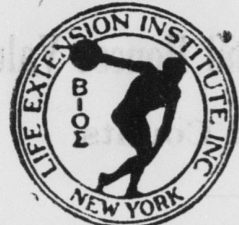


Your Health

The First Concern.



INFLUENZA THE WORLD PLAGUE.

There is perhaps no other disease which in modern times has wrought more havoc of human life than the disease commonly known as the "flu" or influenza.

Just now influenza is making its appearance in various widely separated parts of the United States and has already led to the suspension of several universities and threatens to become widespread throughout the country.

The tabulation of these reports also shows that 36 per cent of the minors who left school to engage in industrial employment have completed the work of the sixth grade, 29 per cent of the seventh grade, 27 per cent of the eighth grade and 8 per cent have completed at least one year's work in the high school.

These certificates and permits are all issued for minors between the ages of 14 and 16 years. General employment certificates are issued for those who wish to leave school permanently to engage in industrial employment.

Numerous observers have noted that the severity of the disease is very greatly lessened when the patient is kept continually in the open air. The greatest fatality has been noted where patients have been crowded together in badly ventilated wards.

Influenza is most likely to attack persons whose resistance is low. Lowered resistance may be the result of overwork, underfeeding, lack of sleep, worry or any depressing influence.

One of the best of all means of maintaining high resistance is light baths. Either natural sunlight or artificial light may be employed. At this season of the year sunlight is available only in southern portions of the country.

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lips become livid. Unfortunately it is generally customary to resort to oxygen only when the patient seems almost in extremis, thus using this remedy as a last resort.

MISCHIEVOUS PREACHER GETS DESERVED SET BACK.

With members of his former congregation aligned against him, the Rev. Elmo L. Bateman, deposed pastor of the Hilton Christian Church, of Maplewood, N. J., was found guilty of criminal libel last week by a jury in connection with his publication of a false fourth degree oath he attributed to the Knights of Columbus.

The trial required only the day to complete, and the jury, which received the case at 5 p. m., deliberated but twenty-five minutes. A recommendation for leniency was made.

Maximum penalty for the offense is a \$1000 fine, three years in prison, or both.

Action of the pastor in printing and circulating the bogus oath was in reality a part of the fanatic whispering campaign of the last presidential contest. The preacher, who was an opponent of Governor Al Smith, long has been identified with Ku Klux Klan activities.

After the election was over, Bateman was indicted, and two weeks ago, at a stormy meeting of his congregation, was ousted as pastor for having caused a "public scandal" and for "having placed the church property in jeopardy."

27260 Pupils Get Permits to Work.

Employment certificate reports submitted to the Department of Public Instruction by the various school districts of the State show that during the past school year 27,260 general employment certificates were issued for minors between the ages of 14 and 16 years who were engaged in industrial employment during school hours.

The line-up was as follows: Bellefonte Kelleher, R. F. Phillipsburg James; Whipper L. F. Lingle; Witmer Center Gearhart; Derstine R. G. Smith (Cap't); Confer L. G. Mildon.

Referee—Piper from Hollidaysburg.

Its a poor team that resorts to alibis, but Bellefonte was away out of their stride in the two games at Phillipsburg and Houtzdale.

Enormous Power of Resistance in a Barrel.

Nobody knows who invented the barrel. It has been used since time immemorial.

Barrels are used for all manner of articles, solid and liquid. There are barrels for holding sugar, salt, apples, potatoes and so on; for all sorts of oils, from the heaviest lubricants to the most volatile products of petroleum; for all sorts of beverages.

The barrel is smaller at its ends than it is in the middle, so that the wooden hoops, self-locking, may be driven on, tightening the staves and pressing the heads into the chine.

ADVICE TO STUDENTS.

(With apologies to Riley) You'd better mind your teachers And learn your lessons well Do all your outside reading, Make your reports sound swell, Keep your note books up-to-date, See Webster in doubt— Or a little test will get you

If You Don't Watch Out! —The Lore—

Bellefonte High Girls To Give Party.

The girls of the Household Arts department will give their annual party and dance on Friday evening, February 15. Arrangements are being made for Valentine decorations and refreshments that will carry out the color scheme.

The dances given by this department have always been classed among the most successful social events of the year, so the students of the high school may look forward to a delightful evening.

B. H. S. BASKET-BALLERS WIN ONE AND LOSE TWO.

Phillipsburg High school's fast basket ball team took defeat back over the mountain Friday, January 23. Failure to meet Bellefonte's final rally in the two extra periods was the cause of their defeat.

Several hundred fans assembled in the armory to see the game. Most of them were there at eight o'clock but referee Piper had trouble in reaching Bellefonte and the game was delayed until almost nine o'clock.

Witmer had trouble in the early minutes of the game. Montgomery, who replaced Witmer, also had trouble in touching the ball.

The first point of the game was made by Phillipsburg on a foul. Next, Phillipsburg got a field goal. Then, Whipper, who played his first game as a regular, broke through Phillipsburg's defense twice and each time placed the ball neatly through the basket.

At the end of the first extra period the game ended 33 all, each team getting a field goal and foul. In the next period, Whipper shot a field goal and Taylor shot a field goal and a foul and Phillipsburg shot two fouls. The game then ended with Bellefonte leading 33-35.

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Many shots were missed, that should have been made. The game played at Phillipsburg Friday night was a one sided affair. The score at half time was 13-4 in favor of the Phillipsburg dribblers with the Red and White trying in vain to score.

The Red and White passers tore into this game with a spirit that could not be beaten easily. They fought and played good offensive basketball, but much better defensive.

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The fourth and final period was the only period in which either team showed real basketball playing. Both teams fought hard and the last few minutes were filled with excitement, as the Bellefonte aggregation crept up within two points of their opponents.

The line-up was as follows: Bellefonte—Derstine, L. G., Confer, R. G., Montgomery, Center, Thal, L. F., and Whipper, R. F.

ANNIVERSARIES OF THE WEEK

- February 1—Screw steamship propeller patented, 1833. February 2—Candlemas Day. February 3—Ex-President Wilson died, 1924. February 4—First Confederate Congress, 1861. February 6—Aaron Burr born, 1820. February 7—First telephone message sent from New York to Chicago, 1892. February 8—General Sherman died, 1892. February 9—Weather Bureau established, 1891. February 10—Canada ceded to England by France, 1763. February 11—Thomas A. Edison born, 1847.

FOR AND ABOUT WOMEN.

Daily Thought.

THE DIFFICULTY. About my darling's lovely eyes I've made no end of verses; About her precious little mouth, Songs, with each voice rehearses; About my darling's little cheek, I write a splendid sonnet; And—if she only had a heart—I'd write an ode upon it.

It is time to plan for St. Valentine's Day, girls. Probably you have waited until now to do it, and you may have all sorts of schemes on foot for the celebration, but there are always some to whom an idea or so may not come amiss, and these are especially welcome if they are not expensive to carry out.

No doubt many of you who are connected with the Each and All Chapters—and I hope this may be the case with most of you—are wondering just how to conduct a little party for your own chapter on that day.

Hearts are trumps, of course—in fact, they are about the only suit that will serve for this day. Your decorations may have hearts of colored tissue paper prominent, and there are numerous other ways in which they will appear.

The hearts were hidden in all sorts of places—in the folds of the curtains, in the vases on the mantel, behind doors, in cupboards, under the cushions on the sofa, up-stairs, down-stairs and in my lady's chamber.

Another idea is a heart grab-bag. The bag may be made of silesia or any similar material, in the shape of a heart, and the prizes must all be hearts.

Water, and lots of it, is very important in dairy cattle feeding. Cows in milk should have water twice daily and it should not be ice cold.

Greenhouse men are starting the early cabbage plants. They can regulate their sowings better if you will give them your order now.

Garden arbors can often be used to screen out unsightly objects. These can be made easily now and set out later.

Have you started your farm account book? A farm business without records is like a clock without hands; you cannot tell whether it is gaining or losing.

Results obtained in 1928 show that chick losses can be reduced to a great extent on most farms if a definite program of sanitation is adopted.

From all indications now, between 500 and 600 Pennsylvania farmers will do some constructive cutting in their home woodlands this winter.

After the seed order arrives it is important to keep the seed in a dry place, where an even temperature is maintained.

CHICHESTER'S PILLS. After the seed order arrives it is important to keep the seed in a dry place, where an even temperature is maintained.

FARM NOTES.

—Another season of hatching baby chicks in gigantic incubators, where thousands of eggs are handled at one time, is getting under way in this Commonwealth, according to the Pennsylvania department of Agriculture.

Artificial incubation of eggs has been known to the Chinese and Japanese for thousands of years, the department points out in selling of the history of one of Pennsylvania's most recent industries. In ancient times, heating manure placed around so-called ovens provided the medium for hatching eggs.

The hatching of baby chicks is now one of the most important branches of the poultry industry in this State. One Pennsylvania hatchery alone produced more than a million chicks last year, and these were marketed in practically every State of the Union.

Of hatcheries co-operating in the survey, 267 reported an incubator capacity of 5,458,004 eggs, that is, the incubators would hold that many eggs if set full at one time.

Hatcheries numbering 244 set a total of 16,037,072 eggs last season. Settings were approximately three and a third times the incubator capacity.

From a total of 13,835,257 eggs set in 1928 by 236 hatcheries, 9,981,051 salable chicks—63 per cent of the eggs set—were hatched, the total number of chicks, according to reports from 213 hatcheries, being 102.8 per cent of the number hatched in 1927.

So important has the commercial chick hatchery become in the development of the poultry industry of the Commonwealth that the bureau of markets has well under way an "accredited hatchery plan" designed to improve the quality of baby chicks offered for sale.

Beef breeding cattle should have suitable protection and adequate feed. Breed cows must not only maintain themselves but also the unborn calves.

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Advertisement for West Penn Power Co. featuring 'two weeks of excellent light for the laundry costs but the price of a cake of laundry soap.' Includes a logo for 'WEST PENN POWER CO' and 'FOR BETTER LIVING USE ELECTRICITY'.

Advertisement for Scott's Emulsion for Grippe. Text: 'GRIPPE coughs, colds and other ailments leave a trail of weakness. SCOTT'S EMULSION is recognized everywhere by its power to nourish and restore the weakened system.'

Advertisement for Free Silk Hose Free. Text: '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.'

Advertisement for Employers This Interests You. Text: 'The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.'

Advertisement for Fine Job Printing. Text: 'A SPECIALTY at the WATCHMAN OFFICE. There is no style of work, from the cheapest "Dedger" to the finest BOOK WORK that we can set in the most satisfactory manner, and at prices consistent with the class of work. Call on or communicate with this office.'

Advertisement for Chichester's Pills. Text: 'CHICHESTER'S PILLS. After the seed order arrives it is important to keep the seed in a dry place, where an even temperature is maintained. Seeds will lose their germinating power and vitality very rapidly in a damp place where the temperature fluctuates. Dryness is more important than temperature, say State College vegetable specialists.'