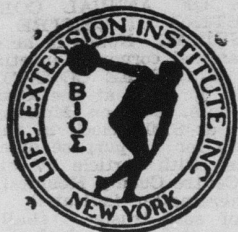


## Democratic Watchman

Belleville, Pa., September 27, 1929.

### Your Health, THE FIRST CONCERN.



—Mumps is an infectious disease which attacks the salivary glands and sometimes involves other glands. There is no known remedy by which the disease can be cured. Rest and proper nursing and simple treatment to relieve the pain of the swollen glands, such as fomentations, are the proper measures of treatment. The diet should consist of bland foods with paraffin oil, etc., to maintain activity of the bowels. An enema should be administered daily. The patient should be kept in the open air but kept warm. Care should be taken to avoid taking cold.

—Regurgitation of food is due to reverse peristalsis. It may be due to disturbance of the central nervous system. It is most likely due to chronic intestinal autointoxication which would also be a cause for the insomnia. Change of the intestinal flora by the use of paraffin oil and other means, the avoidance of meats, mustard, pepper and of gastric irritants of all sorts, including alcohol in every form, special attention to increase intestinal activity so as to secure an evacuation of the bowels after each meal—these are measures most likely to give relief.

—Much nonsense has been written with reference to nerve foods. Many years ago fish were recommended as a brain food because they are rich in phosphorus. A young man once wrote to Mark Twain for advice. He was a student studying hard and wanted information as to the amount of fish required to support a young man's brains. Mark Twain wrote back to him that he thought a small whale would probably be about equal to his necessities. The only real nerve foods are the vitamins, particularly vitamin B. This is found in brain and yeast and most fruits and fresh vegetables. It is very abundant in spinach.

—Diseased tonsils may be successfully treated by means of an electric cautery. This is a somewhat tedious process, however, and removal by a skillful surgeon is a much preferable method.

—The ultra-violet rays powerfully stimulate metabolism, and it is entirely possible that proper application of the rays may be of some benefit in diabetes, though we do not know of any cases which have been cured by this means. Light treatment has an excellent effect upon metabolism, and every diabetic should have the benefit of sun baths or treatment by artificial light.

—The dietetic value of bran muffins is about the same as that of graham muffins or approximately two-thirds that of graham flour.

—Changing the intestinal flora is of first importance in a case of acne. Meats of all kinds should be discarded and also animal fats. Eggs should be eaten very sparingly if at all. It is better to discard eggs as well as meat, at least for a time. The diet should consist of fruits, grains, greens and fresh vegetables. Bathing the affected parts with very hot water two or three times a day is advantageous. In very extreme cases it is sometimes necessary to use a vaccine.

—What is the connection between weather and the common cold? An attempt to answer this was made by Thomas J. Duffield, executive secretary of the New York Commission on Ventilation. He combined this with a study of the prevalence of respiratory troubles in schools which were ventilated by windows and those which were mechanically ventilated. Records were kept of six schools in Syracuse, New York, half of each type, and in forty-eight rural schools in Cattaraugus county, N. Y., the results show that cold weather is not so productive of colds as precipitation, in the form of rain or snow. In the coldest week, respiratory illness absenteeism was far below the average for the winter. In the next coldest week, this absenteeism dropped to two-thirds of what it had been the week before, when the weather was warmer.

In the mechanically ventilated schools, there was a high degree of relationship between the incidence of colds and the amount of precipitation, with a lag of two days. This did not seem to be true in the naturally ventilated schools, but in the country schools sickness followed rain or snow with a lag of one week. The explanation given is that the children reach the classroom with wet shoes and clothing. As the moisture evaporates, the child may become chilled and then take cold.

Studies have also been made in New Haven, Conn., and Cleveland, O., as to the effect of mechanical ventilation in schools on the incidence of colds. As in Syracuse, it was found that rooms naturally ventilated were decidedly healthier. One expert stated that by substituting window ventilation, we could reduce respiratory troubles among school children one-third. This is not very cheering news to taxpayers who have spent so many thousands of dollars throughout the country on mechanical ventilation in school houses.

#### PINE GROVE MENTION.

John Stuart is on a sight-seeing trip in Philadelphia.

The new Everts block, on Main street, is nearing completion.

Mrs. F. A. Keller is slowly recovering from a serious illness.

Mrs. Peter Hassel was in Belleville, Wednesday, on a business trip.

Mrs. Martha Everhart is visiting her son Samuel and family, on the Branch.

William Tressler, of Belleville, was a brief visitor here, on Sunday afternoon.

Clair Kline and wife, of McClure, were Sunday guests at the James Kline home here.

Charles Rosenberg and family, of Stormtown, spent Sunday at the M. C. Wieland home.

George O'Bryan, of Axe Mann, spent Sunday here with his mother, Mrs. W. D. O'Bryan.

Mr. and Mrs. W. A. Fye were at Newark, N. J., last week, visiting Dr. and Mrs. Roy Heim.

Joe E. Johnson is driving a new Durant Six and Fred Rossman a new Marmon Eight sedan.

Allen Andrews and wife, of Spring township, spent Sunday at the W. S. Markle home, at Fairbrook.

Mr. and Mrs. Frank Bryan and son, of Tyrone, were callers on friends in town, on Sunday.

The widening of the road across Tussey mountain has been completed to the Huntingdon county line.

Garland Boal and Miss Eleanor Black, entered the Dickinson Seminary, at Williamsport, last week.

Ira Gates moved his family from Gatesburg to State College, last week, as he has a steady job there.

Mrs. L. A. Markle is recovering from an operation she recently underwent, at the Wilkesburg hospital.

Mrs. Blanche Robinson has returned to her home in New York after a several week's visit with friends here.

Mrs. Boyd Rupp was summoned to her home, at Shenandoah, during the week, owing to the illness of her father.

While visiting a friend at Brad-dock, on Sunday, Hugh C. Dale took an airplane flight to Columbus, Ohio, and back.

Mrs. Michael Woerner has returned home from a two week's visit with friends at Pottsville and Wilmington, Del.

Miss Madeline Harvey, a nurse at the Lock Haven hospital, spent Sunday with her parents, Mr. and Mrs. Oscar Harvey.

The Samuel E. Fleming farm sale, last Saturday, was well attended and was knocked down to Adam Smith, a neighbor, for \$6675.

Mr. and Mrs. Harry Homan, Mr. and Mrs. W. H. Homan and Dr. and Mrs. Ray Lakely spent the latter end of the week in Altoona.

C. Milton Fry and wife and Mrs. Theodore Ritchie and daughter Jean, of Altoona, made a motor trip through here the latter end of the week.

Miss Edith Witmer, who is on her final year as a nurse in training at the Methodist hospital, Philadelphia, is spending her vacation with her mother, on the Branch.

J. H. Ward and daughter, Mrs. Lizzie Kline and Mr. and Mrs. Sel-fridge, motored here from Philadelphia, the latter part of the week, and were guests at the Ward home.

Miss Gertrude Miller, of Indiana, Pa., was recently installed as nurse in charge of Dr. R. M. Krebs, Miss Pressley having resigned owing to illness in her own family, at Tyrone.

Joe Johnson was 55 years old last Friday, and his good wife surprised him with a birthday supper of chicken and all the extras. A few intimate friends were invited to the feast.

Miss Catherine Hartswick, a nurse in the Williamsport hospital, was 21 years old, on Sunday, and her parents, Mr. and Mrs. Newton Hartswick, motored to Williamsport and spent a part of the day with her, and also presented her with a gold watch.

The reception tendered their new pastor, Rev. Samuel R. Brown, by the Men's Brotherhood and Ladies Circle, in the Presbyterian church at Graysville, last Friday evening, was largely attended. Many cheering words of welcome were extended by a number of speakers. Refreshments were served and a pleasant social time was enjoyed by all.

#### WINGATE

The heavy frosts of last week nipped the vegetables and flowers in the gardens.

Mack Murray's new home is moving right along, the roof being put on this week.

Fred Yorks, of Milesburg, was a guest of Miss Hazel Shawley, on Sunday afternoon.

Mr. and Mrs. Plummer Davidson and children, of Milesburg, were here on Sunday to see Mrs. Davidson's mother, Mrs. Robert Malone, who has been quite ill for some time and is showing no signs of improvement.

Over Sunday visitors at the home of Mr. and Mrs. Fred Fisher were Mr. and Mrs. Marion Shawley, of Coalport and Mr. and Mrs. Clair Shawley and five children, of Yarnell. The Shawley men are brothers of Mrs. Fisher.

Mr. and Mrs. John Shawley, of Pittsburgh, and Mrs. Sarah Holt, of Tyrone, visited the Mrs. Irwin home, last Thursday, and motored up to the Advent cemetery to see the stone marker at the grave of Mrs. Phoebe Yarnell, who died last January.

Last Friday morning Chester Fisher and Miss Ida May Fulton, both of Milesburg, slipped away to Cumberland, Md., where they were united in marriage. The young couple were given a rousing serenade on Monday evening. Following the pandemonium the crowd was invited into the

house and treated to refreshments. The bridegroom is a son of Mr. and Mrs. Edgar Fisher and an enterprising young farmer.

#### BOALSBURG

Mrs. Alice Magoffin, of Hollidaysburg, is visiting friends in town.

Mr. and Mrs. Paul Coxey, of Phillipsburg, spent the week-end in town.

Mrs. Mary Kidder Stuart, of State College, was in town Monday evening.

Messrs. Finn and H. F. McGirk, of Altoona, were callers in town on Saturday.

Mr. and Mrs. Geer, of Lock Haven, visited their daughter, Miss Helen Geer, on Sunday.

Mr. and Mrs. George C. Hoster-man, of Milton, spent several days in town last week.

John Wright and Robert Bailey, and the small son of Squire and Mrs. Leland Walker, re ill.

Mr. and Mrs. Charles Fisher and son Charles drove to Danville, Monday, mixing business with pleasure.

Mrs. Thomas Williams, of Pleasant Gap, spent Wednesday with Mrs. Martha Tressler, at the S. J. Wagner home.

Robert and Theodore Lucas, of Washington, D. C., enjoyed a few day's visit with their parents and friends about town.

Dr. and Mrs. William R. Ham and sons, Frank and John, returned, Sunday after spending six weeks in the New England States.

Mr. and Mrs. Ira Hess, Mrs. J. P. Wagner, Jacob Felt, Mr. and Mrs. Burchfield and daughter, of Altoona, were in town on Tuesday.

Class No. 5, of the Lutheran Sunday school, is already planning a Halloween social to be held at the country home of Mrs. Edgar Hess.

Mrs. Edwin Dale accompanied John S. Dale, of State College, to Huntingdon, on Wednesday, where they attended the Huntingdon county fair.

Mr. and Mrs. Luther K. Dale and son Frederic, of Oak Hall, and Mr. and Mrs. Clement Dale, of Pleasant Gap, were guests of the Misses Dale recently.

Mr. and Mrs. Ross Devine and daughter left, early Monday morning, on their return drive to their home in Buffalo, N. Y., after a week's visit in this vicinity.

Mr. and Mrs. Jacob Meyer and Mrs. Tressler were guests of S. J. Wagner on a drive to Greenville, Mercer county, where they spent the week-end among friends.

Mrs. Roy Barto was given a shower, at the home of her parents, Mr. and Mrs. Graham, at the Blue Spring farm, on Saturday evening, by the young ladies class of the Lutheran Sunday school.

Mrs. Frank McFarlane, of Belleville, Mr. and Mrs. Frank Wieland, of Linden Hall; Miss Miller, of Rock Springs; Mr. and Mrs. Grant Charles, of State College, and Henry Dale and sons, Jack and Charles, of Mifflinburg, attended services in the Lutheran church on Sunday.

Mr. and Mrs. Lee Smeltzer, of Pleasant Gap, were guests of Mrs. Ella Gingrich at a dinner, on Sunday, and in the afternoon, accompanied by Mrs. Gingrich and daughters, Misses Katherine and Marie, drove to Lock Haven to visit Miss Margaret Gingrich, at the State Teacher's College.

#### UNIONVILLE

Mrs. Allie Robison, of Martha Furnace, is visiting with her friend, Mrs. Frances Showman, and among other relatives here this week.

Druggist Harry Smith and family, of Jersey Shore, were Sunday visitors at the home of their relatives, Mr. and Mrs. Harry Kerchner.

Mr. and Mrs. Meredith Way, of Tyrone spent last Thursday with friends here, being dinner guests at the home of Mrs. Frances Hall.

The sale of the household goods and property of the late Clara T. Leathers, last Thursday, was quite well attended and brought fairly good prices. The property went to Charles Houtz for \$920.

Mr. Harvey Rabert, of Snow Shoe, and his housekeeper, Miss Katherine Smith, were guests at the home of Miss Smith's sister, Mr. and Mrs. George Bullock, last Sunday afternoon, and also attended evening services in the Methodist church here.

Mrs. Pauline Peters and sister, Miss Grace Smith, of State College, motored to Huntingdon, last Sunday, to the home of Mr. and Mrs. Asbury Holderman, and on their return trip stopped over for the evening services here at the Methodist church, of which they are members.

Mrs. Adaline Iddings Irwin passed away on Sunday evening, at her home, after several month's illness. She was in her 76th year, and a daughter of William and Sarah Reynolds Iddings. She married Jesse Irwin of Dix Run. Two children, Isaac, of Jersey Shore, and Margaret, wife of E. T. Hall, survive.

Miss Emily Keatley and Miss Bes-sie Stere spent Sunday with relatives and friends in Osceola Mills. They were pleasantly surprised, too, by finding Emily's aunt there, Mrs. John Miles, of Milesburg, and later her aunt, Mrs. Sadie Hall, and daughter and family, Mr. and Mrs. Frank Nale, and two children, from Lewistown. Miss Keatley and Miss Stere had accompanied Mr. and Mrs. H. M. Stere to Osceola when on their way to visit Mrs. Stere's father, Harrison Stine, of Phillipsburg. All had a delightful time.

Competing with six college teams at the Eastern States exposition at Springfield, Mass., a team of five students from the Pennsylvania State College won the judging championship of the east last week. The dairy cattle judging team placed third.

—Subscribe to the Watchman.

#### FOR AND ABOUT WOMEN.

##### DAILY THOUGHT.

"A little work, a little play.

To keep us going—and so, good-day!

A little warmth, a little light,

Of love's bestowing—and so, good-night!

A little fun, to match the sorrow

Of each day's growing—and so, good-morrow!

A little trust that when we die

We reap our sowing. And so, good-by!"

—Curls have come back in profusion this season to tide over the untidy growing out period for bobbed heads. One might almost call it the hesitation period because very often the hair is allowed to grow out to a short length and then is cut off again.

Curls are an insistent fashion and the coiffeurs are showing charming curled effects, ringlets and poufs, at the back or sides, according to the wish of the wearer. Little curls all over the head are produced by simply combing out the permanent wave immediately after the hair is dried and not putting in the usual water wave. It has been popular this summer because it certainly saves coiffeur's bills and much time for all one has to do is to run a comb through and presto! one is well coiffed.

—Gloves this winter will have a real punch in them and the smart dressmakers are putting it there, having adopted gloves as one of their important accessories and adding them to every chic frock, coat or ensemble.

In fact, a coat without the fashionable gauntlet glove is only half a coat this season, for the fur is to be found on the glove to form the cuff. In some cases they are veritable fur sleeves, running half-way up to the elbow. One dealer is showing a striking pair with curly lamb in soft chocolate color to form the cuffs on a cloth of the same tone. A black costume has great gauntlets with white fur and a little hat to match.

One dressmaker is showing some lovely warm knitted gauntlets with her sports costumes, all made by hand and with striking modern motifs in gay colors.

—Artificial flowers, at least of the expensive order, continue to be fashionable, especially the large, soft flowers in clusters, says a fashion writer in the New York Times. Peonies, for instance, in rich beige, ivory and gold shades are stylish. They are made of a soft silk with the petals cut on natural lines. Three shades of the same color appear to be the leading design for evening dresses. Peonies in cerise red, a rose and fuchsia, again, are grouped for a shoulder or sash trimming.

Chiffon with enough stiffening about the edges to give that "real" effect is also a favorite medium and the metallic cloths are being used in flowers with narrow petals, such as daisies and sunflowers. Velvet and silk, too, are often combined. When velvet alone is used in large flowers it is of the soft kind that gives the suede-like surface of the natural petals. Gladiolas are being used in various colors, including yellow and black, the flower part made of a muslin, while the stems are of velvet in natural colorings. Giant poppies in natural red with the edges of the petals touched with black are shown for wear on a black evening dress or a white dinner frock that requires some color.

No shipment of flowers from Paris is ever without a gardenia of some kind. The best ones are made of white muslin. Clusters are shown for evening wear, while the single flowers are good for an afternoon. The starched velvet pond lilies in white and faint tints come in attractive new clusters of three blooms of varying sizes and colors. The centers and inner sides of the petals are richly colored and this coloring shows through when the flowers are worn.

—As though to challenge the supremacy of ankle socks for sports wear the new silk hose affect lace stripes at the ankle. In shades of sunburn they carry stripes developed in brown.

—An ironing board that is always ready for use and never in the way, that is kept free from dust, that will not warp, crack or split, that can be adjusted to a comfortable height, that has no flimsy, folding legs, that is stable and strong, that requires no heavy lifting—these are some of the advantages offered by a folding ironing board when it is built in wall case that make it well worth the few cents a week that it will cost over the long time it lasts.

—To keep eggs from curdling when put in hot vinegar, beat them thoroughly with a little hot water and then add the hot vinegar drop by drop, continuing the beating process until all the vinegar has been added.

—Prune Pie.—Stew prunes until soft, drain off the juice and remove the pits. Make a rich puff paste. Cover the pie plates and spread the fruit in evenly, adding a small lump of butter, a sprinkling of flour and sugar to taste. Cover with crust and bake a nice brown. It can be made with only one crust and frosted on top with the white of an egg and 3 tablespoons powdered sugar, beaten to a stiff froth. Set in the oven a minute to stiffen.

—Mexican Kisses.—Put on the fire a saucepan with one pound and a half of brown sugar and one cupful of milk. Bring to the boiling point: add one tablespoonful of butter and boil slowly but steadily until a little dropped in cold water can be rolled between the thumb and fingers. Take from the fire and stir for three minutes; add one teaspoonful of vanilla, one drop of cinnamon ex-

tract and one pound of shelled wal-nuts. Continue to stir and beat until quite thick, then drop by spoon-fuls on pans of waxed paper.

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