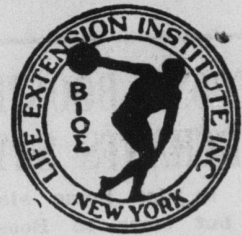


Your Health

The First Concern.



Before many weeks have elapsed a definite number of Pennsylvania's citizens will be wheezing and sneezing, victims of so-called hay fever.

As a matter of fact, science has developed a quite successful method to combat this seasonal affliction.

In order to make this modern treatment effective it is necessary to discover the particular pollen that is causing the disturbance.

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.

The success in this therapy lies in establishing immunity before the pollen season. Afterwards it is likely to be too late.

The fashionable world has no monopoly on styles and fads. American life is permeated with them.

Consider the man who refuses to serve potatoes even to his guests because he and his wife are dieting.

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.

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

Certainly it is true that in some disease conditions red meat and sugar, for example, are contraindicated.

Rather than to develop a complex 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.

America is a land of enthusiasms. And eating is notable one of them. The vast majority of people need pay little attention to fads and food propaganda.

Therefore, do not develop a foolish attitude against a particular food commodity merely because propagandists tell you or imply that you should do so.

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.

Every man who makes headway in his chosen field of effort must struggle against the current.

Every man who makes headway in his chosen field of effort must struggle against the current. The fact that a man is a success doesn't mean that he has never experienced adverse conditions, but that he has met and overcome them.

Meat Not Exclusive Food of Red Indians

Among all the American Indians there were no pure hunter tribes. In the north portion of the continent the diet was three-fourths animal food, in the southern part it was three-fourths vegetable, and with the tribes of the coast, mountains, lakes and plains it varied according to the food supply.

Fortune Had Part in Doubling of Talent

A Sunday school teacher, after telling 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 Sunday how much they had made.

Old American Flag

In 1775 a committee, under Benjamin Franklin as chairman, designed the first flag of the United Colonies. This is said to have been the first official flag, and was hoisted by Washington over his camp in Cambridge and by Capt. John Paul Jones over his fleet early in 1778.

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.

Flemings in England

Flemish weavers were first established in England by Henry I in Pembrokeshire at the beginning of the Twelfth century, and they seem constantly to have come to England after that time.

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 by today, 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 do our work with more force and a finer finish than ever—this is the true idea to get ahead of ourselves.

All Life a Struggle

Every man who makes headway in his chosen field of effort must struggle against the current. The fact that a man is a success doesn't mean that he has never experienced adverse conditions, but that he has met and overcome them.

FARM NOTES.

Don't be fooled by poor seed. Test it.

Some folks use weed-killing preparations for eradicating weeds in walks and driveways.

Be sure to keep the weeds down, and the garden well cultivated to conserve moisture.

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

Manure should be applied as cheaply as possible. This is accomplished by spreading it during the dull seasons of the year.

Arsenic, the poison in spray materials, is not a violent poison to warm-blooded animals and small 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 until 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 getting 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 meeting for the discussion of this important subject.

Increases of 10 to 20 per cent. in yield of sweet corn have been obtained by treating seed with organic mercury compounds.

As a sanitary measure place a disinfectant mat at the entrance to the brooder house. This mat can be made by filling a square box with gunny sacks soaked in some reliable disinfectant.

Are chain farms to follow in the wake of chain stores, factories, railroads and mines? A tendency in that direction is noticeable here and there.

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 egg prices.

A large percentage of the farmers 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 between October 1 and January 31.

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 egg prices.

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 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 October, 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 under the slogan, "Hatchery Chicks for Greater Profits."

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MAY COURT SESSIONS ENDED ON SATURDAY.

Woman Gets \$500 Verdict for the Alienation of Husband's Love.

An interesting case at last week's session of court was an action in trespass brought by Bessie M. Hartswick against Nellie K. McIntyre, for damages for the alienation of her husband's affections.

Philipsburg Beef Co. vs. The Pennsylvania Railroad company, an action in trespass to recover damages for a loaded auto truck hit by a train on a crossing in Snow Shoe township.

Harry S. Corl, now to the use of Nellie B. Corl, vs. James Bilger and Grace Bilger, an action in trespass. Continued.

Edward Craft vs. William Biddle, owner or reputed owner, a scire facias proceeding to revive and continue proceeding to revive and continue a mechanics lien. Continued.

Lucy A. Smith vs. Bellefonte Trust company, executor of the last will and testament of Ellis E. Irvin, deceased, an action in assumpsit. Continued.

Marcella Beals vs. The County of Centre, an action in trespass. Continued.

William Flack, by Jerry Flack, his father and next friend, vs. L. A. Hill, trading and doing business as Hill's Auto Station, an action in assumpsit. Continued.

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

Fearl Hoffman, by Charles E. Hoffman, her father and next friend, vs. Thomas Reid, an action in trespass. Settled.

Unique Illustrating company vs. Eliza Dubree, trading and doing business as The Blossom Shoppe, an action in assumpsit. Continued.

Anne W. Keichline vs. Horatio S. Moore, an action in assumpsit brought by plaintiff to recover pay-

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