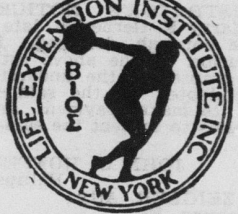


Your Health

THE FIRST CONCERN.



Nine-tenths of wisdom is being wise in time, once said Theodore Roosevelt.

Prompt action is needed in many of the affairs of life, but in no case so urgently as with a disease like tuberculosis.

Too easily tired; Loss of weight; Indigestion.

Consult a physician, if you have any of these symptoms. Get a thorough physical examination with barbed chest.

An ordinary cold usually disappears in a few days—if one lasts so long as three weeks, it is suspicious.

It may be a sign of tuberculosis. "All in" from just a little effort—ambition dimmed and energy waning—without any apparent cause.

You're going down the scale in more ways than one when your weight falls off fairly rapidly, especially if your zest for life is diminishing at the same time.

There is an old saying that "action is equal to reaction." Every act we perform reacts in some way.

Even though the brain presides over all the rest of the organs, it, too, is dependent on their successful operation.

The best brain food is the food that best nourishes the body. When the body is well kept the brain will be cared for properly.

The value of table salt for bathing purposes is becoming widely known and today because of its antiseptic tonic effect, table salt is more and more a part of the bath in thousands of homes.

In country and athletic clubs, table salt is regularly used for bathing purposes. Athletes, before and after a contest, take salt baths under a shower.

The ancient knew the value of such baths, and the housewife of today should take advantage of the knowledge.

A foal makes more than half of its entire growth during the first year. If stunted during this time, it will never fully recover.

When saving vegetables for exhibition keep three or four times as much as will be used.

Breeding, selection, and poultry culture are employed by alert Pennsylvania poultrymen to meet the shifting market demands for poultry and eggs.

Dairy cows should always have a rest period of 6 to 8 weeks before freshening and be given plenty of good feed during this important period.

Iris can still be planted this month. See that the roots are well spread out and the rhizome fairly covered.

The relation between the colt's legs and the form of his feet is so close as to make the care of the feet an important means of increasing his usefulness in later years.

Grease is better than oil for protecting the plowshares from rust when they are stored for the winter.

Sixty sweet corn demonstrations conducted during the past season by vegetable gardening extension specialists of the Pennsylvania State College have proved several varieties of corn superior to the kinds in common use.

Read the Watchman for the news

FARM NOTES.

The turkey has a rather large digestive system and long intestines, accompanied by an ever-present appetite, so that if birds are compelled to satisfy this appetite on highly concentrated foods, indigestion is almost certain to result.

If this is not immediately relieved death will follow, and usually salts or better still, castor oil will effect a cure.

Plenty of green food is essential to young turkeys, such as alfalfa (if quite tender), clover, lettuce, chopped onion tops and dandelion leaves.

Nature intends the egg to hatch a chick. To get the best food results from eggs we have to defeat nature's purpose by producing infertile eggs.

It is difficult to be absolutely sure of the sex of young turkey poults. The males will usually "shoot the red" and show development of the fleshy growth on the head a little sooner than the females.

Short courses in agriculture, dairy manufacturing, poultrying, horticulture, and cooperative marketing once more will be offered at the Pennsylvania State College this fall and winter.

Marketable types of vegetables are best for exhibition, say vegetable gardening specialists of the State College.

Potato growers are urged to be cautious in buying their supply of 1930 seed from unknown dealers.

Keep the dairy heifers growing. They will develop into larger cows and better milk producers if not stunted through short rations or neglect during the period of growth.

Attractive appearance and minimum waste of lime and tuber in preparing for cooking are important considerations with many potato buyers.

When picking a ram for breeding purposes this fall, remember that half of the flock next year will carry his bloodlines.

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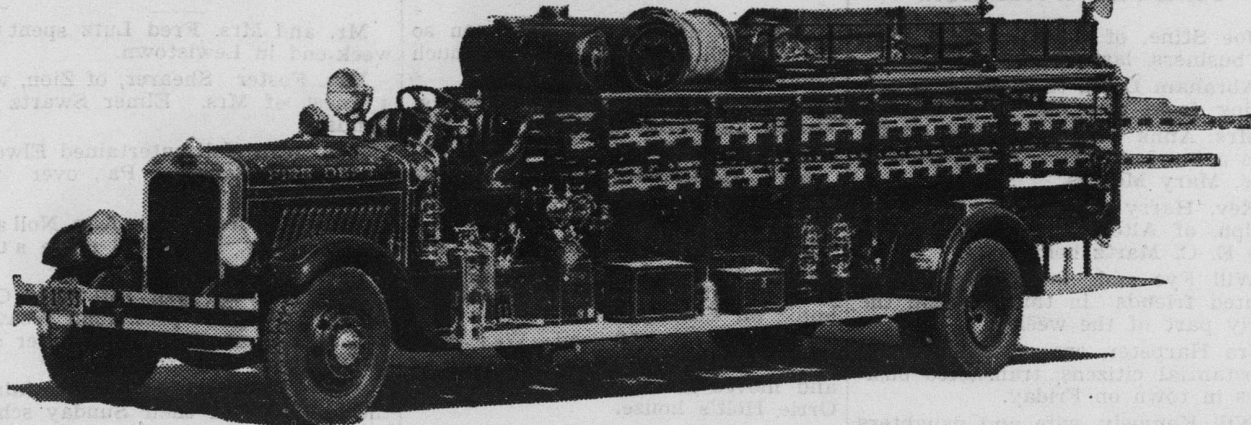
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THE NEW UNDINE COMBINATION PUMPER

This splendid piece of equipment is a Mack quadricamper truck with a 120 h. p. motor. It will throw 1053 gallons of water per minute through three hose lines using 1 1/2" nozzles.

DR. MAYO RAPS SALES. MANSHIP IN HOSPITALS

There is too much high pressure salesmanship in modern hospitals Dr. W. J. Mayo, noted surgeon, told the convention of the American College of Surgeons in Chicago.

"Hospitals are the victims of their own super-salesmanship," said Dr. Mayo, head of the famous Rochester, Minn., clinic.

When the sensational nature of Dr. Mayo's speech became known, every delegate to the convention crowded into the room after he had spoken a few minutes.

"Hospital super-salesmanship often places the patient in surroundings which are above his means and have no value in the relief of conditions from which he is suffering," Dr. Mayo said.

"My own experience has been that a patient in a well-planned ward, given a moderate degree of privacy, will make a quicker recovery than in a private room with two nurses."

"Hospitals must adopt better business methods, while less, and think more. When the hospital is built it should be with the common man in mind and have fewer thrills and show rooms."

Hospital nurses, who have been the chief target of criticism, said Dr. Mayo, really are the ones to be sympathized with.

"If the sacrifice of the nurse insured her a competence, it would at least be an amelioration," he said.

Fellow surgeons lined up in accord with the stand taken by Dr. Mayo in interviews today.

They reiterated his contention that in some hospitals the patient facing death worries less than the one facing bills and condemned false pride as a fault of the patient and "super-salesmanship" as a fault of the hospitals.

Dr. Stewart R. Roberts, of Atlanta, Ga., whose paper was read before the gathering, declared the hospital usually beats the physician or surgeon to the patient's pocket-book.

"If the patient in moderate circumstances, having an income of \$5,000 a year, has no thrift fund and his illness be long, the hospital gets first chance at what funds there are and the physician gets nothing, or waits indefinitely," Dr. Roberts wrote.

"Pride even in sickness," he said, "goes before a medical fall. Emotional anxiety and love for the sick person overwhelms every other consideration and the family does not come practical until the sickness is over and the bills come in."

Rev. A. M. Schwittalla, dean of the medical college of the University of St. Louis, also decried false pride in illness.

"In well conducted hospitals," he said, "the average ward patient receives decidedly better care than the average private patient, no matter how the latter may be treated."

Cancer, appendicitis and hernia, three common causes for surgical operations, engaged the attention today of 3,000 delegates attending the surgeons' convention.

With the aid of talking motion pictures and reports from famous physicians, the delegates performed figurative operations on many of their own surgical problems in an attempt to find better methods for prolonging life and removing the causes of pain.

Cancer drew the most attention, partly because of its baffling nature and partly because of the presence at the meeting of Dr. James Heyman of the Royal Caroline Institute in Stockholm.

Dr. Heyman suggested that cancer patients be centralized. Much delay in solving the cancer enigma, Dr. Heyman believes, is a result of having patients scattered instead of in one place where symptoms could be studied comparatively.

Another film showed a close-up of an operation for the removal of the appendix.

Prof. D. P. D. Wilkie, of Edinburgh, Scotland, described the high death rate in appendicitis operations to the fact that too many patients wait until pain from an infected appendix drives them to a physician.

Afternoon tea for the nation's workers has become good business. Scores of manufacturers and merchants throughout the country have begun the practice of speeding up flagging production by recourse to the tea cup, according to a report of the Tea Association of the United States.

"America borrowed the idea of mixing tea and business from the English," the report says. "In commercial and manufacturing circles in England, afternoon tea time comes as regularly as the sun rises. Tea drinking during office hours is a part of the daily routine among all classes of workers and business people."

"In this country the idea is gradually acquiring popularity. Some of the larger manufacturing plants have experimented with the effect of tea drinking on their employees. Tea, they found, not only refreshes their workers, but relieves fatigue."

NEW ADVERTISEMENTS.

COURT PROCLAMATION.—WHEREAS the Honorable M. Ward Fleming, President Judge of the Court of Common Pleas of the 9th Judicial District, consisting of the County of Centre, having issued a precept bearing date the fifth day of October, 1929, to me directed for holding a Court of Common Pleas, Orphans' Court, Court of Quarter Sessions of the Peace, Criminal Court and General Jail Delivery in Bellefonte for the County of Centre.

AND the Grand Jury to convene on the sixth day of November, 1929, at ten o'clock A. M., AND the Traverse Jury called for the regular meeting of Quarter Sessions Court will convene on the second Monday of November, 1929, at ten o'clock A. M., AND the Traverse Jury for the second week of Court will appear the third Monday of November, 1929, at ten o'clock A. M., being November eighteenth.

NOTICE is hereby given to the Coroner, Justices of the Peace, Aldermen and also such Constables who may have business in their respective districts, requiring to report to the Honorable Court that they be then and there in their proper persons at the time specified above, with their records, inquisitions, examinations, and their own remembrances, to do those things to their offices appertaining to be done, and those who are bound in recognizance to prosecute against prisoners that are and shall be in Jail of Centre County, be then and there to prosecute against them.

Given under my hand, at Bellefonte, the 8th day of October in the year of our Lord, 1929, and the 153rd year of the Independence of the United States of America.

H. E. DUNLAP, Sheriff Sheriff's Office, Bellefonte, Pa. 74-40-41

ORPHANS' COURT SALE OF Valuable Real Estate.

By virtue of and in pursuance of and in conformity with the decree of the Court of an order issued out of the Orphans' Court of Centre County, September 28th, 1929, and the various orders made thereon, the undersigned, Administrator C. T. A. of the Estate of Park R. Homan, late of Centre County, Penna. deceased, will offer public sale for the payment of debts of said decedent, on the premises hereinafter described, situate in the Borough of State College aforesaid.

ON SATURDAY, NOVEMBER 9, 1929 at 1:30 o'clock P. M.

All those four (4) certain messuages, tenements, lots and parcels of real estate in the Borough of State College, aforesaid, bounded and described as follows, to-wit:

TRACT NO. 1. BEGINNING at an Iron pin at the South-east corner of the intersection of South Gill Street and West Nittany Avenue; thence Easterly along the South side of Nittany Avenue 85 feet to a Stake; thence Southerly and West by said South Gill Street 142.4 feet to line of a proposed twenty foot wide Alley to run along with West Nittany Avenue; thence Easterly along line of said Alley 85 feet to line of South Gill Street; thence Northwesterly along line of said Alley 142.4 feet to the place of beginning.

SUBJECT NEVER-THE-LESS, to the following expressed covenants and conditions, that no dwelling is to be erected on this lot within 48 feet of Nittany Avenue, and no dwelling to be erected on any part of this lot costing less than Five Thousand Dollars.

And being known as the Homestead premises, lots and parcels of real estate erected thereon a two and one-half room stone and stucco residence, seven rooms and bath, hot water heating plant with oil burner, hard wood floors, and walnut finish through-out. Attached to the house is a stone and stucco garage for 2 cars.

This property is modern in architecture, equipped with every convenience, and was erected under the supervision of Mr. Homan for his own occupancy, and is one of the most complete residences in State College.

Tract No. 1, will be sold subject to the lien of a first mortgage.

TRACT NO. 2. BEGINNING at a point on the South side of West Beaver Avenue, 62.6 feet West of South Patterson Street; thence Southerly along a line parallel with South Patterson Street 150 feet to line of an Alley running parallel with West Beaver Avenue; thence Easterly along line of said Alley 50 feet to corner of lot now owned by T. E. Sowers; thence Northwesterly along line of forested Sowers lot 150 feet to line of West Beaver Avenue; thence Easterly along line of West Beaver Avenue 50 feet to place of beginning.

Being Lot No. 66, as shown by the plot or plan of lots laid out by Holmes and Foster.

There is erected upon the above described Tract No. 2, a two-story stucco house, 7 rooms and bath, with steam heat; the interior of the house is finished in white enamel. It has a stucco garage for one car separate from the house.

TRACT NO. 3. BEGINNING at a point on the North side of West Foster Avenue 225 feet West of South Atherton Street; thence Easterly along line of West Foster Avenue 55 feet to line of an Alley running parallel with Atherton Street; thence Southerly along line of said Alley 183.8 feet to an Alley running parallel with

Foster Avenue; thence Easterly along line of last mentioned Alley 55 feet to corner of Lot No. 181; thence Southerly along line of Lot No. 181, 186.7 feet to West Foster Avenue, and the place of beginning; being Lot No. 180, as shown by plan of lots laid out by Thomas and William Foster.

There is erected upon Tract No. 3, above described a two story stucco house, with 7 rooms and bath, with hot air heat. The house is finished in white enamel. It has a one car garage in the basement. At the rear of this lot there is a small frame bungalow of three rooms and bath, but without a heating plant.

TRACT NO. 4. BEGINNING at a point on the North side of Foster Avenue 225 feet to corner of the intersection of Foster Avenue and Barnard Street; thence in a Northerly direction along the line of property now owned by Thomas and William Foster 187.7 feet to a certain twenty foot wide Alley running parallel to Foster Avenue; thence in an Easterly direction along line of said Alley 55 feet to another twenty foot wide Alley running at right angles to Foster Avenue; thence in a Southerly direction along line of last named Alley 187.1 feet to Foster Avenue; thence in a Westerly direction along line of Foster Avenue, 55 feet to line of Lot No. 180, and the place of beginning.

BEING KNOWN AS LOT NO. 181, on the plot or plan of lots laid out by Thomas and William Foster.

There is erected on the above described Tract No. 4, a frame building at the rear of the lot which could be used as a four car garage.

Tracts Nos. 2, 3, and 4, will be sold subject to the lien of a first mortgage. The above mentioned tracts and parcels of ground, with the appurtenances, will be offered at public sale for the payment of debts of the decedent, as aforesaid, on the respective premises; they will be offered in the following order: Tract No. 4; Tract No. 3; Tract No. 2; and Tract No. 1.

TERMS OF SALE:—Twenty per cent. of the purchase price in excess of the several amounts due on the within recited first mortgages to be paid in cash when property is knocked down and declared sold, and the balance of eighty per cent. of said purchase price in excess of the several amounts due on the within recited first mortgages shall be paid in cash to the Administrator C. T. A. of the said decedent upon confirmation of sale and delivery of deed.

THE FIRST NATIONAL BANK OF STATE COLLEGE, PENNSYLVANIA Administrator C. T. A. of Park R. Homan, deceased.

W. Harrison Walker, Auctioneer Attorney for Estate 74-40-31

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The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect Plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.

It will be to your interest to consult us before placing your Insurance. JOHN F. GRAY & SON, State College Bellefo

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