

Your Health,

The First Concern.



THE DRAINAGE SYSTEM OF THE BODY.

In order to emphasize the great importance of keeping unobstructed and in a state of efficiency the drainage system of the body, Sir Arbuthnot Lane makes the following comparison: "In the human body we have a system of drainage which is practically identical with that in our houses. The stomach represents the pan of the closet, the loop of bowel immediately beyond it called the duodenum represents the trap beyond the pan, the small bowel the drainage scheme and the large bowel the cess-pool. "You can realize," he says, "that if the large bowel or cesspool filled with its decomposing contents loaded with foul organisms becomes over-filled, the contents of the small intestine will enter it with great difficulty and will collect in it and pull on the end of the duodenum which corresponds to the trap of the pan of the closet, will block it and obstruct its effluent. As it is an elastic tube it readily dilates and under the influence of excessive strain may tear open and ulcer. Again the food collects in the stomach or pan of the closet and its lining may also crack and form an ulcer. Also the organisms that are putrefying in the stagnant contents of the large bowel may readily extend with the dammed-up food material and produce poisonous changes in the food which is being digested there. In consequence of this contamination of the food by foul organisms the material carried by the circulation into the liver is so impregnated with organisms and these poisonous products that the liver is unable to destroy and convert them so that, as in the case of an overflow sieve, much runs over. The blood which circulates through the body and supplies every structure in it, produces degenerative changes in every tissue and these degenerations are called diseases."

MUNICIPAL PIGGERIES.

The appetite for pork is likely to be seriously impaired by reading an article by Howard F. Bronson, housing engineer of the Pennsylvania Health Department, says the Pennsylvania Medical Journal. "After reading the article we are completely sold on the abolition of the municipal piggery." The piggery method of the disposal of garbage is likely to prove more costly than a modern incinerator. The conditions are said to be usually so insanitary that it is doubtful whether garbage-fed pork is fit for food, as infection is so much prevalent in these animals. In the uncombed portion of the garbage, the conditions are the best possible for the breeding of flies, which, it should be remembered, are responsible for spreading twenty-one diseases.

SUGAR-SATURATED AMERICANS.

The average consumption of sugar in the United States has risen during the last fifty years from twenty-five to one hundred and six pounds—about a teaspoonful of sugar per day. In calling attention to the very high consumption of carbohydrates, particularly cane sugar, in this country Dr. Seale Harris states that one of its chief dangers is that such a diet is deficient in the protective foods containing vitamins, which increase resistance to disease, not only of the respiratory passages but of the stomach and intestines, that is appendicitis, gall-bladder disease, ulcers of the stomach and intestine and colitis. "Many sugar-saturated, vitamin-starved Americans," he says, "that is, those who live largely on white flour bread, white potatoes, white rice, lean meats, sugar-saturated coffee, and soft drinks with candy and meals, would seem to be susceptible to ulcer and other abdominal diseases in which infection lays a part."

All students of nutrition agree that the great fault in the diet of the average American family is the excessive use of vitamin-free carbohydrates. THE COMING GENERATION. The reason there is a generation of children with very little resisting power coming into the world is that they are built upon defective, porous foundations, says Doctor Dowd of Buffalo, speaking of the coming generation. Of the mothers of today he says: "Their bodies are deprived of nutriment by underfeeding so they will not become fat, tobacco is used, the smoke being inhaled, resulting in absorption of nicotine which acts most deleteriously on the nerve cells; but above all, and probably the most important, the candle is burned at both ends by turning night into day with parties, etc. Young women must be given to understand that ten per cent. of all babies born of smoking mothers die before the second year; that the same thing is one of the most important causes of high blood pressure (the nicotine irritates the vasomotor centers, that depriving themselves of sufficient nourishment so as to remain thin jeopardizes the lives of their coming children; that rest, especially sleep, is conducive to resisting power in the unborn baby; and that sunshine, not only for herself while carrying the baby, but later in life, is of the utmost importance."

MAD HILARY GETS HER MAN.

If the affair between Madelon Hilary and Benoni Ferris annoyed the gossiping guests of the Hilary-Ferris Hotel because they could get no reliable information as to its progress, its apparently stationary status annoyed Mad Hilary a lot more. Noni was the best pal in the world, always ready for anything—except lovemaking and he couldn't be tempted into that—when his duties as manager of the new hotel absorb him, and never falling to accord Mad the treatment she had always (heretofore) demanded. Sort of man-to-man stuff.

That man-to-man stuff was what she demanded from other men. From Noni she wanted something different, something tenderer, sweeter. In fact, Mad Hilary had just about decided to ask Benoni Ferris to marry her. A proposal from her wouldn't be the impertinence it might be from other girls. She wasn't asking Noni to feed and clothe and support her for life. Her father had just recently settled a very sizable fortune on her to marry where she chose. And Benoni Ferris was her whole-souled choice.

She was barely 17 when she began to prefer Noni to other men. And she had agreed, reluctantly, with her father that she ought to wait until she was 21 before considering seriously the matter of matrimony. But the four years of waiting had only clinched her decision that Noni was the only man in the world for her. Why shouldn't she tell him so? Hadn't her father laughingly told her to "go get him?"

Ten o'clock of a bright August morning, Noni wouldn't be free until 11. Slowly Mad got into her scanty blue bathing suit, and just as slowly she waded out into the lake. She was the only girl on the beach who disdained a bathing cap. But then she didn't need one. Her bright red hair was cropped as close as a boy's.

Out to the third of the rafts she swam, to the one with the high diving tower where she kept her daily rendezvous with Noni. Scrambling slowly aboard, she climbed to the highest platform and stretched out flat on her back to enjoy the caress of the August sun. If she married Noni, she'd always follow the sun she loved so much—to the new Hilary-Ferris Hotel on the western shore of Michigan for the summer season, and south to the Florida-Ferris Hotel to be opened in December for the winter. And always there would be horses to ride and boats to race and water to swim in—and Noni! What more could a girl ask?

If only Noni loved her! He was by her side as much as a business would permit, but he treated her always like a small brother who must be disciplined. Lazily waiting for Noni, she lay there in the sun, rather proud of her willingness to brush aside conventions and do the proposing herself at the very first opportunity. And she'd see to it that there was an opportunity very soon.

Voices. Some one was scrambling onto the float. A man and a girl. Murmurous voices that seemed all a piece of the peaceful morning. Murmurs no louder than the little slapping of waves against the float. Mad frowned on, until the feminine voice scooped in a slightly raised tone: "Madelon! She should have been named Jacquelin or Harlette, so she could call herself Jack or Harry!"

"Mad Hilary seems appropriate enough to me," said the man's voice. "She's so maddeningly impersonal!" "She's mad about the men all right," the girl went on in an intense tone. "If she likes a man, she runs after him and calmly tells him so—and scares the poor thing almost to death. She's got Noni Ferris ready to run at a moment's notice."

"Oh, I wouldn't say that," protested the man. "He seems to me to do all his running—after her." "It would be just like her to take advantage of its being leap year and propose to him," the girl went on. "And if she does, he's helpless. Her father put up the money to build Noni's hotels. Noni hadn't a cent. You knew that, didn't you? And Noni's wrapped up heart and soul in his hotels." "Well," continued Had's defender, "Noni could do a lot worse. And a lot of us would like to be in his shoes. She's—"

Then the voices faded away as the couple swam off toward the shore. Sentence by sentence she went over the girl's tirade—and the girl certainly had given a lot of attention to Mad Hilary's personal affairs!

How could they say she was mad about the men? That seemed an awfully unkind way to put it. She preferred the company of men, and her friends were all men. She rather gloried in her ability to meet men on their own grounds, to make friends of them, with never a note of lovemaking. Mad had never had a lover in all her 21 years, but she always was the heart of a little crowd of men. Mad about them? That was probably the way the women all saw it.

Why should she coyly hide her preference for men? She had nothing to be coy about! She had already selected her mate. All she wanted from other men was companionship and the most impersonal of friendship. Why shouldn't she tell a man that she liked him? They certainly seemed to like to be told.

And how could that girl know she intended to propose to Noni? Mad didn't know it herself until a few minutes ago. Sheer guesswork, all that, to be dismissed with the disdainful shrug reserved for most feminine logic. But the girl had said that Noni would be helpless to refuse, because her father had financed his plan for a chain of hotels. That did put a different face on the matter. Wouldn't she be taking an unfair advantage if she asked him outright to marry her? Mad rather made a fetish of fairness. Well, other means for showing Noni her feelings could be developed, even though Mad Hilary did hate indirect methods.

FARM NOTES.

—Milk clean cows with clean, dry hands.

—Cellars and well pits are poor places to keep cream.

—Because of high prices of dairy cows, many more heifer calves are being raised than normally.

—Cow testing eliminates the boarder cows, raises the average production of the herd and increases the profits from dairying.

—When one buys a herd sire he is buying half his milking herd of three years hence.

—Cream should be cooled immediately after skimming. Set cream in clean, cold water and stir to eliminate the animal heat.

—Cream should be delivered at the creamery three to four times a week or oftener. Less frequent delivery often means second grade cream. Cover cans of cream in transit to protect against heat, cold, and dust.

—Growing pigs by the use of ton litter methods prepares them for market early. The highest prices prevail prior to the time when the big run of hogs strikes the markets. Ton litters are fattened in six months of feeding.

—At this time seedling plants can be moved from the greenhouse to hotbeds. The gardener should also sow cabbage, lettuce, cauliflower, and other cool vegetables in hotbeds and start tomato, pepper, and egg plants in the greenhouse.

—This is the month when hardy trees, shrubs, vines, and herbaceous perennials are planted. Such work can be done before the spring rush begins on the farm.

—Oil sprays are best applied to peach and apple trees during the dormant period. Peaches should not be treated with spraying oils after the buds have started to break, but apple trees may be sprayed as late as when the buds are showing green.

—Disastrous results in the way of heavy losses of chicks are likely to follow when one overestimates brooder house capacity. It is a safe rule to allow a square foot of floor space to every three chicks. In fact, giving the chicks more room than this would be advantageous, especially in early season when chicks must be closely confined to the house.

—Now is a good time to plan for a suitable pen and yard for the herd bull. Bulls need exercise as well as good feed and care. No plan is as generally satisfactory as a large exercise yard connected with a suitable pen and the bull allowed to go in and out freely at all seasons of the year.

—Poor housing of farm hens during the winter plays a big part in keeping the production of the average Illinois hen down to about 50 eggs a year. It takes contented hens to keep the winter egg basket full and poultrymen who do not insure the contentment of their fowls are apt to get high egg production only during the natural laying season in the spring. It will be profitable for chicken raisers to spend money in repairing the old hen house.

—Making a dry mash palatable so that the laying flock will eat it in sufficient quantities is one of the problems of the farm flock keeper. That is one of the virtues of commercially mixed mash. The manufacturer has put various ingredients together that will not only produce eggs but that tastes good to the hens even though they are receiving a liberal grain ration. Putting in plenty of ground yellow corn and not overdoing the ground oats and bran portions helps make the mash more popular with the hens.

—Corn gluten feed when added to the mash makes it more palatable. In a recent bulletin of the Illinois experiment station, they also call attention to the fact that corn gluten feed increases palatability of mash.

—Cod liver oil is an important item in winter rations for poultry because it helps to maintain egg production, prevents lameness, and helps them to lay strong-shelled eggs. It contains vitamins A and D which promote growth and maintain vitality and disease resistance, says the State College of Agriculture at Ithaca, N. Y.

—Cod liver oil is essential to hens that are closely housed during winter. Vitamin D in the oil is a substitute for direct sunlight, according to poultrymen at the college, who say its use, therefore, is most desirable during winter and early spring when direct sunshine cannot be used or when little is available.

—This oil, which is the richest known source of these vitamins, is usually fed for its vitamin D; although vitamin A is present in the oil, it is not so important as vitamin D because yellow corn and leafy green feeds contain enough of vitamin A to meet the ordinary requirements of poultry.

—Poultrymen may use the cheaper grades of cod liver oil because they are less essential vitamins in the same quantity as in the other grades. In feeding cod liver oil during winter and early spring, add 1 per cent of oil to the dry mash portion of the poultry ration. Roughly, this is slightly more than one pint of cod liver oil to 100 pounds of mash. This quantity of oil in the mash will provide approximately one-half of 1 per cent of oil in the whole ration of grain and mash.

—Little pigs may be vaccinated against scours, if a veterinarian can be employed.

—Sheep should be protected from cold rains and cold-headed dogs. They are both dangerous.

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From his sanctum lead the tentacles of electric transmission and intensification of voice bidding to action. For weakened vision modern man prescribes telescopes, periscopes and microscopes as well as optical lenses. For the ears there are radio tubes, microphones and audion devices. For the sense of touch are provided callipers and other instruments of measurement more fine than the fingers of Jimmy Valentine.

And though the sense of smell is not aided mechanically, the smells themselves are intensified to the point where they are obnoxious and overpowering. One wonders, indeed, how men tolerate now the oily, irritating, suffocating vapors resulting from the combinations of thousands of motor car exhausts and the evaporation of the covering of oiled roads.

Muscles—except those of the heart and internal organs—are a well-nigh unnecessary attribute for modern man; the power of the machines makes brute strength merely a matter for exhibition and dramatic show.—Morris Fishbein in the Yale Review.

Real Estate Transfers.

Joseph McCulley to John H. McCulley, tract in Bellefonte; \$3,000.

Eleanor R. Gettig to John E. Sager, et ux, tract in Spring Twp.; \$1.

Harry E. Eckenroth, et ux, to Jacob Bullen, et ux, tract in Spring Twp.; \$1.

Joseph N. Winslow et al, to Laura Schenck, tract in Liberty Twp.; \$1,400.

Jeremiah N. Hoy, et al, to William A. Hoy, tract in State College; \$1,800.

Charles H. Mowery, et al, to Irvin Miller, tract in Haines Twp.; \$1,200.

Jeremiah N. Hoy, et al, to William A. Hoy, tract in State College; \$4,000.

Jeremiah N. Hoy, et al, to William A. Hoy, tract in State College; \$160.

Ellen M. Gentzel, et bar, to William P. Osman, et ux, tract in Gregg Twp.; \$600.

Jeannette R. Hafer, et bar, to Clara T. Bateson, tract in State College; \$1.

Clara T. Bateson to John Hafer, tract in State College; \$1.

George A. Bezilla, et ux, to Ernest E. Demi, tract in Philipsburg; \$11,500.

Ernest E. Demi, et ux, to George A. Bezilla, tract in Philipsburg; \$14,000.

Elizabeth G. Rothrock, et bar, to William P. Rothrock, et ux, tract in State College; \$1.

Frank P. Philips, et ux, to W. A. Reiber, tract in Potter Twp.; \$100.

Robert T. Hafer, et ux, to Jeannette R. Hafer, et bar, tract in State College; \$11,300.

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England's Oldest House

Minster abbey, in the Isle of Thanet, is said to be the oldest house in England. It is in the market by order of the trustees of the late Lord Conynnam, the fifth marquis. It is said to be a fine example of an Eleventh century Norman manor house, renovated about 1413, the house being built on the site of Edburgh's monastery of Saints Peter and Paul, founded early in the Eighth century and destroyed in the Ninth by the Danes. The building is specifically described in Domesday book as Thanet manor, and is said to have been the only manor in the island in Saxon times.

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