charles H. Wood, general chairman of the National Progressive Chiropractic Association. Modern science aided by exercise, manual labor and correct posture has done much to eliminate "sway back," he said.

—Subscribe for the Watchman.

FARM NOTES.

—Prepare the beds for fall bulbs now. Some bulbs should not be set until late next month but time will be saved by having the beds ready at planting time.

—When seed corn is selected in the field it is easy to recognize diseased plants. On the other hand, when seed ears are selected from the husked corn there is no way of knowing what kind of plants produced them, and make an effective selection.

—Look over apples grown this year to find what insects have caused damage so that plans for operations to control them next year can be made now. The fight against insect pests can be won only through eternal vigilance plus hard work.

—Poultry specialists of the Pennsylvania State College who have been judging exhibits at county fairs report that some of the best poultry displays they have seen this year have been where exhibits have been limited solely to residents of the county.

—One of the best ways to save hard-earned money on the farm is by protecting machinery from rust and ruin. Proper housing as soon as work permits will add years to the life of the machinery. Hardware and implement dealers can get along very well with normal replacement sales when farm folks take good care of their equipment.

—Putting corn in the silo is a sure way of getting rid of the dangerous corn borer. The insect needs air to live the same as other animals and the silo cuts off the supply of oxygen. Many of the borers also meet sudden death from the whirling knives of the cutter, and of course no borer could live in the fermentation through which the silage passes.

—While alfalfa is especially adapted to warm and semi-arid conditions, and can survive under conditions where nearly all other forage crops fail, it will produce even larger crops under humid conditions, such as those in this State, if its soil requirements are cared for properly. The only climatic handicap of the eastern grower is greater trouble with grass and weeds, and consequently shorter live stands.

—Attention of potato growers in the State has been called to the importance of spray nozzle adjustment more this year than ever before. In a Centre county field because of a mistake in planting there was a 40-inch space between two rows instead of 30 inches. The end of the spray boom hit this wide space all through the season so that the vines did not receive the direct force of the sprays. As a result, blight killed the vines which did not receive any spray except that which drifted and settled on them.

—Concrete fence posts will not rot or burn. They are uniform in size and shape and are easily set and lined up. They are a paying investment on the farm and an adornment on the home grounds.

The correct location or reinforcement in posts is very important. The rods are located near each corner, where the greatest tensile stresses occur, and from one-half to three-quarters of an inch from the surface to protect them against possible exposure. Reinforcement in the center of the post is useless. Quarter-inch round or square steel rods have proved most satisfactory for reinforcing line posts.

A false impression entertained by some is that almost any kind of scrap wire, even barbed fence wire, will serve for reinforcement.

—Budding is successfully used to improve apples, pears, peaches, plums, cherries and many other fruits.

Many farmers have young trees of one variety which they wish to change to another, or they have a few seedlings which they desire to produce fruit of named variety. Such results may be accomplished by performing the operation of budding at this time, Philadelphia County Agent Charles K. Halliwell points out. Budding may be done at any time from July to September, providing these two requirements are met: First, the bark of the stock must slip readily; and second, the buds on the current season's twigs must be mature.

Although the operation is simple, close attention must be paid to details. First, collect the bud sticks by cutting vigorous shoots of the present season from a tree of the desired variety. Cut off the leaves, allowing about half an inch of the stem to remain for convenience in handling. If seedlings not over two years of age are to be budded, the bud should be inserted as near the surface of the ground as possible but on older trees the work will have to be done on the young branches.

Buds inserted in one or two year old wood "stick" best; on older wood the percentage that grows is likely to be poor. Select a smooth place on the stock and make a vertical cut through the bark about an inch or slightly greater in length. Then make a horizontal incision at the top of this cut, thus forming a T. If necessary, the knife edge may be used to raise the corners of the bark, so that the bud will slip easily into place.

Next prepare the bud by inserting the knife about an inch below and cutting upward to about the same distance above. A thin piece of wood is thus removed along with the bud and a shield of bark. Insert this in the incision and force it well down, so that it lies against the stock and is entirely covered by the bark.

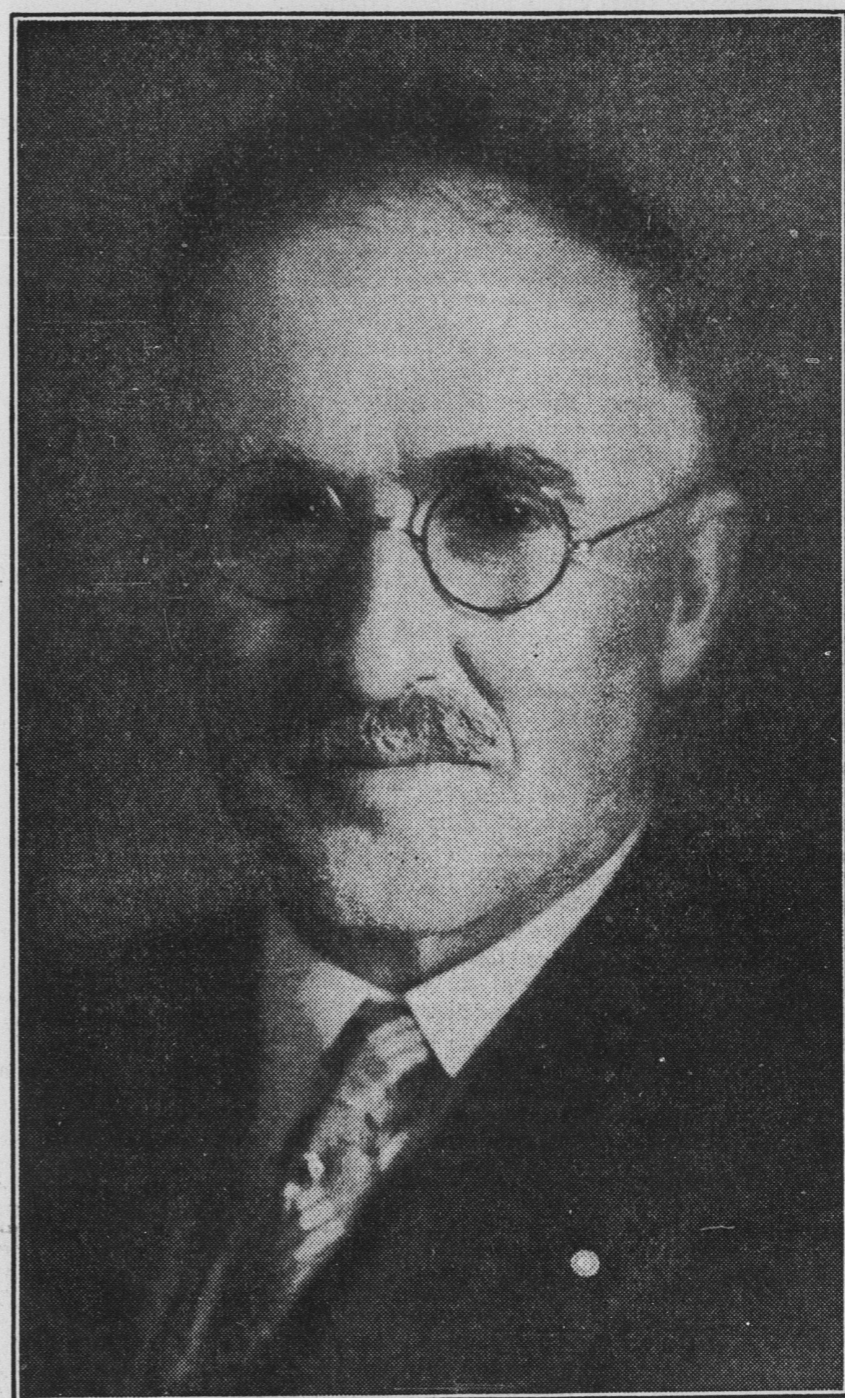
The next operation is lying. Raffia or light cotton string may be used. Make about three turns below the bud and then three above, and tie. Be sure to pull the string tight, so that the air cannot dry out the inner surface. After ten to fourteen days cut the string on the side opposite the bud. Next spring before growth starts, cut off the stock slightly above the T-shaped cut, and the bud will be forced into growth.

—The Watchman gives all the news while it is news.

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