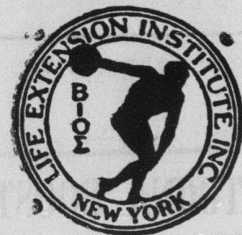


Your Health

The First Concern.



Are your children getting enough milk?

Because, if they are not, in time it will tell on their general health; every tissue in the bodily composing vital organs, muscles and membranes, teeth, and bones will suffer.

Milk is absolutely necessary to the diet of little children and every sacrifice should be made to get it as long as they are growing.

Even after baby is "off his bottle" he should be given milk to supplement his other food to the amount of one quart a day.

This does not mean that he must drink one quart a day—only part of it. The rest can be put into cooked foods, for cooked milk does not lose its nutritive value.

But I shouldn't boil milk any more than necessary in making cocoa or milk soups. Prepare the other part and cook as much as necessary, then add it to the milk that has been brought to a scald only.

Sometimes mothers think that skim milk is useless and waste it. What a mistake! It is rich in all sorts of things that children need. All it lacks is butter fat, and this can be supplied by butter. For instance if you use skim milk over toast or cereal or crackers, spread a little butter on first. Never waste an ounce of skim milk.

Families that cannot afford whole milk could buy skim milk cheaply and supply the fats in the children's food by butter, butter substitutes, or inexpensive vegetable oils of which there are many wholesome ones on the market. Never, never give a child any fried food.

Milk won't fight with fruit that is not too acid. If a child takes orange juice, it won't hurt him to have milk on his cereal.

But I wouldn't give a little child milk or cream on strawberries in the summer.

Milk can be served on any stewed fruit.

Milk can be cooked in a cereal or served on it, or both. It can be used in puddings, soups, "gravies," custards, cocoa, or made into simple white sauce and cooked with vegetables. There are dozens of ways of using it.

But be sure to allow a child plain milk to drink, either with his meals, or in between, or at bed time.

It should always be sipped—never gulped, and never served very cold. It should be sweet and clean and kept covered.

I have been asked if condensed milk is all right. Yes, it is, when necessary, also evaporated, or even powdered milk—but make every effort to get fresh milk first, particularly for drinking.

The new \$1,000,000 Cunningham sanitarium which has as its underlying theory increased air pressure as a cure for diabetes, has been formally opened as a place of treatment for diabetes, pernicious anemia and other diseases heretofore pronounced incurable.

The main compartment of the sanitarium is a huge steel ball 64 feet in diameter and five stories high. It is a completely equipped hospital. Adjoining is a long cylindrical tank which provides the means of access to the main construction and offers a preliminary test of air pressure to patients about to undergo the cure.

This revolutionary idea in hospitals was introduced eight years ago by Dr. Orville J. Cunningham, of Kansas City, Mo. For years, Dr. Cunningham had advocated the use of compressed air for the treatment of various diseases but it was not until he had interested H. H. Timkin, millionaire steel man of Canton, O., that he was able to put his idea into effect. Timkin agreed to finance the institution after a friend had gone to Kansas City and had been treated for diabetes in a small tank Dr. Cunningham had constructed in his own back yard.

There are two other tanks, besides the one used as the entrance that flank the main compartment. Patients will live in these tanks for a week at a time under an atmospheric pressure of from five to 30 pounds.

After living in the main sphere of one of the smaller tanks for a week, the patient spends seven days at home or in a hotel, before another week in the tanks. This process is repeated until the doctor pronounces a cure.

The huge hall and the adjoining structures are furnished in the interior much after the manner of an up-to-date ocean liner. It has accommodations for 96 persons.

On the first floor of the main tank is the dining room. Three other floors are given over to bedrooms and the fifth is a spacious recreation hall.

"However much the youngsters require wholesome recreation and change during the vacation period, grown-ups must realize that they too are in need of diversion and rest. Recently, a man who has steadily worked for two years, bought a ticket for Europe and gave it to his twenty-four year old daughter to use. Father continues at his desk!

THERE ARE FEW CHANGES IN THE STATE FISH LAWS.

Governor John S. Fisher has approved the only bill passed by the recent session of the Legislature which will affect the fishing laws of the Commonwealth.

Members of the Board of Game Commissioners consider the amendment which will permit them to make agreement for compensation where fishways are impracticable as one of the measures.

The Board believes this amendment will mean much to the fishermen because there is no practical fishway in existence applicable to Pennsylvania waters and by having this agreement it will be possible to purchase fish each year for stocking of the dam. The money will be contributed by the corporation or persons erecting the dam. An agreement already has been made with the owners of Conowingo Dam, whereby they are paying Pennsylvania \$4,000 each year. The first payment has been made, and an agreement will be entered into whereby this will be perpetual. Both Pennsylvania and Maryland will receive \$4,000 each year.

Other amendments to the fish laws will not affect the average fisherman as practically all the sizes, seasons and numbers were left the same as previously. The only exception to this is that the section in reference to the muscalonge and western pike was changed to include northern pike, and the size limit reduced from 28 to 22 inches. Practically the only section of the Commonwealth where this will affect the fishermen is in northwestern Pennsylvania where quite a number of these species are to be found, especially in Canadota Lake.

The following changes were also made by approval of the bill:

- 1. Increase in shad seine license to \$10, which will now only be issued within the limits of the tide of those streams emptying into the Delaware river, the license formerly issued in the Susquehanna river being eliminated by the construction of the Conowingo dam.
2. Increase in the license fee to \$5.00 for the commercial propagation of all species of fish with the exception of trout and bass, this fee remains the same, at \$25.00.
3. Law amended so that the dealer in bait fish can have them in his possession until disposed of.
4. Commissions for special fish warrants to expire on December 31 instead of May 31.

FORDS ARE "BROKEN IN" WHEN YOU BUY THEM.

Precision in manufacturing and an unusual degree of importance which the Ford Motor Company attaches to the inspection of Model A cars has gone far to eliminate that tedious process known as the "breaking in" of a new automobile.

On the windshields of the new Model A are directions which suggest a driving speed limit for the first 500 miles of 35 miles per hour. This is in marked contrast to the old line of instruction which cautioned against a speed of more than 20 or 25 miles an hour for at least 1000 miles.

Excess heat is the most destructive agency which may affect an automobile, particularly in the first several hundred miles it is driven. Friction is mainly responsible for overheating and a piston that is fitted too tightly may seize and in turn score the cylinder wall. This means an expensive repair job.

Careful machining of engine parts such as cylinder blocks, pistons, camshafts, crankshafts, etc., the proper fitting of bearings, accuracy in the cutting of gears; multitudinous checks during the process of assembling the Model A and rigid inspections combine to produce an automobile which is ready for the road when delivered. For this reason, it may be at once operated to the limit of speed prescribed by the motor codes of a great many States, without going through the customary "breaking in" period.

HATS OFF TO THE FLAG.

If any reader of these lines has ever visited a foreign country, has been a stranger in some far away place over the ocean, he may remember the feeling of joy, of pride, that came to him when he first saw the stars and stripes floating over the consulate.

One writer says he remembers some years ago walking down the Bois de Boulogne in Paris. Just ahead of him was a regulation man of the world, and yet something about him indicated that at one time or another he had lived in America. He walked slowly down the avenue until all of a sudden from the second story of a building at the right there were flung to the breeze the silken folds of a beautiful specimen of the American flag. The man of the world saw it. In a second his silk hat was off his head, and despite the onlookers he gave three as lusty cheers for the stars and stripes as ever came from an American throat. As the writer reached him he turned about and with tears rolling down his cheeks said, "I did not know that the sight of anything could touch me like that."

GAME REPORTED PLENTIFUL.

From the number of favorable reports being received at the offices of the Game Commission, it appears that there will be an excellent supply of bob-white quail available for the hunters next fall. Also if the weather continues good, a good hatch of young birds is to be expected. Reports are now being received of broods of young birds being seen. Ringnecked pheasants, of course, are plentiful. A surprisingly large number of young grouse have been reported this season. However, grouse conditions generally seem not too good. Many sportsmen are asking for a closed season this year.

CALENDAR FOR THE POLITICAL MINDED.

This year only two parties will take part in the primary fight due to the heavy presidential vote last fall of the two major parties, Republican and Democrat. The minor parties which in the past have had a place on the primary ballot have disappeared. They did not come near the required five per cent of the Hoover vote of over two million. Under the law, a party to participate in the primary must have polled five per cent of the vote cast for the candidates receiving the largest vote in the previous general election.

After 65 years of having a place on the ballot, the Prohibition party, like the Keystone, Labor, Peoples, Voters, Bull Moose, etc., must circulate nominating papers so that it can get on the ballots at the November election.

The opening date of the 1929 political season is Wednesday, June 19th, when it will be legal to circulate petitions for judges of the Superior court.

Thursday, July 4th, is an important day in Cambria county. It marks the start of the drive for the circulation of petitions for municipal and county offices.

The election calendar as prepared by the state election bureau follows: June 19—First day for securing signatures on petitions for nominations to be filed with the Secretary of the Commonwealth.

July 4th—First day to secure signatures on petitions to be filed with the county commissioners.

July 16 and 17—Last day for registration assessment and enrollment in boroughs and townships for the fall primary.

July 28—Last day for filing petitions with the Secretary of the Commonwealth.

August 5—Last day when candidates for judge may withdraw before primary.

August 5—Last day for filing petitions with the county commissioners.

August 19—Last day when candidates for municipal offices may withdraw before the primary.

Sept. 4—Last day to be assessed for the November election. Assessors will sit at the polling places on Sept. 3 and 4 for the accommodation of voters.

Sept. 6—Last day for filing with the Secretary of the Commonwealth nomination papers by independent bodies of citizens for judge.

Sept. 7—Last day on which voters in boroughs and townships otherwise qualified to vote but not enrolled under a party name may enroll to entitle them to vote their party ticket at the primary election by applying to the county commissioners.

Sept. 17—Primary election.

Oct. 2—Last day for candidates to file statement of expenses for the primary.

Oct. 8—Last day for filing with the county commissioners nomination papers by independent bodies of citizens for county, city, borough and township offices.

Oct. 11—Last day when candidates nominated at the primary election may withdraw from nomination.

Oct. 17—Last day for treasurers of political committees to file statement of expenses for the primary.

Nov. 5—General election.

Dec. 5—Last day for filing expense statements for November election by candidates and treasurers of political committees.

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Real Estate Transfers.

Catherine E. Lucas to Trustees Reformed church, tract in Marion Twp.; \$300.

Albert S. Barnhart to Howard B. Musser, et ux, tract in State College; \$1105.

W. H. Strohecker, et ux, to Phi Kappa Nu Fraternity, tract in State College; \$15,000.

Cecelia Strunk, et bar, to Catherine Gingham, tract in Spring Twp.; \$350.

Verna Grohoski to Stanley Jebzelski, et ux, tract in Rush Twp.; \$120.

Henry F. Knofssinger, et ux, to Ray C. Noll, tract in Spring Twp.; \$250.

Clarence A. Garbrick, et al, to Clarence J. Zeigler, et ux, tract in Bellefonte; \$1.

Nora Snyder to Ira J. Lane, et ux, tract in Halfmoon Twp.; \$2,500.

Ray V. Watkins, et ux, to E. E. Weiser, tract in State College; \$1.

C. C. Barges, et ux, to Margaret S. Bitner, tract in Gregg Twp.; \$900.

G. Blaine Bitner, et ux, to W. Bright Bitner, tract in Gregg Twp.; \$1.

W. Bright Bitner, et ux, to C. Blaine Bitner, tract in Gregg Twp.; \$1.

Newton C. Neidigh, et ux, to Jonathan Cope, tract in State College; \$1800.

W. K. Osman, et ux, to Jonathan Cope, et ux, tract in State College; \$7000.

John H. Bair, et ux, to Robert P. Strouse, tract in Gregg Twp.; \$2000.

Chester A. Spyster, et ux, to Andrew Zettle, tract in Centre Hall; \$1.

Elmer E. Holter, et al, to Laura Fletcher, tract in Howard; \$1600.

Mike Hajzak, et ux, to Mike Hajzak, Jr., et ux, tract in Rush Twp.; \$1.

R. L. Mallory, et al, to Donald S. Miller, tract in Bellefonte; \$1.

George Tate, et ux, to Glenn L. Hastings, et ux, tract in Spring Twp.; \$1.

HEADING FOR SENATE.

Mrs. Jessie Woodrow Sayre, of Boston, Massachusetts, daughter of the late President Wilson, wants a seat in the Senate at Washington, D. C., according to the announcement that she will run against Senator Gillette, of Massachusetts, the present incumbent.

—Subscribe for the Watchman.

LUMBER?

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A ROUND OF RIDDLES.

When is a man incapable of performing a bare-faced action? When he wears a heavy beard and mustache.

Why is a thief like a philosopher? Because he is given to fits of abstraction.

Why is it illegal for a man to possess a short walking stick? Because it can never be long to him.

Why is a person who asks questions the strangest of all individuals? Because he is the querist.

Why are the pages of a book like the days of man? Because they are numbered.

Why is an egg like a colt? Because it is not fit for use until it is broken.

What is the longest letter in the alphabet? An L (ell).

What is that which I am without and yet I have? My heart.

What is that which travels about, goes much up and down, and wears shoes, but never had any shoes? A football.

Why is a dog like a tree? Because they both produce a bark.

What barrel is best fitted for a soldier's helmet? The cask (casque).

What is the longest word in the English language? Smiles, because there is a mile between the first and last letter, (s-mile-s).

EIGHTY-THREE PROSECUTED FOR GAME VIOLATION.

Prosecutions made for violation of the game laws during March, 1929, totalled 83, according to figures recently compiled by the Game Commission. Twenty-one persons were prosecuted for killing game during the closed season, two for permitting their dogs to chase game unlawfully, two unnaturalized citizens were fined for possessing fire-arms, and one for possessing a dog. Twelve prosecutions of illegal deer cases were made and 45 persons were apprehended on various other charges such as failure to tag traps, fraudulently probating bounty claims, killing song birds, failure to display license tag while hunting, and so forth.

The prosecutions for March were little more than half of those made in February when 155 persons were convicted.

—Subscribe for the Watchman.

MUST REPORT ACCIDENTS ONLY TO HARRISBURG.

A provision in the new motor code makes an important change in the method of reporting accidents. Under the old code it was necessary to report to local authorities and the department of highways all accidents involving injuries or death to any person or a property damage of more than \$50. Under the motor code as now effective it is necessary to make reports only to the bureau of motor vehicles, department of revenue, Harrisburg, unless a city or borough by ordinance provide for reports of accidents occurring within their jurisdiction. Failure to report may mean a fine of \$10 and costs, or five days' imprisonment.

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We have a full line of poultry and stock feeds on hand at all times at the right prices.

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