

-"Before many weeks have elapsed a definite number of Pennsylvania's citizens will be wheezing and sneezing, victims of so-called hay fever. While they are thus suffering and waiting for that distant event of a 'fall frost' they will get little re-lief from any source. Therefore, on the surface, the lot of the hay fever subject appears to be a hard one," said Dr. Theodore B. Appel, Secretary of Health, today.

-"As a matter of fact, science has developed a quite successful method to combat this seasonal affliction. To begin with, only that comparatively small minority of individuals who possess an unusual sensitiveness to the pollens of certain plants, weeds, grass and trees are ever subject to hay fever. And this fact has made possible the development of counteracting serum.

"In order to make this modern treatment effective it is necessary to discover the particular pollen that is causing the disturbance. This calls for a visit to a physician who is prepared to make tests with extracts of pollens that may be logically suspected of causing the trouble in the particular case.

-"The test is exceedingly simple as well as painless. By way of a needle prick a bit of each extract finds its way under the skin. This definitely fixes the offender. Then innoculations of that type are administered.

"The success in this therapy lies in establishing immunity before the pollen season. Afterwards is likely to be too late. Therefore, it behooves all hay fever sufferers to take advantage of this scientific weapon without delay. It may not be effective, or perhaps merely partially so, but the percentage of successes is sufficiently high to test this treatment. Get the edge on hay fever before it gets the edge on you.'

-""The fashionable world has no monopoly on styles and fads. American life is permeated with them. For instance, consider the food question. Thousands of people in Pennsylvania alone are following their own pet theory on the nourishment problem—if indeed it has any right so to be called," said Dr. Theodore B. Appel, Secretary of Health, today.

## Meat Not Exclusive

there were no pure hunter tribes. In

the southern part it was three-fourths

cooks of considerable ingenuity and contrary to popular belief the Indains

preferred cooked food. They were

good at husbandry and after drying

their vegetables they sometimes built

were pulped or dried. Nuts were

were also maize, grass seeds and the

legumes. Potatoes and squashes fre-

quently were stored in holes dug be-

neath the frost line. The Indians

liked salt to flavor their dishes and

obtained it sometimes by evaporating

the water from salt springs and some-

times by taking the crystals from salt

lakes and caves. Many of them were

fond of chewing gum, which they got

from spruce trees. Savors, flavors

and condiments were valued highly .--

Doubling of "Talent"

A Sunday school teacher, after tell-

ing the class the parable of the talents,

gave each boy a dime, explaining that

they were to use their capital during

the week and report on the following

"Now, then," he said to the first

boy when they gathered a week later,

"how much has your talent gained?"

The boy produced 20 cents and the

"Splendid !" he exclaimed, then

"And how much have you brought?"

The teacher's expression changed.

"There, you see," he told the class.

"George has used his talent and

brought one talent more, while Jimmy

"And what has become of your

"I tossed up with George, sir, and

Old American Flag

min Franklin as chairman, desigued

the first flag of the United Colonies.

This is said to have been the first offi-

cial flag, and was hoisted by Wash-

ington over his camp in Cambridge

and by Capt. John Paul Jones over

his fleet early in 1776. It had 13 red

and white stripes, representing the 13

United Colonies, with the king's

In 1775 a committee, under Benja-

Sunday how much they had made.

Fortune Had Part in

teacher was delighted.

"Nothing, sir."

talent?"

ton.

turned to the second boy.

has lost the talent he had."

He turned sternly to Jimmy.

he won."-Weekly Scotsman.

Detroit News.

-Don't be fooled by poor seed. Food of Red Indians Test it. Among all the American Indians

-Some folks use weed-killing prepthe north portion of the continent the ations for eradicating weeds in walks diet was three-fourths animal food, in and driveways.

FARM NOTES.

vegetable, and with the tribes of the -Be sure to keep the weeds down, and the garden well cultivated to coast, mountains, lakes and plains it varied according to the food supply. conserve moisture. As a rule the Indian women were

-It pays to buy and plant the best, as good crops are largely de-pendent on the use of good seed.

-Manure should be applied as cheaply as possible. This is accom-plished by spreading it during the granaries wherein to store them. Anfmal food was often dried or frozen, dull seasons of the year. but sometimes was smoked. Fruits

-Arsenic, the poison in spray materials, is not a violent poison to warm-blooded animals and small often ground before being stored, as amounts cause no serious injury.

> -Bull associations provide the service of a splendidly bred sire at a cost below that of an individually owned sire. Ask your county agent about the plan.

> Winter rye makes a good fall pasture. Usually hogs can pasture un-til rape is ready. If they are taken off in time a grain crop can be had the same season.

-Take a day off to attend the State College Farmers' Field Day, June 21. The time taken from farm work will be profitably spent in get-ing the latest information from demonstrations and experiments at State

College. Bring the whole family. -Pasture improvement is an important question with many Pennsylvania dairymen. Fifty-one Wyoming county farmers attended a recent cias proceeding to revive and conmeeting for the discussion of this important subject. These men prefer to have blue grass instead of weeds Lucy A. Smith vs. Bellefonte Trust in their pastures.

in yield of sweet corn have been ob- ceased, an action in assumpsit. Contained by treating seed with organic tinued. mercury compounds. The treatment It can be obtained in liquid and dust tinued. forms and is applied according to the manufacturer's directions.

disinfectant mat at the entrance to Auto Station, an action in assumpsit. the brooder house. This mat can be Continued. made by filling a square box with gunny sacks soaked in some reliable disinfectant. All workers about the tinued. poultry plant should clean their shoes on the mat before entering the brooder house, say State College poultry specialists.

-Are chain farms to follow in the wake of chain stores, factories, rail-roads and mines? A tendency in there. The movement has nothing in tana. This is a merchandized wheat factory—nothing else is produced. The chain-farm system is a linking

Oh, Yes! Call Bellefonte 432 LUMBER? W.R. Shope Lumber Co. Lumber, Sash, Doors, Millwork and Roofing

was represented by former judge

Visiting attorneys during the week

-There were fifty veterans of

666 is a Prescription for

## MAY COURT SESSIONS

ment for an alleged drawing and ENDED ON SATURDAY. architect's plans for the erection of a proposed apartment house on

Woman Gets \$500 Verdict for the Spring street, Bellefonte. Plaintiff Alienation of Husband's Love.

Arthur C. Dale and her father, John An interesting case at last week's M. Keichline, while Mr. Moore's counsession of court was an action in sel were J. Kennedy Johnston and trespass brought by Bessie M. Harts- his son, Philip Johnston. The jury wick against Nellie K. McIntyre, for returned a verdict late Saturday afdamages for the alienation of her ternoon for \$635, the full sum asked husband's affections, but they by the plaintiff. As no motion for couldn't have been considered very a new trial or stay of judgment was valuable by the jury which sat upon made by defendant's counsel, it is the case, for after hearing the evi- quite probable that he will submit to dence they returned a verdict in fa- the verdict.

vor of the plaintiff for \$500. Philipsburg Beef Co. vs. The Penn- were A. F. Ryan, of the Clinton counsylvania Railroad company, an ac- ty bar; Charles F. Greevy, of Lycomtion in trespass to recover damages ing county, and Charles J. Margiotti, for a loaded auto truck hit by a train of Jefferson county.

on a crossing in Snow Shoe township. Verdict in favor of the plaintiff for the Civil war in Bellefonte's Memor-\$664

Harry S. Corl, now to the use of ial day parade in 1879. Last Thurs-Nellie B. Corl, vs. James Bilger and day there were two. Grace Bilger, an action in trespass.

Edward Craft vs. William Biddle, owner or reputed owner, a scire fatinue proceeding to revive and con- Colds, - Grippe, - Flu, - Dengue, Lucy A. Smith vs. Bellefonte Trust

company, executor of the last will and testament of Ellis E. Irvin, de-

prevents certain root and stalk rots. Centre, an action in trespass. Con-

Continued.

father and next friend, vs. L. A. Hill, trading and doing business as Hill's

John H. Detwiler vs. Musser E. Coldren, an action in ejectment. Con-

man, her father and next friend, vs. Thomas Reid, an action in trespass. Settled.

that direction is noticeable here and tion in assumpsit. Continued. common with Thomas D. Campbell's Moore, an action in assumpsit great 90,000 acre projects in Mon- brought by plaintiff to recover payATTORNEYS-AT-LAW

S KLINE WOODRING.-Attorney a.t. Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's Ex-change. 51-1y

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PHYSICIANS

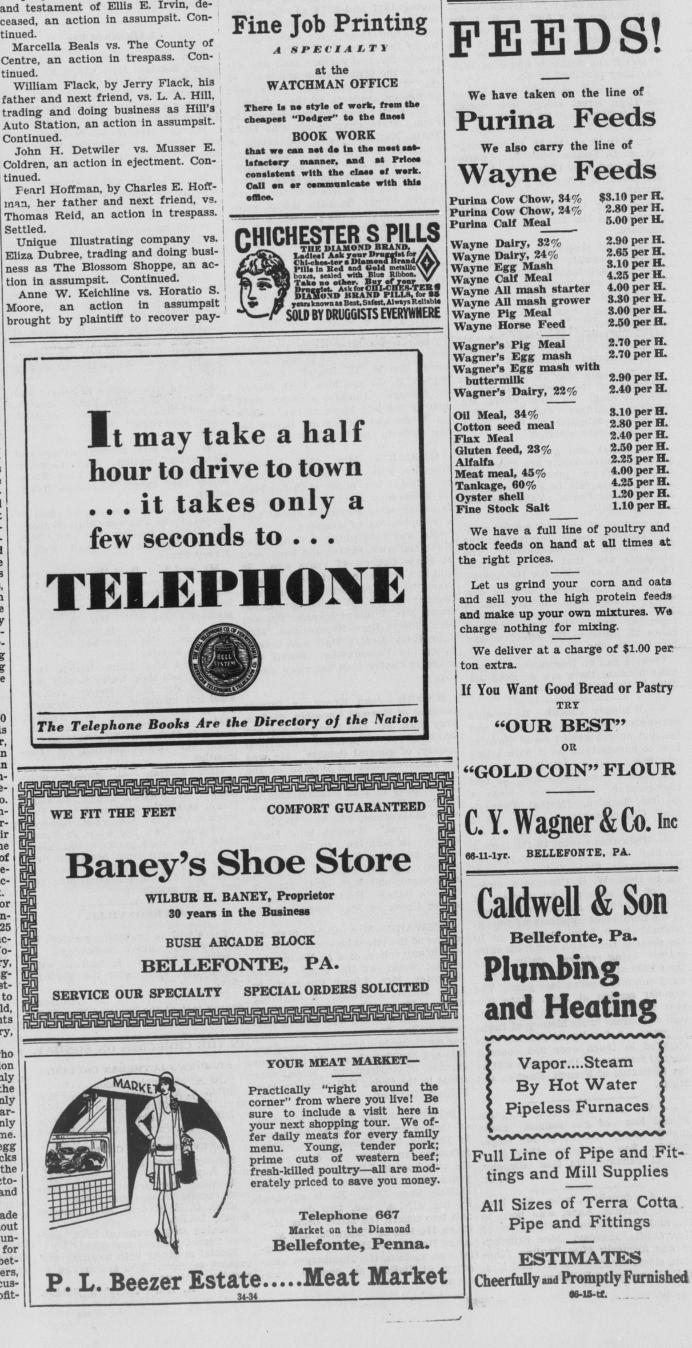
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-"Consider the man who refuses to serve potatoes even to his guests because he and his wife are dieting and then is so inconsistent as to drink two quarts of milk daily and consume all the salted peanuts of which he can get hold.

-"And this fellow is by no means an exception, either. Under the fierce fire of modern propaganda many intelligent citizens have finally succumbed to an idea which in their mind somehow becomes important because it is vaguely associated with the reducing game. 'Game' is used advisedly inasmuch as most people are merely playing at reduction, ex-cept that fortunately diminishing minority of silly young girls who be-come devitalized by starving them-selves into an unhealthy slimness.

"As a matter of fact there is no need for hysteria on the food question. Meat, sweets, milk, grains and all their by-products should occupy their proper place in the daily menu where healthy people are concerned.

-"Certainly it is true that in some disease conditions red meat and sugar, for example, are contra-indicated. But speaking generally, all types of foods are entirely safe and healthy to consume.

-"Rather than to develop a com-plex against a certain food, such as sugar, meat or potatoes ,one should be on guard to keep a rational balance in the diet, and eat all things moderately.

them. The vast majority of people need pay little attention to fads and food propaganda. On the other hand, the general run of people do need to pay more serious attention to the quantity of food they eat. That is the main point.

--- "Therefore, do not develop a foolish attitude against a particular food commodity merely because propagandists tell you or imply that you should do so. But eat less!'

-A codification of the rules of health, so modern in its spirit that it would appear to have been prepared by present-day scientists, has been found in gypsy lore more than 2,500 years old. The American Magazine, publishing these gypsy health rules for the first time in English, recommends them to the consideration of all who seek physical normalcy.

The gypsy health doctrine is based

colors, the crosses of St. George and St. Andrew, in the blue canton. The presence of these crosses in the bine field meant that the Colonists were fighting for their rights as Englishmen. It has been called a "flag not of separation but of protest." In those days it was often designated as the congress colors, or the Cambridge flag, and was officially known as the Grand Union flag, and is said to have been designed by Washing-

Little Change in Scales

There is little or no difference between the scales used today and those used in the days of ancient Egypt, judging by an exhibition in the Science museum, South Kensington, London, recently. Illustrating the history of weighing as far back as is known, a steelyard used by a Roman butcher identical with one of the present day was on show. Modern scales of nickel and enamel, with multi-colored dials, on which the weight can be read in an instant, stood side by side with models showing that centuries ago Leonardo da Vinci designed a selfindicating machine on exactly the same principle.

## Flemings in England

Flemish weavers were first ettabished in England by Henry I in Pemprokeshire at the beginning of the Twelfth century, and they seem tonstantly to have come to England after that time. In Edward III's reign immigration was stimulated when the king offered special rights to the Flemish on condition that they teach Englishmen their trade. Later, is the Sixteenth century, the religious frou-

bles resulted in a substantial emilgration of Flemish weavers to England. These immigrants played an important part in the birth of the English woolen industry.

## Daily Thought

Our business in life is not to get ahead of other people, but to get ahead of ourselves. To break our own record, to outstrip yesterdays b? todays, to bear our trials more beautifully than we ever dreamed we could, to whip the tempter inside and out as we never whipped him before, to give as we never have given, to do our work with more force and a finer finish than ever-this is the true idea -to get ahead of ourselves .- Multbie D. Babcock.

All Life a Struggle

Every man who makes headway in on the fundamental theory that there his chosen field of effort must strugis no more dangerous sickness than gle against the current. The fact sadness. As a matter of fact, the that a man is a success doesn't mean gypsy language has no word for "sick." Instead of saying, "He is sick unto death," the gypsy says, "He is sad unto death."

of a group of small farms of from twenty to 300 acres in extent which pool their products, but on a wholesale scale, and to some extent employ communal machinery and live stock. In other words, it is merely an extension of the co-operative sys-tem employed both here and abroad. Recently thirty-two farms in Illi-nois sold under mortgages by banks and insurance companies were brought together under a chain-operation system, with highly trained farm engineers in charge, the result being that under such scientific management, production costs were reduced, acre yields were increased and the new owners realized profits where the former owners had reaped deficits along with the corn and oats. This, of course, is merely turning the farm into a factory. The men in charge are mechanics and foremen. They are doing a job for which they re-ceive wages. Their principal interest, naturally enough, is in keeping their job rather than in improving the farm, though one might be made contingent upon the other.

-Whether a farmer is to get 70 cents an hour for his labor with his poultry flock, or 24 cents an hour, depends largely upon whether he can get his pullets into production in time to take advantage of high winter eggs prices, it was shown by a recent experiment conducted in Ohio. A large percentage of the farm-

ers throughout the country can nearly triple the labor income from their chickens, merely by managing the flocks so that at least 25 per cent. of the year's egg production comes be-tween October 1 and January 31, according to the results of this test. A group of farmers were united for

this experiment. Half of them managed their poultry flocks so that 25 per cent. of the total yearly production was disposed of in October, No-vember, December and January, when eggs are highest in price. Figures showed that this practice boosted their year-round average price to 38.7 cents a dozen for all eggs sold, and gave them a return of 70 cents for every hour of labor on poultry, after allowing for all other costs.

A second group of farmers, who did not get their pullets in condition for fall egg production, selling only four per cent. of their eggs in the four high-price months, received only 30.8 cents a dozen for their yearround average price, and made only 24.5 cents an hour in labor income. The secret of obtaining fall egg production lies in securing chicks early, from good parent stock, so the pullets will be laying in early Octo-ber, when the demand is heavy and the prices start to mount.

Endorsement to this policy is made by leading hatcherymen throughout the country, who recently united un-der the slogan, "Hatchery Chicks for Greater Profits." They pledge better quality chicks to their customers, and every assistance in helping customers raise their chicks into profitable poultry flocks.