

Your Health

The First Concern.



Asked whether people abuse their stomachs on their feet the most. Dr. William S. Saider of the American Magazine replies unhesitatingly. "Their feet." He explains that people have had a little sense knocked into their heads about overeating and wrong eating, but precious little regarding their feet and their care.

A move for scientifically fed school students started when pie, tea and coffee were removed from the menus of the concessionaires at the public schools.

Superintendent of Schools William J. O'Shea ordered the three luncheon requisites from the menus because did not believe they were conducive to good health. He also gave an official frown to hot dogs, although they were not formally banned.

Instead of tea and coffee the students may have milk at five cents a half pint.

The dessert menus must contain much stewed fruit.

Hot cocoa must be served in the winter.

Only solid chocolate and hard candy may be sold.

"A learned man of fifty years of age the other day toppled over in his chair and died. The newspapers carried The newspaper carried fine accounts of his academic achievements and his authorship of scientific books and articles! Yet, in spite of all his intelligence, he was an exceedingly ignorant man," said Dr. Theodore B. Appeal, Secretary of Health.

Of course this unfortunate man know a great deal, but for some strange reason he never considered it worth while to apply his great power of observation to his own body. And yet, if anyone had told him while he was living that he was neglecting his physical self, said that for years he was neglecting his physical self, he undoubtedly would have laughed at the statement. He would have said that for years he had eaten by rule, slept by rule, exercised by hobbies. And he had undoubtedly done so. But it was the other fellow's discipline. Not his own.

"Now the point of this story is in the fact that human beings are not factory developed propositions. Conso far as health is concerned can not sequentially, standardization of conduct be relied upon with absolute safety if carried beyond a certain point.

"Certainly there are thousands of things that people can do which everyone knows are definitely harmful, but on the other hand, there appear to be many other things that some people can do harmlessly that actually injure others.

"Coffee, tobacco, setting up exercises, cold baths, types of food, sleep and rest do not develop standard reactions. Every individual has his own idiosyncrasies.

"Therefore, quite apart from the effect upon others, carefully study to a certain extent you are a law to your response to your living habits, yourself, and you only can discover and apply that law. "What is one Anyone with the gift could make poetry of baths! There should be a man's meat is another man's poison." sonnet to the shower taken tepid and followed by a dusting with flower scented powder, and surely some one should write a sea chanty to the sea-salt bath, with its climax of cold spray and a bay rum rubdown!

And what about a ballad dedicated to the Muse of Bath Tub Singing, with a refrain going this way: Water and soap together— Whom inds the hot, hot weather? It's an entertaining idea to play with as you relax into the scented waters of a "deep bath." For just as the plunge and sparkle of running water inspires almost everyone to sing, so the depth and quiet of a perfumed bath favor meditation.

Under such circumstances anybody should be forgiven for working out a whole philosophy of bathing. For instance one bather's philosophy sings. All baths are divided into two kinds, active and passive. The active ones are taken in the morning, when the bather is fresh and rested. Usually they are shower, beginning tepid and tapering off into ice cold thing. Usually they're scented. And the important thing is to select bath soap and salts and powder that agree not only with each other, but with the time of day.

For instance for a restful bath taken before luncheon, after a long game of tennis, the perfume must be light and fresh. Nothing too sweet or spicy. Bath salts with a lavender scent are perfect. So is water-softener-scented with eau de cologne or pine bath extract. Soap must be very light-scented—something with a faint rose or violet, or lavender fragrance. Or it may be the English type of paste soap that comes in a tube and smells like almonds—special delight if you prefer a tepid shower to a tub and fine cake soap a little hard to manage when showering.

O.—What causes a baby aged twenty-one months to wake up ten times during the night? A.—This may be due to constipation, hunger or intestinal worms.

—Subscribe for the Watchman.

Ancient Writers Had Idea of Punctuation

Our present system of punctuation, which divides written language into sections by means of various signs and points, may be said to have grown out of a system developed by Aldus Manutius, an Italian scholar and printer, who printed Greek classics on his press at Venice in the latter part of the Fifteenth century and the beginning of the Sixteenth. Manutius was born in 1450 and died in 1515.

It should not be supposed, however, that Manutius was the sole inventor of punctuation, although the main features of the modern system are due chiefly to his ingenuity and that of the Greek scholars employed by him. Among the later Greeks various dots had been used for oratorical purposes. Aristophanes, a Greek grammarian of Alexandria who died about 180 or 185 B. C., is said to have devised a system of punctuation by means of dots.

Prose punctuation of a crude type was probably used even before the time of Aristophanes. In the early part of the Ninth century these earlier systems were so completely forgotten that Charlemagne requested scholars to revive them. St. Jerome, who died 420 A. D., knew nothing whatever about punctuation.—Pathfinder Magazine.

Effect of Light on Flowers and Plants

Spring violets have been made to bloom in the summer simply by cutting down their ration of daylight to the length of a spring day. The extra heat of summer had no effect on the growth of the plant.

In this controlling of plant growth, artificial light has the same effect as sunlight or the light of a greenhouse, and twelve hours of light (whether natural or artificial) is "summertime" for the plants, and six hours' light "winter."

An experiment conducted with irises is given as an example of the effect of light rationing on plants. Two lots of irises were sown in late October; the first were given eighteen hours of light per day, while the others (kept in the same temperature) received only the light provided by nature. The first lot reached normal size very quickly, and actually bloomed on Christmas day, but the others were dormant as late as the following February.

Queen's Watch

One of the oldest timepieces in the world belonged to Mary Queen of Scots, who felt a superstitious aversion to it and gave it to Mary Seaton, one of her maids of honor, who gave it in turn to Sir Thomas Dick Lauder. It was in the shape of a skull; the forehead was engraved with a scythe and an hour-glass between a palace and a cottage, signifying that time and death made no distinctions. At the back of the skull a figure of Time was pictured spreading destruction over the world, and on the top appeared Eve and the serpent in the Garden of Eden, and the Crucifixion.

Just Her Luck

A local business woman had bought a number of chances on an automobile, and on the night it was to be raffled off, went to bed in the firm belief that she was to be the winner. Shortly after midnight the phone rang, and she jumped up to answer it, preparing her "speech of acceptance" as she ran. In answer to her "hello," the voice said that her niece had twin daughters at the hospital. "Just my luck," she said. "If it weren't soup, I'd be out with a sieve." —Indianapolis News.

Appropriate Designation

"Amerind" is a telescopic word composed of the first syllables of "American" and "Indian" and is a general term used to designate the races of man who inhabited the New World before the arrival of Europeans. It was suggested in 1899 by Maj. J. W. Powell, director of the bureau of American ethnology, who advocated it as a convenient substitute for the numerous awkward and inappropriate terms applied to the aborigines of America. "Amerind" is pronounced "am-er-ind," with the accent on the first syllable.

New Camphor Source

A native source for camphor, important in both medicine and manufacturing, has been discovered in a species of wormwood that grows on the sandy steppes of the government of Astrakhan, Russia. An oil extracted from this plant has been subjected to experiments at the Saratow experiment station, and was found to yield a good quality of camphor. The crystals differ in their physical properties from those of camphor obtained from camphor trees, but chemically they are identical with it.

In Second Grade

Here are some answers a second grade teacher received: First question—When and why do we celebrate Thanksgiving? Charles answered—We celebrate Thanksgiving on Christmas because Washington was born. Second question—What is a strait? Billy answered—A strait is not an isthmus, it is slanting; a strait is straight up.

Your MODEL T FORD is still a good car

THE Model T Ford led the motor industry for twenty years because of its sturdy worth, reliability and economy. Those same reasons continue to make it a good car.

As a matter of fact, nearly one-fourth of all the automobiles in use today are Model T Fords. Millions of them can be driven two, three and even five more years with reasonable care and proper replacements. Figures show that the average life is seven years.

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For a labor charge of \$20 to \$25 you can have your motor and transmission completely overhauled. This price includes new bearings, reboring cylinders and any other work necessary. Parts are extra.

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New universal joint will be installed for a labor charge of \$3. Brake shoes relined for \$1.50. Rear spring and perches rebushed for \$1.75. The cost of overhauling the starting motor is \$3. A labor charge of approximately \$2.50 covers the overhauling of the generator.

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Orlando W. Houts, et ux, to Leslie M. Burrage, et ux, tract in State College; \$1.

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Amanda Gardner, et bar, to C. J. Yarrison, et ux, tract in Howard; \$1. Hannah Burchfield to Alvin Witmer, tract in Harris Twp.; \$30.

H. E. Dunlap, sheriff, to Citizens Building and Loan Association, tract in Phillipsburg; \$300.

Elmer W. Evey, et ux, to William Kennedy, tract in State College; \$1,000.

O. J. Harm, et ux, to Kasimir Svancer, tract in Snow Shoe Twp.; \$1,350.

Calvin D. Miller, et ux, to Charles Anderson, tract in Rush Twp.; \$1.

David C. Smith, et ux, to Raymond E. Askey, et ux, tract in Phillipsburg; \$6,000.

Bessie Hurley to William T. Hurley, tract in Rush Twp.; \$1.

Sarah McClellan to Musser C. Coldron, tract in Centre Hall; \$1,150.

Alvin C. Eisenhuth, et ux, to Newton C. Neidigh, et ux, tract in State College; \$1,200.

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Thomas H. Taylor, et ux, to Margaretta Way, tract in State College; \$2,000.

Philip B. Meek, et ux, to Katherine E. Brown, tract in Patton Twp.; \$1. Katherine E. Brown to Philip B. Meek, et ux, tract in Patton Twp.; \$1.

Willard W. Smith, et ux, to P. B. Meek, tract in State College; \$1. Philip B. Meek, et ux, to Katherine E. Brown, tract in State College; \$1. Katherine E. Brown to Philip B. Meek, et ux, tract in State College; \$1.

T. J. Dunkle, Esq., to William Walker, tract in Millheim; \$675. Philip H. Johnston, Trustee, to W. C. Dietz, tract in Liberty Twp.; \$2,500.

Lloyd P. Auman, et al, to Kline A. Miller, tract in Millheim; \$5,000. Ralph L. Mallory, et ux, to Esther Sarah Schad, et bar, tract in Belleville; \$1.

Thomas B. Beaver, et ux, to Joseph L. Tressel, et ux, tract in Spring Twp.; \$700.

PILGRIMAGE FOR WAR BEREAVED.

Records of 14,000 Gold Star Mothers and unmarried widows of America's soldier dead in Europe, have been received at the cemeterial division of the War Department and will be investigated in preparation for the pilgrimage to the eight cemeteries. There are approximately 30,000 women in the United States who are eligible for the courtesy of this pilgrimage which probably will begin early in 1930. Present arrangements are to divide the pilgrimage into three sections.

The bill passed at the last session of Congress, provides that every widow, who has not married since her husband's death, and every mother of soldiers and sailors buried in Europe, will be permitted to make a visit to the grave of her loved one at the expense of the government.

Each person entitled to make the pilgrimage will receive an invitation from the cemeterial division, as soon as authorities have approved the investigation reports.

Many of the women who will receive the courtesy of the trip, war department officials, believe, are those who have seldom left their own communities. Invitations will reach every section of the country, and to women of almost every nationality of the civilized world, as many of the soldiers and sailors buried in the six cemeteries of France and the one in Belgium and one in England, were of foreign parentage.

The trip will be made on first class steamers with first class accommodations, from start to return. All expenses are to be paid by the government from the time the widow or mother leaves her home until she returns.

Liberal interpretations of the term "mother" is included in the bill. It is set forth that the term "mother" may mean "mother, step-mother, mother through adoption or any woman who has stood in loco parentis to the deceased members for the year prior to the commencement of his service."

KNEW HIS NIGHTINGALE.

One time on the Texas frontier a man came into a camp riding an old mule.

"How much for the mule?" asked a bystander.

"Just a hundred dollars," answered the rider.

"I'll give you five dollars," said the other.

The rider stopped short, as if in amazement, and then slowly dismounted.

"Stranger," said he, "I ain't a-goin' to let a little matter of ninety-five dollars stand between me and a mule trade. The mule's yours."—Outlook.

—Subscribe for the Watchman.

FARM NOTES.

—Start birds on bran and clabber mash if possible; otherwise, use corn bread.

—Build open sheds for turkeys to roost under as soon as they begin to want to fly up to roost.

—Keep young turkeys shut up until one week old. Then turn out for a few hours each day during the warm part of the day until they are two weeks old.

—Don't try a late hatch unless you have separate enclosure for these late turkeys. Two ages of turkeys don't mix any better than two ages of chickens do.

—A point to keep in mind in feeding mash to the turkeys is that they need the vitamin D provided by a good high-grade cod-liver oil just as badly as do chickens.

—Most turkey raisers will wish to hatch the eggs in an incubator and brood the poults artificially. By doing this they can keep the turkey hens in production almost continuously.

—Usually it is necessary to use one gander to every three or four geese. A young gander will do provided he is fully matured. Geese may be turned out in any moderately cold weather.

—Each turkey egg is worth a great deal more than a single chicken egg, and because of this fact the loss is greater when the eggs do not hatch or when they hatch into weak turkeys.

—There's no better feed for young poults than plenty of sour milk. Feed five times daily at first, but don't over feed, and be sure to keep grit, charcoal and clean water before them at all times.

—A slight increase in number of sheep on Pennsylvania farms is reported by the Federal-State Crop Reporting Service. On January 1, this year, the estimated number was placed at 441,000 as compared with 437,000 on the corresponding date a year ago. The value of the sheep has also increased slightly and is now the highest since 1926.

Prices for sheep are considered favorable and the demand good, judging from reports received from farmers. A number of farmers are said to be improving their flocks.

Establishing a new State record in cow testing circles, H. A. Snyder, of Montoursville, obtained a herd production of more than 500 pounds of butterfat per cow for the second consecutive year. No other herd in cow testing association work has ever maintained such a record two years in succession. Snyder is enrolled in the White Deer Valley association of Lycoming county. Seventeen cows in his herd averaged 13,595 pounds of milk and 512.3 pounds of butterfat. Eight cows produced over 500 pounds of butterfat and five cows exceeded 400 pounds.

—A shortage of 200,000 cows in the country shows the need of growing calves, but fluid milk at present high prices makes this type of feeding prohibitive, according to Professor A. A. Borland, head of the dairy husbandry department at State College.

Experiment Station workers in dairy feeding at Penn State have found, however, that it is possible to grow calves on skim milk powder and a grain mixture. After the calves become 6 weeks of age a mixture of 55 parts of yellow corn meal, 35 parts of wheat bran is recommended for this purpose.

—"More and better eggs from pullets in clean quarters" is the slogan of progressive Centre County poultrymen. These successful egg producers keep their pullets confined to the laying quarters after they are housed. Experience has taught them that there are good reasons for this practice. The birds will not be exposed to disease germs and parasites in the contaminated ground around the laying quarters. They will eat more food and as a result lay more eggs. There will be no stolen nests. There will be fewer dirty eggs, because the layers will not have access to muddy yards during wet weather.

—Runner ducks are classed as laying ducks and are the only breed recognized in that classification. In many instances Runners have produced as many eggs as chickens. If managed properly ducks of this breed are expected to lay almost as well as hens. These ducks are small in size, the males weighing four to four and one-half pounds and the females three and a half to four pounds. In spite of the fact that they are heavy layers they mature quite rapidly and make good broilers. They are killed for this purpose when they weigh about two and a half to three pounds. These ducks are long and narrow bodied.

—In response to inquiries regarding the preserving of eggs, the Bureau of Markets said that the water-glass method gives satisfactory results. This method consists of mixing one and one half quarts of commercial water-glass with eighteen quarts of water that has previously been boiled. Stir the mixture thoroughly and pour it into an earthen jar or odorless tub. This should be sufficient solution to preserve thirty dozens of eggs but if the eggs are not entirely covered, five quarts of water may be added without impairing the solution. In cases where the housewife desires to preserve less than thirty dozens, a proportionate amount of solution may be made. The jar or tub should be covered with paraffin paper and kept in a cool place. Persons interested may obtain information regarding other methods of preserving eggs by writing to the Bureau of Markets, Harrisburg.



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A HATCH OF 30,000 RINGNECKS EXPECTED

It is the hope of superintendent Sines, of the Jordan state game farm, in Lawrence county, to secure a hatch of about 30,000 ringneck pheasant eggs this season. Of this number 12,000 will be allotted to the various game refuges throughout the State; 3,000 will be shipped to the Fisher game farm in Montgomery county; 4,500 will be retained by Mr. Sines at the Jordan farm, and the remainder will be distributed to sportsmen's associations and others interested in rearing the birds. At present records would indicate that sufficient applications from sportsmen and others have already been received to care for the remaining eggs. However, the hatch may be larger than contemplated, and if the Commission finds they can distribute additional eggs, this matter will be given publicity through the local newspapers.

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