

Democratic Watchman.

Bellefonte, Pa., February 21, 1930.

Your Health.

THE FIRST CONCERN.



Dr. Appel's Opinion on Short Stockings on Children in Winter.

"Fashion is a tyrant. Its mandates are explicitly obeyed throughout the world even though pain and great suffering are connected with them. For instance, today in Africa certain tribes slit lips and insert large wooden disks creating monstrousities as viewed by modern civilization, and representing beauty for the exponents of this painful custom," said Dr. Theodore B. Appel, Secretary of Health.

"Not long ago, China bound the feet of millions of its aristocratic girl babies to create the deformed, mis-shapen and crippled extremities which marked their unfortunate possessor as of the elect. As late as two generations ago in this country woman's dress reached its highest expression of discomfort and inconvenience; and waist construction even much later than that frequently caused pain, suffering and actual illness—all because fashion dictated it.

"Fortunately today in civilized lands fashion has become more sensible. An alliance has apparently been made with nature. It follows that instead of disregarding natural rules fashion goes along with them to obvious benefit of every one. But even here there are distinct limitations which for many seem to have been overlooked.

"Take, for example, the exposure attitude of many parents with respect to their young children during the winter season. They will wrap the child in furs from the chin down to the knees at which point protection ends and bare legs, being fashionable, begin. It is all right to argue that the children are hardened to such exposure. But where is the sense of it?

"On the other hand, it is quite safe to say that hundreds of little people suffer actual discomfort from such a foolish practice and in many cases contract sore throat and colds by this extremely illogical frigid weather custom.

"Fashion, so far as winter is concerned, will not be operating one hundred per cent. efficiently until it orders men, women and children alike to dress according to the weather rather than by the mandate of a whim. And a good way to make a first assault against that whim is to put stockings on all the youngsters in winter time."

Truth about Rheumatism.—Habit, custom and tradition have fixed in our minds all sorts of convictions about things. A notable example is the popular idea that rheumatism is the result of exposure to the weather. Cold and moisture are supposed to produce the symptoms usually called "rheumatic."

Of course, scientific physicians no longer hold to this belief. They recognize rheumatism as merely the evidence of some sort of an infection. They do not dispute that cold and damp weather may increase the pain, but the disease itself they regard as being due to an infection.

It isn't easy to get away from ideas we have held all our lives. We hate to be convinced that scarlet fever and smallpox are not transmitted through the air, but are contracted only by direct physical contact with the afflicted one.

Where is there a man or woman past fifty who cannot recall running past a neighbor's house and on the other side of the street at that, a house where there was a sign, "measles" or "diphtheria?" You even held your breath and perhaps pinched your nose tightly so as not to breathe in the "miasm."

"But we are forced to accept these 'new fangled ideas about the 'contagious' diseases. So we must reverse our thought about rheumatism. We must seek some local disease, in tonsils, teeth, or elsewhere, to find the real cause of this ailment.

There are various types of rheumatism. It may be active or chronic; it may be muscular or in the joints. It may be called "lumbago" or "stiff neck." It has various names, but no matter where it is or what form it takes the causes are the same.

Many young children have adenoids and diseased tonsils. They may be harboring dangerous germs. Not only rheumatism, but also heart disease may be traced to adenoids and tonsils.

You should talk with your doctor if you suspect trouble of this sort. Early attention may spare your child all sorts of pain and inconvenience. Rheumatism may be headed off and a lifetime of comfort produced by your foresight.

A mouthful of bad teeth, with pussy gums and abscesses, will lay the foundation for much distress. If the joints or muscles are sore to the touch, or painful, take pains to find out what is wrong. Some remote disturbance, easily corrected by proper treatment, may be responsible for unnecessary disease.

—Serve foods which have to be carved on platters large enough to allow the one who carves free play. Never place around a roast foods which are likely to have their appearance spoiled in carving, or get in the way of the carver.

MONEY SPENT FOR CANALS CAUSE OF PENNA. CRISIS

Pennsylvania's huge investment in unremunerative canals, not its railroad investments, were responsible for the collapse of the State's credit during the middle years of the last century, General Edward Martin, State Treasurer, several days ago wrote to an inquirer.

"In Pennsylvania in 1839," said General Martin, "there were two railroads which had been constructed outright by the State, and were then operated by it to the extent of keeping up the roadway and furnishing motive power, while private individuals or companies supplied the cars used. They were the Philadelphia & Columbia railroad and the Allegheny Portage railroad, which formed important links in the main line of railways and canals connecting Philadelphia and Pittsburgh.

"The State also owned a small amount of railroad stock. One of the lines it aided was the Cumberland Valley, and another the Franklin, but these outlays represented a comparatively trivial investment, or only a few hundred thousand dollars, and the thirty-eight companies which at that time had either completed or were constructing railroad lines were obliged to secure nearly all the capital they expended from stockholders or creditors.

"So far as railroads were concerned, there had been expended upon their construction in Pennsylvania, up to the end of 1839, the sum of \$18,050,450, of which \$5,850,000 had been expended by the State on its railways; and all the remaining outlay, except a few hundred thousand dollars represented by State stock subscriptions or appropriations, had been provided by private companies.

"Although the State railways of Pennsylvania failed to prove profitable ventures to the Commonwealth, they did not form a burden of considerable magnitude, but the State's large outlay for canals, much of which was wholly unremunerative—a number of the canals even failing to pay operating expenses, were leading influences in precipitating the collapse of credit which resulted from a failure to provide for the prompt payment of interest on State bonds. These bonds declined in price to a little more than a third their value. At one time they were sold at 33 cents on the dollar. As Pennsylvania had a larger State debt than any other, but the State by no means as large a debt in proportion to population and intrinsic wealth as some of the western and southwestern States—her temporary failure to meet interest obligations was one of the most serious of many contemporaneous shocks to American credit. The many action of Pennsylvania's citizens and Legislators, after they fully comprehended the situation and provided an onerous tax system for the payment of the State's debts, did much to restore confidence in American securities. From 1844 to the present time Pennsylvania has never defaulted in the payment of any debt or interest."

THE PROS AND CONS OF THE STARLING

It will be recalled that the "Watchman" brought about quite a discussion among its readers, several years ago, when it asked some of them for enlightenment on a bird strange to this community that had just made its appearance in this section.

It turned out to be the European starling and has multiplied very rapidly since.

The bird has beyond question established itself as a naturalized bird citizen, not only of Pennsylvania but of practically the entire United States, during recent years. Since 1890 when the first birds were released in Central Park, New York city, the tribe has increased and spread rapidly over the country. It now occurs from the Atlantic coast to the Mississippi river, but within this range it is unevenly distributed and in sections where it is a permanent resident, there are many localities where it is still unknown.

The growing abundance of the birds has caused much anxiety and its activities have resulted in many complaints. Extensive investigations have been carried on by the Bureau of Biological Survey, Washington, D. C., as well as research departments in other States. The Pennsylvania State Game Commission also took active part in these investigations. While the studies have shown, that generally the species have not developed destructive food habits that characterize it in many parts of Europe, and it is not strictly a pest, citizen from the food habit standpoint, yet at the same time criticism has been directed against the birds for their habit of choosing nesting sites established by much more desirable species. Starlings nest in holes in trees, telephone poles, bird boxes and any available crevice about buildings. They seem to covet principally the nesting cavity of the flicker, and have oftentimes been seen driving these birds from their homes. They are very pugnacious in disposition and drive away many other birds; they also fight among themselves. The starling is a great mimic and often imitates the songs of such birds as the wood pewee, bob-white, and other well known birds. Its loud clear whistle has made many a person turn around to see who was calling them. Starlings congregate in large flocks except during the nesting season. In winter both the upper and under parts of the birds are spotted with whitish or creamy buff and the bill is brown, not yellow as in spring and summer. The birds do not hop but walk on the ground.

Starlings are not protected in Pennsylvania and may be killed at any time of the year under a resident hunter's license.

SUBMARINES

The speed of a submarine is measured in two ways, one by a log or speed indicator. This consists of a tube passing through the bottom of the vessel and extending several inches below, the lower end of the tube is closed, but an opening in the forward side gives admittance to water, as the ship moves ahead pressure due to her speed is communicated to the column of water in the tube where it is added to the pressure due to the "head of water" outside (the weight of the water to the water line), with the result that the water in the tube rises to a height that corresponds to the speed, and which is thus a measure of the speed. Inside the tube is a float attached to a chain which passes over a sprocket wheel, connected through a suitable gearing to a pointer that shows the speed. The other is a revolution counter attached to the engines. This shows the number of turns that the propeller is making and from this they get the speed.

While running on the surface, this consists of a dial on the railing at the stern of the vessel, a small heavy flywheel, to keep the device running as steadily as possible, a long line to the end of which is connected a propeller, this speed on the dial through the line that is attached to.

In submerging a submarine goes down and forward. Water is admitted to ballast tanks to overcome the buoyancy of the vessel, while forward diving planes or hydroplanes are fitted these are operated by electricity. As the buoyancy is overcome these planes which are horizontal rudders, are set to steer the ship downward a little, so she will sink by loss of buoyancy and go under by the forward motion being steered downward by the diving planes or hydroplanes.

If there should be a breakdown of machinery on a submarine, causing stoppage of all machinery the water in the ballast tanks could be blown out by an emergency air storage of about 3,000 pounds to the square inch. This would cause the vessel to come to the top. This is providing that the hull was not pierced, the inrush of water might prevent the proper connection for the above being reached or if any quantity of salt water reached the storage batteries, chlorine gas would be released. This would probably overcome the crew, if the doors to the battery room could not be closed quickly enough. In these cases the vessel would of course sink.

THE MOTHER OF INVENTION

Pioneers who named Pennsylvania towns frequently found it necessary to resort to numbers, Commissioner Benjamin G. Eynon discovers upon examining records in the Bureau of Motor Vehicles. Among the thousands of small towns in Pennsylvania are Two Lick, Two Taverns, Three Runs, Three Springs, Five Locks, Five Forks, Five Mile, Five Points, Six Mile House, Six Mile Run, Seven Bridges, Sevenpoints, Seven Stars, Seven Valleys, Ninepoints, Tenmills, Tenmile Bottom, Ten Mile Junction, Thirteen Mile Siding, Forty Fort, Seventy-six and Eighty-four.

Pepping Up Longfellow
The shades of night were falling fast.
The guy stepped on it and rushed past.
A crash—he died without a sound.
They opened up his head and found
—Excelsior!

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NEW ROAD MATERIAL CHEAPER THAN CONCRETE

Use for another one of the common minerals found throughout Pennsylvania has been discovered at the Pennsylvania State College, it was revealed when Professor Joseph B. Shaw, head of the ceramics department of the School of Mineral Industries there, explained his new method of manufacturing burnt clay products before the American Ceramic Society in Toronto this week.

This new process, by means of which the Penn State ceramic expects to make road paving in slabs eight by twenty feet, or to stamp out sides of small houses in single pieces, completely reverses the usual clay products manufacturing processes. Instead of forming the object first and then firing it, Professor Shaw fires the clay first, and then presses or rolls it into shape. The product is then sent through an annealing furnace to eliminate strains, thus preventing cracking or warping.

This is the method which Professor Shaw demonstrated may make use of cyanite, a commonly found mineral in this State which has the chemical composition to make the finest kind of fire bricks, but which has defied all efforts to employ it due to its peculiar physical properties. Firing the material before it is shaped solves the problem, the scientist said.

By changing the details of firing the clay so as to exclude oxygen, a well understood ceramic detail, Professor Shaw also produced bricks of light weight and high insulating properties.

Into all three of these materials, he pointed out, the new way of handling clay permits the incorporation of reinforcing iron, which it was impossible to do previously as the heat of firing the clay burned up the iron.

The investigation which led to these results was started at the request of W. B. Pine, United States Senator from Oklahoma, for a road building material "harder than concrete and cheaper than macadam." The laboratory tests indicate that these conditions have been more than fulfilled.

INCOME TAX IN A NUTSHELL

Who? Single persons who had net income of \$1500 or more or gross income of \$5000 or more, and married couples who had net income of \$5000 or more or gross income of \$5000 or more must file returns.

When? The filing period ends March 15, 1930.

Where? Collector of internal revenue for the district in which the person lives and has his principal place of business.

How? Instructions on Forms 1040A and 1040.

What? One-half of 1 per cent. normal tax on first \$4000 in excess of personal exemption and credits. Two per cent. normal tax on the next \$4000. Four per cent. normal tax on the balance of net income. Surtax on net income in excess of \$10,000.

Failure to receive a form does not relieve a taxpayer of his obligation to file an income tax return and pay his income tax within the period prescribed—on or before March 15, 1930, if the return is filed on the calendar basis, as is true with most individuals. Forms may be obtained upon request, written or personal, from the offices of collectors and deputy collectors of internal revenue. The tax may be paid in full or in quarterly installments, due on or before March 15, June 15, Sept. 15, and Dec. 15.

Persons whose net income for 1929 was derived chiefly from salary or wages and was not in excess of \$5000 should make their returns on Form 1040A. Persons whose net income was derived from a business or profession, including farming, or from the sale or rent of property, although the amount was less than \$5000, are required to use the larger Form 1040. The use of Form 1040 also is required in the case where the net income was in excess of \$5,000, regardless of whether from salary, business, profession, or other sources.

The filing period ends at midnight March 15, 1930. The returns should be filed with the collector of internal revenue for the district in which the taxpayer lives or has his principal place of business.

REAL ESTATE TRANSFERS.

Emma L. Rapp to Regina A. Rapp, et al, tract in Bellefonte; \$1.

Thomas Champ, Admr., to Alexander Morrison, et ux, tract in Philipsburg; \$1600.

Anchor Silk Throwing Co. to B. Holdren, Trustee, tract in Philipsburg; \$1.

H. E. Dunlap, sheriff, to Citizens Building & Loan Association, tract in Philipsburg; \$360.

George W. Solt, et ux, to Oliver Gehret, et al, tract in Burnside Twp.; \$50.

A. S. Stover, et ux, to George E. Stover, et ux, tract in Haines Twp.; \$1.

John L. Holmes, et al, to G. D. Morrison, et ux, tract in State College; \$1.

H. P. Schaeffer, et ux, to Emeline S. Kustaubauter, et ux, tract in Benner Twp.; \$1.

Lemuel C. Zindel et ux, to Harry W. Shive, et ux, tract in Snow Shoe; \$1900.

Perry J. Hall, et ux, to Adda Hall, et bar, tract in Union Twp.; \$1.

John E. Jordan, et ux, to Reiber Realty Co., tract in Patton Twp.; \$1.

Margaret Carrol, et bar, to R. W. Markie, tract in Bellefonte; \$1,000.

H. E. Dunlap, sheriff, to S. Cora Stover, tract in Union Twp.; \$500.

Arthur P. Honess, et ux, to Clinton L. Harris, tract in State College; \$1.

FEED

We offer subject to Market changes:

	per 100lb
Quaker Chick Starter	4.50
Quaker scratch feed	2.40
Quaker Full-O-Pep egg mash	3.50
Quaker 20% dairy ration	2.50
Quaker 24% dairy ration	2.65
Quaker calf meal	4.50
Quaker sugared Schumacker	2.30
Wayne All Mash Starter	4.00
Wayne Calf Meal	4.25
Wayne 32% dairy ration	2.80
Wayne 24% dairy ration	2.55
Wayne 20% dairy ration	2.50
Wayne egg mash	3.25
Wayne 18% pig meal	3.00
Wayne 28% hog meal	3.25
Ryde's calf meal	5.00
Bran	1.80
A. middlings	2.30
B. middlings	2.00
Corn and Oats Chop	2.00
Cracked corn	2.25
Corn chop	2.25
Flax meal	2.40
Linseed oil meal	3.00
Cotton seed meal	2.70
Gluten feed	2.50
Alfalfa meal	2.25
Beef scrap or meat meal	4.00
Hog tankage	2.70
Oyster shells	1.00
Wheat spar grit	1.50
Stock salt	1.00
Common Fine Salt	1.25
Quaker oat meal	3.25
Menhaden 55% fish meal	4.00
Bone meal	3.25
Charcoal	3.00
Dried buttermilk	9.50
Dried skim milk	9.00
Pratt's poultry worm powder	10.00
Pratt's poultry regulator	9.00
Cod Liver Oil cans gal.	1.80
Cod Liver Oil bulk gal.	1.30
Orders for one ton or more delivered without extra charge.	

We make no charge for mixing your rations.

Your orders will be appreciated and have our careful attention.

A. F. HOCKMAN

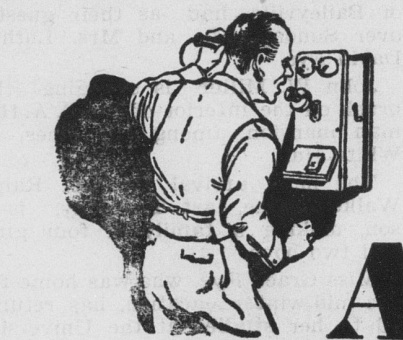
Feed store—23 West Bishop Street
Phone 93-J
Mill—Hecla Park, Pa. Phone 2324
75-21.

Employers, This Interests You

The Workman's Compensation Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance. We inspect plants and recommend Accident Prevention Safe Guards which Reduce Insurance rates.

It will be to your interest to consult us before placing your Insurance.

JOHN F. GRAY & SON
State College Bellefonte



A STOCKMAN near Huntingdon, Pennsylvania, was breaking a pair of young mules. As he was hitching one of the animals to a heavy stone-wagon it broke away, terrified by the clanking chain traces.

Hasty telephone calls to neighbors led to its discovery, three miles distant, entangled in its harness and a wire fence. Quick action saved the mule from serious injury.



The Modern Farm Home Has a TELEPHONE

WE FIT THE FEET COMFORT GUARANTEED

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WILBUR H. BANEY, Proprietor
30 years in the Business

BUSH ARCADE BLOCK

BELLEFONTE, PA.

SERVICE OUR SPECIALTY SPECIAL ORDERS SOLICITED

SELECTING YOUR MEATS

When you enter our butcher shop be sure to scan our display of choice cuts leisurely before you make your selections. There is nothing out of the ordinary that you want and if not displayed you may be sure we have it in our refrigerators so please ask for it. We carry all the choice meats that are in season. We solicit your patronage.

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Bellefonte, Penna.

P. L. Beezer Estate....Meat Marke

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