

Your Health

THE FIRST CONCERN.



Methuselah ate what he found on his plate, and never, as people do now, did he note the amount of the caloric count— He ate it because it was chow. He wasn't disturbed, as at dinner he sat, Destroying a roast or a pie, To think it was lacking in granular fat, Or a couple of vitamins shy. He cheerfully chewed every species of food, Untroubled by worries or fears Lest his health might be hurt by some fancy dessert— And he lived over nine hundred years!

—Of one type or another, the muscles have most to do with the makeup of the body. The heart is a muscle, or a mass of muscles. Almost all of the substance of the alimentary tract consists of muscles. These contract in waves, pushing the food through the canal. The organs that are not muscle are surrounded by muscles. If the muscles are weak and flabby and relaxed, they cannot do the required work of digestion. They must be hard, tense and strong, in order that we may have good health.

The only way to keep these muscles strong is to use them. Vigorous exercise every day for everyone must be the rule if the muscular "tone" is to be maintained. Proper food must be the rule. We need certain roughage in food, bulky foods, the great part of which travels through the colon and encourages the muscular action of the bowels.

This effect is known as 'peristalsis,' that wave-like action of the muscles of the abdomen. These bulky foods are necessary, in the proportion of three to one, to stimulate the muscles of the bowels to proper action. —Let us consider this peristaltic movement in the intestines. Like other muscles unless they are given work to do, the intestinal muscles become flabby and weak. The muscles making up the outer layers of the intestines run lengthwise, while those on the inside are ring-shaped. Both sets work together in a wonderful way producing wave-like motions which carry the food along through the intestines.

Fruits and vegetables, with their skins, aid greatly in stimulating this action. Also the unrefined wheat and oats are helpful in preventing constipation. The acids of fruits are stimulating to the intestinal tract, besides having great value in their mineral and vitamin content. All fruits except bananas, which otherwise are valuable, are beneficial in exciting peristalsis and figs and prunes are especially good. There are some foods such as honey, molasses, cauliflower, spinach and onions, that causes a slight gas formation in the intestines. There is nothing about this to worry over. Indeed this is a helpful condition in cases of constipation. Chronic constipation leads to or accompanies some serious diseases. Cancer, chronic appendicitis, displaced organs and deformities are certainly not benefited by obstinate constipation.

There are plenty of authorities to charge constipation with having a real part in their production. —While it has always been women's work to cook food for the household, it must be admitted that when men get right down to it they make excellent cooks also. But that any group of men should undertake a course in cooking as part of their regular work may come as a surprise to you. And that this group of men should be professional men, doctors, may still further surprise you.

And yet a news item some months ago announced that the medical students of John Hopkins university will be given a course in cooking. Now whilst Hopkins is not the oldest medical college in the United States it ranks with the highest and that it thinks it necessary for a medical student to know how to cook, is an indication of how very important is food and its preparation, for sick folks. The news item stated further "The importance of diet in the treatment of disease is generally recognized. Students should be taught not only what food to prescribe for their future patients but also how it should be prepared to make it digestible and tasty."

Now the cooking end is most important and these new methods whereby the juices in which food is cooked are retained, means that the patient gets the full value in calories of the food cooked, and also the vitamins. Food is now prepared in a way that makes digestion easy. However the other point, its taste to the palate, how the patient wants or looks forward to eating, is just as important as the quality, cooking, and digestibility of the food.

—Read the Watchman and get all the news.

PATIENTS TREATED AT CENTRE COUNTY HOSPITAL.

John Roan, of Benner township, was admitted on Monday as a surgical patient.

Edward George, of Pennsylvania Furnace, was admitted on Tuesday for surgical treatment and discharged the same day.

Miss Grace Neidigh, of State College, a surgical patient for the past twelve days, was discharged on Tuesday of last week.

Mrs. Andrew Garver, of Spring township, was admitted on Tuesday of last week for surgical treatment.

Mrs. Anna Thal, of Bellefonte, became a medical patient on Tuesday.

Samuel Shirk, of Bellefonte, R. F. D., who underwent surgical treatment for three days following an automobile accident, was discharged on Wednesday of last week. He was 83 years of age.

Thomas Mensch, of Wilkes-Barre, was admitted on Wednesday of last week for surgical treatment and discharged the following day.

Mrs. Rebecca Flack, of Bellefonte, R. F. D., who was under surgical treatment for three days, was discharged on Wednesday of last week.

Mrs. Paul Richards, of Bellefonte, was admitted as a medical patient on Wednesday of last week.

Mr. and Mrs. Raymond Snoko, of Union township, are the proud parents of an infant son, born at the hospital on Wednesday, of last week.

Peter R. Nevers, of Hazleton, a student at the Pennsylvania State College, a surgical patient for four weeks, was discharged last Thursday.

Mrs. L. R. Woodring, of Milesburg, a surgical patient for twelve days, was discharged last Thursday.

Mrs. Fred Harvey, of State College, who had been under treatment for two weeks, was discharged last Thursday.

Mrs. William Seckinger and little son, William Jr., of State College, were discharged last Thursday.

John Bair, of Bellefonte, a retired postoffice employee, was admitted last Thursday for medical treatment.

Miss Louise Best, of Bellefonte, a student nurse at the hospital, became a patient last Thursday and was discharged Saturday.

Helen Schreffer, of Pleasant Gap, was admitted last Thursday for surgical treatment.

Mrs. Richard Devenny, of State College, who had been a surgical patient for eleven days, was discharged on Friday.

Willard Barnhart Jr., of Bellefonte, was admitted on Friday for surgical treatment.

Miss Hazel Woieslagie, of Union township, was admitted as a medical patient last Friday.

Miss Charlotte Spencer, of State College, was admitted last Saturday for surgical treatment and discharged the same day.

Miss Lizzie Weaver, of Bellefonte, was admitted on Sunday for medical treatment.

Henry Sowers, of College township, became a medical patient on Sunday.

Master Demming Smith, seven-year-old son of Mrs. Ellen H. Smith, of State College, was admitted last Saturday for surgical treatment.

Mrs. Elmer G. Way, of Bellefonte, who had been a medical patient for some time, was discharged last Saturday.

Mrs. William Shaffer and little son, of Milesburg, were discharged on Sunday.

There were forty-four patients in the institution at the beginning of this week.

REAL ESTATE TRANSFERS.

Margaret D. Garbrick to Paul E. Resides, tract in Benner Twp.; \$564.

Philip E. Womelsdorff, et ux, to George F. Dunkle, tract in Philipsburg; \$1.

George F. Dunkle, et ux, to Philip E. Womelsdorff, tract in Philipsburg; \$1.

Willard Hassenplug to Mabel Hassenplug, tract in Gregg Twp.; \$850.

J. L. Wilson, et ux, to Lynn R. Dougherty, tract in State College; \$1.

E. F. Haffley, et ux, to Lloyd E. Bartges, tract in Haines Twp.; \$1.

Samuel Cramer, et ux, to Clara T. Bateson, tract in State College; \$1.

John L. Holmes, et al, to George W. Sullivan, et ux, tract in State College; \$950.

Clara T. Bateson to Samuel Cromer, et ux, tract in State College; \$1.

Matilda A. Henderson, et bar, to S. Reed Morningstar, et ux, tract in Philipsburg; \$1.

J. H. Brindel, et ux, to J. W. Shessley, tract in Haines Twp.; \$5,500.

Mary B. Hosterman, et al, to Irvin A. Meyer, tract in Penn Twp.; \$1.

Irvin A. Meyer, et al, to Mary A. Hosterman, tract in Penn Twp.; \$1.

F. P. Guisewhite, et ux, to A. S. Stover, tract in Haines Twp.; \$1.

Daniel G. Ilgen Adm., to Harry W. Ilgen, tract in Gregg Twp.; \$1,030.

C. W. Swartz, et al, to Thomas Swartz, tract in Potter Twp.; \$1,250.

Jacob Sharer, et ux, to A. J. Sharer, tract in Potter Twp.; \$1.

Anna M. Allison to Joseph Parker, tract in Potter Twp.; \$30.

COL. LINDBERGH MAKES RECORD FLIGHT, SUNDAY.

In a high altitude, one stop flight Col. and Mrs. Charles A. Lindbergh flew from the Pacific to the Atlantic coast, on Sunday, in 14 hours, 22 minutes and 50 seconds, beating the record of Capt. Frank Hawks by over three hours. The only stop made was at Wichita, Kan., for gas and oil. Col. Lindbergh's average altitude was given as 10,000 feet. He reached Roosevelt field, N. Y. at 11:11 o'clock Sunday night. If he passed over Bellefonte it was at such a high altitude that his flight was not detected at the Bellefonte field, either by N. A. T. officials or the men in charge of the electrical signals in the U. S. weather bureau.

If the Colonel's flight over Pennsylvania mountains was at an altitude of ten thousand feet it did not equal the record made by pilot William C. Hopson, on June 15th, 1920, who flew from New York to Bellefonte with a cargo of mail at an altitude of 16,000 feet or over three miles in the air. When he reached Bellefonte it took him twenty minutes to bring his ship down and land on the field.

—At the election of teachers for the Phillipsburg schools, last Friday evening, Miss Mary F. Robb, of Bellefonte, was elected a member of the High school faculty.

27 TROUT COST \$270.00. FISHERMAN GOES TO JAIL.

Having twenty-seven trout, all under size, cost Walter Randusky, of Shenandoah, \$270 last Friday and when he couldn't pay he was committed to jail.

He told game warden Lithwiler he had caught only four, but a search revealed the others in his hunting coat. The game warden said the fine wouldn't have been so stiff if Randusky had told the truth in the first place.

—We will do your job work right.

ALTOONA PREPARING FOR FLAG DAY RACE CLASSIC.

While more than a score of workmen "dress up" the Altoona Speedway, directors of the Altoona Speedway Corp. and the local post of the American Legion are rushing plans for the annual Flagday celebration June 14.

Another patriotic program in which Legion posts from all sections of Pennsylvania participated last year, will again precede the 200-mile classic, according to arrangements announced by Paul C. Pommer, Speedway manager.

Lou Meyer, for the past two years champion of the American Automobile Association, heads the list of drivers already signifying their intentions of racing on the Altoona boards June 14. Cliff Bergers, the Hollywood movie shiek, who will come east within a few weeks after completing his winter contract of stunt work before the camera, also expects to wheel the "breakers" last Labor day when he "burned out" his motor within 10 miles of victory.

"Deacon" Litz, one of the heavy boys of the gas fraternity, and Gordy Condon, local youth who rose to "big time" last year are also on the top of the lineup along with Zeke Meyer, one of the last of the "old school."

All winter long the gas jockeys have been revamping their cars for the 1930 campaign and within a few weeks the finishing touches will be applied. Then will start the last minute scurry climaxing month of labor—the tuning process. The Legion's part in the Flagday

celebration is being planned by the Charles R. Rowan post here, under the direction of Walter Gippick. Prizes will again be offered by the Speedway corporation to drum and bugle corps in competitive drills at the mile and a quarter oval just before the speed knights start their 200-mile race.

—Read the Watchman and get all the news.

Free SILK HOSE Free

Mendel's Knit Silk Hose for Women, guaranteed to wear six months without runners in leg or holes in heels or top. A new pair FREE if they fail. Price \$1.00.

YEAGER'S TINY BOOT SHOP

\$4.25 Round Trip

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May 4, June 8, September 14

EXCURSION TRAIN
Lv. Saturday Night Preceding Excursion
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See Flyers or Consult Agents
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ATTORNEYS-AT-LAW

S. KLINE WOODRING—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 13 Crider's Exchange. 61-17

J. KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street. 67-44

J. M. KEICHLINE—Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor of Temple Court. 49-5-17

W. G. RUNKLE—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange. Bellefonte, Pa. 58-8

PHYSICIANS

W. S. GLENN M. D. Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 85-41

D. R. L. CAPERS, OSTEOPATH.
Bellefonte Crider's Ex. 66-11 State College Holmes Bldg.

C. D. CASEBEER, Optometrist—Registered and licensed by the State. Eyes examined, glasses fitted. Satisfaction guaranteed. Frames placed and lenses matched. Casebeer Bldg., High St., Bellefonte, Pa. 1-22-31

E. VA B. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 5 p. m. and Saturdays 9 a. m. to 4:30 p. m. Bell Phone. 69-40

FEEDS!

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We also carry the line of **Wayne Feeds**

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Wagner's 32% Dairy - 2.70 per H
Wagner's 20% Dairy - 2.30 per H
Wagner's Egg Mash - 2.90 per H
Wagner's Pig Meal - 2.30 per H
Wagner's Scratch Feed - 2.30 per H
Wagner's Medium Scratch 2.40 per H

Wagner's Chick Feed - 2.60 per H
Wagner's Horse feed with molasses - 2.25 per H
Wagner's Bran - 1.80 per H
Wagner's Winter Middlings 2.00 per H
Wayne 32% Dairy - 2.30 per H
Wayne 24% Dairy - 2.25 per H
Wayne Egg Mash - 2.90 per H
Wayne Calf Meal - 2.00 per H
Wayne mash chick Starter - 2.25 per H
Wayne mash grower - 2.25 per H
Purina 34% Cow Chow - 2.60 per H
Purina 24% Cow Chow - 2.65 per H
Purina Chick Startena - 4.50 per H

Oil Meal - 3.00 per H
Cotton Seed Meal - 2.60 per H
Gluten Feed - 2.40 per H
Gluten Meal - 2.20 per H
Hominy Feed - 2.50 per H
Fine ground Alfalfa - 4.25 per H
Tankage, 50% - 4.00 per H
Beef Scrap - 1.00 per H
Oyster Shell - 1.10 per H
Seed Barley - 1.25 per H
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- 1927 Chevrolet Roadster, All New Tires, Natural Wood Wheels..... 200.00
- 1926 Chevrolet Sedan, Looks Like New..... 200.00
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- 1928 Imperial Landau (very low mileage).... 400.00
- 1927 Chevrolet Coach, Natural Wood Wheels 300.00
- 1926 Chevrolet Coach, low Mileage..... 275.00
- 1927 Chevrolet Sedan 250.00
- 1925 Cleveland Touring Balloon Tires 150.00
- 1929 Pontiac Cabriolet like new..... 400.00

TRUCKS

- 1926 Chevrolet Truck, Open Express 200.00
- 1927 Chevrolet Truck 250.00
- 1925 Ford Truck 24" Extension Ruxetel Axle, Stake Body 75.00

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