

Your Health

THE FIRST CONCERN.



Make Wider Use of Olives.—When picked from the tree, the olive is exceedingly bitter. This taste is removed by immersion in running water for several weeks, or by placing the fruit in an alkaline solution for some hours. Green olives may be compared to green apples; when picked they make appetizing condiments of doubtful value, but are not to be compared with the ripe fruit.

The ripe olive is highly nourishing. In this country, it is chiefly sold in bottles or cans, being preserved by heating, like other canned fruits. The olive is usually eaten in the ripe state in oriental lands. Green olives are practically indigestible, but ripe, they digest readily.

The only kind of olives to be found in many of the larger groceries are the bottled kind put up in brine, green or ripe. Bought this way olives are an expensive luxury, and if a family consumes a pound every two or three days, there would be no inconsiderable outlay for this item.

One man who found olives an expensive delicacy says: "I happened into a little Italian shop one day to price olive oil. Here I saw olives in huge casks, olives that looked somewhat like small prunes, wrinkled and black, shining with their own oil. It was told that they were twelve cents a pound. Since the war they have gone up to fourteen or fifteen cents. I bought a pound each of two kinds, one the Sicilian, small and yellow-green in color, though quite ripe; the other the Italian kind, larger, riper and very black. They were washed out of the casks in a wooden spoon, and weighed in a paper bag lined with wax paper; and they disappeared rapidly in my family because they were delicious. We have averaged a pound every three days since, and speaking for myself, I find a decided improvement in the condition of my alimentary tract, and I am putting on weight. To prevent constipation I eat half a dozen of olives before breakfast. I never found any such benefits from the bottled or canned olives. The place to get good olives at a reasonable price is in Italian sections of any large town."

Commercially, olive oil holds first place among vegetable oils. The section of southern France formerly known as Provence; the Lucce district, Italy and California produces the best olives and the best olive oil. The olives are gathered by hand and carried to the nearest mill, where they are first spread out and slightly heated for an entire day. This procedure renders the extraction of the oil easier when the oil vesicles are expanded. The whole process requires a great deal of skill, for even slight overheating will damage the product.

A paste is made when the fruit is crushed or ground until the oil begins to swim on top. The paste is then put into rush or alpha weed baskets called "scourtins," into sacks of similar material, or iron hoops covered with crash. A certain number of these receptacles are piled together with or without slatting between, and are then put to gentle pressure. This first oil of the finest quality. The second, pressing requires more force and is continued until nothing further can be extracted in that manner.

The oil thus obtained varies in grade. The extracted oil contains a large amount of water and some vegetable matter, which may be removed by repeated settling and "decanting." If an old-time firm makes it, it is next taken to underground cellars or vaults, where it settles for about two weeks. The cleared oil is run off and filtered several times, and it is then ready for market.

One hundred pounds of oil yields an average of fifteen or twenty pounds of the first and edible oil. The quality of the finished product depends on many points—the quality of fruit, its condition when picked, for neither unripe nor overripe fruit will give the finer grades, and the methods of refining.

You can easily tell the best olive oil by its flavor and color. That of a golden or straw-yellow tint is the very best. Many times you see it with a greenish hue, which shows that it is either an inferior grade or has not been well refined. If the oil is fresh and of good quality it has a sweetish and nutty flavor.

While the Italian olive oil is more fruity in flavor than French, it has more of a decided olive taste. Most people prefer the French because it is more neutral, softer and more delicate. California olive oil has attained front rank and the demand steadily increases among the best class of customers for the finer grades from our Western State.

It is regrettable that so small a percentage of our American people truly appreciate the value of olive oil. One enthusiastic writer says: "When the fashionable hostess serves a delicate salad, its medium is usually olive oil. When she looks at herself in the mirror and sees a few new wrinkles, she massages with olive oil. When she makes too light an impression on the scales she drinks a wineglassful a half hour before meals. When she wishes to fill out the hollow of her neck, she applies olive oil. For constipation she takes a wineglassful half an hour after meals. There seems no end to the uses of olive oil."

Talks with the Editor

This column is to be an open forum. Everybody is invited to make use of it to express whatever opinion they may have on any subject. Nothing libelous will be published, though we will give the public the widest latitude in investigative when the subject is this paper or its editor. Contributions will be signed or initialed, as the contributor may desire.—ED.

CALIFORNIA IS ALL CLIMATE.

Long Beach, Cal., 1.6-30

Dear Mr. Meek: We are spending the winter in California and enjoying the balmy climate but the climate in the only thing California possesses that surpasses Pennsylvania. May the Watchman ever survive to fight the cause of human rights above property rights.

Sincerely FLORENCE L. DORNBLAZER

By way of explaining Mrs. Dornblazer's knowledge of the Watchman and its aims we might say that she is a daughter of that devoted and highly regarded Democrat, the late John Long, of Phillipsburg. She is now a resident of Philadelphia and very prominent in the political activities of the Democratic women of that city.—ED.

MANY HAVE WRITTEN ABOUT IT.

Medina, Ohio, 1.7-30

Editor Democratic Watchman: We appreciated greatly your "Christmas Memories." It was by far the best thing of the kind to come under our observation during the Christmas season. It is one of the things we have liked to cut out and preserve to read again and again.

Yours truly JOHN D. DANNLEY

JUDGE BARTRUFF CASTS INSINUATIONS

New Bloomfield, 1.6-1930

Dear Editor: The "Wesley" story sure gave me a hearty laugh for it reminded me of the continuously vanishing scrap pile that we tried to build up under the steps leading up to the paint shops of our carriage building establishment on Bishop street.

JOHN R. BARTRUFF

Mr. Bartruff is now one of the Judges of the Courts of Perry county. He refers to a business establishment that stood on Bishop street on ground now occupied by the home of Baker's plant. That was before "Wesley's" day so he has an alibi, but we could name a lot of Bellefonte's successful business men of today who might not be able to produce a good one concerning this scrap pile. They were living on Bishop street at the time and boys were boys in those days.—ED.

A MESSAGE FROM SOMEONE I KNEW

Grand Island, Neb. 1.9-30.

Dear Sir: I am going to surprise you and in doing so I am just as much pleased as you can possibly be. The Watchman is ever a welcome visitor in my home and it constantly carries my thoughts back to the happiest days of my life; those of my childhood on the farm in Centre county. It is always a message from someone I knew years ago, but not many of them are left.

With kind regards to all who are working to send us the Watchman. I am Sincerely MRS. ADA SMITH

GETTING OUT OF THE DELINQUENT CLASS

Philadelphia, Pa., 1.10-30

Dear Editor: A negro servant overheard his master and a guest discussing a question as to how many drinks one could take out of a bottle, replacing them with equal amounts of water, before the bottle would contain nothing but water. Knowing that the discussion had been provoked because he had much to do with the bottle in question, the servant said to himself: "I'm gwine to git out o' here. The first thing I knows dey's gwine git me mixed up in dis argument."

Herewith I am getting out of the delinquent class. Wishing you a prosperous New Year. Yours THOS. MOORE.

LIFE OF WASHINGTON TO BE SHOWN IN MOVIES.

A historic motion picture depicting the life of George Washington is being prepared under the direction of the Washington Society of Alexandria, one of the oldest patriotic societies in America.

William Buckner McGroarty, president of the society, said that the picture will begin with the arrival of the boy Washington at Mount Vernon, the home of his brother Lawrence, and will portray him in successive scenes during the fifty years he participated in the life of Alexandria.

The scene at Gadsby's Tavern, still standing, where he enlisted his first command for the Fort Mifflin campaign, his meeting with General Braddock in the Carlyle House, his departure with Virginia militia on the disastrous campaign of 1775, his activities in the town and at Mount Vernon prior to the Revolution and afterward will be reproduced.

The celebrated birthright ball of February 11, 1799, his last public appearance socially among his neighbors and friends, will be participated in by a large number of the citizens of Alexandria. The close of the first section of the film will see General Washington reviewing the Alexandria Light Infantry from the steps of the old City Hotel.

The completed first section of the picture will be made available by the society to patriotic and civic organizations, high schools and other institutions throughout the United States.

BY-PRODUCTS OF STOCK TO CURE MANY ILLS.

Chicago's stockyards, sometimes called "the cow and hog butcher for the world," have assumed a new role as medicine chest for the world.

Through their medical by-products, mainly glandular preparations, the great packing houses of the Union Stockyards have become known throughout the world as one of the recognized centers of science for the relief of suffering humanity.

In the Armour laboratory fifty-one preparations, including liver extract, pepsin, pancreatin, extract of red marrow and pituitary liquid, are produced for the medical profession under the direction of Dr. Fred Fenger, former city chemist of Chicago.

Recent discoveries have made animal liver, formerly thrown and given away, one of the most important sources for preparations for regenerating the blood. In addition many other medicinal agents are being made from the membranes and glands of hogs, cattle and sheep. Pepsin, from the lining of a pig's stomach, is used to aid digestion. Pancreatin, made from the hog's belly sweetbread, is employed to peptonize food for infants and invalids. For use in diseases due to lack of thyroid secretion, such as goiter, thyroid glands of sheep are ground into powder and made into tablets.

Supranalin, a powerful astringent and heart stimulant is worth more than \$5000 a pound but 135,000 sheep are necessary to produce that pound. The preparation is made from glands located just above the sheep's kidney. It is also used in bloodless operations on the eye and nose and in India it is used for cobra bites to stimulate heart action after the snake poison curdles the blood.

Liver extracts are used for the relief and cure of secondary and pernicious anemia. Scientists declare that the use of animal glands as medicine is still in its infancy and that the by-product of the stockyards will in the future become one of the most important.

MOTORISTS SHOULD GIVE SIGNAL OF INTENTIONS.

Do not fail to give the proper signal when starting, stopping or pulling away from the curb, S. E. Edward Gable, president of the Lancaster Automobile Club, warns motorists. The fact that the windows of your car are closed or the curtains in place, does not excuse you for failing to signal your intentions, he says.

"Too frequently accidents are caused through failure of the driver to give the proper signal," said Mr. Gable. "This is particularly so in cold weather, when many drive with windows closed or the car completely curtained."

"The Motor Code provides that the driver of any vehicle upon a highway before stopping, starting or turning from a direct line shall first see that such movement can be made in safety and shall give a signal plainly visible to the driver of such other vehicle of the intention to make such movement. The signal shall be given either by motion of hand and arm, or by an approved mechanical or electrical signal device."

"Whenever the signal is given by means of the hand and arm the driver shall indicate his or her intention to start, stop or turn by extending the hand horizontally from and beyond the left side of the vehicle, or, if he is driving a closed car, by his hand and arm in such a way as to be visible through the window in the rear of the vehicle."

This places the full responsibility upon the driver and if an accident happens through the failure to give the proper signal the blame rests with him. In order to avoid accidents that happen in this way be sure that you give a clear and proper signal when about to start stop turn or pull away from the curb."

Simple as That

Over lunch in a London hotel one day not long ago, a certain wealthy but unlettered man was invited by a friend to join his shooting party in Scotland later that week. "Man," said the prospective guest, "that's a splendid idea. I'll get on the telephone at once and get my man to clean my gun."

He rose and rang up his house. "Is that you, Forbes," he said to his servant. "Well, I want you to go ahead at once and get my gun cleaned." "Beg pardon, sir," said the man, "did you say 'gun'?" "No," shouted the Scot, "I said 'gun'—G for Jew, U for union, and N for N—G—meat."

Tinned Stuff Used in Navy

More than 19,000,000 pounds of canned goods are consumed by the sailors of the United States navy in a year. Canned tomatoes take the lead in vegetables, followed by peas, corn and stringless beans. Among fruits, peaches lead, followed closely by pineapple, then come prunes, applesauce, apricots, pears, figs and raisins. Figs are relatively new in the canned goods products, but the navy uses them to the extent of 640,000 pounds annually.

Thrifty, Lying Americans?

About one-half of the homes in the United States are owned by men with incomes less than \$2,000. So, after all, this thing of saying Americans are not thrifty is based on imagination instead of facts. We guess that about 99 per cent of what we Americans say is untrue. We have developed into a race of liars, we regret to say.—Atchison Globe.

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

"Dutch Treat" Makes No Hit With Modern Girl

To the young man who writes to ask if it is proper to let the girls pay for their share of an evening's entertainment we reply that it is. Perfectly proper but highly improbable.

Experiments have been made in this direction, but somehow or other they didn't work. Even when the girls propose the idea it doesn't make a bit with them if the boys take them too literally in the final settlement. Positively, the girls don't like it. Maybe it is because woman is more conservative than man, and one of her inherited privileges is to say that the woman pays while she sees that the man does it.

Of course, when the girls suggest a dutch treat the wise thing is to seem to fall in with the idea, and then to buzz your own girl into granting you the very special favor of letting you pay her shot. You can do this in the strictest confidence and with the safe promise not to tell anyone. You won't have to tell. The chances are that all the other boys are begging—and receiving—the same inestimable favor of paying the bill.—San Francisco Chronicle.

Bear's Propensity for Hugging Termed Myth

The proverbial hugging propensity of bears is probably a myth, notwithstanding a vast amount of alleged testimony to the contrary. Literature, reference books and works on natural history contain numerous references to the "crushing embrace" or "deathly hug" of bears. Pope, for instance, says, "Tis a bear's talent not to kick, but hug." Nearly all careful observers are agreed that this notion is erroneous. It probably arose from faulty observation. Dr. W. Reid Blair, director of the New York Zoological park, says on this subject: "In regard to the proverbial hug, the story is apparently devoid of foundation. A bear, on account of its anatomical structure, strikes round with its paws as if grasping, and the blow of its powerful arm drives its claws into the body of its victim, which action apparently gave rise to its hugging reputation."—Exchange.

Feminine Punctuation

Of the national magazines especially devoted to the interest of women and largely written by them I discover none which applies even a moderately civilized degree of editorial restraint in the matter of purposeless quotation marks.

Women—apparently without any teaching or encouragement except from each other—have evolved their own idiom in the quotation mark, the exclamation point, the dash, the underline. So instinctive is many a woman's use of these devices where no man would think of using them that one actually hears them constantly in her oral utterances. Feminine punctuation alone can make a statistical essay on insurance read like baby talk.—Wilson Follett in the Bookman.

Street of Monuments

"Victoria Embankment, London," writes "Looker-On" in the London Daily Chronicle, "may well hold the world's record for monuments in any thoroughfare of the same length. For variety, too, it takes a lot of surpassing. Monarchy is represented at each extremity by Queens: Victoria at Blackfriars and Boadicea at Westminster. In between are statesmen, scholars, poets, soldiers, journalists, musicians and composite memorials. Everybody, of course, 'knows all about it.' Yet I doubt if one person in ten could put on paper six of the names or deeds represented."

Up to the Barber

Bill had bright red hair. He had heard so much about it that he hated it even though he was only three. One day his mother told him she was going to take him to the barber shop to get his hair cut. "Then take me to a barber who will cut it black," said Bill.

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.

LARGEST KILL OF GAME IN HISTORY OF STATE.

Final figures on the kill of large game, and the kill of small game exclusive of rabbits and squirrels, which to date have not been compiled, are as follows:

The deer season of 1929 has been acclaimed the greatest in the history of the Commonwealth, and total figures reveal that 22,714 legal male deer were taken. Of this number 3,194 were two-point bucks, 5,721 were three-point, and 13,799 were four-points or over. A great many deer had antlers ranging from six to 12 and 14 points, and some even more. The largest of the animals their generally healthy condition, and their extremely large racks was one of the outstanding features of the season, although in sections where does were not killed last year the bucks were not up to par. The illegal deer taken totalled 1,098. It is to be remembered that during the buck season of 1927, 14,374 legal animals were taken. Last year during the season on antlerless deer, 25,097 were taken.

The kill of legal bears totalled 445, and was larger than that of last year when 427 were taken, and of 1927, when only 221 were killed. Twenty-six illegal bears were taken. Twelve legal and eight illegal elk were taken. Last year only six were killed.

A slight decrease was noted in the kill of raccoons over last year, but the figures greatly exceed the kill of 1927. This year 37,800 were taken; in 1928, 41,008; and in 1927, 22,070.

The kill of wild turkeys totalled 3,334 as against 2,362 during 1928. Ringnecked pheasants increased more than 63,000 over 1928. This year 206,600 male birds were killed as against 143,239 during 1928.

Quail dropped slightly despite the fact that excellent reports of these birds were noted both prior and during the small game season. 185,268 quail were killed as against 125,110 during 1928.

Despite the slight decrease in one or two species, the 1929 game season both large and small, can be considered one of the finest.

TEST MULCH PAPER IN MANY GARDEN TRIALS.

Numerous trials were made during the past year with the use of mulch paper in the production of garden crops.

Gardeners using the paper believed that it might prevent weed growth, eliminate cultivation, and produce earlier crops by raising the soil temperature and conserving soil moisture.

Generally, the paper used was black impervious to water, and asphalt-coated and impregnated. Various methods have been used in laying the paper. Wherever possible however, the entire soil area was covered and the strips of paper laid on sloping land so as to catch a maximum amount of rain water.

Soil wire staples, or laths with wire staples were used to hold down the paper. Despite this assistance much trouble and expense was incurred. A strong wind is likely to tear the paper. It also is easily torn when the spaces between the strips of paper are weeded. A tiny hole in the paper usually is found by some weed or plant which seems to make the most rapid growth without any competition.

According to reports from various parts of Pennsylvania and the United States there is no doubt that the paper is effective in controlling weed growth, conserving soil temperature. Ross states. The cost of the paper at the present time and the difficulty in laying it, however, make its value doubtful in the production of vegetable crops for market. Actual yield records during the past year are conflicting. The paper seems to have a place with certain early crops of high market value and in some home gardens where it is desired to eliminate cultivation and to utilize space to the best advantage.

U. S. CONSUMES MOST OF SOAP.

Monday wash-days and Saturday night baths have combined to place Americans at the top of the soap consuming nations. This is in spite of the reluctance of little junior to have his ears washed, according to Roscoe E. Edlund, general director of the Cleanliness Institute, at the annual meeting of the Association of American Soap and Glycerine Producers.

Higher cleanliness standards inculcated into our people by physicians and public health authorities and educators have made necessary the output of 3,000,000 pounds of soap each year. Compared to our 25 pound per capita average is the 4 pound average in most European countries.

Advertisement for Philadelphia Sundays, featuring a \$4.00 round trip and a train excursion to Philadelphia on January 26, March 9.

ATTORNEYS-AT-LAW

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

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

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PHYSICIANS

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

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Wagner's Pig meal 2.80 per H

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Wagner's Standard Chop 2.20 per H

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Wagner's Winter Middlings 2.10 per H

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Gluten Meal 3.25 per H

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