

Your Health
THE FIRST CONCERN.



In last week's Watchman some advice on care of the feet was reprinted from Good Health magazine. Footnotes from other well-known authorities are added today with the hope that they may prove helpful to the many suffering from various types of foot troubles.

Modern footwear is really a serious menace to the health, beauty and youth of our young women. The exaggerated high heels now being worn by young girls and all women within the child-bearing age is truly a matter of great concern to those who have these subjects at heart.

Those who possess marked grace of bearing and who walk gracefully, usually possess slender feet with long, great toes, because in walking correctly the toes strike the floor first. If this method is not natural it is exceedingly difficult to acquire. When the heels are used in walking they give rise to much awkwardness. The body is thrown out of equilibrium, and fatigue, weakness, strain, and deformity result.

While with exaggerated high heels the body is thrown forward, in heel walking it is thrown backward. Heel and toe walking is more fatiguing than running.

The shock given the spinal column and brain each time the heels strike the ground is well proved by the manner in which sufferers from headache involuntarily prevent this by cautiously tiptoeing. Rubber heels offer a compromise, for they markedly reduce the concussion and are a boon to heel walkers.

The native fleet-footed Indians stand and walk beautifully, with much dignity and poise; their feet do not deviate outward, but point straight ahead. The great toe, however, does not point ahead; that is, it does not turn on a straight line with the inner border of the foot, but turns slightly inward. The soft moccasins in no wise interfere with the normal development, functions and actions of the foot.

You can determine how well your feet have been shod by examining the worn shoes. The wearing marks on the bottom of the sole and heel of the shoes are a sure indication as to whether or not the weight of the body is properly balanced.

It is not enough to have shoes of proper size; they must also conform to the shape of the foot. Women must alter their gait when changing from high heels to low heels, which explains why so many assert that they cannot wear low heels. It is a matter of adjustment, of poising the body on a new line. Some are truly uncomfortable in low heels, since the hollow of the foot is not perfectly fitted.

The Cuban heel is not hygienic, as the plumb line falls in front of the heel, whereas the slightly concave commonly called the "French" heel is better because it extends further forward, supporting the instep.

The length of the vamp is very important, yet it is rarely considered in ready-to-wear shoes. The length of the arch and the length of the great toe determine the style of the vamp that can be worn with comfort and therefore with beauty by each individual concerned.

I receive hundreds of letters from my readers about foot disorders. Everyone of us has at some time or another complained about aching, burning feet. Some times it is because we are wearing the wrong kind of shoe. More often however, the discomfort has a more serious underlying cause.

A doctor friend of mine originated the term "athlete's foot." This term is used in place of the old names of "toe itch," "hobo itch" and "ringworm," which have an unpleasant sound and often prevent the public from freely discussing the malady.

I am told that last year in a single university out West 54 per cent of the students were afflicted with ringworm of the feet. At least one-half of the adult population suffer with this trouble at some time or another.

Athlete's foot, or ringworm, generally begins between the toes and spreads gradually along the sole and sides of the foot. The skin becomes reddish and scales, which are either dry or moist, cover the affected part. When peeled off these scales leave an inflamed area. There is a slight itching.

The condition spreads slowly. For this reason it may run along for weeks or even months without attracting attention. But in the later stages the nails become brittle and yellow, and finally very much thickened and nearly black.

This ailment is caused by a vegetable fungus, commonly found on the floors of gymnasiums, swimming pools and bathing places. When the feet are moist, as following a swim or shower, the germ takes easy root. The infection can be easily transmitted from one member of a club or gymnasium to many other members of his particular group.

The proper treatment should be started immediately and the patient must remain away from swimming pools, gymnasiums or other places where there is an excuse for walking barefooted.

Ringworm can be cured by the application of a mild antiparasitic ointment.

FOR AND ABOUT WOMEN.

They say life is a highway, and its milestones are the years. And now and then there's a tollgate where you may pay your way with tears;

It's a rough road and a steep road, and it stretches broad and far. But it leads at last to a golden town where golden houses are.

Vacation really means a change from the ordered routine of life—doing something quite different. For instance, take meals—most people eat in a dining room. They do it from habit and because it is the logical place to eat. But even that can become very monotonous. If you are fortunate enough to have a porch or a sun room—and most homes these days do have one or the other—try serving some meals out there. There's more air and more light and it's something different.

Ah! but, you will say—who's going to do the extra work—and take the extra steps! With a little planning—there need be no extra work or extra steps. Naturally the night when the menu is a hot roast with hot vegetables would not be the night to serve dinner on the porch. But during the summer months this sort of menu is not particularly appetizing. At the same time, cold meals night after night are just as bad. There is a happy medium. A boiled chop or a small steak with fresh peas or asparagus preceded by a fruit cup—or tomato juice cocktail and followed by a crisp salad with an iced drink makes a delicious meal. And all will be done right at the table, if you have the proper electric table cookers—a versatile thing—reasonable in price. Briefly, it is an oblong affair consisting of two sections—similar to a waffle iron—the grids however, being plain aluminum and removable. There are two heating elements—one on top and one on the bottom. In the closed position—this cooker is a broiler or toaster. Just preheat it for ten to twelve minutes and you are ready to broil right at the table, thereby being sure of appetizingly hot chops or steak even when served on an open porch. No chance of their being cooled in transit. Then by removing the grids you have a heating element plate on which you can set a dish for the vegetables. Boil a quantity of water in the kitchen and finish cooking the vegetables on the table stove.

On this same table cooker you can prepare delicious toasted sandwiches. By the way, this type cooker attaches to any outlet.

An electric coffee percolator is also a big aid to porch meals. You can have your hot coffee or iced coffee, whichever you prefer. Of course if you have an electric refrigerator you have your bowl of ice cubes, handy for the most delicious kind of iced coffee—the kind made with freshly percolated hot coffee.

This same electric percolator can also be used to boil water for tea. Just leave out the coffee basket—make your tea with tea bags in a china tea pot and you have delicious tea made as it should be made for either hot tea or iced tea.

The matter of setting a table on a porch may mean a few extra steps but if you will put all the dishes and linen and silver on a tray or on your tea wagon you can get that much done in one trip. Then make a second trip with the foods. Try it a few times—you'll find the change and the holiday feeling will compensate for a few extras.

Now about this matter of cool rooms—many firms in the electrical industry this year have rather banded together and put a little \$5.00 fan on the market which sells for \$5.00. The fan is adequate to keep the air circulating in a good sized room. Don't place a fan so that the breeze blows directly on you; that's not necessary. It's the dead lifeless air that is so oppressive. Just keep it stirring and you'll be astonished at the relief from oppressive heat. Juggling your budget so as to get one of these fans for every room will be a splendid investment. They last for years and the new models are the quietest things in the world.

About these comfortable beds—we'll take it for granted that the majority of people already have good springs and mattresses; its getting to be a national habit. But clean fresh sheets and pillow cases just as frequently as you can possibly arrange to have them, is the acme of cool comfort in summer.

This of course brings up the laundry problem expense, extra work and all that sort of thing. And of course frequent changes might mean more linens unless—well we've seen a washer that will answer all these "ifs" and make frequent changes possible and practical without the buying of more linens. In the first place this washer is compact enough to fit in the average kitchen and it can be used without set tubs. It makes doing a 6 lb. wash each morning almost automatic. You simply put in water, soap and clothes; touch the lever and walk away. At the end of 15 or 20 minutes, drain off the wash water and after rinsing the soap suds away with the filler hose, run in a hot rinse. Touch the lever and again walk away, letting the washer rinse the clothes mechanically. Then transfer the clothes to a spinner basket right in the same tub and spin the water out. Then run more clear water over and over the clothes in the basket until you are satisfied as to their cleanliness or if you prefer, put them back in the tub for another clear water mechanical rinse; then spin them as dry as you want them. If you want to iron direct from the basket just spin them until they are of the correct dampness for ironing and there you are.

—Read the Watchman.

VOCATIONAL AGS. TO TAKE PROJECT TOUR.

Plans are just about completed for the first out-of-county project tour for the boys enrolled in vocational agriculture in Centre county and their parents, which will take place next Monday, August 11th.

Last year the boys visited projects in Centre county, but this year they have asked to be taken to some other county to see the work being done there. With this in mind a tour of the projects in Snyder county has been arranged.

The group will assemble at Spring Mills in time to leave there promptly at 8:00 a. m. From Spring Mills they will drive directly to Middleburg, Snyder county, and meet the group from that county. Several projects in and around Middleburg will be visited before lunch. A basket lunch will then be served at a convenient place along the route. After lunch the party will move on to Beavertown where they will visit projects of the boys of the Beavertown vocational school. After completing the project visits the Centre county group will return home by way of Lewistown and Centre Hall.

It is hoped that as many as possible of the boys and parents will take this opportunity of seeing the work of other boys in the vocational schools of Snyder county.

Invitations have been extended to the county superintendent of schools and his assistant; members of the State department and the department of rural education at the college; the county agent and the teachers of vocational agriculture. A standing invitation is extended to any or all persons interested to go along on this tour.

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JUNIOR DEPARTMENT AT THE GRANGE FAIR.

The program for the junior department at the Grange Fair, Centre Hall, August 23 to 29, has been completed. It includes several very interesting events for the boys and girls.

The winners in each type of project will receive the \$3.00 first prize, offered by the Grange association, and an additional \$2.00 donated by the Centre County Bankers' Association, provided he goes to the State farm products show next winter. The committee in charge feels everyone should see the State show and are expecting to use this method to help some boys get to Harrisburg. The boys will be taken in cars, so that the total of \$5.00 will cover about all of their expenses.

A livestock judging contest for all boys and girls of High school age will be held Wednesday morning, at 10 o'clock. Very fine prizes have been ordered for this contest and the usual large number of entrants is expected.

The vocational project contest books of the Centre county boys will be judged this year by Mr. Mc-

Connell, county vocational supervisor of Lycoming county, Tuesday morning at 10:30. In order to have the books ready they must all be in by Monday noon.

Gregg township and Harris township vocational schools will put up very extensive exhibits of the products made both in home economics and agriculture.

Miss Gear, supervisor of home economics in Harris township, is arranging an exhibit of a model kitchen, the idea being to show the proper arrangement for labor saving.

The teachers of agriculture are cooperating in an endeavor to place an exhibit in landscape gardening. This exhibit will attempt to show the effect of landscaping on the home. The exhibit is to be carried out as follow-up work of the extensive landscape program carried on through the schools this past year.

The traveling animal circus of the State Game Commission will be larger than ever this year and will include a specimen of nearly all the wild animals and birds native to the State. It will be on exhibition at Grange Park during the Patron's encampment there.

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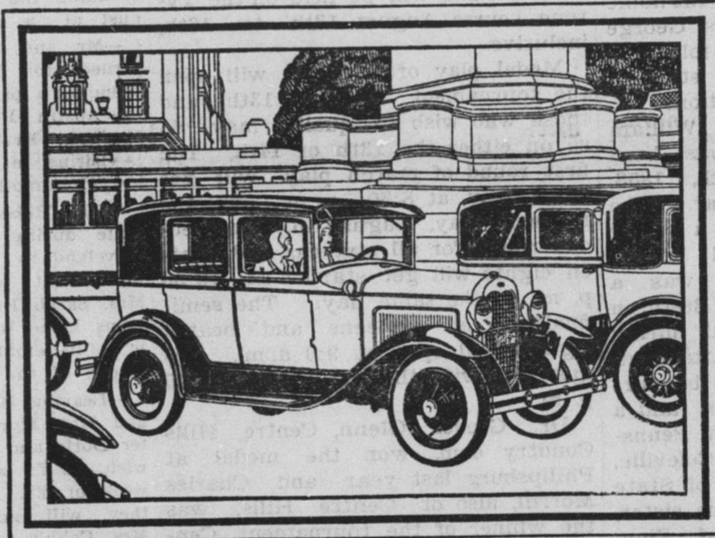
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The greatest progress comes by never standing still. Today's methods, however successful, can never be taken as wholly right. They represent simply the best efforts of the moment. Tomorrow must bring an improve-

ment in the methods of the day before. Hard work usually finds the way.

Once it was thought impossible to cast gray iron by the endless chain method. All precedent was against it and every previous experiment had failed. But fair prices to the public demanded that wasteful methods be eliminated. Finally the way was found.

A better way of making axle shafts saved thirty-six million dollars in four years. A new method of cutting crankcases reduced the cost by \$500,000 a year. The perfection of a new machine saved a similar amount on such a little thing as one bolt. Then electric welding was developed to make many bolts unnecessary and to increase structural strength.

Just a little while ago, an endless chain conveyor almost four miles long was installed at the Rouge plant. This conveyor has a daily capacity of 300,000 parts weighing more than 2,000,000 pounds. By substituting the tireless, unvarying machine for tasks formerly done by hand, it has made the day's work easier for thousands of workers and saved time and money in the manufacture of the car.

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