

Your Health,

The First Concern.



About the question of sleeping and keeping children warm and covered in cold winter nights, there is much to be said.

Like everything else, it is up to our own good judgment, for homes are different, children are different, weather is different—and climate, too, plays a great part.

There exists a certain popular idea about hardening children. That is, not allowing them to become accustomed to too many bedclothes at night, and shoving up all the windows regardless of cold and wind.

I've seen parents do this who wouldn't have thought of sleeping in such rooms themselves. I have gone into bedrooms at night where there were sleeping children, when it was all I could do to endure the cold with my street wraps on.

The coldest days and nights of the year are ahead of us now. We face one or two months of our bitterest weather.

A wise mother is going to think this thing out now.

First of all, there should be plenty of warm, light bed-clothes. This is important. Heavy bed-clothes are not always warm, and they are never healthful. Blankets should be made of wool. Comforts may be cotton filled, but cotton is likely to lump in places, leaving other parts thin or entirely empty between the chintz covers. The ideal comfort is wool, or fleeced filled. Elderdown is ideal but very expensive.

Nightgowns should be loose and warm. For winter they should be made of soft, fleecy material, such as outing flannel or the flexible knitted fabrics made for the purpose. Ready-made sleeping garments with feet, for children, cannot well be improved upon.

For little babies, sleeping bags are very practical. These can be made of small blankets folded double and sewed up the sides. Snappers can be put at the top, covering the shoulders, allowing enough space for the head. This is better than a drawstring. There should be plenty of room to kick about inside the bag.

Blankets should be fastened to the bed if children toss. Tapes can be sewed on the corners and tied to the bars at the side.

The air of the room should be fresh and cold, but never bitter and never blowing on the bed or around the head. Attractive bedroom screens may be cheaply made by covering a clothes horse with cretonne. The sides and head of open beds should be lined.

There is something else to be remembered, however. Not all winter nights are bitter. You can't fix up a child for below-zero weather and expect him to be comfortable and a night registering 40 above. Don't keep him too hot on such nights.

This is where the question of judgment comes in. Consider your house, rooms, location of beds, and your climate. If you want your child to be well, give special attention to the way he sleeps.

Just because the wounds in the mouth heal so rapidly, people have come to take stock in the myth that after tooth extraction there need be no great amount of care, or indeed any thought, of the wound.

Any open place in the body tissues is an invitation to infection and any invitation to infection is a risky thing to permit. One can never be sure which kind of germ may be around to invade it. Tetanus and other germs do not advertise their presence and they are sometimes in the offing waiting for an opportunity to find a good place to multiply.

When a tooth is extracted, there is left a bleeding point in a more or less injured tissue. This is in a place too, in which there are naturally many germs. And if the infection, which makes it necessary to extract that tooth, has been of long standing, the tissues which have been built up to wall off the infection are broken and thus are not in condition to resist a violent onslaught of microbes. Great care should be taken to see that the mouth is kept clean after any tooth extraction. When a tooth has been extracted nature tries to close the wound with a blood clot and this blood clot should not be disturbed in cleaning the mouth for that would allow the germs to more easily gain entrance into the tissues.

If the tissues about a tooth have been swollen before the extraction, the swelling usually remains for a while after the operation. Cold applications, at half-hour intervals, reduce the swelling.

For excessive bleeding after extraction one can use astringent (puckering) mouth washes and pressure of tightly rolled cotton (the size of walnut) applied to the bleeding spot. Biting down on the roll of cotton applies the excess pressure necessary. Pressure should be applied for 10 minutes at a time and repeated if required. If this fails see the dentist.

Remember that tooth extraction is a surgical operation. There is always danger of infection. Due care should be taken that the injured part is kept clean and that one does not take cold. If the operation has been severe one should be quiet and rest for the next 24 hours.

Go back for inspection and for advice, particularly if unusual symptoms appear.

CITES LAWS FOR CARE OF CRIPPLED WARDS.

Dr. John A. Keith, superintendent of public instruction, urges school officials in all parts of the State to cooperate in caring for and educating crippled children in accordance with the program which has been outlined by previous Legislature.

The majority of such cases, Dr. Keith said, need special care and educational training to make them useful citizens.

The requirements as cited in the school code were summed up by Dr. Keith as follows:

1. Reporting to the district or county superintendent of all children between the ages of 8 and 16 who, because of apparent exceptional physical condition, are not being properly educated and trained.

Teachers, attendance officers, enumerators and secretaries of school boards are charged with the responsibility of reporting all such children.

2. County and district superintendents are required to submit to their several boards of school directors plans for establishing and maintaining special classes in the public school for the proper education and training of all such children.

3. It is made the duty of boards of directors of any district having such children "to provide and maintain, or to jointly provide and maintain, with neighboring districts, such special classes or schools." If there are less than ten such children in any district, or if for any other reason it is not feasible to provide special classes locally, the board of school directors shall secure proper education and training for such children outside the public schools of the district, or in special institutions, or by providing for teaching the children in their homes by a legally certified teacher, unless approved provision for the education of such child is made by the parents or guardian.

4. Reimbursement by the State is provided.

The State Council of Education is authorized to set up standards for such classes, and reports are required annually. The State Council of Education has set up standards for orthopedic classes—and for teachers of orthopedic classes.

Proof that Forests have Hygienic Value.

We hear much of the importance of the conservation of forests from an economic standpoint, but little is said of the hygienic value of forests.

Forests contribute to the general health by breaking the force of steadily blowing winds. They mitigate the heat of summer by the vast amount of evaporation from their leaves that occur by day. They also promote rainfalls. Thus they check the tendency of the earth to desiccate, which is almost as injurious to health as it is to vegetation.

Cholera often passes a wooded district and revels in a treeless one. A certain road in India leads for 60 miles through a dense forest. Farther on it runs for 90 miles through a barren plain. Hundreds of persons travel the entire road daily. Now, in the first or wooded section cases of cholera seldom occur, while within the latter it has been a frequent occurrence. One year cholera raged in Allahbad. Soldiers whose barracks were in the hill suffered most from the epidemic; those in barracks surrounded by four rows of trees much less; but not a single case was reported among the soldiers whose barracks were in the thicket. It was the same the next year.

Disabled Vets Numbers Steadily Increasing.

Need for assistance to ex-service men suffering mental disability as the result of war service will gradually increase for the next 18 years, when the peak is expected to be reached.

This estimate was made recently by Brigadier General Frank T. Hines, director of the Veterans' Bureau, who emphasized the necessity for the continuation, and in fact the increase, in relief activities for this class of disabled veterans' who present one of the most difficult problems facing the Bureau.

The American Red Cross and other organizations co-operating with the Bureau are anticipating increased demands on them for help each year until 1947, after which it is thought that the number of cases of this type will gradually decrease.

With its 3,000 chapters in the United States and its insular and foreign possessions, and through close co-operation from the State Department when the soldier's claims for assistance involve international problems the American Red Cross is already handling an average of more than 56,000 service and ex-service men's cases each month.

Fine 30 Who Sold Cold Storage Eggs.

Prosecutions for violating Pennsylvania food, fertilizer and feeding stuffs laws totaled 89 for January, 40 less than during the corresponding month a year ago, according to a report from the State Bureau of Foods and Chemistry.

Thirty prosecutions, more than one-third of the total for the month resulted from dealers selling cold storage eggs in violation of the law. Most of these violations occurred in Allegheny and Westmoreland counties.

Oysters sold by measure instead of by numerical count brought six other dealers into conflict with the law in the western and northern sections of the Commonwealth.

—Subscribe for the Watchman.

Fuel system of the new Ford has been designed for reliability and long service



The practical value of Ford simplicity of design is especially apparent in the fuel system.

The gasoline tank is built integral with the cowl and is unusually sturdy because it is made of heavy sheet steel,terne plated to prevent rust or corrosion. An additional factor of strength is the fact that it is composed of only two pieces, instead of three or four, and is electrically welded—not soldered.

Because of the location of the tank, the entire flow of gasoline is an even, natural flow—following the natural law of gravity. This is the simplest and most direct way of supplying gasoline to the carburetor without variations in pressure. The gasoline feed pipe of the new Ford is only 18 inches long and is easily accessible all the way.

The gasoline passes from the tank to the carburetor through a filter or sediment bulb mounted on the steel dash which separates the gasoline tank from the engine.

The carburetor is specially designed and has been built to deliver many thousands of miles of good service.



FORD MOTOR COMPANY

Airplanes Aid Alaska Travel.

The airplane is revolutionizing travel in Alaska, according to Governor George A. Parks of the territory.

The Governor, during a brief stop-over in Seattle before continuing north, said that Alaskan prospectors are fast forsaking the long trails, snowshoes and dog sledges in favor of the speedy and direct air course.

"Sourdoughs" who went out last fall in planes to search for treasure are preparing to return by the same route with reports of their discoveries.

Last year Alaskan pilots flew 250,000 miles without a fatal accident, Park said. One pilot has brought 70 people from outlying camps to the Fairbanks hospital for treatment.

The plane he declared, is out-distancing communications in the territory. Radio transmitting systems are now needed at outlying points to call planes on emergency cases.

Trapping and prospecting have been stimulated by the new means of transportation. According to Park, the greater part of last year's trap will be shipped by plane from the interior to the coast.

Prospectors, who previously refused to venture into the northern wilderness, took advantage of the \$20,000 appropriation made by the Legislature to pay traveling expenses with a limit of \$150 to each man and used the stake to go out by plane from cities in all parts of the territory.

As it is, many natives who have never seen automobiles or trains are now accustomed to the sight of planes and are rapidly becoming "air-minded." A long jump from the dog team to the modern air craft.

Dunning Cards Ruling is Given.

"Dunning" postal cards, billing the addressee for payment of an account past due are unmailable under American postal laws, unless they are enclosed in envelopes, says John F. Kennedy, assistant postmaster. The ruling is based on the following provisions:

All matter otherwise mailable by law, upon the envelopes or outside cover or wrapper of which, are any delineations, epithets, terms or lascivious, obscene, libelous, scurrilous, defamatory, or threatening character, or calculated by the terms or manner or style of display and obviously intended to reflect injuriously upon the character or conduct of another, may be written or printed, otherwise impressed or apparent, are hereby declared non-mailable matter and shall not be conveyed in the mails nor delivered from any post-office nor by any letter carrier, and shall be withdrawn from the mails under such regulation as the Postmaster General shall prescribe.

—Subscribe for the Watchman.

Since all adjustments are fixed except the needle valve and idler, there is practically nothing to get out of order.

The choke rod on the dash acts as a primer and also as a regulator of your gasoline mixture. The new hot spot manifold insures complete vaporization of the gasoline before it enters the combustion chamber of the engine.

As a matter of fact, the fuel system of the new Ford is so simple in design and so carefully made that it requires very little service attention.

The filter or sediment bulb should be cleaned at regular intervals and the carburetor screen removed and washed in gasoline. Occasionally the drain plug at the bottom of the carburetor should be removed and the carburetor drained for a few seconds.

Have your Ford dealer look after these important little details for you when you have the car oiled and greased. A thorough, periodic checking-up costs little, but it has a great deal to do with long life and continuously good performance.

Hints to Drivers.

When parking on a slippery spot where difficulty in getting away may be anticipated, get the right rear wheel close on the curb so the ball of the tire will obtain traction against the curb itself.

In cranking with the choke out before using the ignition be sure to press the choke button in again when ready to start the engine, otherwise the cylinders will flood with raw fuel.

A little dry snow on top of ice is especially hazardous, because it fills up the depressions in the tire treads and makes the tires less effective on the ice.

If you use salt to keep ice from forming on the windshield, be sure to wash off the hood and cowl carefully and watch for rust at joints and hinges.

A car is always more apt to skid on a curve if the brakes are applied or the engine accelerated.

The wheels of some of the newer cars spin if the streets are slippery because of increased power under the hood. Keep the brakes partly on if you have trouble starting.

When the streets are slippery there will be no strain on the steering gear if the wheels are cut all the way to the left before pulling out of a parking space.

If the car doesn't tend to roll forward or backward when the brakes are released and it is standing on a slight grade, the indications are that the brakes drag.

Game Protectors Distribute Food.

Despite an unusually mild winter in many parts of the State, game protectors have found it necessary to distribute food for birds and animals because of the heavy sleet which remained unbroken. Special attention was paid to sections where there are wild turkeys.

Unless there are heavy snows as spring approaches, the protectors report that the present winter will be unusually mild because of the availability of game food.

A special bulletin on winter feeding of game has been prepared and distributed.

Connecticut Favors 35-Mile Speed Law.

A minimum speed limit of thirty-five miles an hour for all users of state highways is expected to be set early in the spring by the Connecticut state legislature. A bill compelling drivers to keep moving on the busy roads has been receiving favorable attention from the legislators.

Other highway safety devices include a bill compelling the State to paint all poles, fences and sheds bordering on the highways with white paint, and keep the paint renewed; and placing signal lights at every intersection along the highways.

MANY BEAR CUBS DESERTED BY MOTHERS.

Recent finding of numerous baby bears, seemingly only a few days old, in small depressions in the ground in open country in Pennsylvania mountains is puzzling game officials. Game refuge keepers have found a number of whimpering cubs in such situations lately, and only a few days ago a litter of three were found starved to death in a hollow in the ground in open country near the Pike-Monroe county line. Two of these were sent to headquarters for examination. In each case the cubs appeared to be only a few days or possibly a week or two old. All were approximately ten inches long and weighed from a pound to a pound and a half. Their bodies seemed to be well furred.

One of the cubs, weighing only twelve ounces, is being reared on a bottle by Game Refuge Keeper George H. Hunt, of Wyoming county, and has aroused considerable interest in that section. Nearly three hundred people have been to see the baby, some of them having traveled over fifty miles.

Abnormal food or weather conditions, or an instinctive ability of the mothers in anticipating danger of some sort may have led them to remove their young from the home den where the cubs are supposedly born during the mothers' winter sleep, game officials believe.

It is generally conceded by most authorities that the cubs are born during the mother's hibernation. It is possible that during certain seasons, however, or due to causes of which we know nothing, they give birth to their young after they have emerged from their winter den.

The young bears found this winter apparently had been deliberately deserted by their mothers. There is the possibility that the mothers had been badly frightened by fire or other dangers and feared to return. The game commission has asked that an immediate report be made to their office at Harrisburg by anyone finding bear cubs during the coming months.

Crossing Toll in State 198 in Year.

Fatalities at steam railroad grade-crossings in Pennsylvania increased in 1928 despite the elimination of 100 crossings by the Public Service Commission, the Commission's bureau of accidents reported Saturday.

There was one less accident at grade crossings last year than in 1927, but thirty-four more persons were killed, the injury list bore forty-three fewer names. Accidents numbered 1109, fatalities 198, and injuries 624.

In 91 per cent of the accidents, automobiles were involved. Motor cars were driven into the side of trains in 187 cases. Twenty-one pedestrians were killed in crawling under gates closed at crossings. In six collisions between street cars and trains, only injuries were reported.

All classes of steam railway accidents were reported to the bureau in 1928 showed decreases over the preceding year. Only eight deaths are recorded as a result of purely railroad accidents, and three of these were pedestrians who stepped in front of trains from station platforms.

Advises Special Care for Winter Driving.

Newly licensed operators, or those driving in winter for the first time, should exercise extreme care in braking on icy pavements. Wilson C. Price, superintendent of the state highway patrol, warned today.

"Patrolmen have noted that many drivers, when compelled to stop or slow down suddenly on icy pavements, show a tendency to push the clutch pedal as well as the brake, with a resultant skid and often a smash-up. It is far better to forget the clutch and let the engine stall rather than chance a skid. Drivers, experienced or inexperienced, should touch their brakes as lightly as possible, putting them off and on, until the car is brought to a stop. By so doing they may avoid serious collisions and tragic accidents." Superintendent Price said. "Whether you step on the gas or step on the brakes, watch your step."

Cars Would Reach to California or Tags to Carolina.

All motor vehicles licensed in Pennsylvania during 1928 placed end to end would reach 4875 miles, the equivalent of an endless line from the Capitol to the Rose Bowl in Pasadena, Calif., and back again.

Compared with the total improved mileage in the State, this gives each vehicle a cruising radius of less than a half mile, although each is entitled to a quarter-mile of dirt road on the system, in addition.

Pennsylvania issued 1,714,306 sets of license plates for motor vehicles in 1928. Tag manufacture consumed 1288 tons of special steel, requiring fifty-seven freight cars for transportation. Filling these tags in column form would create a stack 4.7 miles high, while end to end the tags would form an enameled steel ribbon linking the Capitol at Harrisburg with Raleigh, N. C.

3 Glasses Water Help Constipation

One glass of water is not enough—take three glasses one hour before breakfast. Much better results are obtained by adding a teaspoon of simple glycerin, saline compound (known as Adierika) to each glass.

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