

Your Health.

THE FIRST CONCERN.



HEALTH MAXIMS

Sinusitis is Self-Limited and Seldom Requires Operation—Easy-operating nose and throat specialists to the contrary notwithstanding, surgery can seldom be credited with a complete cure of sinusitis.

I believe far too many operations have been done for mastoiditis, thanks to the ardor of born specialists, if you know what they are.

I care not who he is. There is only one school that fits a real specialist, the kind good doctors call in when special knowledge or skill seems necessary.

Our laws "regulating" the healing business are a ridiculous jumble at present. If we ever do get enough sense to junk the present laws and establish reasonable and sound rules, one thing we'll insist on is that no man shall hold himself out as a specialist in any branch of healing until he has had ten years of experience in private general practice.

If our specialists were of that caliber, I am pretty confident there would not be so many operations for mastoiditis.

Even now, there is an increasing conservatism in the ranks of the nose and throat specialists. Twenty or more years ago they were cutting bones out of the nose literally by the basketful, punching, snarling, sawing, shearing off pieces of turbinate bodies, drilling, irrigating, draining sinuses, straightening septums all on little or no provocation, and in a shocking proportion of cases with little or no benefit, other than the temporary relief to obstruction.

All this has changed. Your turbinates have to be just awful, and you have to have a genuine sinusitis and no mistake, and your nasal septum must be as crooked as Bull what's his name in the movies—before the established nose and throat man will commence operations now.

One of my delusions—I admit I have 'em—is that I have been chosen by the American people to draw up a new code of statutes regulating the practice of healing. I would begin by taking away the license of every healer who professed or acknowledged affiliation with any "pathy" or "school."

I would lay down certain qualifications and tests which every candidate would be required to meet. And I would require every would-be specialist to give satisfactory evidence that he has had 10 years of actual private practice in general healing. Altogether I fancy Mussolini and I would be great cronies.

—My suggestion is that you use olive oil in some of your recipes in place of butter. It is particularly delicious in gingerbread and baked beans. Generally, fried foods are not to be recommended; but if you do fry, olive oil will prove economical, because any that is left in the pan can be filtered through cheese-cloth and kept in a cool place for future use. It can be used over and over again.

Olive oil should be hot before the article to be fried is placed in the pan. Its temperature can be raised to over 600 degrees before it burns, whereas butter burns at a little over 200 degrees, suet at about 300 degrees, and lard at 325 degrees. Olive oil, with the high degree of heat, quickly coats the outside of the article with a crust which prevents the oil from penetrating. Butter, on account of the low temperature at which it must be kept so that it will not scorch, is really a poor frying medium.

When preserving fruit, rub the kettle with olive oil. It will prevent the fruit from burning. In one point, however, olive oil is inferior to dairy butter. It is lacking in vitamin A. This deficiency may be made up by the free use of spinach and other greens, which should never be overlooked when olive oil is used in place of butter.

—Infantile paralysis can be recognized by a headache, followed by nausea and a fever around 103 in the early stages before complete paralysis sets in, said Dr. S. D. Kramer, of the Harvard University Infantile Paralysis Commission, in warning parents to be on the look out for symptoms.

The fever and headache are accompanied generally with a stiff neck, the paralysis expert said. "On the first day when the mother notes any of these symptoms, especially in the early summer or fall she should call a doctor."

ELSIE WAS FAT AND FORTY, BUT SUCKERS FELL FOR HER

Supported Husband and Two Children by Selling Her Charms by Mail.

Los Angeles.—She was fat and forty, and had a husband and, if you believe the government's postal inspectors, she had a sweetheart in every port, too.

The lady in question is Mrs. Elsie Weisert, who supported friend husband and their two children by selling her charms for cash by mail.

Wouldn't some one like a nice German wife? A buxom girl of thirty who was a swell cook? Didn't some lad want to marry her?

The romantic suckers replied that they did. The practical Mrs. Weisert and the chuckling husband wrote to the new boy friends asking for railroad fare with which to hasten to waiting arms.

But in stalked grim tragedy. The poor little German girl's mother had died in Europe. She had to go home. So another romance was knocked on the head. That's the post office inspectors' story and they are sticking to it. Mrs. Weisert and her husband, John, have confessed that the charges are true.

"Yes, that's the way we worked it," Weisert said in the county jail, where he is held in lieu of \$2,000 bond. "We had to live and that was an easy way to get money."

"It's all my fault, though. I wrote most of the letters. Say, I wrote so many letters that I was almost ready to marry some one myself."

The "bride-to-be" was released on her own recognizance to care for their two young children. Date of trial in federal court has not been set.

According to postal inspectors a Denver matrimonial magazine was used in the alleged scheme. The husband would write to the paper, each time listing his wife under a different name.

And such nice German names—Anna Wolf, Elsie Schlitt, Elsie Hammer, Martha Schmidt, Martha Bowman.

Then the magazine would send the name of the "lonely girl" to an inquiring "lonely man." But when the suckers started to protest about the railroad fares, the magazine turned the matter over to the postal inspectors and the Weiserts were traced through some of the addresses listed as the home of the buxom German girl.

Finds Real Van Dyck; Loses It at Bargain

Mexico City.—Here's a hard luck story told by J. Thurston of London, who is in Mexico in search of antiques.

At "Thieves' Market," popular Mexican City bazaar, Mr. Thurston found among an assortment of valueless paintings a picture of a boy that attracted his attention. The canvas was in a deplorable condition and the painting had all the marks of a discarded article.

He examined the painting closely and was struck by its color and technique. With a moistened handkerchief he rubbed a corner of the picture and discovered the signature "Van Dyck, 1621." It was the work of the celebrated Flemish painter, Van Dyck.

He offered 5 pesos for the picture, out was told the price was 40 pesos. He did not have that amount on his person and promised to return the following day. Upon returning he found the owners had had the painting appraised and refused to sell it at any price.

Get 68,500,000 Trees for Reforestation

Washington.—The forest service of the Agriculture department announced that 68,505,291 trees were furnished by 34 states, Hawaii and Porto Rico last year for re-stocking farm timberlands.

Coincidental with the department's announcement, George Pratt, president of the American Forestry association, long a leader in the cause of forest preservation, called at the White House to urge increased appropriations of \$2,500,000 for forest fire fighting purposes.

Pratt told President Hoover much of last year's \$8,000,000 damage to the country's forests could have been averted had there been adequate funds with which to combat fire. Only \$100,000 annually now is available, he pointed out.

Most of the trees were furnished farmers at cost, the Agriculture department said in its announcement, although several states distributed nursery stock free. New York and Pennsylvania led the 34 states, each distributing more than 9,000,000 trees.

China Mandate Orders Use of New Calendar

Shanghai.—Documents dated by China's old style lunar calendar will not be valid after January 1, 1930, according to a mandate issued by the national government.

It is hoped that if the government can compel business houses to follow the "foreign style calendar," the general public will do so likewise. Previous efforts at modernizing the calendar have met with scant success, and Chinese New Year was duly celebrated throughout the country this year in spite of official prohibitions.

SEEDS COME FROM VARIED SOURCES.

Although the Department of Forests and Waters depends primarily upon its own resources for the seeds used in its nurseries a shortage in some kinds, even in far Japan may curtail planting, officials say.

A report received by Charles R. Meek, chief of the bureau of extension, from Japanese growers said the larch seed crop was a failure and that they were unable to furnish any this year.

Last year's supply of larch seed came from Japan, Norway spruce from the Silicia district in Germany, and the Scotch pine from the Rega district in Russia. The supply of red pine seed was obtained in Minnesota. Hemlock, white pine, pitch pine, shortleaf pine, ash, red oak, and walnut seeds were secured from Pennsylvania.

More than 1,000 pounds of pine and spruce seed were planted in the State nurseries last year. In addition to this, 46 bushels of black walnuts, 42 bushels of red oak acorns and a considerable quantity of white ash, hemlock, tulip, aliantus, silver fir and basswood seed were planted.

Great care is exercised in the purchase of seeds of the highest quality. For this reason as much seed as possible is collected in Pennsylvania on State Forest as well as private land.

Three forest tree seed supply stations have been established in Pennsylvania, one in Scotch pine on the Mont Alto State Forest, Franklin county; one in white pine on the Logan State Forest at Greenwood Furnace, Huntingdon county; and one in European larch near Ansonia, on the Tioga State Forest.

One pound of white pine seed contains 28,600 seeds, while a pound of red-pine contains over 60,000 seeds.

Bobbed Hair Proved to Have Been Viking "Fad"

It has been definitely proved: Bobbed hair was the fashion over a thousand years ago. It cannot be claimed that it conquered the entire world at that time, but we know absolutely that the ancient Vikings, the robbers and seafarers of old, knew the style. This astounding fact, together with many others of perhaps little interest but even greater scientific importance, has been established through the discovery near Tilsit, East Prussia, of a huge Viking burial place, dating from the Ninth, Tenth and Eleventh centuries. The finds are unusually rich. Each man's grave contains three or four iron swords, as many as a dozen lanceheads, bronze belt buckles, stirrups and snaffles. In the women's graves jewelry of all kinds was found, bronze bracelets, rings, necklaces, all beautifully wrought. A young woman with bobbed hair was found in one of these graves, with "zippers" used in place of buttons or pins to fasten garments.—Edgar Ansel in the Chicago Daily News.

Baby Carriages First Used by Royal Families

Baby carriages did not make their appearance until the middle of the Nineteenth century, when, according to a historical sketch published by a carriage company, a man appeared on a street in New York and attracted a good deal of attention by pushing a baby carriage which he had designed and made. That man was Charles Burton, a lithographic artist who had come from England, and who returned to his home country with his baby carriage as soon as he discovered that he had hit upon a popular idea.

He made some more carriages in the parlor of a house near the Kensington palace and almost immediately received orders from nobility and royalty, including Queen Victoria, who bought three, Queen Isabella of Spain, who bought one, for her son, later Alfonso XII, and others. The royal houses quickly learned of the convenience of the baby carriage, and it reached the homes of the poor.—Detroit News.

And They Got the Point

A negro evangelist was preaching concerning the horrors of hell. In front of him was a coffin piled high with flowers. Newspapers had announced that it was to be the funeral of a neighbor. There was no word of praise from the preacher's mouth. "Brethren an' sistahs," he shouted, "ouah decessed friend heah done committed ev'ry sin in de catalog. He wasn't read' him de trumpet of de angel called him. He was unprepa'ed. He was wicket an' had to face judgment in his wickedness." At the end of the sermon every member of the congregation was eager to crowd forward and view the "remains." Solemnly they filed past the coffin. It was empty but in the bottom was a mirror that reflected the face of every "mourner" that looked in. The lesson went home.—Capper's Weekly.

Chinese Delicacy

Chop suey originated at a dinner that Prince Li Hung Chang gave in New York when he made his trip around the world. Prince Li carried his own chef with him, and the menu was strictly Chinese. One of the dishes especially delighted the wife of the guest of honor, and she asked Li what it was. Prince Li called in his chef, and the chef replied in Chinese, "It is a creation of my own—a chop suey." The words "chop suey" mean a mixture, or hash. Prince Li said in English, "It is a chop suey." The American woman spread the news of chop suey, the wonderful dish. The name was taken up by the Chinese restaurants in America, and today chop suey is the chief concoction that they serve.

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FARM NOTES.

—Owing to the good crop of red clover seed produced in the country last year, prices are lower than usual. Farmers are urged, however, to buy from reliable seedsmen to have a good-sized sample of the prospective purchase analyzed for impurities and tested for germination by the State Department of Agriculture before buying.

—New fertilizers contain less bulk than the older kinds. A ton of the concentrated fertilizer may contain between two and four times as much plant food as the fertilizer mixtures formerly used. Savings in freight and handling costs result and the cost per unit of plant food is much lower in the past. Good results have been obtained in using the new fertilizers in comparison with the bulky kinds.

—With the 1930 State Farm Products Show now passed into history many farm groups already are planning for participation in the 1931 event which will be held in the new building now being erected by the State. Larger premium lists are under consideration to fit the expected increased size of the show.

—Bracing is recommended by Penn State fruit specialists for apple trees broken down by heavy loads of fruit. Large branches, split down from the crotch and lying on the ground, can be pulled into place with a block and tackle, then bolted at the bottom and braced with wire four to six feet above the crotch.

—The best vegetable seeds usually are obtained by ordering early. Later the best varieties will be exhausted. It is best to study various seed catalogues and order only the most reliable strains. Beware of novelties.

—Vegetable seeds of doubtful vitality, or those left over from last spring should be tested before planting. In testing count 20 to 100 seeds and place them between moist cloths or blotters in a shallow dish covered by another dish. After a few days in a warm temperature, if kept moist, the viable seeds will sprout and the percentage of germination can be determined.

—Human beings like to drink ice water but livestock prefer warm water. Dairy cattle and poultry will maintain normal production if provided with water of the correct temperature.

—Dahlia bulbs should be examined to see if they are keeping well. If they are shriveling, cover them with sand. If they show signs of starting growth, keep them in a cooler place.

—Dry skim milk, or milk powder, is nothing more than fresh, sweet skim milk from which the water has been driven off by heat, leaving a fine white powder which will be sweet a long time and can be shipped a great distance.

—Pigs of three to six weeks of age that are raised indoors are most subject to anemia. Supplementing sow's milk with an iron salt or such a salt carrying impurities of copper is said by investigators to be the only way of preventing the disease in suckling pigs.

—Covering silage with blankets or burlap and preventing circulation of air in the silo are ways to keep silage from freezing in severely cold weather.

—Each Monday at noon timely farm and garden suggestions are broadcast from the Pennsylvania State College radio station, WFSC. Each of these programs begins at 12 o'clock. The station operates on a frequency of 1230 kilocycles. Each Sunday the college chapel service is broadcast at 11 o'clock a. m.

—Bees, which have always been literature's shining example of industry and thrift, are now accused by specialists in apiculture at Michigan State college, of robbery. As a further mark of criminal traits, the specialists point out that the bees rob the weak and defenseless members of their species. Colonies which have too few members to defend their honey stores fall victims to insect highwaymen if the apiarist is not careful in handling his bees.

—Owners of bees are advised to contract the entrances of hives occupied by weak colonies. This enables the few defenders within the hive to bar their door to predatory strangers. If the hives of weak colonies must be opened, the work should be done as rapidly as possible.

—Poultry need more mineral feed in proportion to their total feed requirements than do most other classes of animals. Mineral feed is best supplied in the form of crushed oyster shells or limestone, which supply the calcium for eggshell formation. The shells or limestone should be kept before the hens all the time.

—Steamed bone meal, which contains lime and phosphorus, may also be given, usually mixed in with mash ration.

—An expensive outlay is not necessary for fattening beef calves. A small, well-fenced lot, a shed open on the south with a good roof, feed troughs or tank for water are practically all that is required. Twenty

QUEER COMBINATIONS ON AUTO TAGS IN STATE.

Numbers of Pennsylvanians have been amused at the published story that the hearse of a Chambersburg undertaker has the license plate bearing the depressing prophecy "U 2," and the story is just as entertaining as though true. As a matter of fact the tag "U 2," will be found on a passenger car owned by Elizabeth D. Schade, 95 West Greenwood avenue, Lansdowne, and plates on the vehicles of the Chambersburg undertaker in no wise resemble "U 2." George Winters, of Herr street, Harrisburg, is proud of his "4 U 2," and James A. Welch, Harrisburg, of "4 U."

Motor Vehicles Commissioner Eynon has received a request for tag "1 1 1 UP" when it is reached in plate sequence. "The executive board of the Commission Governing the Playing of Automobile Poker has decided that this plate, Acepup, will be 'high-card' hereafter," wrote Mr. Eynon's facetious correspondent, Joseph H. Harsnberger of 88 Emmet street, Crafton, has a plate which arouses comment from observers. It is "123 Go," and according to the holder needs only hyphens separating the numerals to be absolutely unique.

The Klever Device Company of Harrisburg finds itself in possession of the plate "10 U," which bears a strong resemblance to "I O U." Requests have been made for the plates "1930 AD" and "AD 1930," but Pennsylvania plates no longer bear more than five characters. The nearest approach to these numbers is "AD 30," held by Wilson D. Lewis, of Ebensburg, and "30 AD" held by A. J. Search, of near Shickshinny. "Ma" and "Pa" are seen on the road by amused travelers, the former being held by Dr. John B. McAllister, of Harrisburg, and the latter by President W. W. Atterbury of the Pennsylvania Railroad.

F. W. Hassett, of Harrisburg, calls his tag "one of the times." It is "H 20," which can easily be translated as the chemical symbol for water.

The "yoo-yoo" plate will be found on the car of Herman Brown, of Harrisburg, and the "U U" resembles nothing so much as a pair of inverted mesh prints.

So far as Motor Vehicle officials know only one tag so far issued spells the name of the holder. It is that bearing "LA 4," held by John A. LaFore, of Fairview Farms, Narberth, Wiley U. Sallade, of Longwood, Kenneth Square, holds the much sought "M D," and the equally desired "M D" is on the car of a physician, of course—Dr. Matthew M. Douglas, of Harrisburg. Elizabeth Earley, of Harrisburg, is pleased with her plate, but not simply because the "HE 11" at a distance resembles the name of a torrid region. The "HE 1" tag, no matter what it means, is held by a Harrisburg elevator concern. And the "EZ" plate on the rear of his car is not an invitation to a speed contest, according to Charles C. Albright, of Harrisburg. Gerald Watson of Harrisburg, displays "O O G," and the plate of Harry Kessel, of Harrisburg, says "OH."

Commissioner Eynon called attention to the fact that motorists are disregarding that section of the Motor code which provides that license plates must be kept clean.

"It is true that street and road grime are particularly present in late winter and early spring," he said, "but that is no reason why owners should permit three or four weeks accumulation to pile on their plates."

square feet of floor space per calf is adequate for shelter, while two or three times as much lot space is usually needed. If the lot is likely to become very muddy it should be paved or roofed over unless an abundance of bedding can be put down cheaply to keep the calves dry and clean and to save liquid manure. They should have a dry bed at night, and in the north protection from cold winds and snow.

—Improve the tilth of garden soil by applying at least 20 tons of well-rotted animal manure per acre or by plowing under a green manure crop. Lime and drainage, where needed, also aid in soil preparation.

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