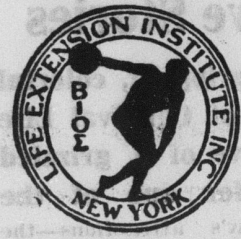


# Democratic Watchman

Bellefonte, Pa., March 22, 1929.

## Your Health,

The First Concern.



"The iron in fruits and vegetables is better absorbed and becomes more completely available for nutrition than the iron of the meats."

Dr. G. W. Wagner of Chicago states that:

1. Tomatoes are the richest of all foods in vitamins.

2. They are the richest of all vegetables in natural health acids, which keep the stomach and intestines in condition.

3. They are effective blood cleansers.

4. Tomatoes are corrective for the kidneys, helping them to wash any poisons that cause disease.

5. They are prescribed for diabetes and for Bright's disease.

The widespread use of tomato juice has brought an appreciation of the virtues of tomatoes to many people who had never before particularly cared for tomatoes as a food, and the reports have been particularly enlightening.

A survey of the field brings to attention instances of help in cases of dyspepsia, rheumatism, eye trouble, obesity, skin disease and ever so many other disorders, until the list looks like a patent medicine testimonial. It is said that truth is stranger than fiction, and thus we find a study of natural foods and of remedies stranger than that of any compounds or medicines.

"So much has been said and heard on the subject of the common cold that it has indeed become common in more senses than one. But the sad fact remains that thus far the very simple rules established for individual prevention appear to have been largely disregarded by many," said Dr. Theodore B. Appel, Secretary of Health.

"Consider, for example, the question of contact in the home. A family of five recently had colds at the same time. Investigation proved that the father returned from work one night, with a pronounced cold, and instead of limiting his greetings, as he should have done, to pleasant words he kissed his entire family and was especially active along this line with his infant son. The infant caught the father's cold and finally died of pneumonia, but not before all the others had made a fuss over it and thus contracted colds themselves."

"While an unfortunate case, this sort of thing is by no means unusual. As a matter of fact, this is happening in many a home where carelessness and thoughtlessness reign instead of common sense."

"People must be made to realize that when suffering from colds they are in a highly contagious condition, and being thus, every precaution should be exercised by them."

"Time was when vacations were only given consideration during the extremely hot months. And while a good measure of wisdom is to be found in this custom provided one has not been blistered by the sun or otherwise over-done because of extreme enthusiasm, there are other seasons for the annual sojourn that from a health-building viewpoint are just as good as is the mid-summer one," said Dr. Theodore B. Appel, Secretary of Health, today.

"Consider, for example, the late spring: All the world is awakening. The roads are not crowded with tourists and a smaller accident hazard therefore exists, the hostilities are able to accommodate the patrons, and the cool, bright days are thoroughly invigorating."

"Moreover, it is the time of year when the body with its lowered resistance due to the long winter responds to the health-giving benefits that are so bountifully bestowed at this season of the year. Indeed, the body-building possibilities are perhaps at their greatest at this time."

"It is safe to say that thousands of Pennsylvania's citizens would reap much more benefit from a sensibly planned out-door vacation in the early spring and summer months (as many thousands have done in the past) than if the same amount of time were used in the hot mid-summer when crowded conditions, excessive temperature and over-enthusiasm can quite neutralize the health benefits that should be one of the major considerations in any vacation program."

"While doubtless there are many who by force of circumstance are unable to get away except in the summer, there are still countless others who can plan and choose the time for their annual holiday."

"To those of the latter class the suggestion is made to try a spring vacation. Enjoy the health-giving air, ride the uncrowded highways and thus give that winter-tired body an unusually fine opportunity to develop the prime physical fitness that will carry it along for the months to follow."

"A vacation at any time of the year is good. But a spring vacation is filled with wonderful health developing possibilities. Try one if you are in a position to do so."

"Sun-mindedness is becoming extremely popular these days. One has but to peruse the advertising pages of the magazines, if any doubt exists. The virtues of the sun are there in eloquently and historically set forth," said Dr. Theodore B. Appel, Secretary of Health.

## COVERLESS BEDS

### FEATURE HOUSE.

Electrically heated, silk curtained beds set in walls, in which one sleeps without any clothing, and garage doors that open automatically in response to the honking of one's automobile horn are some of the new features of the home which Mr. and Mrs. Louis A. M. Phelan have just completed on Jackson Boulevard Road, four miles east of Elkart, Ind.

The home is believed to be the most modern in the midwest as far as new conveniences are concerned. It overlooks the St. Joseph River from a high bluff.

When one enters the bedroom only a dressing table and a chiffonier betrays the fact that it is a sleeping chamber. No beds are visible. Behind stout silk curtains however are berths in the walls.

One retires in these beds without pajamas or nighties and there are no blankets or sheets. The beds, or berths, are divided into two compartments—one for the body and one for the head. A specially devised curtain separates the two compartments.

The compartment for the body is heated by electric bulbs and the temperature is maintained around 90 degrees. The compartment for the head has outside ventilators to admit air for breathing and is kept at a much lower temperature.

Phelan contends that the human body breathes through the pores of the skin just as it does through the lungs and that therefore the body should not be hampered by clothing in the act of sleeping.

"This method of sleeping has not only proved practicable and healthful, but wonderful in building health," Phelan said.

The doors of the garage are equipped with electric motors which raise and lower them as desired. The motors are to be controlled by an automaton on which Phelan is now working. This automaton will synchronize with the horn, and when the horn honks the doors will automatically open.

"But what if another car happens to pass with a horn of similar sound," Phelan was asked.

"The automaton can be tuned to respond only to certain vibrations," Phelan answered.

The living room of the Phelan home furnishes another revelation. The ceiling is virtually an organ loft with a built in loud speaker whose measurements are 15 by 8 by 7 feet. Clear radio music comes floating down from this ceiling. This arrangement produces indirect tone flow such as might be secured in an orchestra hall.

The visitor to the Phelan home will discover other delightful and novel contraptions and gimmicks ranging from an interesting door bell that sounds the alarm without being pushed, to an electric self-illuminating clock.

## 'GOBBLER LAW' URGED FOR PENNSYLVANIA.

Representative Joseph Washington, of Cresson, Pa., who is president of the Cambria county sportsmen's association, has introduced legislation at Harrisburg to establish in Pennsylvania the so-called "gobbler law."

Designed as a conservation measure, its purpose is to perpetuate the wild turkey and augment in large measure the restocking of the forests by the game commission. Under the amendment to the game code offered by Mr. Washington, who is acting for the Wild Turkey conservation association with Johnstown as headquarters it will be legal to kill only a bearded turkey, the male of the species. It is claimed for the pending legislation that it will do for wild turkeys what the buck law did for deer.

In addition, it again brings into use the turkey call which has been prohibited for years. The turkey call will be needed, if the "gobbler law" passes, that hunters may bring the fowls within vision to determine sex. In the old days, turkey hunters prided themselves as much on the ability to deceive the turkey by the call as in the actual kill. Men who were boys when the turkey call was barred will recall their own efforts to acquire the art of imitating the wild gobbler.

The Johnstown organization sponsoring the bill sent letters to 630 sportsmen's organizations throughout the State and replies indicate almost unanimous sentiment for the "gobbler law" and endorsement of the idea that it will prove a real conservation measure, based upon the experience of other States having a similar law.

## SOMERSET MAN GIVES TALK ON TURKEY RAISING.

In an address recently before the Pennsylvania State Poultry association, R. W. Lohr, of Somerset county, told how he raised 1,000 turkeys on his farm last year. He secured 1,092 day old turkeys from reliable hatcheries, placed them in breeder houses in which a uniform temperature was maintained. He said he fed the little turkeys commercial baby chick feed and sour milk, changing gradually in a few weeks to growing mash and semi-solid buttermilk, with scratch grain.

He kept the turkeys off the ground during the first three weeks, then gave them the run of small yards in young clover, being careful to keep them in buildings unless the grass was dry. He changed yards every ten days to two weeks in order to give new pasture and prevent the yards from becoming filthy or contaminated. At the end of about ten weeks the turkeys were all placed together in one yard containing about 1-1/2 acres, enclosed by a fence four feet high. This yard also was changed from time to time.

The turkeys were fattened on corn and wheat, some weighing 25 pounds at Thanksgiving and others 30 pounds at Christmas.

—Subscribe for the Watchman.

## RATTLERS GET SCARCE

### AND MAY BE PROTECTED.

Catching rattlesnakes, like every other profession, is becoming crowded. Activity of professional hunters already has been noted in Pike county. This activity begins with the first warm days of spring. Perfection of the methods used has so depleted the Pike county annual crop that some residents are considering a petition to the Legislature to declare a closed season with the usual regulations. Taking of snakes with less than six rattlers is considered unsportsmanlike.

That summarizes a special report made to the Department of Forests and Waters by District Forester R. W. Stadden, of the Delaware Forest District.

Snaring rattlesnakes is not as hazardous as might first appear, Stadden reported. The snakes spend the winter in dens located among the many rock ledges of this section. They seem to prefer the ledges on southern slopes exposed to the sun. Also the snakes are commonly believed to enter and leave the dens through the same crevice. Zoological experts take advantage of this rattlesnake eccentricity and spend considerable time in early spring, locating these holes, before the snakes emerge. When the entrance is found, a short piece of three-inch pipe is driven into the opening and the adjacent crevices are blocked with loose rocks and dirt. A large burlap bag is then fastened to the end of the pipe. When the snakes emerge from the den they crawl through the pipe and fall into the burlap bag where they remain until collected. It is not unusual, Forester Stadden reported, to capture as many as fifty snakes from a single den.

## WEDDING GIFTS ONCE WERE LEGAL OBLIGATION.

By a wedding custom common in the British isles until the early part of the Nineteenth century, the couple sent out invitations in which presents were solicited from those who accepted the bidding. More strange, these solicited gifts were regarded in the light of debts to be paid back by the couple. Or, the eve of the wedding the groom received at his house presents of money, cheese, butter and cattle from his friends, and the bride received similar gifts at her house from her friends. An account of each gift and the giver was kept in writing by the clerk of the wedding and the presents then became debts, which in some cases were transferable or assignable to other persons. In other words these wedding gift-debts were repayable upon demand at any time, and upon refusal, recoverable at law.

It was in Scotland, however, where a wedding became a real business event. At their "penny weddings" of the last century the expense of the marriage was defrayed not by the couple or their friends, but by the guests, all of whom paid something or stayed away.

## ROADSIDE TRADE WANTS CHICKEN AND EGGS.

Exerting an effort to satisfy more fully the patrons of their roadside market, the owners of a large fruit farm in Allegheny county, have added poultry to the farm business. Many customers who bought fruit also asked for chickens and eggs.

According to H. H. Kaufman, assistant extension poultry specialist of the Pennsylvania State College, who has been giving the owners pointers in the poultry management, 1500 laying pullets will be kept for fall and winter egg production. White leghorns have been chosen. A new laying house will be built according to Penn State recommendations and the old laying houses will be remodeled into brooder houses also built with Penn State plans.

Five thousand chicks will be brooded at one time when the changes are completed.

## TEXAS WARS ON SNAKES.

Sheep and goat ranchers of the western section of Texas have declared relentless war on rattlesnakes, which take a heavy annual toll of herds grazing on the plains. In efforts to control, if not to exterminate the dangerous reptiles, the ranchers seek out rocky caverns where the rattlers hibernate during the cold period and when such hiding places are located, sticks of dynamite are set in convenient crevices and the varmints are blown up. Any reptiles that escape the blasts are speedily dispatched with bullets from six-shooters, or killed with clubs or forks—a process easy of accomplishment because of the torpid state of snakes in cold seasons. Stock raisers report that an appreciable decrease in the rattler population has resulted from the warfare being waged.

## CORNSTALK PAPER.

The Greenstalk Herald has established a new record by being the first newspaper in the world to be printed on cornstalk bond paper.

Although the Herald was the first publication to use cornstalk bond, it was not the first newspaper to employ cornstalk paper. A short time ago the Danville, Ill., Commercial News and the Prairie Farmer, farm magazine, printed editions on cornstalk paper and The Anderson Ind. Herald has announced that it will soon issue the first Sunday edition of any newspaper in the world on the new type paper.

The Herald sees big practical advantages in cornstalk paper.

## Modern Hotels in Paris Have American Names.

A feature of many of the modern style hotels which are springing up all over Paris is the American nomenclature given them. "Hotel des Etats-Unis," the "New York," "Washington" and such like are becoming more and more familiar.

## THE FIRST SINGER.

We heard a bluebird singing, the song was magic-sweet;

He swung upon the lilac, the snow was round his feet;

The wind blew roughly o'er him, the sky was steely-gray;

But yet he perched there, singing the chilling gloom away.

Brave traveler from the southland, perhaps you came too soon;

For ice still binds the streamlets, the sun is wan at noon;

The violets are sleeping close in their earthy bed,

And not a greening blade of grass has dared to show its head.

But, oh, we're glad to greet you, sweet harbinger of spring;

No sound was e'er so welcome as your gay caroling;

Courageous little songster upon the leafless spray,

A-singing and a-singing our weariness away!

—From March Farm Journal.

## NATIONAL GUARD CAVALRY TO BE REORGANIZED.

Orders have been issued for a complete reorganization of the cavalry units of the Pennsylvania National guard, effective April 1st, to make it conform with federal organization tables. In the reorganization Troop B, of Bellefonte, will become a cavalry organization and will be Troop L, of the 103rd regiment. Boal troop will remain a machine gun troop. The reorganization plan is as follows:

The 52nd Machine Gun Squadron and the 125th Engineer Battalion are disbanded under the new plan. The cavalry brigade will consist of the 103rd and 104th Regiments and a headquarters troop. The regiments will have three squadrons instead of two with three troops to a squadron. A machine gun troop will be attached to each regiment and the service troop discontinued.

The units to be discontinued are the headquarters detachments of the first and second squadrons, 103rd Cavalry; headquarters detachments of the first and second squadrons of the 104th Cavalry. The 52nd Machine Gun Squadron is disbanded, the members being distributed among the new troops.

The enlisted personnel of the units discontinued will be transferred by special orders to other units or honorably discharged.

The organization of the 103rd Cavalry follows:

Troops A, B, C, Philadelphia, remain unchanged.

Troop E remains unchanged at Sunbury; former Troop B of the 125th Engineers at New Castle becomes Troop F, and former Troop D becomes Troop G, at Lewisburg.

The former service troop becomes Troop I, at Philadelphia; former Troop B, 52nd Machine Gun Squadron, becomes Troop L, at Bellefonte; and former Troop F becomes Troop K, at Lock Haven.

Troop A, 52nd Machine Squadron, becomes a machine gun squadron attached to the 103rd Cavalry.

The organization of the 104th Cavalry will be as follows: Regimental headquarters, headquarters troop, and medical detachment, Harrisburg; machine gun troop, Lewisburg; band, Elizabethville.

First Squadron: Commanded by Major B. C. Jones, Tyrone; Troop A, at Clearfield; Troop B, at Tyrone; Troop C, at Altoona.

Second Squadron: Troop E, at Chambersburg; Troop F, at Carlisle; Troop G, at Waynesboro.

Third Squadron: Commanded by Major Samuel Fitting, Harrisburg; Troop I, Harrisburg (formerly Troop C); Troop K, of Harrisburg (formerly service troop), and Troop L, Punxsutawney (formerly Troop F).

The strength of each regiment under the new plan will be fifty-four officers and 795 men.

## FOOTBALL AT NIGHT IN COMING SEASON.

Night football will be given a rather thorough tryout in the mid-west in 1929.

While Notre Dame is the only large University in this territory to go in for the nocturnal pastime, several smaller schools have arranged one or two games to be played at night, under the glare of powerful lights.

Notre Dame plays Drake of Iowa at Soldier Field Chicago, November 9. The field accommodates more than 100,000 persons and a record-breaking crowd for the first night in Chicago, is expected.

Bradley college of Peoria, Ill., has scheduled two night games. St. Ambrose college of Davenport, Ia., will clash with Bradley at Peoria, October 18 and St. Victor college will play the Bradley eleven on the same field the following week.

## MIX NUT SANDWICHES.

Mix one cupful of finely chopped peanuts, one cupful walnut meats with two heaping teaspoonsful of mayonnaise dressing. Spread between buttered slices of brown bread.

## GETTING UP NIGHTS

For Bladder Relief is Nature's Dangler Signal. Columbus Minister's Wife Relates Experience.

Rev. W. H. Mitchell, No. 824 Park St., Columbus, Ohio says: "My wife was troubled seriously with bladder irritation until we used Lithiated buchu (Keller Formula). She would have to get up 6 to 8 times each night. Will gladly answer any letter."

Lithiated buchu acts on the bladder as epsom salts on the bowels. Drives out foreign matter and decreases excessive acidity, thereby relieving irritation. The tablets cost 2c. each at all drug stores. Keller Laboratory, Mechanicsburg, Ohio. Locally at C. M. Parrish, Druggist.

According to income-tax returns here are eighty Kansas millionaires—mostly oil and none agricultural.

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Sunday, March 24

**SPECIAL TRAIN**  
Leave Bellefonte..... 1:45 A.M.  
Arrive Altoona..... 3:15 A.M.  
" Johnstown..... 4:30 A.M.  
" Greensburg..... 5:30 A.M.  
" East Liberty..... 6:15 A.M.  
" Pittsburgh..... 6:35 A.M.

**RETURNING**  
Leave Pittsburgh..... 4:00 P.M.  
" East Liberty..... 4:12 P.M.  
" Greensburg..... 4:50 P.M.  
" Johnstown..... 5:50 P.M.  
" Altoona..... 7:10 P.M.

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**WASHINGTON**  
16-Day Excursion  
SATURDAY, MARCH 23  
FRIDAY, MARCH 28  
FRIDAY, JUNE 28  
**\$12.60**  
ROUND TRIP FROM  
**BELLEFONTE**

Proportionate Fares from Other Points  
For details as to leaving time of trains, fares in parlor or sleeping cars, stop-over privileges, side trip to Atlantic City, or other information, consult Ticket Agents, or M. N. Luthi, Div. Pass. Agt., Williamsport.

Similar Excursion Friday, October 11

**Pennsylvania Railroad**

**\$13.48** Easter Excursion  
ROUND TRIP  
**BELLEFONTE**  
TO  
**ATLANTIC CITY**  
Wildwood, Ocean City, Cape May, Sea Isle City, Angelsea, Avalon, Peermont, Stone Harbor

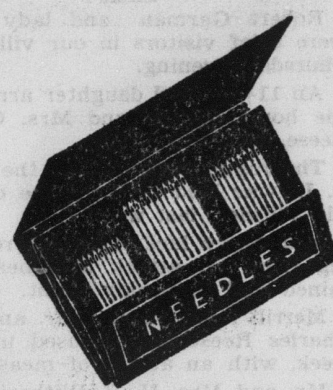
**FRIDAY, March 29**

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See Flyers. Consult Ticket Agents. Proportionate fares from other points

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