

WHY

Recumbent Body Requires Covering

Do you know why you must cover up when you lie down? It is because it takes less muscle activity to maintain a recumbent position than a standing position, and therefore less heat is produced in the body. This is one of the interesting facts related by Dr. B. C. H. Harvey in his series of simple lessons in human anatomy which appeared in Hygeia, the health magazine. In the article he describes the wonders of the muscles.

Wherever movement is needed in the body, there muscle tissue exists. All muscle tissue is made up of thousands of fibers. The biceps muscle, for instance, contains about 260,000.

A movement is not always made with all the force we are capable of using. A piece of muscle one inch square can lift about 140 pounds. There are billions of possible combinations of fibers. No two persons use the same ones. And that is why signatures identify people, Doctor Harvey explains. Each person learns in childhood what combinations he likes to use and thus develops his own peculiar style of handwriting.

Why Airmail Service Is of Value to the Nation

Some idea of the value to this country in case of war of the air mail service is indicated in figures recently quoted by Assistant Postmaster General Irving Glover.

He pointed to the training of a corps of expert pilots, who daily fly 44,000 miles, 29,000 of which are after dark.

The growth of the air fields coincident with the expansion of the service, the employment at aircraft factories of skilled labor, drawing a weekly pay roll of \$1,000,000, the development of a system of airways which in time of invasion of this country would be of inestimable value in speeding defense from one part of the country to another were all cited by Mr. Glover.

Incidentally, the daily quantity of air mail carried by plane has increased from the 700,000 letters in the first year of the service, in 1918, to more than 25,000,000 letters which were carried in the month of April alone.

Why Called "Knickerbockers"

There are few of us but at one time or another have worn knickerbockers—those loose trousers, fastened at the knees, which have become quite the vogue for sports wear for both men and women, boys and girls.

This particular type of wearing apparel has been worn for hundreds of years, particularly in Holland.

They were called "knickerbockers," however, in America, after Diedrich Knickerbocker, a nom de plume adopted by Washington Irving, when he wrote his History of New York.

Diedrich Knickerbocker was considered a typical Dutchman. He wore the kind of trousers we know as knickerbockers. And after him, it was so-called.—Kansas City Star.

Why Colors for Children

According to a traditional color scheme, which is of unknown origin, baby boys should be dressed in pink clothing and baby girls in blue, although in some parts of the country, particularly in the southern states, parents reverse the old symbolical arrangement and dress their baby boys in blue and their girls in pink. One writer says that blue was assigned to girls because that was the color adopted by the Virgin Mary and the royal house of David to which she belonged. At any rate, blue and pink have become associated with babies.—Pathfinder Magazine.

Why Star on Currency

Paper currency is printed and finished in sheets of 12 subjects. The finish includes imprinting the numbers in series. It occasionally happens after a serial number is imprinted that the bill is discarded because of some imperfection. A bill discarded is replaced with a perfect bill, which has been prepared for such an emergency, and bears a number not in the regular series, but which is distinguished by a star preceding the number.

Why Exposure Hurts Coal

One would naturally believe coal could be left lying around until wanted without any loss from exposure to the weather. This, however, is not the case, for coking types of coal lose much of their coking qualities through this exposure. Coals particularly high in oxygen absorb oxygen rapidly, and in thus doing lose the qualities which make them valuable for coke production.

Why Owl Regurgitates

Owls, like other birds of prey, eject through the mouth in the form of elongated pellets the hard, indigestible portion of the food which it swallows. These pellets of regurgitated food can generally be found in the haunts of these birds.

Why Moon Is Cold

Although the sun strikes the moon's surface with terrific power, it stores no warmth there. For the moon lacks what we possess—a thick covering of air which acts as a sort of blanket and holds the heat from the sun.

Person of Unusual Size Classed as Monstrosity

Many persons admire giants, perhaps envy them, and imagine that they are examples of a superior humanity. A complete error; for gigantism is an anomaly, a monstrosity, as much so as dwarfism.

It is really a disease. The work of anthropologists has shown that the giant is a man that is still a child, in whose case growth does not stop at the age when normally he ought to have ceased to grow. The giant is rarely well-proportioned; his hands and feet are almost always too large his face is generally distorted.

Physicians who have studied gigantism say that giants are all diabetic. Professor Landouzy says also that almost all of them are candidates for tuberculosis. They are subject to all sorts of other morbid troubles; they tire sooner than normal persons; they are unfit for all violent labor; their muscles are weak in spite of their size; their nerves lack resistance, and they are often affected with neurasthenia. Handsome giants are rare.—Jean Lecoq in Le Petit Journal, Paris.

St. David's Day Holiday for Grecian Youngsters

The Welsh are not the only folk who keep holiday on St. David's day, says an article in the Montreal Family Herald. In Greece it is called Swallow day, the festival of spring, when the children go from house to house gathering small gifts and carrying wooden swallows, which they spin around to the accompaniment of folk songs. Some of these "swallow songs" have a long history. One of them has been traced back, indeed, more than 2,000 years.

Jesus college, "Little Wales in Oxford," as the facetious have called it, because of the preponderance of Joneses there, has its own method of celebrating St. David's day. For one thing there is the toasting of St. David in "swig," an exclusive and potent Jesus college brew. This is dispensed by a ladle that holds half a pint, from a beautiful silver bowl presented for the purpose by Sir Watkin Williams-Wynn in 1732.

Derivation of "Tariff"

According to Edwards' "Words, Facts and Phrases," the word "tariff" comes from the Moorish name "Tarifa," a fortress that stands on Cape Tarifa, a Spanish promontory commanding the entrance to the Mediterranean. When the Moors had possession they levied duties at certain fixed rates upon all merchandise passing in or out of the straits. The Century dictionary and other authorities on etymology, however, give the word a different origin. It comes from an Italian word, "tariffa," meaning "casting of accounts" or "list of prices," which was itself derived from the Arabian "arif," meaning "knowing."

Adjustable Owl

An "adjustable" owl is on view at the zoo, London. It is known as a European Scops owl, and though insignificant in size, being normally less than six inches high, it is regarded as a great rarity. The color and markings of its plumage are like those of a tree trunk. When at rest the owl elongates its body and sits motionless in such a position that it resembles the stump of a branch. But a remarkable change comes over it when alarmed. It blows out its body, which visibly grows in size like a toy balloon being inflated. The bird is then almost globular in shape and quite unlike its elongated self.

Theory Made Real

A few years ago at a meeting a banker opined that the total amount of money in the world ought to be equivalent to the total wealth of the world; else, he suggested, people would never be able to pay their debts. He explained that in the United States there were \$20 of wealth for every dollar of money, and therefore there was but one chance in twenty of a debtor's paying his debts. "I will give \$5," he said, "to anyone who can disprove that statement." When no one accepted the challenge, a wag suggested it was because there was only one chance in twenty of getting the promised \$5.

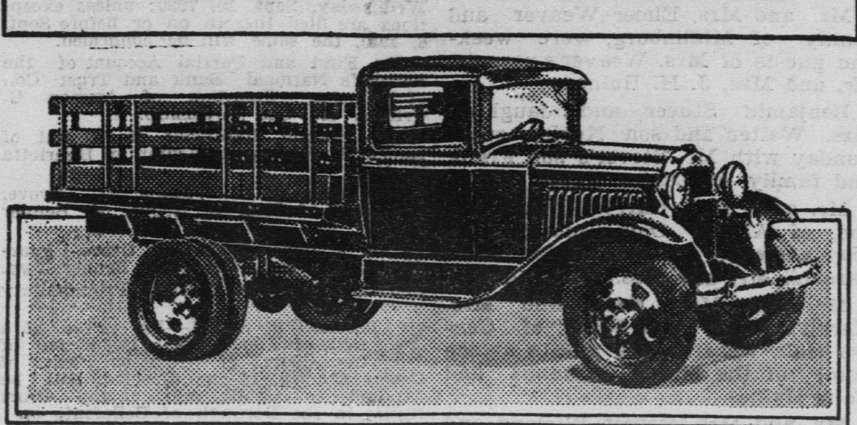
Talcum Production

North Carolina powders the nose of the United States, having one of the biggest talcum mines in the country near an abandoned gold mine and much more valuable than any gold mine. From the same rock which provides the finest and softest talcum for the faces and arms of women comes the talcum used in roofing and automobile tires. Much of that is sold to the motor industry, while the finer kind that goes into dainty powder boxes measures 80,000 particles to the inch and is guaranteed to shed water, resist fire and weather and protect all underlying surfaces.—Capper's Weekly.

Three Was the Limit

"You must give your husband five teaspoonfuls of this mixture every night before he goes to bed," ordered the doctor. The patient's wife looked a little disconcerted. "Five!" she said. "I can't doctor. I'm afraid that's quite impossible." The doctor frowned. "Impossible?" he said. "Oh, nonsense! What on earth do you mean?" "Well, sir," explained the woman. "I don't think we've got more than three in the house."

New Ford Truck With Closed Cab



NEW Ford Model AA trucks and Model A light delivery cars were announced this week by the Ford Motor Company and are on display in the show rooms of Ford dealers.

Changes in the trucks are principally in the front end, which has been completely redesigned, and in the cab. The radiator is higher with more cooling surface, fenders are wide and flowing, and a black cowl strip adds a note of distinction.

The new Model AA trucks with the four-speed transmission introduced several months ago may be had with enclosed or open cab. The enclosed cab, shown above, is all steel, it is low in appearance yet with ample head room. The open cab is of black rubber

top material and is easily removed. Both cabs are equipped with windshields of Triplex shatterproof glass and vacuum type windshield wipers.

Model AA trucks may be had with a platform body, which can be equipped with stakes or a panel body. The chassis has many improvements, including the four-speed transmission, larger front brakes, stronger springs, power take-off opening and optional dual rear wheels.

The Model A line of new commercial cars comprises a light delivery truck with pick-up body, a deluxe delivery truck, a small panel truck and a station wagon. These cars have the smaller wheels and larger tires of the new Ford passenger cars.

Iceland Althing First of World Parliaments

Iceland in June, 1930, celebrated two great events: the one hundred nineteenth birthday of Jon Sigurdson, its George Washington, who wrung home rule from Denmark in 1874; the thousandth anniversary of the althing, oldest parliament in the world.

A century before the battle of Hastings, 850 years before our own government was founded, the frinkins (free landowners) of Ireland were lying under a constitution (the constitution of Ulloft) and a regularly constituted lawmaking body. The althing met in midsummer and was the occasion for great feasts and merrymaking, as well as numerous bruises, lacerations and concussions.

What political life and law were like in the old days is recorded in Icelandic sagas and law codes. The althing did not function perfectly, nor did the judicial system which was set up, the real governing being done by the various chieftains; nevertheless, the althing forms a magnificent tradition. It looks down from its hoary eminence with paternal solicitude for such youthful bodies as the English house of commons and the United States congress.

Many Plants That Lure Insects to Their Death

There are a great many varieties of insectivorous plants which grow almost all over the world. The first group of these plants is known as the pitcher plants, which have the blossom in the form of a pitcher which acts as a death trap for flies and other insects. The insects are attracted by a fragrance or some other lure, enter the mouth of the pitcher, and crawl down toward the bottom, being forced upward by small spikes downward pointing from the sides of the pitcher's throat. The poor fly is thus given no chance to escape and when he reaches the bottom he is caught in the sticky mass of fluid there and his body juices absorbed by the plant. Two other types of insectivorous plants are the Venus flytrap genus and the Dionaea which grows only in the low coast regions of North Carolina. This little plant is probably the most famous stem variety of the insect-eating plants. A third type is a Sundew Drosera, which is common to Australia. This is also a large genus containing a great variety of species.

Bit of Greece in France

Antibes, like all the other places along the fascinating French Riviera, has had a romantic history, says a writer in the Detroit News. It was founded more than 2,000 years ago by descendants of the Greek colonists who had built a thriving city on the site of Marseilles. Legend says that among these first settlers were some men and women who had come from Greece and that they chose Antibes as a place to build because the scenery there reminded them so much of Greece. Phenicians and Carthaginians, Romans and Gauls, Germans and Italians and French—they have all met on this coast in the centuries that have passed since, but Antibes has managed more than any other town in France to retain its Greek appearance.

University's Art Treasure

A full-size copy of Murillo's "Immaculate Conception" in mosaics is in the chapel of the Catholic university at Washington, a gift from Pope Pius XI. Three artists labored nearly four years in the Vatican mosaic studio to piece together nearly 800,000 bits of colored glass and of other mineral compounds which form the finished picture, the original of which is preserved in the Prado at Madrid. The mosaic is 9 1/2 feet long and 6 feet wide. Without a frame, it weighs 6,000 pounds. The pieces are of 50,000 different tints and shades.

—Read the Watchman and get all the news worth reading.

Historic Buildings in City of Philadelphia

Its wealth of historical landmarks and associations and its close proximity with other cities and places of interest on the east coast places Philadelphia on the main roadway of eastern tourist travel. To the visitor interested in the nation's history this city offers associations which are identified with it alone and which distinguish it among all other American towns. Chief among these is Independence hall, where the Liberty bell reposes and within whose walls the Declaration of Independence and the Constitution of the United States were drawn and signed.

Many of the most interesting old landmarks are confined to a small area on the central part of town, among these being Carpenter's hall, meeting place of the first Continental congress; the Betsy Ross house, where the first American flag is said to have been made and old Christ church, place of worship of Revolutionary heroes and in whose graveyard lies the body of Benjamin Franklin. Congress hall is another point of interest.

Bright Jap Youth Tells All About the Banana

Japanese descriptions are almost always good for a few laughs. One of the latest is the theme of a little Japanese schoolboy in the Sacramento valley. The subject was "The Banana," and the little fellow wrote:

"The banana are great remarkable fruit. He are constructed in the same architectural style as the honorable sausage. Difference being skin of sausage are habitually consumed while it are not advisable to eat rapping of banana.

"Banana are held aloft while con-suming; sausage are usually left in reclining position. Sausage depend for creation on human being or stuffing machine while banana are pristine product of honorable mother nature.

"In case of sausage both conclusions are attached to other sausages; honorable banana on other hand are joined on one end to the stem and opposite termination are entirely loose.

"Finally, banana are strictly member of vegetable kingdom while affiliation of sausage is often undecided." —Los Angeles Times.

Alaska in Summer

The Alaskan summer is one of gorgeous, vivid sun, warm winds and flower gardens. The warm Japan current, striking Vancouver Island, is deflected northward and carries to the Alaskan coast the same delightful humidity of the lower Pacific coast. To the visitor Alaska becomes a land of great forests, rushing rivers, Indians, curious totem poles, black fox farms, salmon fisheries. The journey there through 1,000 miles of scenery such as found nowhere else is made in four days threading the almost land-locked channel known as the "Inside Passage" which winds through mountain-hemmed fjord-like waterways as through a fairland with wooded islands, tremendous glacier peaks, fascinating Alaskan towns and queer old settlements.

Ponderous Doctor Johnson

That Dr. Samuel Johnson (1709-1784), famous English lexicographer, defined a window as "an orifice in an edifice," in his noted dictionary is a fact which lends point to the popular anecdote told by Boswell. Speaking of animal fables, Boswell said he thought it would be difficult to write such fanciful things. Johnson said it would be easy enough.

In a later comment on this incident, Boswell recalled the fable of the little fishes who saw birds flying over their heads. The biographer remarked:

"The skill consisted in making them talk like little fishes, but if Doctor Johnson were to make little fishes talk, they would talk like whales!"

—Read the Watchman.

Bodily Changes

Dr. Edward F. Adolph of the University of Rochester has stated that the elements in human bodies undergo the following changes: Water changes every three weeks; salt every 22 days; potassium, 72 days; magnesium, 108 days; nitrogen, the fundamental element of muscles, 290 days; iron, essential element of the blood, changes about every 900 days; phosphorus, 800 days, and lime, 2,800 days. Certain cells, such as the brain cells, apparently last a lifetime.

Baby Learns to Hike

The word "walking" is becoming obsolete as the term "hiking" comes into general use. Before long we may be saying, "The bride hiked down the aisle on the arm of her father."—Woman's Home Companion.

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