

Your Health

THE FIRST CONCERN.



Coughing is Nature's way of ridding the throat or breathing passage of some offending object.

Dealing with the last consideration first, a cough actually costs the cougher something—a surprising outlay of energy.

I am not implying that we are never to cough; when there is a real reason, a cough is the natural and proper thing.

Violent coughing is dangerous; many people particularly the aged or those of delicate physique, have broken blood vessels.

As I have said, there are some legitimate causes for coughing. But never cough without cause.

The "habit cough" is much more common than is generally realized. With a great many people a cough constitutes the preliminary for every action.

Coughing is a good deal like yawning—even more contagious, it believe. Most everyone must have felt the strong inclination to yawn when he saw another do so.

During the first half of an hour's lecture to students, the doctor noted only two or three coughs. Then he himself began to cough.

A physician tells the following amusing but significant story: "I once attended a man who had coughed almost without intermission for over three hours.

to the fact, he resumed coughing as hard as ever. But this singular circumstance assisted him in persuading him that his cough was really a subjective affliction.

If you are forced to cough when near other people, always cover your mouth with your handkerchief.

Coughing and strangling at the dining table are embarrassing as well as painful, but are usually the result of carelessness.

The simplest and often the best remedy for a real cough is hot water. Swallow it as slowly as possible.

Opponents of the Penn State football team this season probably will want to know whether the Lions are coming or going when they see the Nittany squad trot on the field.

The change in color this fall marks the third in as many years. Until two seasons ago Penn State always wore blue, the college colors.

Read the Watchman and get all the news.

SINNERS

(Continued from page 2, Col 6.)

her own voice was like a prayer, "do you tell me you killed Kane Madison?"

"Emma! If it meant goin' back to the town farm, I'd have to tell you."

"Oh, let that go!" she exclaimed. "Just tell me—tell me that you done it!"

"I do tell you I done it!" "You killed him, only he got home before he fell?"

"He run across the medder, Emma, holdin' onto his head."

"They never thought of that." "Then my lie," she began, ending a short silence—"my lie wasn't all a lie, Lucas?"

"No, I got"—he cleared his throat, "I got what was comin' to me!" he admitted.

"Oh, no," she muttered, shaking her head. "No it wasn't right. It wasn't right to give a little feller of twenty-two a life term, no matter what he done!"

"But oh, Lucas," she gasped, "I'm so grateful to you for havin' told me! I'm so grateful to you! I'm grateful to God!"

When he looked at her after a time, her arms were dangling limply at her sides and her cheeks were wet.

"Don't mind me, Lucas," she said, in an infinitely exhausted and gentle voice, with an unsteady smile.

"I wanted you to know." "Mind you," she said with sudden vigor, "it don't lessen my wickedness in lyin' about you! No, it don't do away with that."

"No, I didn't, Lucas. I told them lies out of whole cloth!" "You must of knew, Emma."

"It's goin' to make you feel different to me, Emma; that's what I'm kinder afraid of."

LUMBER? Oh, Yes! Call Bellefonte 43: W. R. Shope Lumber Co.

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She had closed her eyes, her head flung back. Now she opened them. A smile suddenly brightened her face.

"You don't feel—hard toward me, Emma?" "Hard?" she echoed, with trembling lips.

"Yes, but you paid. While I—" she was beginning. "But no, I've paid, too," she amended it, under her breath.

"Well there, I haven't felt like this in dear knows when!" she said, laughing and crying at once.

"The screen door banged behind her lightly; he heard the clink of the pans in the kitchen, and then her heavy step mounting the inside stairs."

Lucas sat on, on the shady side porch, tinkering with his flytrap. He began to whistle softly again as he worked.

There was peace, there was content, there might even have been a man's."

FATHERS VISIT SONS AT STATE COLLEGE.

Upwards of 1200 parents of Pennsylvania State College students visited the campus over the past weekend in the annual observance of Fathers' Day by the institution.

Appreciation of the efforts of parents last year in the Penn State building bond issue campaign was expressed by president Ralph D. Hetzel.

Following the annual meeting of the Penn State parents' association, visiting parents toured the campus and its various building activities.

State's football team will play New York University in the Yankee stadium, New York city, tomorrow.

trace of wise and subtle humor in his eyes.—Hearst's International Cosmopolitan.

ATTORNEYS-AT-LAW

SKLINE WOODRING—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's Exchange.

KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care.

W. G. RUNKLE—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa.

PHYSICIANS

S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence.

D. R. L. CAPERS, OSTEOPATH. Bellefonte, Pa. State College Holmes Bldg. Crider's Ex. 86-11

D. CASEBEER, Optometrist—Registered and licensed by the State. Eyes examined, glasses fitted.

E. V. B. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday, Bellefonte, in the Garbrick building opposite the Court House.

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Wagner's Dairy, 30% 2.80 per H. Wagner's Dairy, 22% 2.50 per H. Wagner's Dairy, 16% 2.20 per H.

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10-18-29

Sheriff's Election Proclamation

GOD SAVE THE COMMONWEALTH. I, H. E. Dunlap, High Sheriff of the County of Centre, Commonwealth of Pennsylvania, do hereby make known and give notice to the electors of the county aforesaid that an election will be held in the said County of Centre on the first Tuesday after the first Monday in November, 1929 being the

5th DAY OF NOVEMBER, 1929 for the purpose of electing several persons hereinafter named, to-wit:

TWO PERSONS to be JUDGE OF THE SUPERIOR COURT. ONE PERSON to be DISTRICT ATTORNEY. TWO PERSONS to be JURY COMMISSIONER.

Also persons to fill the various Borough, Township, Ward and Election Offices as printed on the ballot of the respective voting precincts of the County.

I also hereby make known and give notice that the places of holding the elections in the several wards, boroughs, districts and townships within the County of Centre is as follows:

For the North Ward of the borough of Bellefonte at the Logan Hose Co. house on East Howard street.

For the South Ward of the borough of Bellefonte, in the Undine Fire Co. building.

For the West Ward of the borough of Bellefonte, in the stone building of Guy Bonafide.

For the borough of Centre Hall, in a room at Runkle's Hotel.

For the borough of Howard, in the public school building in said borough.

For the borough of Millheim, in the new Municipal building on Market street.

For the borough of Milesburg, in the borough building on Market street.

For the First Ward of the borough of Philipsburg, in the Bellanca Hose house.

For the Second Ward of the borough of Philipsburg, at the Public Building at the corner of North Centre and Presque Isle streets.

For the Third Ward of the borough of Philipsburg, at Bratton's Garage, north-east corner of Seventh and Pine streets.

For the borough of Port Matilda, in the hall of the Knights of the Golden Eagle, in said borough.

For the borough of South Philipsburg, at the City Hall in South Philipsburg.

For the borough of Snow Shoe, in the Borough Building.

For the township of State College, East Precinct, on College Avenue at the Odd Fellows Hall.

For the borough of State College, West Precinct, on Frazer street at the Firemen's hall.

For the township of Unionville, in Grange Hall, in said borough.

For the township of Benner, North Precinct, at the Knox school house.

For the township of Benner, South Precinct, at the new brick school house at Rockview.

For the township of Boggs, North Precinct, at Walker's school house.

For the township of Boggs, East Precinct, at the hall of Knights of Labor, in the village of Curtin.

For the township of Boggs, West Precinct, at the Grange Hall, Central City.

For the township of Burnside, in the building owned by William Hipple, in the village of Pine Glenn.

For the township of College, at the school house in the village of Leontown.

For the township of Curtin, North Precinct, at the school house in the village of Orriverton.

For the township of Curtin, South Precinct, at the school house, near Robert Mann's.

For the township of Ferguson, East Precinct, at the public house of R. R. Randolph, in Pine Grove Mills.

For the township of Ferguson, West Precinct, at the Phillipsburg school house, in the village of Baileyville.

For the township of Ferguson, North Precinct, at Grange Hall.

For the township of Ferguson, South Precinct, at Marengo school house.

For the township of Gregg, North Precinct, at the Murray school house.

For the township of Gregg, East Precinct, at the house occupied by William A. Sinkabine, at Penn Hall.

For the township of Haines, West Precinct, in Grange Hall at Spring Mills.

For the township of Haines, East Precinct, at the school house in the village of Woodward.

For the township of Haines, West Precinct, at the residence of E. A. Bower in Axonsburg.

For the township of Half Moon, in the I. O. O. F. hall in the village of Stormstown.

For the township of Harris, East Precinct, in the building owned by Harry McCellan, in the village of Linden Hall.

For the township of Harris, West Precinct, in Malta Hall, Boalsburg.

For the township of Howard, in the township public building.

For the township of Huston, in the township building in Huston.

For the township of Liberty, East Precinct, at the school house, in Eggleville.

For the township of Liberty, West Precinct, in the school house at Monument.

For the township of Marion, in the Grange Hall in the village of Jacksonville.

For the township of Miles, East Precinct, at the dwelling house of G. H. Showers at Wolf's Store.

For the township of Miles, Middle Precinct, in Bank building at Rebersburg.

For the township of Miles, West Precinct, at the store room of Elias Miller in Madisonburg.

For the township of Patton, in the shop of John Hoy at Waddle.

For the township of Patton, in the building formerly owned by Luther Gulsewitz at Coburn.

For the township of Potter, North Precinct, at the Old Hotel.

For the township of Potter, South Precinct, at the Hotel in the village of Pottery Mills.

For the township of Potter, West Precinct, at the store of George Weiss, at Colyer.

For the township of Rush, North Precinct, at the township Poor House.

For the township of Bush, East Precinct, at the school house in the village of Casanova.

For the township of Rush, South Precinct, at the school house in the village of Powelton.

For the township of Rush, West Precinct, at the new school house along the State Highway leading from Osceola Mills to Sandy Ridge.

For the township of Snow Shoe, East Precinct, at the school house in the village of Clarence.

For the township of Snow Shoe, West Precinct, at the house of Alonzo D. Groe in the village of Moshannon.

For the township of Spring, North Precinct, at the township building erected near Mallory's blacksmith shop.

For the township of Spring, South Precinct, at the public house formerly owned by John C. Mullinger in Pleasant Gap.

For the township of Spring, West Precinct, in the township building in Coleville.

For the township of Taylor, in the house erected for the purpose at Leonard Merry-

man's.

For the township of Union, in the township public building.

For the township of Walker, East Precinct, in a building owned by Solomon Peck, in the village of Huston.

For the township of Walker, Middle Precinct, in the Garage Hall, in the village of Hublersburg.

For the township of Walker, West Precinct, at the dwelling house of John Royer, in the village of Zion.

For the township of Worth, in the Laurel Run school house in said township.

LIST OF NOMINATIONS. The official list of nominations made by the several parties, and as their names will appear upon the ticket to be voted for on the fifth day of November, 1929, at the different voting places in Centre county, as certified to respectively by the Secretary of the Commonwealth and the Commissioners of Centre County are given in the accompanying form of ballot.

Notice is hereby given that every person, excepting Justice of the Peace, who shall hold any office or appointment of profit or honor under the Government of the United States or this State, or of any City or incorporated district whether a commissioned officer or otherwise, a subordinate officer or agent, who is or shall be employed under the Legislative, Executive or Judiciary department of the State or the United States or any city or incorporated district, and also that every member of Congress and of the State Legislature, and of the Select or Common Council of any city, of Commissioners of any incorporated district, is, by law, incapable of holding or exercising at the same time the office or appointment of judge, inspector or clerk of any election of this Commonwealth, and that no in-junction shall be eligible to any office to be then voted for except that of an election officer.

Under the law of the Commonwealth for holding elections the polls shall be open at 7 o'clock A. M. and closed at 7 o'clock P. M.

GIVEN under my hand and seal at my office in Bellefonte this 12th day of October, in the year of our Lord nineteen hundred and twenty nine and in the one hundred and fifty-third year of the independence of the United States of America.

H. E. DUNLAP, (Seal) Sheriff of Centre County.

SPECIMEN BALLOT

To vote a straight party ticket, mark a cross (X) in square in the FIRST COLUMN, opposite the name of the party of your choice.

A cross mark in the square opposite the name of any candidate indicates a vote for that candidate.

To vote for a person whose name is not on the ballot, write or paste his or her name in the blank space provided for that purpose.

To vote for an individual candidate of another party after making a mark in the party square, mark a cross (X) opposite his or her name.

For an office where more than one candidate is to be elected, the voter after marking in the party square, may divide his or her vote by marking a cross (X) to the right of each candidate for whom he or she desires to vote.

First Column To Vote a Straight Party Ticket Mark a Cross (X) in this Column

Republican Democratic

JUDGE OF THE SUPERIOR COURT (Vote for Two)

William H. Keller, Republican

Thomas J. Baldrige, Republican

Henry C. Niles, Democratic

DISTRICT ATTORNEY. (Vote for One)

John G. Love, Republican

Phillip H. Johnston Democratic

JURY COMMISSIONER (Vote for One)

J. C. Gates, Republican

J. C. Condo, Democratic