

Your Health, THE FIRST CONCERN.



This is no kind of weather for me to say so, I suppose, yet I must say that in every case of alleged heat prostration I have ever seen we found that something ailed the victim.

No matter what paper you read it in, the chances are 10 to 1 it isn't so, if the poor fellow purports to have suffered heat prostration. Mind, I do not come right out in my usual way and say there is no such thing as heat prostration for we have the assurance of perfectly competent doctors that heat prostration can happen and sometimes does, in the stockholders of steamships, about blast furnaces and in other situations where people are exposed to unnatural extremes of temperature and humidity.

But when either heat stroke or heat prostration or exhaustion or collapse is attributed to mere weather, such as we have in this part of the world now and then, you have got to show me the patient, let me examine him, and if I can't find out what really ails him I'll admit I am not such a good doctor as I used to be, that's all.

So you see the first rule to remember when anybody suffers what purports to be heat prostration, or when you yourself feel the heat complex coming on is this: Try and keep cool. Do not get excited and pack the victim in ice. Perhaps he is only having an attack of apoplexy or an internal hemorrhage or diabetic or uremic coma, or an epileptic seizure or an alcoholic fit. Unfortunately that the weather happens to be so hot and humid, but do not let that coincidence mislead you. And do not serve any brandy, whisky or gin nor apply a tourniquet nor search for a barrel. The thing to do when the victim sinks down and goes out is this:

Keep him flat, give room and air, and loosen any tight clothing around his neck or waist.

Apply anything warm you can find at hand, on the feet and under the arms on the sides of the chest, testing the temperature by your own touch to make sure it will not burn the victim.

At the same time apply cold, ice or a cloth wrung out of cold water, to the forehead, and change it often enough to keep it cold.

If there is nothing warm at hand to apply, then, and if the victim is pale and very quiet, try to give some hot coffee, hot tea, or even hot water, with a half-filled cup in your one hand while you lift the patient's head from the ground with your other hand so that he may drink. Never give any alcoholic "stimulant" to a victim already in a state of collapse.

These measures apply in any emergency, no matter what really ails the victim, until a physician arrives or the patient can be removed to his home or a hospital. Notice that everything one should properly do for such a victim is simple and will do no harm in any case.

"It seems that warnings on drownings are not being properly heeded this season. The number of deaths from this cause is becoming unfortunately large, according to the records now on file in the Department's bureau of vital statistics," said Dr. Theodore B. Appel, Secretary of Health.

"Artificial respiration can sometimes appear to perform miracles provided it is immediately and scientifically applied. All swimmers should be thoroughly grounded in this practice merely as a matter of routine. One can never tell how soon this knowledge may be invoked to save a life.

"Following are the fundamental rules. Study them, and better still, practice them upon live subjects. No swimmer can really be classified as an expert who lacks this knowledge.

"1. If the mouth of the victim is tight shut, leave it alone; if open, remove with your fingers any obstruction to breathing, such as false teeth, tobacco or gum; 2. Place the patient face downward, stretched at full length on any flat surface. Turn his head to one side; 3. Bend one arm and place the hand under the patient's cheek to keep his face from the ground or floor. Stretch the other arm beyond his head; 4. Straddle the patient below the hips, facing his head, both knees on the ground; 5. Place both hands over the lower ribs just above the waist line about four inches apart. One hand on each side of the backbone. Thumbs and fingers together. 6. Move the weight of your body slowly forward, arms rigid, bringing the weight upon the hands, pressing forward, not directly down, thus 'squeezing out' the patient's lungs as if squeezing a sponge; 7. Hold the pressure while repeating the words four hundred, five hundred, six hundred, then quickly release the pressure, snapping your hands off the patient sidewise. The sudden release of pressure thus permits the

HIGHWAY FOLDERS ARE GOING RAPIDLY.

The demand for the Roosevelt Highway folders this year has been great, according to the report made recently by Secretary Raymond B. Gibbs of the Association. The Roosevelt Highway folders are sent only upon request and the requests this year at association headquarters have been far over 40,000. These have gone to individuals, hotels, motor clubs, chambers of commerce, etc., and all in territory not on the Roosevelt Highway. The Directors of the Association feel that distribution of folders from Association Headquarters should go into territory which would bring people to the Roosevelt Highway. The greatly increased traffic this year indicates that the distribution of the folder has brought results and will continue to bring results.

The distribution of the folders at headquarters is in addition to the 50,000 purchased by hotels garages, individuals along the route of the highway, who have been distributing them in large quantities during the past few months.

Every tourist who travels the highway is becoming a booster for it and repeatedly requests come to headquarters stating that they have just been over the highway and wish additional maps to distribute to friends whom they want to experience a wonderful trip.

President George B. Dushinberre, of Wellsboro, states that if the demand continues for folders in the future as in the past it will be necessary for the directors of the Association to consider a large appropriation for folders for distribution in territory off the Roosevelt Highway.

MAY HALT PARKING ON STATE ROADS.

Motor Vehicles Commissioner Benjamin G. Eymon called attention to the fact that the Motor Code gives the Department of Highways express authority to create no-parking zones on State Highways.

"The Code provides," he said, "that the Secretary of Highways may designate certain sections of highways under his jurisdiction as 'No Parking Areas,' and to erect the necessary signs to carry out this provision. The authority is valuable because of the presence on the roads of thoughtless or negligent drivers who frequently stop their machines in localities in which any parking creates a dangerous traffic hazard."

The Highway Secretary, and local authorities in cities, boroughs, incorporated towns and first-class townships are empowered to establish safety zones where they see fit. Suitable signs must be erected bearing the words "Safety Zone," and signs must be illuminated at night or so designed as to reflect light from vehicular head lamps. Sign-erection is mandatory, not optional.

KILLING DESTRUCTIVE DEER.

There seems to be some doubt in the minds of some people as to what regulations control the disposition of deer carcasses when deer are killed in the act of damaging crops or property. The farmer has the right to kill such deer, but must report the killing to the game protectors and stand ready to prove damage. Otherwise they are liable to a fine of \$100, the same as though the deer had been killed illegally. They may keep the carcass for their own use if they desire, but must report it to the game protector within 48 hours. In case they do not want the carcass, they must report it within 24 hours so the protectors will have time to dispose of it before it spoils. All meat kept for the farmer's own use must be used on his own premises and cannot be given away or sold.

A RELIGIOUS LAW.

It would be easier, I fancy, writes "Looker-on" in the London Daily Chronicle, to recall instances of beards being forbidden by law than of their being made compulsory, as is the case in Afghanistan, according to a message from Kandahar. Beards often have a religious significance. The really strict adherent of the Jewish faith is always bearded, while priests of the Russian Orthodox church must wear beards and allow their hair to grow as well. More strictly speaking, the canon law says that the hair must never be cut from the day on which ordination takes place, and so the Orthodox cleric is free—unofficially—to restrain an inconvenient growth of his tresses by judicious singeing from time to time!

NUMBERED JURYMEN NEXT.

Europe is watching with great interest the result of the plan of President Cosgrave of the executive council of the Irish Free State to circumvent the intimidation of jurors and witnesses. A bill introduced in the dail by him provides for the secrecy of jury panels, identification of jurors by numbers instead of names and secret hearings of all cases where the police superintendent testifies that it is necessary for the safety of jurors and witnesses.

Lady—"Now, are you quite sure this salmon is fresh?" Fish Dealer—"Fresh! Why, bless yer, mum, I've just cut 'im up to keep 'im from jumping at the flies."

—Owning the richest treasures in the world is useless unless some one else shares them.—American Magazine.

lungs to expand and draw in air; 8. Swing your body slowly back to first position, release the back muscles a moment then apply pressure again. "9. Swing your body slowly back to first position, release the back muscles a moment then apply pressure again; 10. Repeat this action. Work until help comes or until breathing is restored.

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

There may be serious obstructions on the road to success, but the man of determination will get by even if he has to walk the fence.—Uncle Philander.

—One of the secrets of the French woman's charm and her claim to distinction in dress is that she has always dressed to type. This has probably been due to the fact that the French take their life in more leisurely way than Americans. They are willing to wait a sufficient time to have clothes made especially for them, just as they are more willing to wait for a meal than the busy American.

The ready-to-wear era compiled with the need for haste that most of us feel in this country, particularly in the large cities. Now, however, there is a new feeling in the air, the desire for individuality in dress, even though the desire for haste remains.

Coincident with this acknowledgment of the necessity for dressing to type has come a variety in design, fabric and even in silhouette from the ateliers of the couturiers, which enables women of all sizes to find, either in the originals or in adaptations, the proper clothing for themselves. It is no longer necessary for the short, slim woman to buy clothes only suitable for a young girl because she must have something in a hurry, nor need the Junoesque woman in her twenties wear clothes that are correct only for the heavy matron of the middle years.

Now from Paquin, Jan Regny, Suzanne Talbot, Louise Boulanger, Patou, Worth, Martial et Armand, Lucille Paray, Cheruit Callot Soeurs and all those who from their vantage points are arbiters of fashions come different versions of the lowered hem, various ways of indicating the natural waistline or even ignoring it for the princess silhouette, of placing flares, of combining colors, of using furs. While the new designs do conform, for the most part, to a general plan, there is ample latitude, within the limits imposed, for consideration of various types.

Just so those on this side of the Atlantic, who accept the dicta of the French houses, are bringing out such a variety of models as to give no cause to the woman who hastily, and perhaps on bad advice, chooses the wrong costume and accessories. And of all the new influences, nothing adds grace to the figure and permits the accenting of good points and the softening of less favorable ones, more than the manner in which hems are brought nearer to the ground and materials are manipulated and draped.

While the trim little sports frocks and suits of Jane Regny may be selected by the girl for whom they are designed her more majestic sister may turn to the dignity of a long-coated ensemble from Patou or one of Worth's elegant afternoon and evening frocks secure in the thought that she is making the most of her own individuality.

Where a belted or otherwise accented waistline may be highly unbecoming to the rather short figure, the softly swathed waist, with only a few folds to indicate a hypothetical line, falls in with fashion changes without disturbing the long lines of a well designed frock.

So, too, in the matter of hats and other accessories. The off-the-forehead hats strike a new note this fall but the change is gradual and not compulsory. The woman with a thin face need not select one of the extreme models in order to feel that she is in step with fashions of the hour.

The whole scene in this day of grace presents so much to select from, that one's initiative is stimulated, the wish to experiment given fresh impetus, so that one's shortcomings may be mercifully concealed.

—As a chill comes in the air after sunset, what is more fun than cooking supper out-doors? A big roaring fire makes light and heat if darkness catches one, and food cooked on this same fire tastes much better than the same food cooked at home.

If possible, the fire should be built an hour or two before time to get supper, for a huge bed of coals is necessary to roast corn, apples or potatoes successfully.

The coffee should be made at home and taken in thermos bottles, for it's well nigh impossible for the amateur camper to make really good coffee over a camp fire.

To roast corn, string the ears unhusked, on a strong wire. Thread the wire through the heavy end of the corn. Pull this chain of corn into a circle, fastening the ends of the wire securely together. By this time the fire must be burnt down to a great bed of coals. Open the coals and in the very center bury the corn. Heap the coals back over it and let roast half an hour. The potatoes are buried around the edge in the hot ashes.

After the corn is buried, the heavier limbs that have not burned out are piled back over the fire and these keep the coals alive and furnish heat to roast the wieners.

Long sticks of green wood are sharpened into smooth points for impromptu forks on which to roast the wieners. The wieners are slipped long fashion over the point and are held over the coals until the skin bursts. Turn frequently to roast even on all sides. Put between long buttered rolls to serve.

By the time the first course of wieners and rolls is finished, the second course of corn and potatoes will be ready. Pull the potatoes from the ashes. The jackets may be covered with ashes but the inside is delicious with plenty of butter, salt and pepper. Either sweet or Irish potatoes are good.

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FARM NOTES.

—Prepare for harvesting and packing before the apples are ripe. Be sure that there are plenty of ladders and picking bags ready. Get necessary supplies for the garden, and provide a good supply of crates and baskets. Delays at picking time are costly.

—A moist mash may help to maintain egg production during the rest of the summer. Some poultrymen are finding it profitable to moisten the regular laying mash with milk and water for the birds' noonday feed.

—Squash are not ordinarily given the place and attention which they deserve. If you are growing squash or pumpkins this season, save the mature ones for storing. A warm, dry storage is desirable, because it is easy to keep clean and can be used in many ways during the winter, say State College vegetable specialists.

—Proper potato grading accomplishes two important results: First, it recognizes the requirements, preferences, and prejudices of the consumer. Second, standard grades adhered to properly establish a common language between buyer and seller in which they can deal with mutual confidence and understanding.

—The summer drouth following the wet spring has revealed again the value of proper drainage. Where water stands in the soil, plant roots stay above the water line. When dry weather comes such roots are unable to get moisture because they have not penetrated deep enough to touch the soil reserve.

—That the farm-raised boy who takes a four-year agricultural college course finds himself prepared upon graduation to enter many phases of agricultural endeavor that he never before considered possible, is the experience of officials at the Pennsylvania State College. President Ralph D. Hetzel and the dean of the School of Agriculture Dr. R. L. Watts, in reviewing occupations of graduates of the past few years, find that many boys raised on the farm are making a success in the allied agricultural interests. While many return to the homestead farm or become farm managers, livestock raisers and the like, a large number enter extension work, become food chemists, fertilizer specialists, farm machinery salesmen, agricultural journalists, vocational teachers, creamery operators, college, state or federal research workers, or enter scores of other branches. Penn State officials declare that the farm-bred boy or girl has a decided advantage over those lacking the valuable experience of life on the farm.

—Market reports show in Pennsylvania a 73 per cent. normal crop as against an 86 per cent. normal crop last year at this time. The forecast for the United States as of August 1 is 77 1/2 normal as against 85 per cent. normal a year ago. Weather conditions are not improving this condition at present. Give that crop good care, a big yield will be profitable this year.

—Most potato growers are familiar with the small green or reddish louse that attacks potatoes, feeding on the under sides of the leaves or the terminals of the plants. In the western part of the State aphids are abundant in most fields and if favorable conditions continue they are likely to increase seriously. In the eastern part of the State the fields are more or less spotted, not all fields being seriously attacked.

Care should be taken to watch the infestation and if for any reason the potato growers are not going to be able to take care of a sudden outbreak of aphids, it is suggested that infested potato fields be sprayed. The control for potato aphids is with nicotine sulphate, using this at the rate of 1 pint in each 100 gallons of Bordeaux mixture or in each 100 gallons of water.

The adjustment of the spray boom is of primary importance. The spray boom should not be lowered so that the upper nozzle is hitting the leaves but the horizontal pipe should be sufficiently high for the nozzle to be three or four inches above the vines, which will permit the spreading of the material over the tops.

—When turkeys are yarded most diseases and intestinal parasites are kept under control. Turkeys on free range cover a large area of ground but in the morning and evening come back to the same place to feed and roost. It is on the old ground where they pick up black-head and coccidiosis germs. Round worms and tape worms are also picked up in the same way. If the turkeys are yarded they cannot range on these contaminated areas.

It is necessary that the yards be changed frequently because ground may become contaminated in a few weeks. A grass field with the second growth of clover or a young grass field is ideal for turkey range. One-half acre is sufficient for 100 turkeys if the yarding is changed every 10 days or two weeks.

—Wheat is another valuable poultry feed, being very palatable. It is generally always included in the scratch feed and its by-products, wheat bran and wheat middlings, are used in the mash. Red-dog flour and wheat shorts are also mash feeds.

—Manure saved is money saved.

—Rape pasture taints cows' milk.

—Co-operation is not a sentiment—it is an economic necessity.

—Read the Watchman and get all the news.

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