

Your Health

THE FIRST CONCERN.



EXTRACTION FINALLY CURED THE OLD LADY.

"Al" Dashbach's latest story is considered by many Dashbach fans to be his best.

It concerns a well-to-do old lady who suffered from a persistent pain in her foot and who was treated, for the usual handsome cash consideration, by a variety of specialists.

One found after careful examination that her teeth were at fault, and of course had the teeth all removed.

Her foot pain now abated, however, after the teeth were gone, and there was nothing to do but consult another specialist, who convinced her that the whole trouble was with the tonsils.

So she consented to another "extraction," and the tonsils followed the teeth, and with the same result—the pain in the foot persisted.

She went to other specialists, and had other extractions, all the time getting more desperate with the continued pedal pain and the lack of relief, especially as it seemed there was nothing more to extract.

But just then happening to go to her shoe dealer with her troubles she finally recovered her waning faith in extractions, for the shoe clerk found a nail in her shoe, and when that was taken out the pain in her foot completely disappeared.

ADVICE ABOUT NEGLECTED FEET BY WELL-KNOWN AUTHORITIES

Defective feet are a widespread evil and are often the source of much inconvenience and suffering. Women are especially prone to this trouble on account of wearing high heels. These throw the weight of the body unduly on the ball of the foot and cause a misalignment of the whole body. The bones of the front part of the foot are misplaced downwards.

Flat feet are quite common in both sexes. The pain due to them may not be confined to the feet but be felt in the back. If you place your wet foot on a surface which shows the print plainly, the arch should leave no mark. That is, the impression should be narrow between the ball and heel. If the arch is lowered, the print is broad along its whole length.

Of course the adoption of an appropriate shoe is the first measure for overcoming foot troubles. Some stores now have an X-ray apparatus, so that the body structure of the foot can actually be seen. In general, a wise plan is to raise the inner side of the shoe. When this is done, the body weight rests more directly on the outer or supported part of the arch. With flat feet, the tendency is to wear down the inner side of the heel and sole.

WHO SUFFER MOST FROM FLAT FEET?

Flat feet are especially common among nurses, clerks, waiters, barbers, motormen and other persons whose occupations compel them to stand most of the day. The difficulty is also found in very fat people, whose weight is too much for their ligaments.

A simple exercise to benefit such feet is to curl the toes under repeatedly. In a short time an amazing control over the muscles of the toes can be acquired. Marbles and pencils can readily be picked up. One individual learned to move every toe at will, just as he could his fingers. Indeed any group of muscles which are ordinarily little used, can with practice be made remarkably flexible.

Another exercise is to have the operator stretch the foot forward, flex it backward and twist it both to the right and left. The patient will soon learn to do this properly without assistance. He should also rotate the front part of the foot. A good movement is to stand with the toes together and the heels about twelve inches apart, then rising on the toes. Another is to walk on the outer side of the foot. Walking, first with one heel, then the other, about an inch above the ground, is recommended. Relief is sometimes obtained in from two to four weeks but a thorough cure is not likely in less than three months. In severe cases, the exercises must be repeated daily for a year.

The most effective remedy for flat feet is wearing Chinese slippers. These can only be kept on the feet by curling the toes under. The exercise obtained in wearing these slippers a few hours every day is the best means we know of for strengthening the muscles of the soles of the feet. In incipient cases, the difficulty may be practically overcome. In advanced cases, however, the ligaments have become stretched to such an extent that gymnastics alone will never effect a cure. In such cases, relief may be obtained by wearing shoes so constructed as to give to the arch of the foot the support that it requires.

It may surprise many people to know that the feet should be directed straight forward, and that to toe out is to twist the muscles into an unnatural position. It is known that the American Indians walk pigeon-toed. —Good Health Magazine.

—Are you reading your own paper or some other persons? —Rear the Watchman.

SARAH SIMPSON COOKE OF REVOLUTIONARY DAYS.

(Among Pennsylvania's notable women nominated for inclusion in the Book of Honor to be placed in Strawberry Mansion, Fairmount Park is an ancestor of the well known Cooke family of Centre county.)

Uncommon courage and uncommon fortitude have been, almost invariably, the common traits of the women who lived in Pennsylvania in the days of the First Frontier. They were not swayed by any dream or hope that later generations would find a saga in their lives. They simply saw their duty and did it in day-by-day and matter-of-course fashion, some a little better than others.

One of these women of extra-epic stature was Sarah Simpson Cooke, daughter of one frontiersman and wife of another.

She was born in Paxtang Township, Lancaster County, in 1742, her parents being Samuel and Rebecca Simpson. Her grandfather, Thomas Simpson, was one of the first settlers in that locality, his name appearing upon the assessment list of Conestoga Township, Chester County, afterward Donegal and then Paxtang.

Samuel Simpson was a well-to-do farmer, according to Dr. William H. Eggle's "Some Pennsylvania Women During the War of the Revolution," but his farm was so remote from town that his children, including Sarah, received only a limited education and most of that at home, since the few months of winter school barely sufficed to instill the rudiments.

But in household accomplishments Sarah Simpson excelled. Dr. Eggle's record declares, "She could spin and weave, and therefore was personally fit to become the wife of a frontiersman."

So in 1762 she married William Cooke, son of John Cooke, who emigrated into Pennsylvania, from near Londonderry, Enniskillen, Ireland.

"In 1767 Mr. Cooke removed his family to Fort Augusta, now Sunbury," Dr. Eggle's narrative continues.

"He was elected the first Sheriff of Northumberland county, October, 1772, and at the opening of the struggle for Independence was one of its firmest supporters. He was a member of the Committee of Observation for the County, of the Provincial Conference of June 18, 1776, and of the Constitutional Convention in July following. On the last day of the session of the latter body he was chosen to be colonel of the battalion to be raised in the counties of Northumberland and Northampton. This became the Twelfth Regiment of the Pennsylvania Line, being composed of riflemen, was employed upon picket duty and covered the front of General Washington's army during the year 1777, while detachments were sent from it to General Gates, materially assisting in the capture of Burgoyne. The regiment was so badly cut up at the battles of Brandywine and Germantown that it was disbanded, and Colonel Cooke mustered out of service. He was appointed Deputy Quartermaster of Stores during the years 1778, 1779 and 1780. In 1781 and 1782 he was chosen to the General Assembly; commissioned one of the Justices October 3, 1786, and in January, 1796, an Associate Judge of Northumberland County. He died at the town of Northumberland, April 22, 1804."

It was during the year 1775 that the Rev. Philip Fithian, in his journal, alludes to the invitation of Sheriff Cooke to stop with him, remarking that "Mrs. Cooke was certainly an agreeable woman, hospitable and kind in the extreme." Dr. Eggle's book refers to the wartime activity of Mrs. Cooke: "Her husband in the patriot army many duties devolved upon her, apart from the care and education of her children. Amidst the gloom, her strong old Calvinistic faith buoyed up her heart, and her firm reliance upon the God of Battles nerved her for whatever might befall her. Finally her husband returned from the war, relieving her anxiety. During the summer of 1778 their house was a hospital as well as an asylum where the wounded and sick, the helpless women and children received care and succor. Mrs. Cooke was never weary in well-doing.

"When peace dawned, plenty was added to their stores for in a letter to a brother in London in 1789, Colonel Cooke writes: You desire me to make out such a list of books as Johnny (a son) requires to complete his library and you would send them in the spring and I thought that would be sufficient at present; and yet I would take it a kindness if you would pack up a piece of chintz along with Johnny's books, that would make each of the girls a pattern of a gown." He also adds that he had just completed a grist mill two and a half miles from here, which goes very well."

The Johnny referred to was the second child of Colonel and Mrs. Cooke. In 1792 he was made a captain in the Fourth Sub-Legion of the United States Army, serving with a Northumberland company under General Wayne at the Battle of the Miami, assisting in checking the power of the confederated Indians in the Northwest Territory.

The other children were Mary and Jane, who married, respectively, Robert and William P. Brady, sons of Captain John Brady; Rebecca, who became the wife of William Stedman; Elizabeth, who married Thomas Martin; and Sarah, who became the wife of William McClelland, and later of Judge Samuel Harris, of Lycoming county. William Cooke, the other son, married Martha Lemmon, daughter of James Lemmon.

Mrs. Sarah Simpson Cooke died in 1822 in Northumberland county, and she is buried in the town of Northumberland. —(Philadelphia Ledger.)

MILITARY FUNERAL FOR WORLD WAR DOG HERO.

A military funeral for "Bing," world war hero and the only dog said to have been decorated for services with the American expeditionary force in France was held in Dennison, Ohio, on June 17. Gas he inhaled in the trenches as a puppy nearly twelve years ago, together with his advanced age made it necessary to chloroform him.

"Bing's" body was interred in the Soldiers' plot in Ulrichville Union Cemetery, but his skin was preserved and mounted by a taxidermist.

"Bing" a bulldog, was the only canine to receive a bonus from the United States Government. He was assigned \$60 a month as a soldier's pension, being listed as a "bonedigger."

It was when "Bing's" nose scented gas in time to save the lives of many soldiers that he was cited and decorated by the French Government.

In the New York American, O. O. McIntyre commented as follows: "The bronze statue at the entrance of Hartdale, (N. Y.) burial ground for four-footed friends is dedicated to: 'The War Dog, Man's Most Faithful Friend.' The alert position, first aid kit strapped to back, the battered canteen and helmet at the feet tell the tale of forgotten heroism.

"The finest and most interesting dog cemetery in the world is the Cimetre des Chiens in Paris. In it are buried seven dog heroes of the late war and fresh flowers are placed on their graves daily."

MRS. PATTERSON BECOMES EDITOR

A woman whose family for three generations has been outstanding in journalism has assumed the title of editor-in-chief of The Washington Herald.

Mrs. Eleanor Medill Patterson, granddaughter of the founder of The Chicago Tribune, thus becomes the first of her sex to hold such a position on a metropolitan newspaper. The task which Mrs. Patterson takes over will not be entirely new to her. She has done considerable newspaper work and in addition has written several novels.

She signed these latter as Countess Glyzcka, a title she received on her first marriage. Her second husband, Elmer Schlesinger, a lawyer, died several years ago.

Mrs. Patterson had sought to buy the Herald, but was unsuccessful. It is owned by the Hearst organization.

The woman editor's brother, Joseph Medill Patterson, is publisher of The New York Daily News and The Liberty Magazine. The late Senator Medill McCormick, whose widow is seeking his seat, was her first cousin.

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CUTS OF BEEF.

A less tender cut of beef may, with skillful cooking, be made almost as delicious as a choicer piece. These are times, however, when one wishes a special treat of a tender piece of meat.

In general, the tender cuts for steak are: Sirloin, porterhouse, tenderloin, and short cuts of rib. Less tender cuts are chuck, shoulder, flank, round, rump, neck, plate, brisket and shank.

The best method of cooking tender cuts is to sear the meat at a high temperature until a brown coating is formed, which will shut in the juices. Then reduce the heat and finish cooking. Do not cover the meat, nor add water. Turn the meat to insure even cooking. Pour off accumulated fat to prevent frying.

For less tender meats, heat, moisture and slow cooking are needed to dissolve the connective tissue. Sear the meat in a small quantity of fat; then reduce the temperature, add a little water, cover tightly and cook slowly until tender. This process makes good gravy as the added water extracts some of the meat juices.

Less tender cuts are used in meat loaf, croquettes and many ways in which ground meat is a foundation. Vegetables are often added to make delicious stews. Flour, added before the meat is seared, absorbs and holds the juice.

GAME FARMS PRODUCE 60,000 RING NECK EGGS

About 60,000 Ring-neck pheasant eggs have been produced at the two State Game Farms so far this year. At the Fisher farm in Montgomery county there are now over 3,000 young birds in the rearing field and at the Jordan farm in Lawrence county over 5,000. The latter farm expects to raise in the neighborhood of 7,000 birds, while the Fisher farm expects to raise around 5,000 birds. Refuge keepers have already been furnished about 15,000 eggs many of which have already been hatched. Some refuge keepers have reported an almost 100 per cent hatch.

Much has been accomplished in the operation of the game farms since their establishment last summer and the results have been very satisfactory. Results at the turkey farm in

Juniata county have also been very good. There are now over 500 young birds at the farm, all coming along in fine shape. Game protectors have been furnished approximately 2,500 eggs and over 29,000 eggs have been given to sportsmen.

DESOLATION IN WAKE OF GIGANTIC GOLD DREDGES.

Automobile tourists through the northern part of California are liable to have their attention attracted to mountains of cobblestones frequently seen. Sometimes these piles are 50 to 60 feet high and several hundred feet long. They are never beautiful and add nothing to the landscape. In fact, they are eyesores, but there is little prospect of their removal. These piles are the accumulation of the gold dredges, gigantic constructions which eat their way through the land and leave a trail of desolation.

Farm lands and orchards are bought up by the operators and left in ruin, for the land is useless for any purpose whatever after the passage of the dredges. These machines cost about a quarter of a million dollars, but the cost of operation is very small. A large quantity of the earth must be treated to recover a small quantity of the yellow metal, but at that the business is very profitable. The stones taken from the soil are useful only to grind up for cement, but the piles standing today will offer crushed stone sufficient for the demands of the entire country for many years.

Teacher—Willie, why were you so late this morning? Willie—My mother had to wash my peninsula. Teacher—Your what? Willie—My peninsula! Didn't you tell me yesterday that a peninsula was a neck of dirt?

A girl from the telephone exchange fell asleep while in church. The preacher, announcing the hymn, said, "Number 428." At that moment the girl awoke. "I'll ring 'em again," she murmured.

Miss Bright: "I use the dumb-bells to get color in my face." Her Uncle: "Sensible girl! That's a lot better than using color on your face to get the dumb-bells."

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