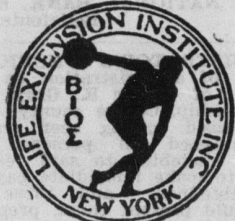


Your Health.

THE FIRST CONCERN.



"The time for resolutions is here once again. After following the ancient and honorable custom, people will now resolve to do and not to do all sorts of things in the year 1930. Character readjustments are optimistically anticipated and bad habits are disdainfully cast aside. And a few days later, for the most of us, the 1929 self will be reasserted—the resolutions as usual representing an uncompleted job" said Doctor Theodore B. Appel, Secretary of Health.

"Speaking generally, perhaps many of the reforming ideas one is likely to get at New Year's time merely indicate an undirected desire to be better. However, while one is thus theoretically changing character over night only to revert in the next twenty-four hours, it is well to give serious consideration to some real ideas for improvement that are based not only on an abstract desire to rectify conduct but are founded upon a sound basis of common sense living.

"It is well to recollect that some few every day habits could wisely be submitted to serious contemplation resulting in New Year's resolutions and sufficient backbone and gumption to carry them out during 1930. All interests of present day living to the contrary notwithstanding, the real business in life is to live. With this in mind, there follow a few suggestions which may be of some value.

"For your health's sake, resolve: 1 To have an annual physical examination—the sooner the better. 2 To exercise in the open air daily. 3 To eat moderately. 4 To sleep sufficiently. 5 To avoid excesses of all kinds. 6 And, in general, to take a real, conscientious and every day interest in your health.

"Having thus resolved, be steadfast. Make 1930 the healthiest and happiest of all the years."

"It is a surprising fact that the fashions to a large extent determine the health of the women of today. Yet this is true.

A few years back the great modistes of the world decided that the fashionable figure must be the slender one. No woman of curves could wear the clothes they designed. And so to be stylish, dieting became the rage. Classes in dieting, schools of diet sprang up over night. Everyone, man, woman and child, became intensely interested in losing weight. Persons who never gave thought previously to whether they weighed one hundred or two hundred, found their weight to be a matter of vital importance.

In many instances this was an excellent thing. But it was overdone. It was forgotten that in all things moderation should be our watchword.

Your overweight is not important merely as a matter of looks. It is important because it may shorten your life.

Dieting is a matter requiring real effort. If you are going to reduce do it by the natural method of eating less of the wrong foods and more of the proper ones. Exercise more than has been your habit.

You must learn to make a wise selection of foods. It is not necessary to starve yourself, or to grow weak from the need of food. When you study food values, it does not take long to find out what substances must be taken sparingly because of their richness in fats and carbohydrates.

Well chosen systematically employed physical exercises are of great value.

But they are no use unless used every single day with energy sufficient to produce what I always refer to as "sweat." Simply to perspire is not enough—one can do that in a hot room. You must produce perspiration by the muscular effort you make. Perspiration of this sort seems actually to dissolve the fat.

Drink plenty of water. All the while the system craves may be taken in safety. Do not drink much with meals. When taken then it serves merely to wash down a surplus of food.

I am more and more concerned over the fact that so many women take themselves with powerful drugs which have a reputed value in taking off flesh. It is not safe to use these drugs. You cannot afford to tifle with your good health by any such violent efforts at reduction. Use common sense in this matter of reducing. Then you will be improving your health as well as your figure.

Even hopeless cases of gas poisoning might be cured by blood transfusion according to Dr. Vothenberg, writing in a Viennese medical journal. He observed on several victims of severe poisoning due to carbonic oxide gas that a transfusion of about 400 c. c. of blood resulted in an immediate improvement, when other treatment failed completely. The consciousness of the patients returned and they recovered within a short time.

The explanation of these results is, that the healthy red blood corpuscles which are introduced in the body of the patients assume at once their function of binding oxygen which effects recovery.

This observation and advice seems to be the more important because poisoning by gas has in recent times become exceedingly frequent.

JEALOUSY CAUSES SLAYING OF GIRL

Salesman Tells Story of Crime in Hotel.

Washington.—Dexter Churchill Dayton, a twenty-five-year-old insurance salesman, is under arrest here, having confessed, according to authorities, to strangling Miss Marjorie Lucy O'Donnell, twenty-three, an employee of the National Geographic society, in the Roosevelt hotel. The young man is said to have told police he committed the crime through jealousy of another suitor, heightened by indulgence in liquor.

In a voluntary statement to police Dayton said he had repeatedly entreated Miss O'Donnell to promise to marry him, saying he would soon be earning enough money to care for them both, but that she had as many times refused, indicating that she "might marry another man."

What Dayton did between the time he strangled the girl in a fit of jealous rage, and the hour he called police, apparently is still cloudy in his memory. He is certain they began to quarrel shortly after midnight. At that time, Dayton said, he upbraided the girl for her reluctance to become engaged to him, and she replied by referring to the other man.

Woke Up at Noon. Dayton said in his confession to police that he had been drinking heavily meanwhile, although the girl had taken only a few drinks. He declared that when he became so incensed he could no longer control himself, he seized the girl and they struggled about the room.

"I woke up later that day," Dayton told the police. "It must have been getting on toward noon, because the sunlight was strong outside. Then I began to realize what I had done. The thought was so awful I made up my mind to kill myself, but I found I couldn't get up the nerve." He said he sat for a moment contemplating his pistol then turned it to his temple and pulled the trigger.

"It wouldn't go off," he declared, although I snapped the hammer on several shells. Then I knew I couldn't kill myself and decided to call in the police. I telephoned for a bell boy; he came in a moment later, and I told him to call to the officers."

Wrote Note in Hotel. Dayton declared he started drinking early the day before the murder and went to the hotel about 11 a. m. that same day and registered. He continued drinking during the afternoon, he said, and later met the girl, inviting her to come to his room for drinks before going out to dine.

During the hours between the crime and its discovery Dayton wrote an incoherent three-page note on hotel stationery in which he told of his quarrels with the girl, his love for her, and his determination to commit suicide.

The note said in part: "I am going to kill my sweetheart and then myself. I know I love her. Without her love I cannot live. We both have deceived and hurt one another. Now that the effect of the liquor is wearing off I shall begin drinking again and get up the Dutch courage to kill myself."

"She cheated on me, I cheated on her; we both cheated on each other."

Money Machine Swindle Lands Man in Prison

New York.—Although Lester Jefferson, Astoria grocer, admitted under cross-examination that he did "think he was going to make counterfeit money," William Kallas, twenty-nine, who was charged by Jefferson with grand larceny in a "money machine" confidence game, was held in \$10,000 bail for the action of the Queens grand jury.

Jefferson testified that on December 2, 1928, Kallas and another man came into his grocery store in Astoria with a machine which they said was able to reproduce any money placed in it. Bills were placed in the machine in front of Jefferson and the original bills and new duplicates came out. Jefferson testified that at the suggestion of the visitors he withdrew \$1,150 from the bank and placed it in the machine. The men told him it would take several hours for it to operate with so much money, and it was agreed to leave the box in Jefferson's care overnight. He said that in the morning when the men did not return and the machine did not show any signs of producing money, he forced it open and found it full of clipped newspapers.

Gets \$350,000, but Keeps at Odd Jobs

Denver.—John W. Vanderslice, seventy-year-old odd job man, who was notified here that he is heir to \$350,000 from the estate of his brother, the late Howard Vanderslice, millionaire oil and grain man of Kansas City, Mo., will "keep on working, because I must have something to do." The Denver man received an outright gift of \$100,000 in cash.

English Wanderer Models House After Submarine

London.—M. Maurice Dekokra is a wanderer as well as a noted author. To keep up the wandering atmosphere, he has a house and furniture decorated to represent a pullman car, a yacht and a submarine. In the submarine room is a cocktail bar arranged around a wheel and periscope.

Hard to Picture Orient Without the Date Tree

For untold ages the date has been a staple article of diet in the Orient. It is said that a half-pound of dates and a half-pint of milk make a sufficient meal for a person of sedentary habits. The date needs milk to round out its food balance. An intensely hot climate and plenty of water are necessary for the production of dates. As an old Arabian saying goes: "A date palm must have its head in fire and its feet in water." Some believe that when Adam and Eve lived in the Garden of Eden, they subsisted very largely upon the date. In fact, that part of Mesopotamia which produces to this day the best dates is regarded as the probable site of the Garden of Eden. Archeologists, in making excavations in this region, have uncovered ruins thousands of years old, among which have been found broken sculptures of the date palm, together with references to the use of its fruit as a food. According to an old, old Arabian story, after God had created Adam, some of the soil clung to His hands and He molded it into a date palm. The leaves were set in a feathery crown at the top the same as He created man. So it is only natural that the palm should be as nearly perfect a tree as Adam was a human being.

Seam of Burning Coal Keeps Mountain Warm

A unique Australian phenomenon is the "Burning Mountain" at Wingen in northern New South Wales, which scientists say has been on fire 1,000 years.

According to a party of geologists, who have just returned from an exploration of the mountain, says an Associated Press dispatch from Sydney, there lies below the surface a burning coal seam. Long before European settlement in Australia "Burning Mountain" was known to the aborigines, and to them it owes its name, Wingen signifying "fire."

The geologists report that the summit presents the appearance of the debris of a vast block of buildings consumed by fire with an explosion or two thrown in. Smoke and steam continuously are issuing from different points, and there are numerous deposits of alum and sulphur.

The burning seam probably is 30 feet or more in thickness, say the geologists, and is being consumed at the rate of from 120 to 130 yards each century. The warmth of the mountain in winter time attracts cattle, horses, and wild animals.

Gems Always Desired

Brilliant objects have always inspired man with a passion for their possession, and precious stones have occupied an important position on account of their form and color. The history of gems runs parallel to that of humanity and has been associated with the development of religion and science from the most remote times. Their connection with the church can be traced from the offerings of jewels in temples of the pagan gods to their place by the end of the Fifteenth century as the chief possession of the "treasury" of Christian churches.

Authentic Giantess

Ella Ewing, known as the Missouri giantess, was born in Scotland county, Missouri, of normal parents, and at birth weighed 8½ pounds. She grew abnormally between the ages of 8 and 22 years until she reached the enormous height of 8 feet 4 inches. She wore a number 24 shoe. It took 30 yards of silk to make a dress for her. When she stopped at hotels two ordinary beds had to be placed side by side so she could sleep across them. She made a fortune traveling about an exhibition and died at the age of 40 years.

Grades of Ebony

Ebony is the wood of a number of related trees, found in nearly all parts of the tropical world. Its northernmost range is northern Bengal, in India and in localities of similar latitude and climate. The best grades are from a certain species native to southern India and Ceylon. Another much appreciated variety is from Madagascar. Other places where ebony grows are in Africa, especially Angola; in the East Indies; and, the poorer Jamaica variety, in the West Indies.

Clever and Dangerous

The centipede abroad in eastern lands is a formidable, and often poisonous, insect, but its wisdom will instruct human beings of every age and clime. Afraid of the tarantula (a species of great spider), the centipede always takes care to build a cactus fence round itself ere it goes to sleep. It is most entertaining to watch the security of the centipedes as they lie at ease, while their arch-enemies cannot crawl over the cactus, which they will never tackle.

The Peaceful Celt

Two County Cork boys were in a mopping-up party that had followed the main assault. In a large shell hole they found a group of ten or twelve Germans sound asleep, apparently missed by the first wave. "Well," said Sean, "shall we shoot 'em or stick 'em?" "Ho, hum," said Denis, looking up at the sky, "it's a foine day. Let's wake 'em up and have a foight."—Pullman News.

FARM NOTES.

—Maintaining the ewe's body weight, nourishing the unborn lamb, and producing a fleece of wool are the objectives reached in proper winter feeding of the breeding flock. Good, clean corn silage and a legume hay, such as alfalfa, red clover or soybean, are recommended feeds.

—Good market and hatching eggs are excellent show eggs. They should be uniform in size, shape, and color. To reach the show in good condition they should be packed carefully.

—Educational meetings at the State Farm Products Show will feature talks and discussions by prominent and able agricultural leaders. A fund of practical and scientific information will be available to all who attend.

—Many evergreens are damaged each winter by wet snow. Shake the branches gently after every heavy storm, using a wooden rake.

—State College extension foresters recommend Norway spruce, balsam fir, and Douglas fir, in the order named, for planting where Christmas tree markets are to be supplied.

—Much time will be saved and inconvenience avoided if the garden tools are inspected and put in condition during the winter. Some will need to be cleaned of rust and sharpened or repaired. Missing tools and parts should be replaced now.

—A farm business without some kind of records is like a clock without hands. There is no way of telling time. Now is the time to start. Ask your County Agent.

—You can learn about the science and practice of agriculture this winter by studying one or more of the 36 correspondence courses offered by the Pennsylvania State College. There are also five courses in home economics. Send for free catalog to Director Correspondence Courses in Agriculture and Home Economics, State College, Pa.

—Records kept on ton litters and swine demonstration farms show that young breeding stock is more profitable than more mature animals. The young sows produce pigs and gain in weight at the same time while older animals give only pigs.

—Ordering a sufficient supply of spray materials early is a money-saving practice. As the demand increases in the spring, the price goes up. Both lime and blue stone keep well if properly stored.

—Immediate and adequate cooling of milk is necessary to prevent souring. A temperature of less than 50 degrees F. is unfavorable to the growth and reproduction of the injurious bacteria.

—If needles fell off the Christmas tree in the street, it was not a fresh tree. Trees from local sources are more likely to be recently harvested than those shipped from a distance.

—Are you ready to start keeping records on the 1930 farm operations? Only a few days remain to get the book and take an inventory of stock and property. Simple records will tell a valuable story of the farm operations.

—More than 30 state agricultural organizations will join in the activities of the State Farm Products Show at Harrisburg next month. Most of the organizations will hold educational meetings. Last year 150 lectures were given at similar sessions.

—Prizes are awarded for the products of the housewife as well as the farmer at the State Farm Show in Harrisburg, the management announces. Canned fruits, vegetables, and greens; dried fruits and vegetables; jellies and preserves; cakes, bread and cookies, and garments may be entered in the competition.

—Milk production and dairy profits are always in close relationship with the kinds and amounts of feeds consumed by cows. Much feed and labor are wasted through wrong methods of feeding.

—In many instances colds and roup are the result of chronic coccidiosis, worm infestations, faulty management or poor housing. Correcting the conditions which lower the vitality of the birds is the first step in treatment.

—A special rate of one and one-half fare to the State Farm Products Show and back home is available to farmers. Procure a reduced fare certificate from the secretary of your farm organization or the County Agent.

—Trees of the woodlot never stand still. Something is happening all the time. Improvement cutting will favor better conditions for growth, increase the proportion of good trees and help the growth of excellent individual trees.

—Marketing hogs before the heavy run starts will aid the farmer to obtain better prices. Records show that some farmers who kept their swine longer than necessary would have tripled their profits by selling earlier.

—Sow peas just as early as you can work the ground. —Now is a good time to test your seed corn. Use ten kernels from each ear.

—Start keeping farm records this winter when work is slack. You may be too busy to start next spring.

—Long winter evenings will not seem as long or gloomy if a farm lighting plant dispels the early falling darkness.

—Subscribe for the Watchman.

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