

EIGHTH GRADE PUPILS

WRITE ON TUBERCULOSIS.

The following very lucid paper on tuberculosis, its origin and means of prevention, was written entirely by the eighth grade pupils at the Bishop street building of the Bellefonte public schools:

TUBERCULOSIS.

With the invention of the microscope came the discovery of a world of plants and animals known as the "Infinitely Little." To this world belongs the germ of man's greatest disease, tubercule bacillus, the germ of tuberculosis.

Little was known of this disease until the latter part of the nineteenth century, when the germ was discovered by Dr. Robert Koch, a German scientist. Before this time it was thought to be due to heredity.

No age or race can escape this disease. It attacks a five year old child as quickly as an old person. It has killed more people than all other diseases put together.

Tuberculosis is an infectious disease, and may be contracted directly or indirectly. It thrives best in dark, warm, damp places. The germs may lie dormant for years, but when they are given good breathing conditions they immediately begin to grow and multiply. They grow well in the human body, where they settle most commonly in the lungs. Tuberculosis of the lungs is called consumption. Consumptives are hollow chested, hollow cheeked, and have a dry, hacking cough.

The consumptives spit upon streets and the sputum dries and is blown about and breathed in by healthy people. Spitting laws should be enforced.

Flies visit garbage cans and dirty streets and carry the germs into the house, where they get on the food. Pets carry the germs on their fur, the children play with them and the result is that the germs are soon conveyed to the mouth by the hands. The milk supply is a good way to spread tuberculosis. Cattle should be tubercular tested and sanitary dairymen methods should be used.

Consumptives can mingle with other people with some degree of safety, if they spit in some receptacle provided for them and if they cough in their handkerchiefs.

There is only one cure for tuberculosis; fresh, dry air and sunlight. People who work in open air are not as likely to become infected as a person who works indoors.

Houses should be well lighted and ventilated. Home builders should give some thought to window spacing. The window space should be one-fifth of the floor space.

There is one way by which we can be ready to fight this disease. Keep the vital resistance at par all the time, so that you will always be ready for what may happen. There should be less carelessness. Careless people get the disease more quickly and do more to spread it than anybody else. John Bunyan very appropriately called tuberculosis the Captain of the Men of Death.

We will have to do more to prevent this terrible disease. The faithful performance of such common sense rules as washing the hands before each meal, sleeping with windows open, getting plenty of exercise in the fresh air—in short, the rules are based upon the fundamental health necessities—fresh air, rest, exercise, good food, pure water, cheerfulness and cleanliness will promote health; maintain bodily vigor, poise and resistance to disease and fatigue, preserving health for the purpose of making the most of life.

FIRST AUTO VISITS

SMALL MEXICAN TOWN.

A new kind of machine was seen recently in Atoyac, Mexico. Natives of the Pacific Coast town viewed the modern invention with a great deal of curiosity. It was an automobile.

General Rafael Sanchez, commander of the State of Guerrero, drove a Model A Ford phaeton across country from Asapulco to Atoyac, over land so rough that none had made such a journey before. He sent this wire to R. Z. Martinez, Ford dealer at Iguala:

"For your pleasure please be informed that the Ford car I purchased from you is the first automobile that has ever reached this town, over a difficult country where there are no roads at all and the land is strewn with rocks and soft sand. Motor in perfect condition after terrible test. Small native towns along path regarded first automobile with positive wonder."

ROADSIDE RESTAURANTS

TO BE INSPECTED.

All food stands and restaurants on State highways that pass through cities and towns will be subject to the same rigid health examinations as those in the country. Dr. J. Moore Campbell, chief of the bureau of communicable diseases, was announced. Dr. Campbell asserted that to examine employes and conditions in only those in rural districts would be unfair to the motorists.

"It is only logical that full protection be afforded the motorists," Dr. Campbell said. "While many thousands use the roadside stands as a means of refreshment there is an equal number who patronize public eating places in towns and cities, the main street of which is a direct part of the State highway system."

"Van Nibber and Spenderly are about on a par socially, aren't they?" "Just about. Van Nibber uses his inclosed car all summer and Spenderly uses his touring body all winter." —Puck.

PINE NEEDLES ARE BIG HELP IN BUILDING FOREST SOILS.

That pine needles are an important factor in building up and improving soils has been demonstrated by studies conducted in the silvicultural classes under the direction of Prof. George S. Perry of the Pennsylvania State Forest school, located at Mont Alto.

Two of the juniors students, Donald Morris and Forrest Weight, compiled some interesting facts concerning the crop of needles, borne each year and those that finally dropped to the ground to form the carpet of fine litter beneath pine trees.

An acre of planted white pine was selected. The trees were twenty years old and fully occupied the soil of an old abandoned field. Sample trees of average size were cut and the needles counted. In this way it was found that 360,293,602 new needles were produced on this acre of pine during the summer of 1928. If these needles were placed end to end they would reach 19,355 miles. If their green surfaces were flattened out, it would be found that they exposed nearly 16 acres (15,917 acres) of surface to the light. Their weight was 5 1/2 tons when taken from the trees.

Pine trees retain some needles for two or more years so it was found that counting the actual total number of needles present at the end of February, which included some from 1927 the acre of forest possessed 484,522,536 needles with a total length of 24,250 miles; being very nearly enough to reach around the world. The actual surface exposed by these needles was more than 19 acres (19,172 acres) and they weighed nearly seven tons (6,9546 tons).

In early August of each year, there are present on white pine trees all of the needle crop from two years in a fully developed condition. This is the time of heaviest shade and foliage in such a forest. The older needles begin to drop shortly after this and continue to dwindle away until the following spring although the heaviest fall is in early autumn just before the broadleaf trees shed their leaves.

In August, when the foliage on pine forest is at the maximum, this acre of pine must have more than 720,000,000 needles with a total length of 37,050 miles after making all possible corrections. This means that in August the needles from an acre of white pine would reach one-and-a-half times around the earth. At that time they would weigh 11 1/2 tons and expose a total green surface area of nearly 30 1/2 acres (30,468 acres).

HORSES SLEEP

WHILE STANDING UP.

Horses have the power of sleeping while standing. Their legs are provided with muscular mechanisms which cause them to lock and permit the animals to rest somewhat as if they were standing on stilts. While a horse is unconscious there is no direct brain control over those muscles in the legs, back and chest which are essential for the maintenance of an erect posture. The control depends on the reflex actions of the spinal cord, says the Pathfinder.

This phenomenon is similar to that of a bird sleeping on a swaying limb. A reflex balance is maintained when consciousness is in abeyance. Horses sleeping while standing occasionally fall down. More often certain muscles in the forelegs relax suddenly and the animals knuckle over on to the fetlocks and then immediately catch themselves. Horses go sometimes for months without ever lying down. It is astonishing how little sleep they require.

This is also true of other herbivora, including elephants. An Indian elephant will feed for 18 or 20 hours and then sleep only one or two.

When horses sleep their eyes usually remain open, or partly open, and they sleep so lightly that they are awakened by the faintest sound. They seldom lie long in the same position because their weight cramps their muscles and prevents the under lung from functioning.

PENNSYLVANIA THE LEADER IN MINERAL WEALTH.

That Pennsylvania is the greatest mineral industrial Commonwealth in the world is the description which Dean Edward Steidle of the school of metallurgy of the Pennsylvania State College has given to the Keystone State after completing a thorough study and comparison of its mineral resources with those in other States and nations of the world.

"The importance of Pennsylvania as a mineral territory," said Dean Steidle, is clearly shown when we stop to consider that her mines and products derived from minerals account for about two-thirds of the entire productive wealth of the State and that Pennsylvania alone annually produces about one-fifth of the total value of the nation's mineral wealth."

Dean Steidle's survey shows that Pennsylvania ranks first in the following mineral products and commodities manufactured from minerals: Cement, clay, bituminous and anthracite coal, coke, ferro alloys, pig iron, mineral paints, sand and gravel, slate, natural gas value, blast furnace products, steel work and rolling mills products, smelting and refining of zinc, glass, fire-brick, mineral and earth, foundry supplies, enamel and sanitary ware, steel springs, structural iron work, wrought iron pipe and railroad repair work.

BEYOND HIM.

Bobby was out calling with his mother. "And so," said the hostess to him, "your little baby brother can talk now." "Yes'm he can say some words real well." "How nice!" beamed the lady, "and what words are they?" "I don't know," confessed Bobby "I never heard any of them before."

FOR AND ABOUT WOMEN.

Daily Thought.

MOTHER OF MINE.

Soul of my soul, heart of my heart. Dream of my dream of life, the greatest part. You always stand as an angel divine And I'm sending my love to you—Mother of Mine

Those fringed-end Louiseboulanger scarves do not have to be tied under the chin in a schoolboy knot that is unbecoming to elder women or those with round faces. Paris ties them low, just above the normal waistline.

It surely is a summer of polka dots. An evening frock of sheerest cream chiffon uses round crystals in all the pastel shades to polka dot the bandings of its low décolletage.

Sports shoes in brown and white leathers favor the new high-low heel. This is a happy compromise between the golf heel and the spectator sports sandal heel.

Eight button length gloves are the shortest worn by milady nowadays of an evening. Many summer evening wraps will feature loose three-quarter sleeves which mean even longer gloves.

A black satin frock has its waist cut tuxedo, with a three inch circular flounce outlining the front. The finely pleated sultan chiffon vestee is removable for cleaning.

With a short blue jacket topping a white sleeveless sports frock for summer there is a beauty tricolored striped cravat scarf, large bag and sun parasol.

A lacquer red flat crepe frock is belted by a broad girde of black satin, topped by a black hat and is worn with black gloves.

The sweetly striped little frock, made of silk, will be a lifesaver this summer for the woman who heaves a chic line even in sweltering weather. Some are made like old-fashioned shirtwaist suits, with tucks in blouses. Others prefer pleated skirts, with peplum over blouses ending in pleated flounces.

There are no hems to let out on the newest sports clothes. Hems are out of favor and in their stead Paris uses row on row of machine stitching to finish wool sports clothes. The same method is used for cuffs and collars at some of the leading houses of sports apparel.

Tweeds are the cause of the change. They do not hang well, dressmakers say, when finished with hems which have to be put in on the bias, since most of the current season's sports skirts are more or less circular.

Soap flakes and soap powders, being extremely explosive, take their place as the latest industrial hazard, says Science. It has been found that certain kinds of soap dusts when suspended in air are more violently explosive than most other industrial dusts. These soap dusts are easily ignited and explode violently, accompanied by much flame and large quantities of heat. This is in spite of the fact that soap is a compound of semi-organic nature and that sodium compounds in general have a cooling effect on the flames of explosives.

Old time salt rising bread is coming back.

Perhaps there are many persons who never heard of such a thing, but our grandparents may be able to throw some light on salt-rising bread.

At one time many years ago—salt rising bread was in general use. It is the truly American style bread, because the salt rising yeast, with which it is made, comes from corn meal.

The history of salt rising bread is associated with old southern "mamies" which causes one to believe that it originated in the south. However, it traveled northward and won many friends because it was different, although made from the same kind of dough as ordinary white bread. The difference lies entirely in the two kinds of yeast from which bread may be made.

There are two known ways of making bread. One by means of the ordinary cake of yeast as it is purchased in grocery stores, and by means of what is known as salt-rising yeast. Both kinds of yeast produce a fermentation of the flour dough. This fermentation converts the indigestible parts of the flour into digestible ones. During the fermentation process, a gas is formed which makes the dough rise or become light.

This gas is driven off leaving behind a white spongy mass of solid air pockets, or voids, where the gas had been, during fermentation.

All kinds of yeast cause fermentation but as there are two different kinds of "ferments," the chemistry of the fermentation is slightly different in the two cases. However, this point is purely technical.

The two "ferments" produce two kinds of bread. Salt-rising bread has a distinctive, slightly cheesy taste and flavor that will be noticed with the first bite. It is firm, close grained, and sweeter than other bread.

Salt-rising bread can be sliced to a lace-like thinness. Those who like this bread are especially fond of it for toast for it is highly flavored and browns readily.

Salt-rising bread is wholesome, nutritious and highly digestible. It might be called a predigested bread because it seems to melt away when taken into the mouth. Although it is not made as a "health" bread, it is recommended to dyspeptics and others with weak stomachs.

Animated hem-lines are flattering to the legs and should be worn by every woman whose legs are not models of beauty. Even one wide pleat helps a little, a circular skirt is better, the pleated all-around skirt is best of all. This means more money for pressing. But it is worth it for those with legs too thin, too fat or too muscular. The straight definite hem-line of a coat emphasizes the defects in leg contours. An inch or two of soft lively skirt below the coat is better.

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DEFINED.

Knicker—How much is he making?
Bocker—Between a motor cycle and a car.

A young fellow, anxious to enlist, had just been examined by the doctor. "I am sorry," said the doctor, "but your teeth are not good enough."
"What!" exclaimed the indignant recruit; "my teeth ain't good enough, ain't they? Well, they're the same teeth what you passed my brother with yesterday."—The Strand Magazine.

A Sunday school teacher had been telling her class of little boys about crowns of glory and heavenly rewards for good people.

"Now tell me," she said at the close of the lesson, "who will get the biggest crown?"

There was silence for a minute or two, then a bright little chap piped out, "Him wot's got t' biggest 'ead."
—Philadelphia Bulletin.

That Stopped Him

An official with a very annoying manner was making an inspection of a newly opened aerodrome.

On this particular afternoon parachute practice was being undertaken by a number of pilots, and the official asked question after question of one man about his experiences and sensations while falling through the air.

"But supposing your parachute fails to open while you are coming down?" he asked finally. "What do you do then?"

"The pilot had had more than enough of this time.

"Take it back and change it," he replied very tersely.

Everything for the Right

Contempt of all outward things which come in competition with duty fulfills the ideal of human greatness. This conviction, that readiness to sacrifice life's highest material good and its itself, is essential to the elevation of human nature, is no illusion of ardent youth, nor outburst of blind enthusiasm. It does not yield to growing wisdom. It is confirmed by all experience. It is sanctioned by conscience—that universal and eternal lawgiver whose chief dictate is that everything must be yielded up for the right.—Channing.

IMPROVING FORESTS VITAL NECESSITY.

There exists an urgent need for improvement of existing forest growth in Pennsylvania today, in addition to the control of forest fires and reforestation of waste lands that have for years been actively promoted by the State, not only in the State forests but in co-operation with all private land owners. State Forester Joseph S. Illick said in a statement.

"We have reached the place in Pennsylvania forestry," said the State forester, "where we must give more consideration to improving the composition of our forests. Even upon the State forests, where for every acre that requires planting there are almost 40 acres that do not require general planting. On practically all of the areas that do not require general planting there occurs a superabundance of inferior tree growth. This condition is all too prevalent upon millions of acres of forests throughout the State, where repeated timbering operations and forest fires have resulted in an accumulation of weak trees, as well as progressively inferior sprout growth."

"The weeding of inferior young forests is imperative if these stands should be made productive and profitable. Weeding is a process of cutting applied to young stands of sapling size for the purpose of improving their composition and quality, and consequently the value of the final crop. It consists chiefly of cutting back relatively worthless stump sprouts and weed trees in favor of well formed saplings of valuable timber trees. On endless stretches of cut-over forest lands—and most of our forests have been subjected to repeated cuttings the regrowth is in serious need of attention. Promising saw timber is being smothered out by rank growing stump sprouts and weed species, and the tendency is for the latter to occupy an ever increasing proportion of the area," Illick concluded.

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