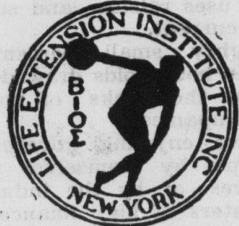


Your Health

THE FIRST CONCERN.



When a bit of sunshine hits ye, After passing of a cloud, When a fit of laughter gits ye, And yer spine is feeling proud, Don't forget to up and fling it

Just a cold, you say. Perhaps it is, and perhaps it isn't. What seems to be the beginning of a cold may prove to be influenza.

Even if it is just a cold, it is nothing to be regarded lightly. Colds take more dollars and cents out of the worker's pocket than any other sickness.

There are two kinds of common colds—the cold which you catch from other people, and the cold you take even though no one around you has one.

The germ which causes you to catch cold may enter your nose and throat passages from the air when the infected person talks, coughs, or sneezes.

People who take cold without catching it from other people are most often those who have poor circulation or a local infection in the nose or throat.

When your head stops up, your back and legs ache, your eyes burn, when there is a tickling or soreness in the throat, and you have other signs of a cold, such as sneezing or a running nose, you should start treatments right away.

Rest in bed, if possible, or at least indoors, particularly if you feel weak, as weakness may be a sign of influenza. Take a laxative. Drink plenty of cold water and eat lightly of simple, nourishing food.

At night, before going to bed, take a hot bath or at least a hot foot bath. As soon as you have rubbed yourself dry, cover up in bed with extra blankets so that you can sweat the cold out of your system.

Some of the tablets sold as remedies for colds contain drugs that are bad for the heart and blood and may cause a drug habit.

Do not use a nasal douche, unless advised by the doctor, and do not blow the nose too hard.

Isolation rules should be kept for a cold because it is very contagious and serious sickness may follow it and because it may be the beginning of a more serious disease in its most infectious stage.

Rheumatism, tuberculosis, heart disease, sinus infection, kidney trouble, chronic sore throat and nasal affections may have their beginning in a cold or in the flu.

When, besides the general symptoms of a cold, you have a fever and your back and legs ache badly, you are probably taking the grippe, or influenza. You should call a doctor at once.

When muscularly fatigued, a bath or a rub-down is far better than drugs. When mentally fatigued (real fatigue, not mere boredom, which should be corrected by work and change,) rest and sleep are the remedies, not stimulants.

BAD ENGLISH TABOOED IN BOSTON COLLEGE

Use of the so-called "atrocious English" frequently heard in the average American college of today, will prove a stumbling block in the future to girls intending to graduate from the Boston University of Practical Arts and Letters.

From now on, according to Dean T. Lawrence Davis, "each girl must be able to write good English, which will be grammatically correct, properly punctuated and clearly expressed."

In making the announcement that all seniors must pass certain tests in English before they will be graduated from the B. U. woman's college, Dean Davis declared that this step has been taken following a comprehensive survey of the needs of English in the business field.

"For some time," Dean Davis said, "it has been apparent that a girl who is trained thoroughly for business should have ability to write well. She should understand the proper use of punctuation. Her spelling should be accurate. She ought to recognize the rarest as well as the most common grammatical errors."

With the purpose of radically improving this phase of our preparation, we have adopted at the college of practical arts and letters a somewhat unusual series of tests. These tests will be given regularly several times a year.

"Every instructor at the college has been requested to watch for poorly expressed English. When such a paper is found it is passed to the newly formed Committee on Good English. The girl's name then returns to the list of those who are scheduled for the next special test. It is expected that this practice will result in less carelessness in writing."

"While this arrangement is made for the benefit of the poor student in English, another plan has been adopted for the benefit of the proficient writer. This is designed to stimulate an interest in English writing through the publication of the best material submitted by the students."

SOLICITORS MUST HAVE LICENSES TO SOLICIT

Exposing themselves to the possibility of arrest and prosecution under the terms of the act which governs the solicitation of moneys and property for charitable, religious, benevolent, humane and patriotic purposes, many organizations coming under the provisions of this act are operating without certificate from the bureau of assistance, State Department of Welfare.

Most of these organizations are entitled to hold these certificates which will permit them to solicit funds legally. Certificates issued last year were valid until December 31, 1929, after which application should be made to the Department of Welfare for certificates covering operations for 1930.

Mrs. McCauley in her warning called attention to the section of the act which applies to these organizations: "An act relating to the solicitation of moneys and property for charitable, religious, benevolent, humane, and patriotic purposes makes it unlawful for any person, co-partnership, association, or corporation except in accordance with the provisions of the act to appeal to the public for donations or subscriptions in money or other property, to sell or offer for sale to the public anything or object whatever to raise money, or to secure or attempt to secure money or donations or other property by promoting any public bazaar, sale, etc. for any charitable, benevolent, patriotic purpose etc., unless the appeal is authorized by and the money or other property is to be given to a corporation, co-partnership, association, or individual holding a valid certificate or registration from the Department of Welfare issued as provided by the act."

INSECTS FURNISH SHELLAC.

More than 15,000 tons of shellac are imported into this country each year. This important substance is used in making phonograph records, radios, electric apparatus and many other objects. Even sealing wax, furniture polish, lacquer and "shellac" itself are made from the original shellac, the product of a tiny scale insect known to science as the "carteria laca."

It makes shellac not unlike the honey bee makes its honey. Because of its importance this insect is cultivated in the northern part of India. These insects live in millions there. They make any kind of tree their home. These insects have tiny lancet mouths with which they pierce the bark of the tree and suck the sap from it, as the sap passes through their bodies it is changed into shellac and excreted thus. The natives break off these shellac encrusted branches and sell it as "stick lac" in its natural state. It varies in color from amber to black. Before it is shipped to this country it is separated from the twigs by melting. So now, you sign shop boys, if the instructor asks you where shellac comes from you can tell him.

Lucy—"How does my dress look?" Lionel—"It looks to me like two week's salary."

MODERN MARKSMEN REVIVE ANCIENT SPORT.

The turkey shoot, an American sport which dates back to colonial days, has been revived. According to reports received by the National Rifle Association rifle clubs all over the country are conducting these shoots. In the old days, the targets were live turkeys confined in boxes from which only the head protruded. Nowadays, however, the targets are colored pictures of fine, plump gobblers. The prizes are real turkeys. The method of advertising the matches has not changed radically in 150 years.

In colonial days crudely-lettered signs were hung in front of the village store or tavern to announce the impending contest. Today signs are stretched across roadways leading to the range. Sportsmen from miles around flock to the shoot. The man with the high score wins the turkey. Some clubs award forty or fifty turkeys in one day's shooting.

The Palo Alto Rod and Gun Club, Palo Alto, Cal. puts on a novel match in which even the non-shooter has a chance at the bird. A sheet of paper is covered with twenty circles the size of a silver dollar. Each circle sells for 25 cents, and the purchaser's name is written within the circle. When all are sold, one person is selected to fire a shotgun charge at the target. The person whose name is on the spot containing the most pellet holes wins the turkey. This match attracts large numbers of sporting housewives.

Our ancestors would be shocked at the news that today turkey sells for 50 or 60 cents a pound, for in 1682 30-pound gobblers were sold for a shilling each—less than one cent a pound. However, game was plentiful then—so plentiful, in fact, that as late as 1720 a fine of five shillings was imposed on any one shooting wild game on the streets of Philadelphia.

REAL ESTATE TRANSFERS

Andrew A. Borland, et ux, to Clara T. Bateson, tract in State College; \$1.

Clara T. Bateson to Andrew A. Borland, et ux, tract in State College; \$1.

O. W. Houts, et ux, to J. A. Garrison, et ux, tract in State College; \$1.

Gilbert C. Waite, et al, to Gilbert C. Waite, et ux, tract in Half Moon Twp.; \$1.

Pine Grove Cemetery Association to S. J. Reed, et al, tract in Ferguson Twp.; \$18.

Peter Kelley, et ux, to George Kelley, tract in Worth Twp.; \$1000.

Sabina Stagner to O. W. Houts, tract in State College; \$1.

E. A. Dambly, et ux, to Olive Webber, tract in State College; \$1000.

Thomas B. Beaver, et ux, to Elmer E. Eby, tract in Spring Twp.; \$1.

Newell B. Long, et ux, to James J. Morgan, tract in Snow Shoe; \$1.

Preston A. Frost, et ux, to Laura Decker, tract in State College; \$1.

Michael A. Kern, et ux, to M. J. Schell, tract in Taylor Twp.; \$1.

Hezekiah Walker, et al, to W. Scott Crain, tract in Port Matilda; \$1.

Robert A. Merritt to C. W. Crain, et al, tract in Huston Twp.; \$4,000.

Frank Devine, et ux, to W. Scott Crain, tract in Port Matilda; \$75.

Julia A. Minds, et al, to W. Scott Crain, tract in Union Twp.; \$4,000.

Harry C. S. Cupp to W. Scott Crain, tract in Port Matilda; \$25.

William A. Hoover to Anna L. Sunday, tract in Spring Twp.; \$2,400.

Eugene H. Lederer, et ux, to W. E. Smith, tract in State College; \$1.

N. J. Schell to Michael A. Kern, et ux, tract in Taylor Twp.; \$1.

Mary S. Wilkie, et al, to Wilson S. Scholl, et ux, tract in Bellefonte; \$1,800.

Mary A. Eckley to Lawrence E. Eckley, tract in Union Twp.; \$1.

Emma C. Hosterman to W. P. Hosterman, tract in Gregg Twp.; \$325.

W. H. Tomhave, et ux, to Will Grant Chambers, et al, tract in State College; \$4,523.80.

FARM NOTES.

—Clean ground enables poultrymen to carry more pullets to maturity.

—Sanitation and breeding are both essential in eliminating poultry diseases.

—Any flock that will average better than 120 eggs per bird is a profitable flock.

—More moisture is required for turkey eggs used for hatching purposes than for chicken eggs.

—Gluten feed is a by-product obtained in the manufacture of glucose and cornstarch. It is used in the mash as a source of protein.

—Remember, a start in turkeys costs no more than a start of any breed of chickens; there is always a good market for your turkeys.

—Early hatching of chickens this spring and proper handling of the pullets will bring them into laying condition next fall during the months of high-priced eggs.

—Market premium for high-quality eggs has aroused an interest in larger egg size. There are inherited tendencies toward large and small eggs. Careful selection at time of placing eggs in the incubator should contribute to the improvement of the size of the eggs of a flock.

—Freedom from disease is essential to growing a large percentage of the chicks hatched. Choose eggs from disease-free parents, or if you buy back chicks get them from flocks known to be free from bacillary white diarrhea.

—Plants of certain vegetable crops may be started in late winter or early spring in sunny windows, a hotbed, or a coldframe. This practice enables the gardener to have plants well advanced when the weather permits planting in the open ground. Good plants also result in earlier maturity and larger yields of most crops.

—Showing how to provide convenient arrangement of appropriate furniture, use a harmonious color scheme, and make care and cleaning easy, the Girl's Own Room project has improved thousands of farm girl's rooms at low cost. Your county home economics extension representative can explain the plans.

—For lightning protection, it is well to ground to earth every electric entrance to any farm building on the outside even though the system is connected to a water pipe on the inside.

—Garden arbors often can be used to screen unsightly objects. These can be made easily at home now and set out later. Vines, such as climbing roses, clematis, polygonum, and wistaria, may be planted in the spring and trained over the arbor.

—Exercise, sunshine, good water, clean surroundings, and plenty of green succulent feed are nature's tonics for young pigs. Provide these for the infant porkers.

—Black raspberries should be sprayed every year for the control of anthracnose and other fungous diseases, say State College plant specialists. Spray other branches as they need it.

—Commercial fertilizer for the garden should be suited to the particular needs of the soil. On light to medium soils, where only a small amount of manure has been applied, a good fertilizer is one analyzing about 5 per cent nitrogen, 10 per cent phosphorous, and 5 per cent potash. On medium to heavy soils, with a heavy application of manure, a fertilizer containing about 4 per cent nitrogen, 12 per cent phosphorous, and 4 per cent potash generally is the most profitable.

—Weeding and thinning the woodlot every 10 years is the usual practice followed by farmers who want to develop a stand of tall, straight trees free from decay or rot. To divide the work up best it is advisable to go over one-tenth of the farm woods each winter.

—In two record-breaking dry summers the ability of the Pennsylvania State College orchard plots to withstand droughts has been in proportion to the amount of organic matter turned into them. The short sod rotation plots which were under cultivation last year grew the heaviest cover crop in the orchard.

—Twelve cows are being used by the Institute of Animal Nutrition at State College in an experiment to determine the efficiency of the cow in changing feed into milk.

—Dead chickens pay no bills. Use of clean practices means more live chicks and better profits. Sanitation will save one more chick in five than will live under dirty conditions.

—All lightning rods should be at least six feet away from electric wires and conduits to prevent side-flashing. This also includes any metal connected to the rods and radio lead-ins.

FEED

We Offer Subject to Market Changes:

Table listing various feed items and their prices per 100lb. Items include Quaker Chick Starter, Quaker scratch feed, Quaker Egg Mash, Quaker 20% dairy, Quaker 24% dairy, Quaker calf meal, Quaker sugared Schumacker, Wayne All Mash Starter, Wayne Calf Meal, Wayne 32% dairy, Wayne 24% dairy, Wayne 20% dairy, Wayne Egg Mash, Wayne 18% pig meal, Wayne 28% hog meal, Ryde's calf meal, Bran, A Midds, B Midds, Corn and Oats Chop, Cracked Corn, Corn chop, Flax meal, Linseed oil meal, Cottonseed Meal, Gluten feed, Alfalfa meal, Beef scrap or meat meal, Hog tannage, Oyster shells, Mica spar grit, Stock salt, Common Fine Salt, Quaker oat meal, Menhaden 55% fish meal, Bone meal, Charcoal, Dried buttermilk, Dried skim milk, Pratt's poultry worm powder, Pratt's poultry regulator, Cod Liver Oil cans gal, Cod Liver Oil bulk gal, 1/4 bbl. First Prize Flour, 1/4 bbl. Pillsbury Flour.

—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 75-2tf.

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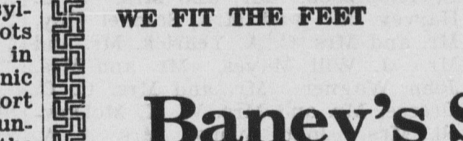
Encourage others to subscribe for the Watchman.



A FARMER near Bolling Springs, Pennsylvania, was approached by a drover who offered to buy twenty steers, then ready for market, at \$10.50 a hundred pounds.

The buyer, who was a stranger to the community, proposed to pay by check and gave the name of a certain bank as reference. The farmer then telephoned the bank and in the course of conversation discovered that he was underselling his stock by \$1.50 on each hundred pounds.

Confronted with the market price, the drover consented to pay the difference, which netted the farmer an additional \$300.



The Modern Farm Home Has a TELEPHONE

WE FIT THE FEET COMFORT GUARANTEED

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