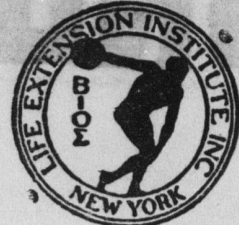


Your Health,

The First Concern.



FOOD

You need fuel food just as an engine needs coal or gasoline. Bread and butter, cereals, fats and sugars are chiefly fuel foods.

You need fuel food just as an engine or an automobile needs repair materials. Milk, meat, fish, eggs, poultry, cheese, green peas and beans give repair material, as well as fuel.

You need regulating food just as an engine or automobile needs lubricating oil, distilled water, water for the cooler, charging of the battery, etc. Regulating foods are milk, fruit, green vegetables and water. You need some every day, also some hard and crusty food, some raw and some bulky fruit and vegetable foods to give your teeth exercise and keep your bowels regular. The average well person should drink 6 glasses of water (or fluid) every day, (three of them between meals). Warm weather or warm work will of course make a larger intake necessary. If salt is eaten too freely an unnatural desire for fluid is created.

Your chief need is fuel food. Your least need is repair food. Eat meat, fish, poultry, eggs or cheese once a day in moderate quantity.

Eat sufficient cereals and bread and butter to keep up your weight. Do not hurry at your meals. Chew and taste your food thoroughly until it slides into your stomach.

CONSTIPATION

Do not use pills, mineral waters or purgatives. Diet should be the mainstay in bowel regulation.

Eat freely of whole cereals, oatmeal, whole wheat, graham or bran bread, fruits and bulky vegetables, such as lettuce, spinach, cabbage, sprouts, carrots, turnips, onions, apples, prunes, dates, figs; also orange juice and lemon juice.

Constipation will usually disappear if you follow this program every day: On rising in morning: 1 or 2 glasses of water.

A few minutes of wild body bending and twisting exercises.

At breakfast: Fruit or fruit juice, cereal with 2 tablespoonfuls of bran or bran muffins.

Soon after breakfast: A bowel movement.

During the day: 4 more glasses of water or milk (2 between meals). Three portions of bulky vegetables and fruit.

If this program is not effective, supplement it with harmless aids: Agar-Agar (Japanese seaweed) is a good bowel regulator and is not a drug. (A teaspoonful three times a day, in milk, cereal or other foods.)

Plantago-psyllium seeds are more effective than agar-agar and act similarly without drug effect. (Teaspoonful once daily.) Mineral oil is serviceable for temporary use in obstinate cases and also has no drug effect.

TEETH AND TONSILS

Many serious diseases come from infection in mouth and tonsils and throat and nose.

Keep the teeth clean. Brush them thoroughly night and morning. Use a little lemon juice and water as a mouth wash. Pure soap is a good dentifrice.

Visit the dentist or dental clinic every three months. Do not wait for a toothache.

Do not let decayed roots remain in your mouth. Have them pulled without delay. They may cost you your life.

If your mouth is full of gold work and fillings or caps, have your teeth examined by X-ray. If found infected, removal is usually the best course, especially if you have rheumatism or other chronic trouble.

Infected tonsils also may cause rheumatism and organic changes.

EYES

If you have headaches, have your eyes examined by a physician or oculist.

Eye strain may break down your health. Wear glasses if they are needed and save brain and nervous system from strain.

EXERCISE

Get as much exercise in the open air as possible every day—at least an hour.

Even if active at your work, do setting up exercises night and morning for 10 to 15 minutes, to make you straight and strong and well developed. The exercises which require body bending and twisting are especially helpful in strengthening the abdominal muscles and stimulating bowel action.

OVERWEIGHT

Do not allow yourself to gain weight gradually and become fat after you have passed 30 or 35 years.

Keep your weight after that age, from five to ten pounds under the average, or near your ideal weight.

If you are gaining, cut down the fuel foods, bread and butter, cereals, sugar and fats—and eat instead more green vegetables and fruits.

UNDERWEIGHT

If you are thin and pale and losing weight, be carefully examined for lung trouble. Eat freely of bread and butter, egg yolks, cereals, milk and cream, but also of green vegetables and fruit. Sleep out of doors. Get plenty of fresh air. Breathe deeply.

PREVENTION OF COLDS Prevent constipation.

The new Ford has a very simple and effective lubrication system



THE lubrication system for the engine of the new Ford is as simple in principle as water running down-hill.

A gear pump in the bottom of the oil pan raises the oil to the valve chamber reservoir. From here it flows on to the main crankshaft bearings and the front camshaft bearing. Overflow oil drops into the oil pan tray and runs into troughs through which the connecting rods pass.

As the ends of these rods strike the oil they scoop up a supply for the connecting rod bearing. At the same time they set up a fine spray that lubricates the pistons and other moving parts.

From the tray the oil runs into the bottom of the pan, and is again drawn up through a fine mesh screen and pumped to the valve chamber.

This system is so effective that the five-quart contents of the oil pan pass through the pump twice in every mile when you are traveling at only 30 miles an hour. Yet there is only one movable part—the oil pump.

As a matter of fact, the lubrication system for the new Ford is so simple in design and so carefully made that it requires practically no service attention.

There is just one thing for you to do, but it is a very important thing... watch the oil! Change the oil every 500 miles and be sure the indicator rod never registers below low (L).

If the oil level is allowed to fall below low, the supply becomes insufficient to oil all parts as they should be oiled.

To insure best performance it is also advisable to have the chassis of your car lubricated every 500 miles. This has been made easy in the new Ford through the use of the high pressure grease gun system.

Proper oiling and greasing mean so much to the life of your car that they should not be neglected or carelessly done.

See your Ford dealer regularly. He is especially well-fitted to lubricate the new Ford and he will do a good, thorough job at a fair price.



FORD MOTOR COMPANY

Avoid alcohol and tobacco. Train your skin to resist drafts and changes in temperature by cool bathing and cold sponging of neck and chest. Use a mild method oil spray in nose at first sign of a cold. Take frequent doses (level teaspoonful) of baking soda in water. Take a hot foot-bath, drink hot lemonade, or hot flaxseed tea, and go to bed and perspire freely. Take no alcohol or "cold cures."

Home Manufacture of Wines and Beers and Liquors.

More than \$600,000,000 a year is expended by the American people in the purchase of materials for making intoxicating liquors at home, according to a story by John T. Flynn in "Collier's Weekly."

The writer, after an extensive examination of the various articles used for producing beer, wine and whiskey in the American cellar and kitchen, presents these figures: About \$136,000,000 a year is spent for home made beer, \$220,000,000 for wine, \$100,000,000 for hard liquor and about \$50,000,000 a year for the machinery and apparatus for brewing and distilling. Add to this another \$100,000,000 for carbonated beverages and other drinks. These sums do not include the impressive sums—far larger—paid to bootleggers. While the anti-prohibitionists do the drinking, much of the material for making the stuff comes from rock-ribbed dry States like California and Maine.

This business of supplying home brew ingredients is becoming one of the great industries of the country, according to Flynn.

No, Panama Hat Isn't from Panama at All.

One of life's little oddities is that the country which gives its name to the panama hat doesn't make the hat at all. And the panama isn't a straw hat, properly speaking.

The hats are made from the shredded leaves of a species of small palm which grows almost entirely in countries south of panama, Ecuador, Peru and Columbia are among the principal producers.

The long leaves are cut, dipped in boiling water and bleached before the women who weave them, begin work. The hat is not woven under water, as is commonly believed although water does play a part in the process. Usually the weavers begin work early in the morning, to keep the shreds from drying and to keep their fingers constantly damp, an essential factor in handling the strips. A weaver will spend as much as three weeks in making a single hat. However, the time is profitably spent since a genuine panama will sell for \$50 or more in its native land—and will cost much more before it reaches you.

AIR CHIEF REPORTS DROP IN PERSONNEL.

America's growing interest in flying was reflected in the report of General James E. Fehet, Chief of Air Corps to the Secretary of War.

The report indicated that there was no serious lack of anything in the Air Corps except of money and of vacancies in commissioning personnel to provide for advancement of junior officers to higher grades.

General Fehet reported steady decrease in the number of enlisted pilots and said this was primarily due to the better pay available to these men as civil flyers or pilots in other Government aviation agencies.

The lure of flight for college men was shown by the fact that approximately 70 per cent of cadets entering July 1 classes at primary flying schools were college graduates.

"The problem of increasing the commissioned personnel of the Air Corps," Fehet explained, "is not one of producing flying personnel but of providing sufficient appropriations to allow graduates of the Air Corps Advanced Flying School to be immediately commissioned as Second Lieutenants in the Regular Army upon graduation or placed upon active duty as Reserve Officers, subject only, insofar as numbers are concerned, to the limitations fixed by the annual increments set for July 24, 1927."

Fehet recommended that suitable grades of rank should be set aside or established for enlisted pilots in order to permit the Corps to retain the services of these men.

Applications for flying cadet appointments during the fiscal year ending June 30, 1928, greatly exceeded the number the year before and 3,830 applicants were authorized to take the examinations as compared with 1,063 the year before.

Air Corps flyers photographer 35,000 square miles of areas in various parts of the United States for the War Department and other Federal agencies.

A hint of what the passage of years has done to the trim-waisted youths who became American flyers during the War was given by Fehet when he said that pressure of business and failure to pass physical examinations had reduced the number of Air Corps Reserve officers capable of flying with tactical units from 3,000 to 7,000.

704,606 Subscribe to Christmas Fund.

Banks and trust companies under supervision of the State Department of Banking will distribute checks for approximately \$30,000,000 before Christmas to those who subscribe to the special saving fund. Reports made at the time of the last bank call showed 704,606 persons carrying Christmas saving accounts. The average accounts is estimated at between \$45 and \$50.

—Subscribe for the Watchman.

LUMBER? Oh, Yes! Call Bellefonte 432 W. R. Shope Lumber Co. Lumber, Sash, Doors, Millwork and Roofing

FARM NOTES.

—Leaves make a good mulch and protection to rose bushes and shrubs from damage by frost.

—Good feed and plenty of exercise this winter will aid the ewes to produce good lambs next spring.

—If manure is handled out and spread daily during the winter months it saves double work in the spring.

—Acres not needed for field crops, fruit, garden, or pasture should be growing that other essential farm product—wood.

—A good farm record book accurately kept will help a farmer to know his business. A farm without records is like a clock without hands. It may be running right but there is no way of knowing it.

—Before winter comes go over the woodiest parts of your young plantations and cut or tramp the weeds away from the trees so that they will not be carried to the ground when the weeds go down.

—There are two purposes for which the pruning shears and saw are used in the orchard; the first, both in time and importance, is to train the tree to the desired type of framework; the second, to maintain that framework in condition to produce the maximum amount of good quality fruit.

—During the long winter evenings time can be used profitably in the study of correspondence courses in agriculture and home economics. The Pennsylvania State College has free courses on a large number of subjects. A post card to the director of the correspondence courses at State College, Pa., will bring you the new catalog.

—The 1929 breeders should be selected now, say State College poultry specialists. Keep only those birds for breeders that have pale shanks and heels, are still laying, and have not molted up to the present time. Those birds should be up to breed weight, true to breed type, and free from disqualifications as described by the American Standard of Perfection.

—Competitive spirit is given a chance for expression in farm products show. The educational feature, however, is the chief value of such exhibitions. The display shows the exhibitor how his products compare with the exhibits beside them. If the other fellow's are better it will stimulate the lower prize winner to do a little better the next year. Thus a valuable lesson is learned.

—Crop rotation is a farm practice which may be used by the farmer to increase the productivity of his soils as effectively as the use of manure or commercial fertilizers, says the United States Department of Agriculture. Furthermore, crop rotation is ordinarily practiced does not entail any extra cost. The extra yield due to this practice is therefore a profit that may be credited to the farmer's managerial ability.

—Deciduous trees may be transplanted any time during the dormant season, that is, from the time the leaves drop in the fall until just before growth starts in the spring. Where the conditions are not so favorable, it is better to set them in the fall and stored during the winter. Another way is to dig them in the fall and heel-in over winter. This is done by burying the trees in soil.

—The house cellar is a convenient place for vegetable storage. A dirt floor is preferable. The furnace cellar should be separated from the storage cellar by a concrete wall or a double wood partition. A window is needed for ventilation. An outside pit made by burying a barrel horizontally in the side of a bank, makes an ideal place for storing cabbage and root crops, and the unused hothed pit frequently can be used successfully for storing celery.

—For example, corn at the Missouri experiment station yielded 22.4 bushels per acre from cultivation alone. When corn was manured the yield was increased by 14.7 bushels, or to 37.1 bushels per acre; when it was grown in rotation with other crops the yield was increased by 15.1 bushels, or to 37.5 bushels per acre. However, when both manuring and rotation were practiced, the acre yield was increased by 25.3 or to a total of 47.7 bushels per acre.

—While rotations in different sections, in a given locality, or even on a single farm may differ, there are certain fundamental principles of crop rotation which have general application. These must be understood by the farmer if he is to put himself in a position to utilize the results that have been worked out by State experiment stations for his locality. The purpose of this bulletin is to acquaint

the farmer with the basic principles of crop rotation and to stress the importance of the practice, in relation to farming.

—Even more striking results than the above were recorded in trials at Urbana, Ill. In these experiments the use of fertilizers consisting of pulverized limestone, farm manure and phosphate, was compared with a rotation of corn, oats and clover. The average yield of corn obtained without the use of either rotation or fertilizers on this particular prairie soil in Illinois, was 23.4 bushels per acre. The grain effected by rotation alone was practically three times that obtained from the use of fertilizers and lime, or 27.3 bushels due to rotation and only 9.2 due to the fertilizers. The total increase from the use of both fertilizers and rotation was 44.2 bushels per acre, or 7.2 bushels greater than the sum of their separate increases.

A study of the long-continued soil fertility experiments of this country and of England, made by the department, has brought out some important facts about crop rotation in its relation to soil productivity. These are discussed in Farmers' Bulletin 1475-F, just issued. In general, crop rotation has been found to be practically 95 per cent as effective as farm manure or complete fertilizers in maintaining the yields of wheat, corn and oats, and about 90 per cent as effective as these fertilizers in increasing the yield of these three major crops. The beneficial effects of crop rotation do not impair the benefits derived from the use of fertilizers: so that when these two farm practices are combined the one practice adds to the benefits of the other.

Enormous Herds of Buffalo in Australia.

Most people will be surprised to learn that huge herds of wild buffalo roam the plains of the northern territory of Australia. These animals are not native to the country, and there appears to be a considerable diversity of opinion as to their origin. It is generally accepted, however, says Michael Terry, that when the military stations were created near Darwin, 1826, Timor bullocks were imported for domestic purposes.

The earliest English settlers who arrived to develop the country found the animals in considerable numbers and tried to tame them for domestic uses. Most of them, however, had become too wild for this, and so they were left alone, so far as the white man was concerned, for the next fifty years. The climate and other conditions, apparently, were ideal for their requirements; they multiplied in numbers and increased in size till you can now shoot enormous specimens.

It is estimated that there are at least 30,000 of them at large in the northern territory. Their horns—which have a spread up to ten feet from tip to tip—are as big as one's thigh at the butt and taper to pencil points at the extremities. The hide, an inch thick, will turn an ordinary bullet; the hunters use a 450 Martini with a short ball. With his formidable equipment of horns and hide and his powerful physique, it is easy to understand how the buffalo has been able not only to hold his own but to increase and multiply.

The black man with his spear can do nothing against him, says Mr. Terry, and so keeps at a respectful distance; the dingo, or wild dog, which hunts down domestic calves, dare not tackle him. Only a handful of professional hunters, in quest of hides make systematic war upon him.

2,066,511 Autoists Given Warnings.

Highway Patrolmen warned, without arrest, 2,066,511 motorists during 1928. At the end of October 1, 711,000 operators had been licensed by the Department of Highways during the year. Officials are wondering how many operators were warned twice or three times during the year, or whether the entire roll of operators was covered, along with a few thousand out-of-State motorists. In October 250,000 were warned.

Patrolmen covered 410,290 miles in regular patrols and made 1211 investigations of accidents and complaints. They also collected 52 bad checks which were issued to the bureau of motor vehicles in payment of licenses.

In examining new operators, the patrol passed 18,916 and 6390 failed to make a passing grade. During the year 187,339 new operators have been passed, while 58,533 failed. Many of those who failed tried again later and succeeded.

—Subscribe for the Watchman.

YOUR CHRISTMAS TURKEY

This is to call your attention to the fact that we have bought for hundreds of Christmas dinners the finest turkeys we could locate. We have them—plump and tender—in all weights, both gobblers and hens. We ask that you let us have your order as early as possible so that we can reserve for you the bird that will meet your needs.

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