

Your Health, THE FIRST CONCERN.



"Don't be ashamed of feeling tired. It is no sign of weakness to be in that condition after a reasonable amount of energy has been expended. On the other hand, it is a weakness to impose upon nature by forcing fatigue to move on by the use of methods contrary to nature's law.

"From a health standpoint forty winks walk circles around too much coffee or a similar stimulant. Therefore, 'cat-nap' when fatigue comes over you. Don't prod nature to keep going. It doesn't pay to do so. While it is true that nature is long suffering and will stand for an amazing amount of cheek and presumption on your part, it will only do so for a while. Finally it will slap back, and when it does, it will hurt.

"Work hard and play hard, but live according to the rules. Many a dangerous breakdown and worse can be avoided by following this advice. And in this connection, respect fatigue."

"Many thousands of parents are still of the opinion that whooping cough, measles and other 'catching diseases' should be caught early and thus be done with; that cancer is a communicable disease; that tuberculosis is an inherited malady; and that tonics can effectively supplant the physical necessities of fresh air, proper food, adequate sleep and daily exercise.

"As a matter of fact, the childhood diseases should be guarded against with the utmost caution. They kill thousands of little people each year. Again, while cancer is not a communicable disease and carries no personal stigma of any kind, early diagnosis of probable symptoms such as lumps, unusual bleeding and persistent sores should be made by a physician. Many lives can thus be saved. Tuberculosis also needs early discovery for favorable results. Therefore, a persistent cough or a consistent loss of weight should promptly be investigated. And finally the basic living laws need to be carefully and regularly followed if life is to attain its highest degree of vigor and vitality.

"If you are so inclined, poke fun at unfortunate ignorance. But in the first place turn the light upon yourself to make sure that it is not also playing devilizing tricks on you. Set out of the 'hex' class before pitying 'hexers.'"

"No one will question the fact that life today is a high speed affair. Rush, drive and force are matter-of-fact elements in daily existence. The simple life has now become a thing of the past. Dr. Theodore B. Appel, Secretary of Health.

"Nervous breakdowns and physical bankruptcies are so common these days as to cause little comment. These things are merely the natural penalties of this day and age, people are wont to say. "And while they are quite correct about it, the inevitability of such a price does not exist at all. Hard work and the daily grind are not what break people so much as it is the unwise forcing of the body to go on when the natural processes say stop.

"For instance, fatigue is a perfectly natural reaction. To give way to this feeling by snatching a bit of rest, even in the rush of affairs, is decidedly a more sensible proposition than to spur one's self to further efforts by the misuse of stimulants such as coffee, tea, excessive smoking or drug-store concoctions. To thus daily drive one's self is a whip which will finally leave its mark.

"Chest protectors are worse than useless. They might better be worn on the feet. There are mind poisons, just as there are poisons. There are books, books, and plays, and people that should have poison labels on them to warn us of their contents.

"What is temperance for one man may be excess for another. Hence the most important step, in retreating against degenerative maladies, is to have a thorough physical examination at regular intervals—at least once a year—so that life may be regulated according to one's physical equipment.

"Barring acutal poisoning or organic disease, the habit of self-pity and of nervous apprehension is purely an acquired bad mental habit and can be corrected by proper mental hygiene. Companionship with the cheerful, the optimistic, and the strong is marvelous help. The reading of books and biographies treating of strong, successful, and heroic characters also afford valuable mental suggestion.

"Many learned authorities have held that conditions characterized by so-called nervous failure (psychasthenia, neurasthenia, hysteria, etc.) are caused by fear. In other words, the attitude towards life of the nervous wreck is pusillanimous. A broader vision shows that, while he acquired bad mental habit of fear—an exaggeration of primitive protective instincts—is indeed, the axis of much nervous and mental ailment and general ill health, this very fear is often engendered by a badly-working poisoned body. The man who has his body inspected once a year or at appropriate intervals, according to his condition, is protecting himself against the insidious development of unsuspected disease and also against needless worry over imaginary afflictions, and worry due to exaggerating the seriousness of some simple or local trouble.

THE TIE THAT BINDS

(Continued from Page 2)

they declared Tom Crosby the winner. Then somebody in the crowd took a shot at Bart Eaton—and missed. But for him, the wretched, interfering gringo, they would not have lost their bets; their countryman would not have been humiliated by defeat at the hands of a foreigner and an Americano at that. In a twinkling the more excitable spirits among them convinced themselves that they had been robbed and that the judges were aiding and abetting the crime.

The wastrel who shot at Bart Eaton started more fireworks and with a roar the disgruntled crowd hurled themselves upon judges and contestants. Fortunately, the objects of their wrath were mounted, and before they could be seized and the riders torn from the saddles, the three judges had sorted out long and imposing six-shooters and backed rapidly away. A policeman clubbed the man who had lured the first shot; somebody knifed the policeman and the crowd, only momentarily halted, surged forward again toward their prey.

Then somebody took a shot at Tom Crosby. "This," cried Bart Eaton, "is no place for two lone, Americanos particularly when said Americanos ain't heeled." And he spurred in alongside Mr. Crosby, who sat swaying in his saddle. He steadied him with his good right arm, and riding boot to boot, they galloped up the field to the spiteful accompaniment of a score of bullets.

Near the chutes a heavy latched gate led to liberty; Bart leaned down and unlatched this gate and his horse shouldered it open; with his right arm again around Tom Crosby, they galloped up through Juarez to the head of the International Bridge. Here a Mexican sentry bade them halt.

"You sit tight an' don't fall off," Mr. Eaton bade his charge. "I'll argue with this boy." He dismounted, smiling, stepped in close and sent his right fist whizzing home on that soldier's jaw; mounted again and thundered across the bridge after Tom Crosby, who, taking the hint, had not even paused.

Tom Crosby, sitting up in bed at the Sheldon Hotel, eyed Bart Eaton severely as the latter, painfully embarrassed, entered the room. "I've sent for you, Mr. Eaton," said Mr. Crosby stiffly, "to 'pologize for my inability to keep that date we had to shoot out our differences together on Mexican soil."

"There was considerable shooting" the last time we was on Mexican soil together, Mr. Crosby, an you got a furrow ripped through your fool scelp. Personally, I wouldn't wish to be shot—at ag'in—by you or nobody else."

"On account my head's still achin', I heartily indorse them sentiments, Bart, although I might as well tell you I never intended fightin' no duel with you. That wouldn't be sensible an' besides, it would have been bad business. By the way, it was right neighborly of you to chuck me that tie rope, Bart. Considerin' that your action enabled me to win first money, five thousand dollars, plus half the third money you forfeited by not finishin'—I got to admit that rope had a value considerably in advance of its original cost. It won me eighteen thousand in bets, too."

He glanced drearily toward the ceiling. "I'm a fool for luck, ain't I? However, what I want to know is this. Hatin' me as you do, what moved you to chuck me that tie rope an' then, after that Mexican shoots me, help me home across the bridge knockin' out a Mexican sentry en route?"

"Mebee it was professional pride," Bart growled. "You sure done some grand ropin', although the Peralta man would have licked you if you hadn't gained time on him with your figure-eight before they barred it an' if he'd been able to last physically. He was wearin' down your lead might 'fast."

"There must have been another reason why you chucked me that tie rope. Bart. I heard you yellin' ho-sannas o' jure joy as I took after that last steer, an' while I knew they was cheers because o' somethin' rotten you figgered was goin' to happen to me, I—"

"I chucked you that tie rope because I found out sudder I didn't have the nerve to see that Mexican lick you." Bart's voice was half a sob. "That tie rope was the last thing bound me to my hate—so I wanted to get rid of it."

"What become o' that tie rope, Bart?"

"After you cast your steer loose you tucked it up in your belt ag'in. It was still there when I drug you up to this room an' sent for the doctor. It must be here somewhere."

"We'll frame it," Mr. Crosby murmured, "an' hang it up where we can always look at it—an' remember...Sho', sho', Bart, you hadn't ought to take on like that, you dog-gone crybaby. Buck up partner—"

"I'd ought to shoot myself," Mr. Eaton sobbed. "Me, I never did have no brains. The only money I ever made was because o' you, an' when you wanted to treat me like a partner—like a brother, I mean—I had to let somethin' small an' mean inside o' me come between us. You deserve all the luck you've had. I used to think I'd die o' lov to see you take a bad financial lickin', but when I found it was up to me whether you took it or not—well, right then an' there me an' old man Conscience had a knock-down-an'-drag-out fight an' I lost. I tried to forget you risked a five-thousand-dollar prize by talkin' time out to rope an' tie a steer that was fixin' to scare me an' Shin—"

"Oh, Lord, Tom, I'm sorry. Forgive me, ol' timer. I've learnt my lesson. I figgered I'd made you hate me."

"I'm sorry, Bart. I'm sorry. Forgive me, ol' timer. I've learnt my lesson. I figgered I'd made you hate me."

"I'm sorry, Bart. I'm sorry. Forgive me, ol' timer. I've learnt my lesson. I figgered I'd made you hate me."

"I'm sorry, Bart. I'm sorry. Forgive me, ol' timer. I've learnt my lesson. I figgered I'd made you hate me."

me an' every time we met my heart mos' broke in two. You ain't got the slightest notion o' what a relief it was for me to bust you that time we angled! An' I didn't lick you. It was a double knock-out."

"I wish you'd shot up," Mr. Crosby replied wearily. "You got a record o' all the money you win workin' solo last season—also the expense o' doin' business?"

Mr. Eaton nodded and Mr. Crosby resumed. "Well, you turn in your figgers to me an' I'll turn mine in an' well deduct the joint as we used to do when we was partners."

"Why, we was partners all along, only we didn't know it. I bought radio stock with the llama money; paid seventy-five for it, an' she's up to three hundred now an' goin' higher. With everybody buyin' radios on the installment plan an' new models comin' out every month a burro could figger it. We got twenty-three thousand five hundred to collect over in Juarez, as soon as things simmer down."

"Now, you ain't lost a dollar operatin' on your own, but on the other hand I have. I paid out about five hundred dollars in American money to a man I set to watch you an' let me know if you was still playin' poker, or bein' frugal an' savin' your money."

"Me," Mr. Eaton declared proudly, "I don't crave no more easy money an' I'm off speculative enterprises. I got five hundred an' four dollars an' she's account an' she's a draw-in four per cent per annum. Four per cent, ain't much but I get it."

Mr. Crosby's plain features were wreathed in an angelic smile. "That first savin's account an' the first four per cent on it is like the first drop o' human blood to a tiger, Bart," he opined. "It makes a feller want more. Bart, you realize at last that thirty years from now me an' you are goin' to commence groanin' when we fork a horse—listen, hombre. You're not as rich as your old Tom partner, but you are worth somethin' over a hundred thousand an' the first lesson a moneyed man had ought to learn is not to be stingy."

"There was a bootlegger around to see me yesterday," Mr. Eaton managed to murmur. "I'll hustle right out after him an' negotiate a couple o' quarts o' champagne."

"You bet," Mr. Crosby replied. "Three men an' a boy can't keep us out o' our own little cow outfit next year.—Hearst's International Cosmopolitan."

Construction of new roads in Pennsylvania reached the 485-mile mark for the season at the end of last week, the State Highway Department announced. With the advent of colder weather, road building will soon have to stop for the winter. W. A. Van Duzer, assistant chief engineer of the department said adding the prediction that the construction for the year will not go above 526 miles. Approximately 700 miles were built in 1928, he said.

HONOR SUDENTS AT THE BELLEFONTE HIGH

Those who stood highest in their classes at the Bellefonte High school at the end of the first term period were: Seniors—David Fortney, Reynolds Shope, Paul Taylor, Eleanor Hoy, Jane Musser, Rachael Van Pelt. Juniors—Lillian Johnson. Sophomores—Martha Brugger, Virginia Irvine, Pearl Rote. Freshmen—Frances Blair, Elizabeth Thompson, Betty Woomer.

LUMBER? Oh, Yes! Call Bellefonte 43. W. R. Shope Lumber Co. Lumber, Sash, Doors, Millwork and Roofing

THE SPARROW-HAWK

The indiscriminate condemnation and persecution from which all birds used to suffer is being somewhat relaxed of late years, and many of these swift, rapacious birds are now recognized as among the farmer's best friends. Among them all the farmer has no greater friend than the least of the hawks, the sparrow-hawk.

The sparrow-hawk gets its name from its diminutive size, rather than from any fondness it displays for sparrows as prey. As a matter of fact, sparrow-hawks seldom offend by killing small birds or young chicks. When they want warm blooded meat they generally take fieldmice, but their principal food during the warm season consists of insects. They seem to have a special liking for grass-hoppers, crickets, and that clan of cropchewing pests in general, varied with big caterpillars, large spiders, bloated beetles, and similar creeping things that nobody is fond of.

The sparrow-hawk is much less shy of man and his works than are most of its larger brethren; indeed, most of its hunting is done over cultivated fields and clearings. Since it preys on small things that usually keep close to cover, it is not a lofty soarer like its relatives, but is given to being suspended over a particular point by a rapid fluttering of its wings; whence its other name of "windhover."

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

It has one of the widest ranges of Northern American birds, being found everywhere east of the Rockies, from the Yukon and Mackenzie basins across to Newfoundland and south to the gulf. A closely related hawklet, the desert sparrow-hawk, covers the rest of the continent, south through Mexico into Central America.

REAL ESTATE TRANSFERS.

John H. Durst, et ux, to J. Harold Durst, et ux, tract in Potter Twp.; \$1. Helen E. Brown, et al, to Edgar M. Wagner, tract in Milesburg; \$1,500.

Gordon Coly, et al, to Toner R. Griffith, et ux, tract in Phillipsburg; \$1,500.

Theodore Davis Boal, et ux, to School District of Harris Twp., tract in Harris Twp.; \$1. O. J. Harm, et ux, to John Skrepek, et ux, tract in Snow Shoe Twp.; \$800.

J. O. C. McCracken, et al, to whom tract in Ferguson Twp.; \$1. Mary C. Holter, et al, to Oscar M. Fletcher, tract in Howard Twp.; \$400.

John F. Koch, with William Johnson, tract in Bellefonte, \$1. Elmer Aukerman, et ux, to John Taes, tract in Gregg Twp.; \$600.

Emma Garman, Exec., to Calvin O. Mallory, et ux, tract in Miles Twp.; \$102. J. N. Moyer, Exec., to Calvin O. Mallory, et ux, tract in Miles Twp.; \$2,200.

The Watchman gives all the news worth reading, all the time.

DISTURBED SLEEP Is One of Nature's Warnings of Danger Ahead.

Mrs. Annie L. Denson, 214 Wykes St., Alliquippa, Pa., says, "For 9 years I suffered agony with my bladder. Was told the only hope for a cure was an operation. Dreaded to see night come as I was disturbed many nights every 15 minutes. After taking Lithiated Buchu (Keller Formula) a few days, I had much relief. I am now almost cured. Sleep all night without being disturbed. I have gained 18 pounds. I am always glad to tell or write my full experience." It acts on bladder as epsom salts do on bowels. Drives out foreign deposits and lessens excessive acidity. This relieves the irritation that causes getting up at night. The tablets cost 2c. each at all drug stores, Keller Laboratory, Mechanicsburg, Ohio, or locally at C. M. Parrish.

ATTORNEYS-AT-LAW

SKLINE WOODRING—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 15 Crider's Exchange.

KENNEDY JOHNSTON—Attorney at Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High Street.

M. KEICHLINE—Attorney at Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor of Temple Court.

W. G. RUNKLE—Attorney at Law, Bellefonte, Pa. Office in Crider's Exchange.

PHYSICIANS

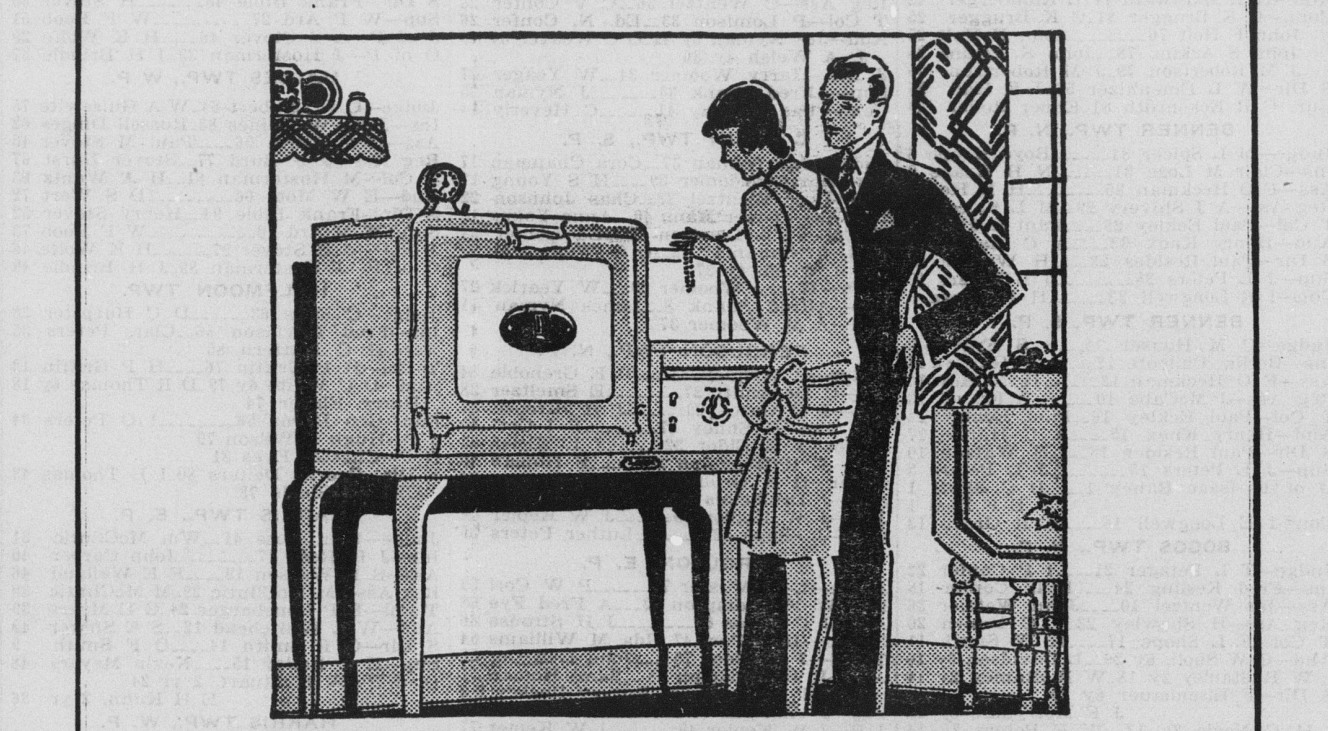
S. GLENN, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence.

D. R. L. CAPEERS, OSTEOPATH. Bellefonte State College Crider's Ex. 66-11 Holmes Bldg.

D. CASBERER, Optometrist—Registered and licensed by the State. Eyes examined, glasses fitted. Satisfaction guaranteed. Frames placed and lenses matched. Casbeer Bldg., High St., Bellefonte, Pa.

E. VA B. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday, Bellefonte, in the Garbick building opposite the Court House, Wednesday afternoons from 2 to 8 p. m. and Saturdays 9 a. m. to 4:30 p. m. Bell Phone.

BELLEFONTE COOKS ELECTRICALLY ... here is why!



Appetizing results . . . the electric way

It is hard to say which will delight you more . . . the delicious flavor of electric-oven cooked meals or the time and work they save you. But both result from the same things: automatic control of cooking and an oven so tightly sealed that almost no evaporation takes place. Just put an entire meal in the oven . . . a big rib roast, stuffed pork chops or a casserole dish . . . vegetables . . . a pudding. Then, set the time and temperature regulators. The current is automatically turned on and off at exactly the right time. You don't have to give the oven a thought during the entire time that the meal is cooking. Everything is browned to perfection and cooked to the most appetizing tenderness without any attention from you. Since moisture is retained in the oven, foods keep their savory juices. You don't have to baste, or turn or taste. Nothing is dried out. About twenty per cent less shrinkage takes place. Cook electrically for economy!

WEST PENN POWER CO

FEEDS! We have taken on the line of Purina Feeds We also carry the line of Wayne Feeds

Table listing various feed products and prices, including Purina Cow Chow, Wayne Dairy, and Wagner's Dairy.

We have a full line of poultry and stock feeds on hand at all times at the right prices.

Let us grind your corn and oats and sell you the high protein feeds and make up your own mixtures. We charge nothing for mixing.

We deliver at a charge of \$1.00 per ton extra.

If You Want Good Bread or Pastry TRY "OUR BEST" OR "GOLD COIN" FLOUR

C. Y. Wagner & Co. Inc. 66-11-17r. BELLEFONTE, PA.

Caldwell & Son Bellefonte, Pa. Plumbing and Heating

Vapor...Steam By Hot Water Pipeless Furnace

Full Line of Pipe and Fittings and Mill Supplies All Sizes of Terra Cotta Pipe and Fittings

ESTIMATES Cheerfully and Promptly Furnished 66-18-17