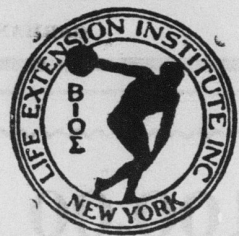


Your Health

THE FIRST CONCERN.



Innumerable persons fail to realize that all of us are engaged in a continuous battle. Our bodies are waging an unending struggle against the devitalizing and disease breeding bacteria; our brains are measured daily with those of the other fellows' in the fundamental struggle for economic existence.

It is not at all surprising with the marked progress made along so many lines that the eternal quest for beauty and the reluctance to accept old age should take modern and so-called scientific form. Lip sticks, skin preparations, beauty potions, slenderizing devices, hair dyes, bleaches, face peeling ointments, electrolysis, baths, sun-lamps and colonic irrigation are among the methods that have in consequence attained popularity.

Of course it is natural to do everything possible to increase one's appearance. On the other hand, it is extremely easy these days to rely entirely upon products that are sold by way of seductive mile-a-minute advertisements.

Drug store cheeks, crimsoned lips, and all the rest of it, whether it applies to man or woman, are largely a matter of taste. And there is no desire to minimize their possible value as a supplement to natural attraction provided they are harmless and used with discretion.

It should be emphasized that those who place their entire faith in beautifying packages, appliances and tricks that are alleged to do the work without any personal assistance are merely fooling themselves. Nature does not ask much in exchange for abundant health, but what she does demand she insists upon getting if happy results are to follow.

Food for the sick must be well cooked and with little seasoning. The doctor will order a particular form of diet. But he may be so busy he forgets to give you details. Perhaps this grouping of diets will help:

The liquid diet: This consists of a variety of broths, of chicken, lamb, beef, oysters and clams. Gruels, milk, buttermilk and malted milk are included.

Likewise, egg-nogs with various flavors, cream soups, koumiss, orange and grape juice are in this group, as are vegetable broths, cocoa and, in some cases, tea and coffee.

The soft diet: In connection with the liquid diet, one could serve soft cooked eggs, milk toast, custards and junket, and tapioca pudding. Also we may include mashed banana or apple beaten with the white of egg, floating island, rice pudding, ice cream, cooked cereals, tomatoes, juice or soup almost any vegetable puree, jellied broths, fruit juices, prune whip and stewed fruits.

The semi-soft diet: This includes both the soft and liquid diets as given, together with solid foods which can be easily digested. It embraces tender chicken, oysters, scraped broiled beef, at the doctor's discretion, squab. Any of the cereals may be used, and also creamed and mashed carrots, spinach, asparagus, celery, peas, beans, and baked potatoes. It might possibly include crisp bacon, ice cream, baked apples and soufflé.

The light diet: This might include all foods we have mentioned, with the exception of cabbage, dried peas or dried beans.

The special diet: This should be taken charge of by your physician.

WHY DR. MARY WALKER DONNED MALE APPAREL.

Mrs. Livermore, widow of Rev. L. A. Livermore, of Lebanon, Conn., was for years a friend of the late Dr. Mary E. Walker. Speaking of that champion of woman's rights, especially to wear men's clothes, Mrs. Livermore explained just why Dr. Mary had boycotted feminine frillery and fashions throughout her long and rather stormy career.

The doctor and Mrs. Livermore struck up an acquaintance years ago, at a railroad station while waiting for the clearing up of a freight wreck. Dr. Mary was attracted to the northern woman because the latter was wearing a derby hat, and commented upon that fact. They continued their chat after the train journey was resumed, and Dr. Walker told Mrs. Livermore that it was really loyalty to her profession which had led her to eternally abjure petticoats and what goes with them.

In speaking of adopting man's garb, she said: "I gave myself over to aid during the Civil war at a time when women were wearing hoopskirts four and even five yards round, with dress skirts ample to hang over them. Could I be trampled in my work by any such contraptions? Of course, not! Hence, I donned pants (yes, that's what Dr. Mary called 'em) and coat!"

Many thrilling and appealing tales had Dr. Walker to tell of her welfare work for the suffering soldiers and others during and after the war. Faithfully she assisted in caring for the wounded and dying. Bravely she conquered her woman's instinct to faint and tremble and shudder at the sight of suffering and blood; and that she continued in the heroic work until the last was evidenced by her medals for bravery which she prized above every other possession.

She told Mrs. Livermore about one young New Hampshire boy, a volunteer to defend the union, surviving many bloody engagements, long marches and hardships, only to contract consumption in the southern swamps. Dr. Walker found him in the hospital, crying to see his mother. She went to the head surgeon, begging permission to take the boy home. The doctor objected, telling her that the young soldier would die enroute. But Dr. Mary would not easily be silenced by objections and she begged persistently. "Then let him die trying! Let me take him home!" she urged.

Finally the surgeon yielded. The young volunteer was laid in Dr. Walker's arms on the train. That was the signal for the curious passengers to nudge one another, to make eyes at the strangely assorted pair, finally to grow disgusted, until some of the goody-goody ones complained to the conductor. Then and there Dr. Mary Walker proved her heroism. Rising in the seat, she said in a ringing voice: "This young man has given up his life for our country. Now he is going home to die in his mother's arms!"

That was enough. The revolution of sentiment was immediate, and until the end of the journey everything possible was done for the dying youth and his valorous companion. At one of the stations Dr. Walker telegraphed the boy's mother and sister: "Edward is coming. Be calm. He will leave you again—forever."

When the New Hampshire town was reached, the weakened soldier was borne tenderly up the grass grown path to the front door of the little one-story brown house, so tiny there among the majestic old mountains. White and tearless, the mother and sister met him; they helped lay him on the country home clean, soft, white bed. Before the tall old creak in the wide hall had struck the next hour, the brave young soldier-soul had answered the call to the heavenly ranks.

Dr. Mary had fulfilled her mission and not a dweller in that awed community watched her start on her return trip to comfort and heal and cheer other dying and wounded northern boys with any sentiment but profound respect, honor, gratitude. Not one remembered her unusual garb or ever mentioned her name from that time forth but with the reverence due an Angel of Mercy!

BEAVER'S POWERFUL TAIL SERVES MANY PURPOSES.

There is a popular belief that the beaver's tail is shaped as it is to enable him to use it as a trowel in his construction work. Scientists, however, have observed that the beaver usually carries in his fore paws the mud, rock or sticks with which he builds and that he uses the tail to steady himself, either by planting it on the ground or by waving it from side to side. In the water he uses it as a rudder and sometimes as a propeller.

The beaver's tail is flat and wide. Its steering power is taxed to the limit as the beaver swims, tugslike, by the side of a pole or log that he is towing to the house, dam, or food cache. It keeps him from moving in circles. By its loud slaps on the surface of the water, the tail also serves as a "signal gun" which acts as a warning to friends or enemies.

QUAIL ARRIVE.

All three Texas shippers from whom the game commission has purchased about 15,000 bob-whites and quail have started shipping and the birds are arriving in good condition. About 1,000 quail have been received from one shipper alone. The bob-whites will be distributed generally throughout the State, although most of the restocking will be done in the southern counties. With this year's restocking approximately 65,000 bob-whites have been purchased since 1915.

FOR AND ABOUT WOMEN.

Daily Thought.

Children sweeten labors; but they make misfortunes more bitter.

Spring, 1930 model, is better looking by miles than she's been for years.

This she dramatically proved in the hardest of all fashion tests—the Easter parade.

She proved with sureness and zip and swish of her cape and a click of her heels these three fashion things:

The new silhouette means clothes of beauty—more feminine than they have been for years.

The importance of having clothes agree with each other, called the "ensemble" idea.

The chance there is for everyone to be herself—to dress like an individual and not like one of an army.

The things worn clearly show fashion is more feminine than ever before. She is longer in line. Gone are her knees. You'll not see them again for a long time—except in a few sport clothes. Her dresses go below her knees about four inches lower than they were last Easter. Her waist line has gone up definitely to its normal place.

Her clothes are so set around her neck. Materials are finer, more feminine. Same way with her hats and everything she wears. More feminine.

There you have her—the fashion woman of 1930. Feminine in her clothes—but not frilly and fussy. Better dressed than she has looked in years.

With 30 reporters she clicked thousands of these women in all the fashion high spots of New York. The counts show the smartest women have said goodbye to the drippy hemline for street wear though there were a few who insisted on wearing formal afternoon clothes to church.

Our reporters counted many suits. More tailored suits than dressmaker suits. Many made even better looking by fur pieces, mostly foxes.

Fashion dramatically selected cape coats. There's no age limit to them. Granddaughters, daughters, mothers and grandmothers wore them.

Her hat. Many, many more straws than last year. More straws than felt. More brim than brimless. Many variations of the old cloche still good.

From underneath coats peek many printed dresses—thousands of them. Small figures mostly, in the best looking ones. Agreeing in color with their coats.

Her shoes, her one-straps than pumps. Then oxfords, more blacks than anything else, of course. Many blues and reptiles and a few greens.

Her handbag. Small or medium in size. Simple in line and color. Lots of them in calfskin. More envelopes than anything else. Then purses, then top-handles.

Her stockings. Darker by several shades than last spring. But not too dark—and not nearly so noticeable as a year ago.

Not such wild colors in clothes as in some of the other years. Lots of blues. Plenty of navy and bright navy. Gay and fairly sparkling in the sunshine. In coats and hats and dresses and shoes. Often with a touch of white—a scarf, a handkerchief or a blouse. Plenty of black, too. Fashion doesn't tire of wearing it because fashion-knowing eyes don't tire of seeing it.

It isn't just the women who are better dressed than we've ever seen before. So are children. And so are the men. More men wear English type swaggar topcoats than any other. The greatest single number wear box coats. Twice as many grays as the next color, brown.

More men wear light gray hats than any other. Then tan, dark gray and brown. More small patterned ties than striped or plain. More plain-toed shoes than wing tips. Three times as many black shoes as tans.

Don't forget the children aren't forgotten, they aren't. The best dressed are little editions of the grown-ups. There are some of the brightest little cape coats you ever looked at—some of the best dressed people in the whole parade are youngsters.

Whether or not you have ever considered a closer ensembling of the two pieces of the dance set, you will be interested in a new gadget and bandage that are held together with bands of ribbon elastic garters. Narrow ribbons that match in color make the shoulder straps. This is a clever way of bridging the hiatus between the two pieces.

Egg in Potato Cases.—Press well-seasoned mashed potatoe into individual molds the day before they are needed. In the morning remove from the molds and scoop out with centers. Brush inside and out with melted butter and drop a raw egg into each. Sprinkle a little salt and one teaspoonful of grated American cheese over each egg and add a tiny piece of butter. Bake in a moderate oven until the white of the eggs is firm.

Sea-Foam Fudge (Nut).—Put into a saucepan three cupfuls of light brown sugar, a cupful of cold water and a tablespoonful of vinegar. Bring this to a boil gradually and do not stir after it is once heated. Boil steadily, and when a little of it dropped into cold water forms a hard ball take it from the fire. Beat stiff the whites of two eggs and when the syrup has stopped bubbling pour in on these and beat well. When it begins to stiffen, flavor with one teaspoonful of vanilla and add a cupful of chopped nut kernels—hickory, pecan or English walnuts. Drop on paper and turn into a greased pan and mark off in squares or triangles.

—Subscribe for the Watchman.

FARM NOTES.

Windows in the University of Nebraska dairy barn have been painted blue. This is not to please the cows' sense of beauty but to help fill the milk pails. Covering the glass openings with blue asbestos keeps the barn darker, thus making it cooler and freer from flies.

Shutting out part of the light from barns, stalls, and sheds has been satisfactory in relieving farm animals from some of the worry caused by flies, farmers declare. Openings can also be covered with burlap to a considerable advantage. Windows in the university dairy barn are so arranged as to open for ventilation without admitting direct sunlight. The blue paint with which they have been coated is easily removed and will be taken off after the summer is over.

Chicks to be raised for broilers or roasters should be fed as other chicks are up to the time of finishing for their special purposes. What are called growing mash and the usually fed hard grains are given to produce sturdy frames upon which fat may be deposited later in the finishing process. There are any number of formulas for these, all suitable and each preferred by some poultrymen. There are excellent commercial mixtures and formulas are given from time to time in these columns. Broilers are usually sold at from eight to twelve weeks of age and, during the last ten days or two weeks of that time are penned up and fed upon a special fattening ration, of which corn meal makes up the greater part. If milk in some form is added in liberal quantity to this ration, the quality of the product is improved.

A cold nest with cold eggs will often cause a good hen to stop setting. Let her warm the nest first, then place under her, eggs that have stood in a warm room for several hours. A piece of sod the size of the nest box and about four inches thick, turned grass side down, will hold the heat, and keep the moisture from leaving the eggs too rapidly when hens are setting. Make a slight rounded hollow in the center of the dirt then put in a layer of chaff or short straw.

Give your poultry yellow corn, cod liver oil, milk and leafy feeds for vitamins, recommends the poultry department of the New York State College of Agriculture. Chicks need vitamins for health and growth and are more sensitive to a lack of these vitamins than most animals. Growing chicks need them more than mature birds.

Of the three principal vitamins for chicks vitamin A is found abundantly in such foods as yellow corn, green vegetables, cod liver oil and milk. Lack of this vitamin in the diet will retard and stunt growth and will lower resistance to disease.

Vitamine B which maintains the health of the nervous system is found in the outside covering of cereals, in green vegetables, and in milk. A lack of this vitamin affects the organs of digestion and reproduction, and the nervous system.

Vitamine D, or the anti-rickets vitamin, hardens the bones of growing chicks and prevents leg weakness. To prevent rickets feed cod liver oil or eggs or allow the chicks to run out in the sunlight every day. Sunshine has the same effect on chicks as does vitamin D in their food. Window glass filters out the valuable rays of sunlight so cod liver oil must be fed when the windows are kept closed or even when the chicks are outside, if the weather is cloudy the greater part of the time. Feed one-half pint of cod liver oil to each 100 pounds of grain and mash. Unrefined cod liver oil from a reliable company is just as efficient as refined oil and is much cheaper.

Cod liver oil tends to lose its value when exposed to the air, so mix fresh lots of mash every week or two. Mix the cod liver oil in a small amount of bran or mash with the hands and then add this to the main pile and shovel the pile over several times until it is evenly distributed. It is usually advisable to feed cod liver oil during the first ten weeks of spring rearing. Cod liver oil should be stored in a cool dark place in closed containers.

Many farmers who have idle land now wish that they had ordered forest trees early enough to get them for planting this spring. Black locust, red pine, and Norway spruce usually are all allotted to applicants six months before the planting season. Right now is the time to order trees for use in 1931. Your county agent has blanks which he will gladly help fill.

Many vegetables can be planted this month. Plant corn and beans May 10, tomatoes, peppers, and other warm weather vegetables May 20 to 25, and melons, cucumbers, egg plants, and lima beans May 30. Late cabbage seed also can be sown.

Early planting of dahlias allows a longer period of flowering. If the ground is warm, now is the time to plant the tubers.

Start cutting the grass before it gets too long. Frequent clipping is best during the heavy growing period. Short clippings can be left on the lawn.

Wether lambs which have been docked sell for higher market prices than ram lambs with long tails. It is good business to follow the practice which brings the most money.

Read the Watchman and get all the news.

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Table listing prices for baby chicks: S. C. White Leghorns \$8.00, S. C. Brown Leghorns \$8.00, Barred Plymouth Rocks \$10.00, White Plymouth Rocks \$12.00, Rhode Island Reds \$10.00.

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