

BYRON DIED FOR SLIM WAIST

That Lord Byron, famous English poet and romantic figure of more than a century ago, died at an early age because he insisted on keeping his waistline slim, is the claim of Sir James Crichton-Browne, diet expert. The young poet, according to Sir James, was threatened with becoming fat. Being one of the handsomest and most dashing-looking personages of that day, as well as of history, he looked with dismay on the impending catastrophe. To maintain his attractiveness and particularly his slim waist line, of which he was somewhat vain, he existed for years on a daily diet consisting of one slice of bread, a few vegetables, a little white wine and some sugarless tea. To satisfy his hunger which was persistent, owing to the exceedingly active life he led, Byron resorted to tobacco and is said to have used it to excess when in a weakened condition.

The summer of 1823 was perhaps the most active period of his life. It was then that he sailed to Greece, plunged into the political chaos, and, with his influence and money, aided that country in its struggle for independence. Long hours of tension on little food exacted their toll. His health began to fail, and overtaken by a shower one day while on a long trip on horseback, the fever and rheumatism set in which caused his death.

Sir James warns modern emulators of Lord Byron of either sex, who are desirous of retaining their figures at all cost, against overdoing in the matter of diet. He points out, however, the greatly improved nutrition of the British population during the past fifty years, which he attributes mostly to foods preserved by canning. "Far from being unwholesome," the English dietitian states, "foods preserved by canning or otherwise, are largely responsible for the improved British nutrition."

Variety in the diet, offered by canned foods is probably one of the biggest factors in the improved British condition. Whereas fifty years ago, England was a land of roast beef and mutton, today fruit and vegetables grown in all parts of the world are scientifically canned and widely sold in England, just as they are in every other country. Even a diet, if it be a sensible one, has no dangers for the person who varies his foods with the almost unlimited choice of healthful, non-fattening vegetables and fruits now available in cans.

Pineapple, for example, one of the diet foods recommended by physicians because its natural fruit sugar is quickly converted into energy without adding fat and also because of its powerful digestive properties, was not generally known anywhere in the world twenty-five years ago. In England, it was grown in hot-houses for rich people. The "Smooth Cayenne" variety which Hawaii now gives the world in its finest form at everyman's price, was developed, in Byron's time, only by English plant breeders at the Royal Botanical Gardens in London.

When Sir James speaks of the wholesome properties of canned foods he refers to foods as they are canned in modern sanitary canneries in such a way as to retain the health-giving properties of the raw foods. Under home-cooking methods, of necessity slower and less scientific than canner-cooking methods, some of the valuable vitamins—more or less volatile by nature—are apt to escape. It is practically impossible, also, to handle foods at home in the strictly sanitary way in which they are handled in a modern cannery.

Most canned foods are never touched by human hands. When some special process is necessary the workers in canneries wear rubber gloves. Automatic machines do the washing and cleaning. The tomato is an excellent example of healthful food scientifically canned. As tomatoes are brought by farmers to the cannery they go into a receiving tank and are washed. They are then scalded sufficiently to loosen the skin but not so long that the pulp and flesh become softened. The scalding is accomplished by conveying the tomatoes through boiling water or live steam. As they emerge from the scalding they are subjected to sprays of cold water or are immersed in cold water to check further cooking and crack the skins. After peeling, they are fed into a machine which fills thousands of cans hourly. From this machine, the cans march on to be exhausted and sealed.

Forecast Big Turkey Supply.

The 1928 turkey crop in the leading producing States is about 4 per cent. larger than the 1927 crop, according to the Federal State Crop Reporting Service, Pennsylvania Department of Agriculture.

The greatest increase this year is in the western States, particularly in Washington, Oregon and California. This is attributed in part to the development of commercial hatching and the sale of day old poults.

The North Centre States also show an increase in production while the Southern States have a noticeable reduction.

The Pennsylvania crop is reported as 98 per cent. of the 1927 production, with the birds in fairly good condition.

"Weather conditions on the whole were more favorable to turkey production this year than last in all areas," the report states, "except the South, although excessive rain and coolness of weather in June caused considerable losses in many sections. With feed supplies plentiful and relatively cheap, the conditions of the crop by the end of November should be average or better, if the weather continues favorable."

Used Car Salesman:—"Well, what's the matter with the car you bought from us a week ago?"

The Stung One:—"Well, every part of it makes a noise except the horn."

—America's Humor.

—Subscribe for the Watchman.

THANKSGIVING PROCLAIMED.

President Coolidge issued his annual Thanksgiving proclamation today, setting aside Thursday, Nov. 29, as a day of "general thanksgiving and prayer."

The President called attention to peace and tranquility and the prosperity now evident in America.

The next follows: "The season again approaches when it has been the custom for generations to set apart a day of thanksgiving for the blessings which the Giver of all good and perfect gifts has bestowed upon us during the year. It is most becoming that we should do this, for the goodness and mercy of God which have followed us through the year deserve our grateful recognition and acknowledgment."

"Through His divine favor, peace and tranquility have reigned throughout the land; He has protected our country as a whole against pestilence and disaster and has directed us to the ways of national prosperity. Our fields have been abundantly productive; our industries have flourished; our commerce has increased; wages have been lucrative, and comfort and contentment have followed the undisturbed pursuit of honest toil as we have prospered in material things, so have we also grown and expanded in things spiritual. Through divine inspiration we have enlarged our charities and our missions; we have been imbued with high ideals which operated for the benefit of the world and the promotion of the brotherhood of man to peace and good will."

"Wherefore, I, Calvin Coolidge, President of the United States, do hereby set apart Thursday, the 29th day of November next, as a day of general thanksgiving and prayer, and I recommend that on that day the people shall cease from their daily work, and in their homes, and in their accustomed places of worship, devoutly give thanks to the Almighty for the many and great blessings they have received, and seek His guidance that they may deserve a continuance of His favor."

Autoists Pay Billion in 10-Year Excise Tax.

Since 1918 automobile owners have paid into the federal treasury a total of \$1,100,000,000 in excise taxes on automobiles and parts, the American Automobile association reported today.

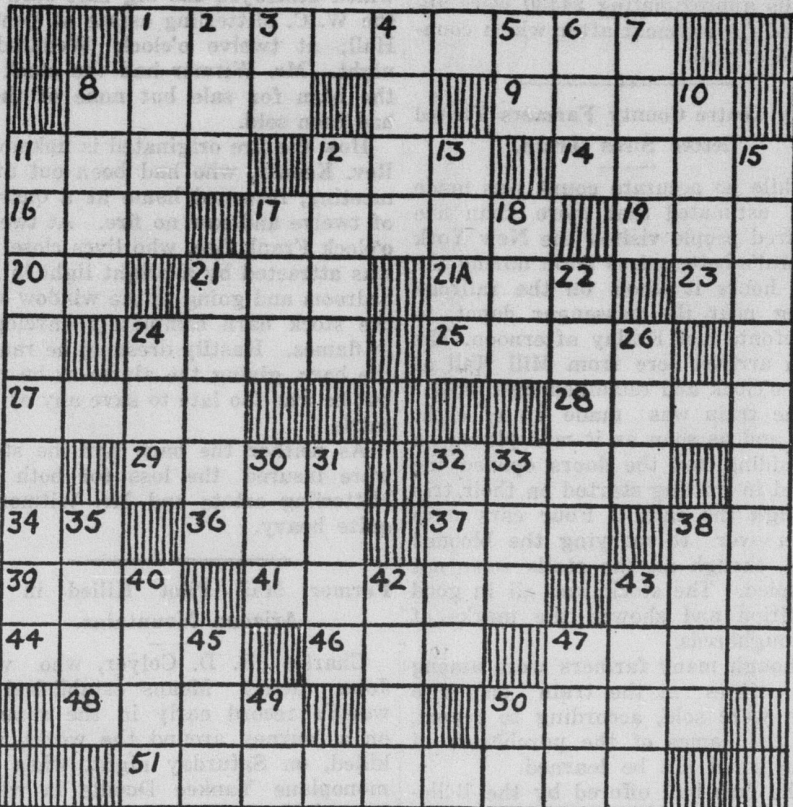
The federal government's part in the road building program since 1918 has been \$613,000,000. The government's share in the mileage now under construction will be \$108,748,746. The A. A. A. is urging the application of all automobile taxes to the federal road building program by the federal government, on the theory that good roads bring national prosperity and argues that the government still "owes" motorists \$500,000,000 worth of good roads.

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HOW TO SOLVE A CROSS-WORD PUZZLE

When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

CROSS-WORD PUZZLE No. 1.



(© 1928, Western Newspaper Union.)

Horizontal.

- 1—To figure out
- 2—Gambling game
- 3—Polite diplomacy
- 11—The flat of the hand
- 12—Number of years
- 14—God of thunder (Norse myth)
- 16—Shoemaker's tool
- 17—Rows
- 19—To be indebted to
- 20—Preposition
- 21—Battle
- 21A—Cereal
- 23—South America (abbr.)
- 24—Jokes
- 25—Heavenly body
- 27—A particle indicating the second member of a comparison
- 28—An equal
- 29—To halt
- 32—Wild plant
- 34—Negative
- 36—To bring suit
- 37—Auditory organ
- 38—Preposition
- 39—An opening
- 41—To talk about
- 42—Two-wheeled vehicle
- 44—A pace
- 46—Sailor
- 47—Wan
- 48—To close
- 50—Metal cans
- 51—Any toy

Vertical.

- 1—To shout
- 2—Limb
- 3—Behold!
- 4—To encourage
- 5—Preposition
- 6—To make a certain kind of lace
- 7—A reverberation
- 8—A young deer
- 10—Puls
- 11—Pictures
- 12—Songs
- 13—God of love
- 15—To set in place again
- 17—Small direction card
- 18—Occupied a chair
- 21—Needs
- 22—A candle
- 24—Aeriform fluid
- 26—Vermillion
- 30—Preposition
- 31—Saucy
- 32—To erode
- 33—To consume
- 35—Kind of cereal
- 38—Lubricates
- 40—To look furtively
- 42—A point of compass
- 44—A mob
- 45—Companion
- 47—Pointed piece of wire
- 49—Southern state (abbr.)
- 50—Note of scale
- 51—Any toy

Solution will appear in next issue.

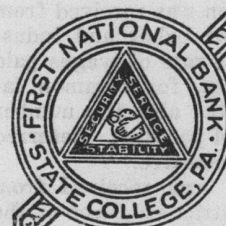
New Subjects for Conversation

Now that the Election is over we shall have to find new subjects for conversation — get down to real business.

Let us talk about saving something each year and begin to do it now. This is the one safe rule that leads to material success.

The man who does not save is doomed to failure.

The First National Bank
BELLEFONTE, PA.



Things of Value

Things of value if kept at home are in constant risk of fire and theft. Better put them in our Safe Deposit Vault where for the small sum of \$2.00 and up per year you can rent a Private Lock Box.

THE FIRST NATIONAL BANK
STATE COLLEGE, PA.
MEMBER FEDERAL RESERVE SYSTEM

Important!

The present PREMIUM OFFER, in connection with the purchase of Direct Action Ranges, expires on November 30th. It is important that those who have purchased Direct Action Ranges, and have not yet selected their premium, do so without delay.

DRAWINGS, both at Bellefonte and State College, for the ELECTROLUX REFRIGERATORS to be given away FREE, will be held at the respective Central Pennsylvania Gas Company's offices, on Saturday, December 1st, at 8 p. m. Those who are entitled to tickets for either of these FREE DRAWINGS, and have not yet secured them, should do so at once, in order to participate in this OFFER.

Work has progressed in such a satisfactory manner, that we will be able to furnish you with gas service in time to COOK THAT THANKSGIVING TURKEY WITH GAS. Why not make arrangements NOW to be a First User?

CENTRAL PENNSYLVANIA GAS COMPANY

At \$22.50

The most wonderful Men's and Young Men's Suits we have ever shown.

Suits that are regularly sold at \$32.50 to \$35.00. The materials are strictly all wool and the tailoring all handwork. They are in every new and popular color and material—blues, greys, tans, brown and the new Oxford.

They should be seen to be appreciated.

See them,—you will marvel at the wonderful values, the low price.—a positive saving of not less than \$10.00

Do you think it worth while?

JAUBLE'S