

Bellefonte, Pa., November 1, 1929

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. Every day's delay decreases the hope for cure. Anyone

is in danger of tuberculosis who has:
Cough that hangs on;
Too easily tired;
Loss of weight;

Indigestion. Consult a physician, if you have any of these symptoms. Get a thorough physical examination with bared chest. This is the only course that will provide assurance of safety. 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. This
is a challenge to one's common

You're going down the scale in more ways than one when your weight falls off fairly rapidly, espe-cially if your zest for life is diminshing at the same time. Tuberculosis is curable—taken early enough— by rest, fresh air, sunshine and good

—There is an old saying that "action is equal to reaction." Every act we perform reacts in some way. There is a mutual dependency of our various parts. Every part is concerned with and affected by all the other parts.

Even though the brain presides over all the rest of the organs, it, too is dependent on their short periods of study profitable. too, is dependent on their successful operation. Unless the food is properly digested and assimilated, unless the blood carries away the poisons and takes on the oxygen, the brain is not nourished and stimulated to do its kingly part.

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. Sleep, exercise, good air, sunlight, rest, recreation and all the things that make be cared for properly. Sleep, exercation and all the things that make for physical health, make also for a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown a well-nourished brain and alertness of proven reliability. Seconds, grown and the well-nourished brain and alertness of proven reliability. Seconds, grown and the well-nourished brain and alertness of proven reliability. Seconds, grown and the well-nourished brain and alertness of proven reliability. Seconds, grown and the well-nourished brain and alertness of proven reliability well-nourished brain and alertness of proven reliability.

-The value of table salt for bathin 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. They wet the body and rub the salt vigorously over the skin.

The ancients knew the value of such baths, and the housewife of the housewife of customers.

The salt salt salts and super-sales of the hospitals.

Dr. Stewart F lanta, Ga., who customers. today should take advantage of the knowledge. It soothes the fatigued muscles that have been straining at a tension all day in the home. Every housewife knows that sensation. It renews skin activity, invigorates and refreshes, and best of all, it allows the nerves to relax. The housewife steps from her bath feeling Lgume hays and oats are good feeds many years younger and more and blue grass makes excellent pas-

authorities recommend salt bathing, using a box of salt to a tub of water. It is equally good for children, warding off many of

Most everyone has been bathing in the ocean and knows the invigorating effect of salt water. That is proof of the efficiency of a salt water bath. Then the antiseptic quality is by no means trivial. Such irritating but actual things as skin eruption are discouraged by salt wa-

Every bathroom should have a box of salt at all times. You will find many uses for it. Dentists advise brushing the teeth daily with salt. Salt eye washes help to clear away eye infections and strengthens the feeds. muscles of the eye. Nothing surpasses salt for a gargle.

-"People are prone to be somewhat careless regarding food pur-chases. While it is true that the canned products are sterilized before sealing there yet remains by far the bigger proportion of edibles that lack any kind of protection," said Dr. Theodore B. Appel, Secretary of Health.

"For example, in markets ready-to eat meats and fruits will often be pawed over and handled. Patrons in bake shops can frequntly be observed rubbing their noses and mouths and following it by touching the goods offered for sale with un-clean hands. Candies too are displayed in great quantities in windows and on counters where they are oft times reached by bugs, flies, dirt,

dust and even mice. "The part played by flies and dirt in disease spreading is too well known to repeat. And most people also realize that nearly all the communicable infections are disseminated by a more or less direct contact of individuals, by their discharges, or hy the handling of common objects. These facts should develop a full significance of the necessity for the proper protection of all food that is to be eaten in its raw state. As a matter of fact, common sanifary practice dictates that foods whether to be cooked or not, should not be

promiscuously handled. "If the proprietor is careless, or deliberately fails to abide by the regulations, a state or local inspector may finally pick him up.

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.
All green food supplid to turkeys should be cut a little way up from the ground to avoid black-head contamination that may chance to lurk in the soil.

—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 infer-tile eggs. A fertile egg is just as good as an infertile one if it is used at once, but it won't hold up

under summer market conditions.
Sell or confine the roosters as soon as the breeding season is over. The hens will lay just as well without the male in the flock. Using early hatched cockerels is a good breeding practice on the farms. Selling them as soon as your hatching season is over saves a feed bill of season is over saves a feed bill of from 90 cents to \$1:50 each. If you have particularly valuable males, confine them.

-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, and they are also likely to grow more rapidly than the females.

With the Bronze variety of tur
with the Bronze variety of tur
crowded into the room after he had

keys the sex can also be detected by the plumage color as soon as they are well feathered. The breast of the females show the characteristic white tips to the breast feathers while the males will show dark tips.

—Short courses in agriculture, dairy manufacturing, poultrying, horticulture, aind cooperative marketing once more will be offered at the Pennsylvania State College this fall and winter. Thousands of men and women, unable to spend more

—Marketable types of vegetables are best for exhibition, say vegetable gardening specialists of the State College. The specimens selected should be uniform, of the best quality and condition, and free from injuries and blemishes.

-Potato growers are urged to be disease-free stock, may be used as seed next year.

ing purposes is becoming widely known and today, because of its antiseptic tonic effect, table salt is more and more a part of the bath stunted through short rations or They reiterated

> -Attractive appearance and minimum waste of time and tuber in false pride as a fault of the patient preparing for cooking are important and "super-salesmanship" as a fault preparing for cooking are important

-A foal makes more than half of its entire growth during the first year. If stunted during this time, it will never fully recover. Good bone and muscle are of prime importance with the horse and feeds which tend to produce these should be chosen.

-In picking a ram for breeding purposes this fall, remember that half of the flock next year will carry his bloodliness. Choose for improvement instead of cheapness.

-When saving vegetables for exhibition keep three or four times as much as will be used. A more rigid selection can then be made later.

-Breeding, selection, and poultry culture are employed by alert Pennsylvania poultrymen to meet the shifting market demands for poultry and eggs. To carry on heavy production hens must have strong bodies and a good supply of nourishing

-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. More milk, greater profits, and healthier cows will result.

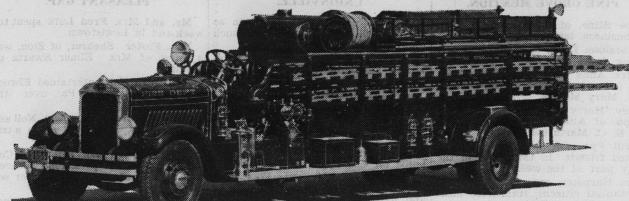
-Iris can still be planted this month. See that the roots are well spread out and the rhizome fairly covered. Firm the soil well around them but do not allow any manure to come in direct contact with the

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. Horses become unsound of limb when the wear and tear is not equal-ly distributed, certain parts bearing an undue amount.

—Grease is better than oil for protecting the plowshares from rust when they are stored for the winter, as the grease stays where it is put.

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. Golden Bantam, considered by many gardeners as the earliest sweet corn, was ready for use from one to two weeks later than several other varieties.

-Read the Watchman for the news



THE NEW UNDINE COMBINATION PUMPER

This splendid piece of equipment is a Mack quadruple combination truck with a 120 h. p. motor. It is 40 ft over-all and has a 20 ft. wheel base. It will throw 1053 gallons of water per minute through three hose lines using 1¼" nozzles. Not only is it 1 pumper but it carries 256 ft. of ladders, a 100 gallon booster water tank, compartments for 800 ft. of hose and coats, boots and hats for firemen's use. It is the last thing in modern fire fighting apparatus and was bought, jointly, by the Undine Fire Co., and Bellefonte Borough at a cost of

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 Col-lege of Surgeons in Chicago.

"Hospitals are the victims of their own super-salesmanship," said Dr. Mayo, head of the famous Rochester, Minn., clinic. "Half the population of the United States stands the cost of hospitalization, and nursing cost of hospitalization and nursing which it can afford, if at all, only by

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.
"Many hospitals show too much salesmanship and too little human-

"Hospitals must adopt better bus-iness methods, whine less, and think 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 insurbefore their time, with small savings, I have much sympathy for

Fellow surgeons lined up in accord with the stand taken by Dr. Mayo They reiterated his contention

neglect during the period of growth. that in some hospitals the patient facing death worries less than the facing bills and condemned Dr. Stewart R. Roberts, of At-

lanta, Ga., whose paper was read before the gathering, declared the hospital usually beats the physician or surgeon to the patient's pocketbook. "If the patient in moderate cir-

cumstances, having an income of \$5000 a year, has no thrift fund and if 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. Schwitalla, 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 re-ceives decidedly better care than the average private patient, no matter how rich the latter may be."

Cancer, appendicitis and hernia, three common causes for surgical operations, engaged the attention to-day 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.

be studied comparatively.

Although he promised no cure for cancer, Dr. Heyman and physicians had obtained some success in arresting its development, sometimes for

as long as 15 years.

Talking motion pictures were exhibited to trace the development of hernia from its first suggestion in a child before it is born to its re-pair on the adult by the surgeon's knife. Movies were hailed as a boon to carrying newer methods of surgery to doctors who are out of touch with big clinics and universities.

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 ap-

pendix 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

"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 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 the drinking on their employes. The tea drinking on their employes. Tea, they found, not only refreshes their workers, but relieves fatigue.

NEW ADVERTISEMENTS.

OURT PROCLAMATION.—WHEREAS the Honorable M. Ward Fleming, President Judge of the Court of Common Pleas of the 49th Judicial District, consisting of the County of Centre, having issued h.s. precept, bearing date of fifth day of October, 1929, to me directed for holding a Court of Common Pleas, Orphans' Court, Court of Quarter Sessions of the Peace, Oyer and Terminor and General Jail Delivery in Bellefonte for the County of Centre.

AND the Grand jury to convene on the

or 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., being November eleventh. 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 remembrance, to do those things to their offices appertaining to be done, and those who are bound in recognizance to prosecute against the proposecute against the toposecute against the proposecute against the prop of Centre County, be then and there prosecute against them as shall be just. Given under my hand, at Bellefonte, the sth day of October in the year of our Lord, 1929, and the 153rd year of the Independence of the United States of America.

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

ORPHANS' COURT SALE OF Valuable Real Estate.

By virtue and in pursuance of and in conformity with the terms and conditions of an order issued out of the Orphans' Court of Centre county, September 28th, 1929, reference to which is here now made, the undersigned, Administrator C. T. A. of the Estate of Park R. Homan, late of the Borough of State College, Centre County, Penna. deceased, will offer at public sale for the payment of debts of said decedent, on the respective 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 ground situate 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 in a line parallel with South Gill Street 142.4 feet to line of a proposed twenty foot wide Alley to run parallel with Nittany Avenue; thence Westerly along line of said Alley 85 feet to line of South Gill Street; thence Northerly along line of South Gill Street 142.4 feet to the place of beginning.

SUBJECT NEVER-THE-LESS, to the TRACT NO. 1.

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 of the said decedent, and has erected thereon a two and one-half story stone and stucco residence, seven rooms and bath, hot water heating plant with oil burner, hard wood floors, and with 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 in a line parallel with South Patterson Street 150 feet to line of an Alley running parallel with West Beaver Avenue; thence Westerly along line of said Alley 50 feet to corner of lot now or late of T. E. Sauers; thence Northerly along line of aforesaid Sauers lot 150 feet to the line of West Beaver Avenue; thence Easterly along line of West Beaver Avenue to the line of West Beaver Avenue 50 feet to the 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 de-TRACT NO. 2.

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 Westerly along line of West Foster Avenue 55 feet to line of an Alley running parallel with Atherton Street; thence Northerly along line of said Alley 186.3 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 olan 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, 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.

TRACT NO. 4.

BEGINNING at a point on the North side of Foster Avenue 225 feet in an Easterly direction from the Northeast corner of the intersection of Foster Avenue and Barnard Street; thence in a Northerly direction along the line of property now or late of Thomas and William Foster 186.7 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 light of a fret most reare.

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, viz., Tract No. 4; Tract No. 3; Tract No. 2; and Tract No. 1.

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

THE FIRST NATIONAL BANK OF STATE COLLEGE, PENNSYLVANIA Administrator C. T. A. of Park R. Ho-man, deceased. W. Harrison Walker, Attorney for Estate L. Frank Mayes Auctioneer 74-40-3t

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