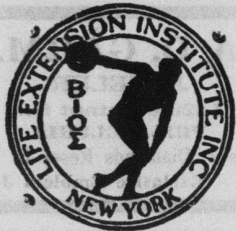


Democratic Watchman

Belleville, Pa., August 30, 1929.

Your Health, The First Concern.



"With a general ban against advertisements of a special character, large advertising spaces are now being occupied with eloquent and appealing assertions of the power of certain mail order remedies alleged to cure other maladies," said Dr. Theodore B. Appel, Secretary of Health, today.

"It is indeed quite surprising how many fairly intelligent people will be taken in by these glowing literary 'spreads,' and consequently send their hard earned money to the quacks and unethical business men who thus gull the public.

"If one is merely sufficiently literate to read an advertisement, and in addition lives in a highly remote locality, there may be some excuse for him to become the prey of these conscienceless people, who pride themselves upon their intelligence and education but succumb to these high-powered statements.

"In the first place, it is unreasonable for anyone to imagine that he can be effectively treated for disease by mail. For example, consider rheumatism. 'Rheumatism' as generally known is not always a definite disease but often a complex of symptoms due to many and varied causes, often obscure. To conclude therefore that postage stamp pills, often containing little else of service than a laxative, will be able to cure this painful disease is a woefully misplaced trust.

"The sections in Pennsylvania that cannot be served with proper medical attention are exceedingly few. In fact they exist at all. And in most localities physicians and even hospital and laboratory facilities are usually available.

"Dallying and self-treatment should not be countenanced for a moment with any disease. And that is what the use of mail order medicines really amounts to. Be examined by a reputable practitioner and follow the directions based upon his diagnosis.

"Spend money foolishly on many other things if you please to do so, but discount by 100 per cent. any enthusiasm that might be engendered by reading the 'com-in' of the mail-order-cure advertisers. Save your postage stamps and see your doctors!"

Investigation by the Eyesight Conservation Council has shown that "bad eyes make bad boys," according to Mr. Guy A. Henry, General Director, and that the experience of juvenile courts proves that defective vision makes children truant. Each year more than 200,000 come before these courts, and eye conservation in the home and in the schools should be employed as a factor in checking criminal tendencies.

"Juvenile courts," Mr. Henry continued, "are finding that bad eyesight leads to inattention in school, to unfair competition, and to disrespect for authority. Bad eyes lead to truancy and the truant child is a criminal in embryo.

"Seventy-five per cent. of all adult offenders start as criminals before they are twenty-one years old, and progress from petty to capital crimes is rapid. Parents must try to understand their children, for with understanding comes the explanation of wayward tendencies, which if uncorrected may develop unfortunate consequences even in the best of children.

"It has already been demonstrated that fully 25 per cent. of the 24,000,000 school children of this country are suffering from manifest defective vision, and this situation is likely to grow worse if practical steps, with parents and teachers cooperating, are not taken. Much has been done by the Eyesight Conservation Council in the schools of the country, and much more will be done in the future, but lasting results are impossible without the aid of the home.

"It seems evident, from a general review of the entire subject of eyesight conservation, that approximately 25 per cent. of all school children in the United States are retarded in their studies and that fully one-third of the retardations are in all probability due, to defective vision. If this is correct, there are at least 2,000,000 school children in the United States one or more grades behind in their studies because of defective vision. The annual loss of retardation due to this cause alone," Mr. Henry concludes, "is about \$130,000,000."

Popular beliefs do not always coincide with scientific knowledge, and fallacies about the teeth are especially prevalent, probably because of the influence of tooth paste, dentifrice and chewing gum advertisements. Dr. W. M. Gardner debuts a long list of these in a recent issue of Hygeia. These are some of the things that he says are not true:

1. That gums normally bleed when the teeth are brushed.
2. That gums normally bleed because they are brushed too hard or because the brush is too stiff.
3. That the health of the mouth depends on the type of tooth paste used.
4. That decayed teeth are but to an acid condition of the stomach.
5. That chewing gum cleans and whitens teeth.
6. That pyorrhea is caused by a germ.

HERE'S REAL OPPORTUNITY FOR CENTRE COUNTY WOMEN

\$1250 Offered for Best Jar of Canned Food in National Canning Contest.

Just how good at canning are Centre county women and girls. This question suggested itself from an announcement in Chicago of a National Canning Contest to find the best jar of canned fruit, vegetables or meat in the country. Twelve hundred and fifty dollars (\$1250) in cold cash awaits the woman or girl in the United States whose entry is selected as the best jar of canned food entered in the contest.

The contest which is sponsored by the Sears-Roebuck Agricultural Foundation, seeks to acquaint more house-wives with the economy and healthfulness of home canned foods. For years the U. S. Department of Agriculture and home demonstration agents throughout the country have worked for increased production of native canned foods. It is to further this excellent idea and at the same time to help absorb the threatened surplus of farm products in many sections, that this canning project was conceived.

Two hundred and twenty-two cash prizes, totalling \$5825, will be disbursed to the winners in the contest, which has three major divisions: fruit, vegetables and meat. The best entry in each division will be awarded \$250, and one of these will also receive the thousand dollar sweepstakes prize, thus bringing the total cash prize for the best jar of canned food in the contest to \$1,250. Second prize in each of the three divisions will be \$200, third prize \$100, and fourth prize, \$50. There will also be five prizes of \$25 each, ten prizes of \$10 each and fifty prizes of \$5 each. In addition, a thousand dollars in cash will be awarded to the home demonstration agent whose county sends in the greatest number of entries, \$500 to the agent whose county has the next largest number, and \$100 to the agent whose county sends in the third largest number of entries. A number of lesser merchandise prizes are also offered. Contest closes October 15.

According to the rules, the contest is open to every woman and girl in the United States. There are no restrictions as to the nature of the food sent; any fruit, vegetable or meat, whether home grown or purchased, is acceptable. Contestants may enter one, two or all three divisions. Entries, regardless of when canned, must not be sent in prior to August 15 nor later than October 1, which is the closing date of the contest. No entries will be returned, but instead these will be sent with the name and address of the contestant, to an orphanage, hospital, infirmary or other charitable institution to be selected by the Foundation.

Specimens of canned fruits and vegetables in the contest will be judged on the basis of clearness, color, pack, neatness, texture and flavor. There will be three judges, to be selected by the Foundation from a list of outstanding authorities on home economics, domestic science, and canned food. Their decision will be made known just as soon as possible after October 1.

"Any method of canning may be used for this contest," announces Anne Williams, director of the contest. "The use of a steam pressure cooker, however, is highly recommended by canning experts and by the U. S. Department of Agriculture, especially in canning meats. Not only does this method of canning save time and fuel and assure absolute sterility and preservation, but food canned under pressure retains all its natural flavor and texture, which are vital points in any canning contest."

That the judging may be thoroughly impartial and the display of canned samples absolutely uniform, contestants are required to submit their entries in standard glass jars of the quart size. All contestants will be furnished with one Ball mason jar and carton for sending in a canned article, but those making entries in more than one division are expected to supply their own jars and shipping cartons. The sample jar and prize entry labels for use in submitting entries may be secured without cost by communicating with the headquarters of the National Canning Contest, 925 S. Homan Ave., Chicago, Illinois.

THAT WHEAT PROBLEM.

The Federal Farm Board has warned wheat growers against flooding the market and forcing cash prices below profitable levels. The warning is needed. At Galveston, where elevators are over-flowing and an embargo on shipments was established two weeks ago, 4500 cars of wheat wait to be unloaded. Some 4500 more, shipped from the great Kansas wheat fields prior to the embargo, are strung along railway sidings enroute to the Gulf. These 9000 cars contain about 13,500,000 bushels.

Similar congestion exists elsewhere with total supplies at all commercial points exceeding 137,000,000 bushels. Wheat is piling up on the ground beside railroads and elevators for want of sufficient cars and storage room. The Farm Board, disclaiming any intention to "fix" prices, is simply pointing out the economic waste of flooding the market. The farmers can hold the wheat if they will. Kansas growers have stored their grain in bins, cribs and barns, in the open and even in the attics of their homes. This does not apply merely to small farms. Tom Hopkins, the "winter wheat king," who harvested 110,000 bushels in Western Kansas and Eastern Colorado, is holding every bushel for better prices.

These farmers may greatly increase their returns by selling when the demand for wheat begins to catch up with the supply on the market. The Farm Board is trying to show others the value of their example.

—Subscribe for the Watchman.

CITY AIR OFFERS NO RELIEF TO HAY FEVER SUFFERERS.

Ragweed pollen, blown for miles by the wind, pursues the hay fever sufferer from the country into downtown Pittsburgh, it was learned.

Few persons would think of the upper air, hundreds of feet above the downtown triangle, as containing particles of the pollen of the ragweed, which grows rankly in grain fields after the harvest. But early results of observations made by W. S. Brotzman, local United States weather forecaster, as part of a nation-wide survey, have revealed many particles of pollen in the downtown air.

Science has classed the ragweed of late as taking precedence over goldenrod as a cause of hay fever. C. Durham, Indianapolis botanist, is conducting a survey throughout the United States to determine what communities are most infested by ragweed pollen. Weather bureau stations are making the observations for the scientist. The tests of air began on Aug. 10 and will continue to Oct. 30. These dates are regarded as defining the boundaries of the ragweed season.

Forecaster Brotzman takes the observation by means of a glass plate, measuring 1x2½ inches and coated with vaseline. The shelter for the weather bureau instruments on top of the Oliver building has a double roof, with a 4 inch space between the layers. The test plate is suspended in this roof space, so that it is subject to a current of air for 24 hours. At the end of the period the glass is removed, speckled with soot, and mailed to Durham.

The Botanist subjects the glass slide to examination under the microscope and counts the particles of ragweed pollen. From this number counted he will later estimate the number of particles per cubic foot.

Brotzman has just received from Durham the first report on the count thus far. The highest number of particles was on Aug. 14. 34 pollen grains were counted on the little slide, and on Aug. 15, when the count was 29. On both these days the wind was strong and blew from the west.

The weather forecaster reasons that the strong westerly wind blew the ragweed pollen from the farmlands across the hills and rivers which hem in the triangle and over the Oliver building. The spot where the test plate is hung is 345 feet above the sidewalk.

The average wind velocity on the two high count days was 11 miles an hour on August 14 and 10 miles an hour on August 15. On the first day mentioned the wind blew as high as 18 miles an hour at times and on the second day up to 15 miles an hour.

Low winds marked the days when the pollen count was light. On two of the low count days August 12 and 16 the average velocity of the wind each of those days only two grains of pollen were counted. On August 16 the average velocity of the wind was only 4.6 miles an hour. On August 10, when the count was three grains, the wind velocity averaged seven miles an hour, but at times dropped to one mile an hour.

Brotzman concludes that the northerly wind sweeps across an area that is more built up than that swept by the westerly wind.

SANTA CLAUS BAG HOLDS NOVELTIES.

Just an inkling of what the inside of Santa Claus' bag will look like next Christmas is being given while the eastern manufacturers and importers are holding their annual exhibit.

Animals are going to have the time of their lives this yuletide, for they have walked out of the zoo and will find a place in even the smallest apartment, a view of the two floors of gifts shows. The small animals are fashioned for fork rests, doorstops and a myriad of other uses.

Some of the other novelties to be considered for Christmas shopping, just a few months away are: Decanter and glass sets concealed in old morocco-bound hand-tooled books.

Cocktail shakers of Lalique glass. Clothes hampers of painted tin. Nursery candy boxes. Rows of painted wooden flowers for the nursery.

A small maple coffee table inset with Italian tiles.

A solitary table with one leg, the other side to rest on the arms of your chair.

A lap board covered with a map of Europe.

Perfume cabinets for the dressing table, mirror lined, painted in pastel colors.

WOMAN SELLS TOADS TO NEEDY GARDENERS.

It isn't getting the toads that causes the trouble, according to Mrs. C. E. Griffin, of Ford Cliffe, who is in the business, it's that the durned critters won't stand still while a body sticks postage stamps on them.

Oh, yes, the business is selling the toads to gardeners whose gardens are being devastated by bugs. Mrs. Griffin heard that toads and bugs weren't at all sociable. The thing to do, she concluded, was to sell toads to gardeners.

A Pittsburgh greenhouse man was the first customer for the new business, and he asked that the reptiles be sent in a hurry. Mrs. Griffin got her consignment ready, after considerable difficulty, as related above, in attaching the stamps. The postmaster was dubious, but careful perusal of the regulations laid down by Uncle Sam failed to show any paragraphs denying use of the mails to "bufo vulgaris," the scientific name for the lowly toad.

The Pittsburgh man who had a garden and bugs now has only the garden and the toads are reported recovering from overeating.

MAIL BOX THEFTS AID CHECK FORGERS.

Active operations in many cities of mail box thieves, who open bank communications to customers, containing details of their accounts and cancelled checks showing their banking signatures, and use this material in perpetrating check forgeries, have led the American Bankers Association to issue a nation-wide warning to its members with instructions for combating this form of crime. The warning as sent out by James E. Baum in charge of the association's Protective Department says:

"Heavy losses are being sustained through cancelled vouchers and statements stolen from the mail boxes of bank depositors in apartment and office buildings, thus divulging the depositors' balances and supplying models for forged checks. As a step to put customers on guard against these methods, banks are urged to instruct every depositor to whom they mail statements of deposit accounts on the last business day of each month to notify them promptly if such statements are not received by the close of the next day.

"Also banks should educate depositors to safeguard blank checks and cancelled vouchers as they would money. Such paper stolen by forgers soon puts real money in their hands. If all blank checks and cancelled vouchers were securely kept in safes instead of filing cabinets or desks, the check crook would be denied their chief stock in trade, namely, genuine blank checks and signatures. Warnings to depositors against leaving blank or cancelled checks accessible to sneak thieves or burglars should be sent out at once.

"Estimates broadcast by surety companies indicate that individuals, merchants, hotels and others outside of banking are shouldering more than 99 per cent of the total amount of forgery losses. The bulk of forgery loss on checks is sustained by those who are willing to risk accepting them without reliable proof of identity or title of the presenter.

"Years ago the Protective Department of the American Bankers Association adopted the slogan, 'Strangers are not always crooks, but crooks are usually strangers.' If those outside of banking could be prevailed upon to observe this rule and think about it when considering accepting a check for their merchandise or services for which they are also asked to give a substantial sum in cash in change, one of the biggest aids to the forgery business would be denied the crooks."

RUTH BRYAN'S GOOD EXAMPLE.

Congressman Ruth Bryan Owen (why should we call the women members Congresswomen, anyway?), is setting her fellow members of Congress a splendid example in at least one regard—that of making her constituents know Washington better. Everybody in the country should know our Capital better than we do. It is not only the Capital of our country, but it is getting to be the Capital of the world. She is doing two outstanding things in this matter:

(1) During the Congress vacation she is going all over her district holding meetings and telling her people about what Congress is doing, and then she has moving pictures of Washington showing them in a vivid and personal way what things are like in the District of Columbia.

(2) Better than this, even, she is selecting thirty-six boys and girls, two from each of the eighteen counties in her district, who show the best "school citizenship," and will bring them to Washington next year to study governmental Washington. She is evidently staying close to the people—what else could you expect of William Jennings Bryan's daughter?

WARNING TO SWIMMERS.

In the interest of water safety over the country, while the bathing season is at its height, the American Red Cross has issued a set of warnings to the public prepared by W. E. Longfellow, of the life saving staff at National Headquarters. His advice follows:

Avoid heavy meals before going on the river. Wait at least an hour before going into the water after eating such beach-stand lunches as hot dogs and drinking soda pop.

Never swim alone, but always with a companion of your own ability.

Get to be an all-around swimmer in a pool before you tackle the big water and always swim at guarded places.

In case of a canoe accident, stick to your boat. Help comes quicker to one clinging to an overturned boat than to one swimming toward shore. An ordinary canoe, even though filled with water, will hold up the heads of about four people.

A canoe or rowboat with an outboard motor should be treated the same as a motor boat and should carry a fire extinguisher and life preservers.

The slogan of the Red Cross Life Saving Service is, "Everyone a swimmer and every swimmer a life saver."

ELECTION REMINDERS.

All voters should see that they are properly registered for the November Election, Nov. 5. The Primary Election is September 17. September 3-4 registrar assessors in boroughs and townships sit at polling places from 10:00 a. m. to 3:00 p. m., and from 6:00 p. m. to 9:00 p. m., Eastern Standard Time, to revise and correct registry, and adding names not registered. September 7, last day for an elector who has not registered in boroughs and townships and is otherwise qualified to vote at a primary to be registered and enrolled as a member of a political party with the county commissioners. October 5, last day to pay taxes to vote.

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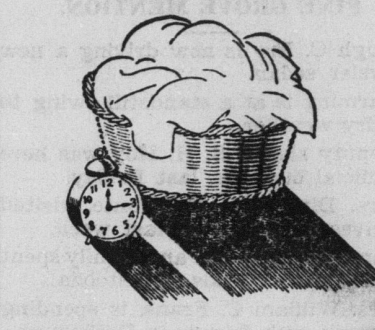
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