

Your Health,
The First Concern.



If you were asked what was the most important advance in medicine in the last few years, you would probably say that it was Banting's discovery of insulin, which not only cures diabetes in young folks but enables them to live a normal life. However, if you were asked what was the most important advance in surgery you might be at a loss to give an opinion.

That our ancestors were observant is proven time after time if we care to investigate the matter. One of the things they noted was that folks that ate plenty of fish appeared to be free from enlargement of the thyroid gland of the neck—goitre, as it is called. They noted also that the use of medicines made with seaweed appeared to reduce the size of the goitre.

From that came iodine and we know now what an important factor it is in preventing goitre in communities that formerly had very many cases. But perhaps one of the greatest blessings has been its effect on advanced cases of goitre where there is the extreme nervousness, tremor of the body, very rapid heart, and bulging eyes.

That an operation for removal of part of the thyroid gland would correct these symptoms to a large extent was proven years ago, but the operation was for many years, quite dangerous.

However, Dr. Walter E. Sistrunk, Rochester, Minn., tells us that the use of iodine in preparing patients to undergo the operation has decreased the death rate, lessened the symptoms, and made the operation easier to perform. It permits patients to resume their duties many months earlier than was possible before this method of preparation was used.

These pleasing results have taken away the dread of operations that formerly existed in the minds of certain patients, and have caused them to present themselves for operation much sooner.

Dr. Sistrunk says further: "I feel that the use of iodine for some time previous to operation may be looked upon as being the most important advance that has been made in any branch of surgery since its introduction in 1922."

The lesson for us is clear. While iodine may not be indicated in every case nevertheless, if your doctor wants you to use iodine as a preventive of goitre, or to lessen the symptoms before operation, you can know his reason therefor. He will tell you that many severe cases have been so improved that an operation became unnecessary.

Perhaps you are bothered with pains in the region of the appendix at times and naturally wonder if you have "chronic appendicitis."

Now it is just possible that you have appendicitis, but most of the pain in the abdomen comes from gas that is the fermentation or putrefaction of food that has been eaten."

Dr. Albert S. Welch, Kansas City, Mo., tells us that under ordinary circumstances the usual articles of diet, such as cooked potatoes and tender meat, are acted upon by juices in the stomach and small intestine, spend a sufficient time there for proper digestion, and after about two hours the material that has not been absorbed into the blood, passes into the large intestine.

As it is still in a liquid state a little absorption into the blood takes place, and the hard covering of the starch granules that did not get broken up in the small intestine, get broken down by the organisms in the large intestine.

Now this starchy material may get through the small intestine unbroken and therefore not digested, because the food is hurried along its way.

Sometimes also because the digestive juices in the small intestine are not strong enough to break down the hard or "cellulose" covering of the starchy food, this starchy food reaches the large intestine undigested. Now the natural organisms in the large intestine are just waiting for something like this to happen, and they immediately seize on this starchy food, break down the coverings, and thus allow the escape of considerable gas.

Dried beans and coarse vegetables are examples. Others are lettuce, celery, cabbage, radishes, and spinach, all of which, Dr. Welch points out, lead to fermentation in the large intestine.

Now this does not mean that the above articles should not be eaten, because the foods in themselves are nourishing, and also these coverings of rough material are of help in rubbing or scraping the sides of the large intestine, thus stimulating movement and preventing constipation. It does mean, however, that these foods should be well chewed and mixed with the saliva, the digestive juice in the mouth, because a good deal of preparation for absorption by the small intestine can thus be done. If these foods are not well chewed, and pass through the stomach and intestine without much change, it means that they will cause gas distension in the large intestine. So chew your food.

The prosy after-dinner talker is unhygienic. Music, persiflage, entertainment, should follow a meal, and not heavy and wearisome discussion.

FOR AND ABOUT WOMEN.

Daily Thought.

Snobbery is the pride of those who are not sure of their position.

—BRALEY.

The younger set here have set their seal of approval on tub frocks, novelty cottons and linens being favorites. The favorite costume is the sleeveless pique frock with pleated skirt, pointed neckline and narrow belt, usually contrasting, in kid or fabric and color. Often these dresses are completed by gay scarfs, which also contrast. The small felt cloche carrying out the color scheme of the costume is typical.

Linens, both in the heavy and handkerchief textures, has many sponsors. One of the most attractive frocks is a pale pink in jumper type, the pointed neckline emphasized by a banding of pale blue and with varicolored wool embroidery outlining it and the simulated pockets. A gillet of cream lace, and two scarf ends of blue brought under a large embroidered motif are other details.

Many women are wearing the tailored sleeveless tennis dress either of white linen in pique, especially yellow and green, are more often seen. Another effective cotton is lightweight, printed with a small two or three-color flower design. For example, one observed yesterday had a white ground with tiny red and green flowers.

Reversible coats of printed cottons in the peasant designs lined with a contrasting color and quilted, are lined in rust color. Printed linen coats and jackets comprise another version of the mode.

Many of the printed silks have a naive quality in the design. Demure little flower clusters or all over effects appear frequently on white or pale beige grounds. For example, fuchsia and rose flowers in tiny sprigs are representative of a type frequently observed.

Shoes will shout their importance this spring, according to the smart ones now being shown at the French bootiers.

They are nothing if not bright, proving that foot covering must be decorative as well as useful these days. If they do not exactly match the frock or costume which they accompany, they must at least recall it by a faint echo in the color scheme and thus treat the foot as a continuation of the leg and entire body. Even the good old standby, black, must be used with great prudence. A black pump is permissible but never a black walking costume.

One is shown straw sandals and oxfords for street wear, woven very closely and joining the pattern at the heel so that without a seam they stand up, alone, fit the foot like a glove and support it. Woven handbags of large envelope shape come to match the shoes.

For hot weather, he advises very low-cut sandals so the feet can "take the air," as the French put it, as much as possible.

There are also flat crepe de chine and satin sandals for the country. For town there are high heeled models of kid and lizard in beige and pastel shades.

For evening there are the strange new wooden sandals with soles and high heels richly-carved and metalized with pure gold, silver or bronze. They give the effect of being cast in solid metal, wear well and do not tarnish. One model has carved and gilded soles and heels with straps of mandarin-red suede. Another has platinum-finished soles and heels blazoning with strasse and strasse-embroidered silver straps.

Like the sofa, the day bed may be walnut, mahogany, maple or any of the popular paint or enamel finishes. In a room which has soft green walls, black with a touch of Chinese red and gold would be effective. A covering of green-ground flowered cretonne and pillows of red sateen or linen with an appliqued center cut from the cretonne and black sateen piping on the seams, would be stunning.

This is a good bed on which to use a pair of those lovely new green sheets and pillow cases which we would all like to have for our guest room.

When planning a home it is well to consider the use of colored cement for porch floors, entrance hall, sun parlor, laundry and walks. The cost of colored cement is but little more than plain cement, while the many beautiful decorative effects that can be secured add greatly to the charm and appearance of the home.

For Cream Cheese Sandwiches.—Mash a cream cheese and moisten with French dressing. Spread thin slices of graham bread with the mixture and sprinkle lightly with salt and pepper (red), cover with bread, spread with butter, trim off crusts, cut into finger strips and toast lightly on both sides. Serve hot with salad.

For Cheese and Chicken Dish.—Rub the yolk of a hard-cooked egg in a tablespoonful of olive oil or soft butter. Add one teaspoonful of salt, one teaspoonful of made mustard, one of sugar, and a few dashes of cayenne pepper. Mix with two cupfuls of grated cheese and one cupful of chopped chicken. Press into scallop shells or ramekins and bake just long enough to melt the cheese. If too hot the cheese will be tough and stringy.

The scarf is given more prominence than ever in fashion's realm and is being worn on all occasions. A wide range of fabrics is used. One of the newest creations in this line is the batwing scarf.

Oxfords remain the smartest footwear for daytime. They now come in a variety of combinations and there are types for sports, shopping or wear with afternoon dresses.

FARM NOTES.

Careful attention should be given turkey eggs which are to be used for hatching.

Lawns should be mowed often during the heavy growing period. Short clippings do not have to be raked up.

A portable brooder house is an aid in preventing chick troubles. The brooder house and chick range should be on clean ground.

It is sometimes necessary to stake up the larger flowering peonies. This may be accomplished by using a support encircling the whole plant.

A high school education is worth twice as much as a common school to the average farmer, and college training worth a third more than a high school education.

Every dairyman should be sure that his herd sire has better breeding than the cows in the herd. In no other practical way can the producing capacity of the herd be increased.

It is always essential to maintain an area immediately around the young trees free from competitive vegetation which would, if present, slow down the growth of the trees.

If a patented silo is to be built, do not accept lumber having loose knots, any sapwood, or pieces with bark. Sapwood, as a rule, is less durable than heartwood and will nearly always decay first.

Usually more vegetable seed is planted than is required for a stand, and thinning is necessary. As soon as the plants are well started, and show signs of being crowded, the weakest plants should be pulled out, leaving the best ones standing.

The season promises to be very favorable to newly set plantations of forest trees. Survival of larch is most uncertain because the trees started growth early before all of them could be dug at the nurseries. As a result, the needles on many trees were more than half grown out before the trees could be set in the field.

The young turkeys, when first hatched, require good attention. First look for lice and be sure to get rid of every one or they will get the younger turkeys. Use any good insect powder, dusting it on them, then put them in a paper sack, and shake them up. Second, be sure to keep them dry and warm—not too closely confined. Place the mother in a coop with a little pen in front so the little turkeys cannot run away, for, at first they are very shy.

The most important consideration in brooding chicks is to keep them always on fresh soil to prevent the contraction of disease and parasites which come from soil recently used by other fowls. In order to prevent soil contamination the brooder house needs to be of a type which can be moved easily. To make the brooder house safe from rats and other vermin, it must have a tight floor and in order to be readily movable this floor must be made of boards.

Many rules and theories have been proposed for determining the sex of the chicks at hatching or even from the egg. To date, most methods have proved unreliable. In the Barred Plymouth Rock breed, the size of the white spot on the head may be used to separate with some degree of accuracy the two sexes. The chicks with the large head spots are usually males. The crossing of certain breeds will result in chicks, the sex of which may be separated relatively accurately on the basis of color.

Protect all planted fruit trees from injury by rabbits and field mice, especially during the fall and winter. One inch mesh poultry, old newspapers, or gunny sacks torn in strips six to eight inches wide make satisfactory protectors.

The grape is attacked by a number of insects and a few diseases which are capable of causing heavy loss. However, on the average farmstead, grapes of fair quality are sometimes grown without any spraying treatment being given them.

There are two things responsible for crooked breast bone in turkeys. The first would be faulty breeding, that is, because there is a lack of the mineral matter of the right sort, because of faulty metabolism of the same. Another reason is faulty roosting places or letting them roost too early, that is, a round roost is more likely to cause a crooked breast bone than a flat one and too small a roost, that is, a roost that is too small in diameter is more likely to cause crooked breast bones than flat roosts. The toms naturally are heavier than the pullets and a round roost or a roost that is too narrow would account for the fact that the toms had crooked breast bones while the pullets had none.

What is known among poultry raisers of experience as cannibalism among hens is in many cases a really serious proposition. If a hen with nothing else to occupy her gets to pecking at one of her mates and perchance plucks a feather and that feather perchance is a new one and a little blood should appear, another and more vigorous peck is made; this time on this old hussy becomes a veritable cannibal. Others of the flock are likely to join her in this cannibalism and it takes but a short while for them to actually get their victim down and tear her to pieces. Poultry experts of the Ohio Experiment Station have found that trimming off the point of the under beak just about down to the quick will at once stop the mischievous work of an individual so treated. Sometimes it is but necessary to trim one or two individuals that happen to be leaders in the trouble.

COMPILING STATE'S HISTORY IN THE WORLD WAR.

While the late Legislature made no appropriation for publication of the World War history of Pennsylvania's part in the great struggle, the important work of assembling material goes right along. When the publication of the volumes start there will be ample copy to complete the undertaking.

Already Ohio, Virginia and other States have published their World War histories, but it is doubtful whether any one of the neighboring Commonwealths will have so complete a story as that of Pennsylvania, which furnished one-tenth of the men and materials and in some cases 100 per cent, of the necessary requirements of the war.

It is no small undertaking to run down to the last point the identifica-

tion of a single soldier in many cases. Frequently a soldier was transferred from one unit to another and from one division to another and one army to another, thus rendering research a difficult task. Of course, all material assembled at the Capitol is being checked up at the proper headquarters in Washington with the official files as a guide.

This State's history will include not only the record of the combatant forces of Pennsylvania, but also the activities of the home organizations founded for relief of the fighting arm and the comfort of the men at the front and in the training areas. It is regarded as fortunate that the State has so competent and able a man as Dr. George P. Donehoe to direct the research and assemble the material as against the day when the Legislature will provide for the publication of the history.

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