

Your Health THE FIRST CONCERN.



The late Eloise Meek, physician and Doctor of Public Health, commenting on the writer's zealous campaign for dental hygiene, said: "It is good to teach care of the teeth but why not be equally concerned about care of the eyes? If we lose our teeth we can get artificial ones but there is no artificial substitute for lost eyesight."

Care of Eyes.—We all know the colored part of the eye is the iris. It is brown, or blue, or black, or gray.

The iris is really a muscle. What appears to be a black patch in the middle is a hole in the iris. This is the "pupil," which varies in size as the muscles and circulation of blood cause it to dilate and contract.

Of course, the iris is subject to disease as is any other muscle. Its most disagreeable ailment is called "iritis."

In iritis, or inflammation of this muscle, the most marked symptom is pain. This may be located either in the eyeball, or in the forehead between the brows. There is much watering of the eye and bright lights cause distress.

There is a zone of redness in the "white of the eye," around the iris, together with dimness of vision. The redness gradually spreads until the entire white may become inflamed.

The pupil, which normally reacts to light and shade, becomes fixed in iritis.

This condition requires careful attention in order that the sight may not be affected permanently. Valuable time is sometimes lost by mis-taking the trouble for "conjunctivitis," which is an inflammation of the mucous membrane lining the eyelid and covering the eyeball.

Reading, or any close work, must be avoided, and dark glasses may be worn for comfort. But the underlying cause must be cleared up before recovery can be expected.

In the chronic form there may be present some blood disease, tuberculosis, or diabetes. In the first case the constitutional disease is probably the cause of the iritis. Your doctor will institute the necessary general treatment.

But if the cause is obscure, a search must be made to find where the trouble lies. Chronic constipation, pyorrhea, decayed teeth, abscessed tonsils are all factors in producing the disease.

In the control of this disease I want to emphasize the importance of plenty of rest and relief from nervous excitement. The patient should spend much time out-of-doors and exercise reasonably. But he must be careful to avoid the bright sunlight. The diet should be carefully watched.

In treating iritis the pupil is kept dilated by the medicine the doctor prescribes. For the relief of the pain, the application of heat, as hot as can be borne, is the most beneficial. Capsicum-vaseline applied to the temple may help to relieve the suffering.

If there is redness of the eye or any pain, be sure to consult your doctor immediately. The trouble is probably not serious but do not take a chance.—By R. S. Copeland, M. D.

An Eye Full of Beauty.—In the daily hygiene of the body, the eyes and their aids—the lids, brows and lashes—are more often than not overlooked, yet they require the same daily care accorded the hair, teeth and nails. The eyes should be given a bath morning and night; in the morning to remove the secretions that have accumulated during sleep and to freshen and stimulate them for the day; on retiring to remove dust and grime and to prepare them for any special treatment required, which is best given at this time, as it produces the best effect during the quiet hours of rest.

Because of the extreme delicacy of the tissues, never use force or "dig" into the eyes with a wash cloth or towel. Use two eye cups; bathe the eyes simultaneously. In this manner the entire field—eyes, under and upper lid—are actually bathed. The following eye wash is of signal benefit when used as an eye bath:

Eye Wash.—Boric acid, 1-2 dram; sodium bicarbonate, 1-2 dram; peppermint water, 3 drams; fluid extract hamamelis (white), 4 drams; camphor water, 2 ounces; distilled water, 3 ounces; 4 drams; camphor water, 2 ounces; distilled water, 2 ounces.

Use in eye cups. Physiologic salt solution—one teaspoonful of refined salt to one pint of boiled water—makes an excellent wash. This may be applied warm on pledgets of cotton to cleanse the eyes, after which cold water should be repeatedly dashed on for its tonic value.

After a month's daily attention, the health of the eyes responded by a clearness eminently delightful—and let it be emphasized that the beauty and expressiveness of the eye depends almost entirely upon its color and healthfulness.

Beauty of color in the eyes is also dependent on health. Every color of the eye is beautiful when the organ itself is brilliantly healthy; no color adds to the luster of the eye when this is dull, heavy, bleary, con-

gested, jaundiced, or pale, sick and weakly.

The color acquired by an outdoor life, or by exercise in the open, gives vigor to the blood, owing to the large amount of oxygen and electricity inhaled through the lungs and skin. This purified blood is carried to all parts of the body, rebuilding the tissues upon a more beautiful and sounder base.

The iron in the blood—itsself a strong pigment—takes the oxygen from the atmosphere and carries it as vividly red, buoyant blood to all parts of the organism. If the blood is thin and pale, if it is poor in iron, it carries little oxygen, and the tissues are weak, pallid, destitute of life, force, expression, energy, beauty, color.

The color of the eye also changes, apparently, by absorbing or reflecting the color from their surroundings. We are all acquainted with the improvement manifested by the eyes when the complexion is scientifically "made up."

As a rule, the color of the eyes conforms to the general coloring of the hair and skin, and it is quite a study to select such colors in dress as will harmonize and enhance their beauty.—By Charlotte C. West, M. D.

Revive Beautiful Eyes After Exposure to the Sun.—During the mid-summer season when the sun glares down upon us the eyes are apt to suffer more than we realize. Eye-strain rarely develops overnight, usually being a much longer process, that gathers magnitude as time passes.

"Therefore, I think a little conversation to remind you that your eyes need special attention at this time may not be amiss. On those days when you've been frolicking in the woods or on the beach you should bathe your eyes when you return.

Should the eyes be red and so tired that a tight drawn sensation is experienced, hot compresses will bring almost instant relief and go a long way toward insuring a clear, normal eye condition within a few hours.

Put a little water in an enamel saucupan over the fire and when it reaches the boiling point remove it, permitting it to stand until sufficiently cool to make its use safe and comfortable.

The saturated folded piece of gauze in the hot water and without wringing it out place the cloth over the eyes, closing them firmly but not too tightly. As soon as the cloth begins to cool, replace it with a fresh hot one.

Ten or fifteen of these hot compresses are ample. A boric acid solution should then be allowed to flood the eyes to clear them of any fine particles that may be causing irritation and to soothe the membrane. Thus every effort to counteract the damage done by unusual exposure is made and beneficial results are bound to follow.

An excellent formula which can be kept handy in the medicine chest just for such cases is made by adding ten (10) grams of boric acid to one hundred (100) grams of rose water.

These amounts, of course, fill a good-sized bottle and the liquid must be diluted before it is used. Four or five drops of the solution added to one-half (1/2) cupful of warm water make an agreeable solution.

Should the eyes not feel refreshed after half an hour, salt water pads may prove an effective remedy. This treatment is especially good if further activity is to be entered into because it stimulates circulation, wiping out the tired lines that overexposure causes and tones up the eyes generally so that they sparkle again with life and the love of living.—By Josephine Huddleston.

NEEDLESS KILL OF RABBITS EXCEEDS STATE STOCKING

Stocking rabbits in most sections of the State would be unnecessary if autoists really tried to protect rather than kill the harmless little animals, according to Hugh H. Groninger, chief of the bureau of predatory animals.

Based upon an actual count made on a 40-mile stretch of the William Penn Highway, Groninger found that one rabbit is killed each twenty-two hours on an average of each twenty-one miles of road. The count was made during weekly trips in a forty week period.

Because traffic and therefore needless kill of rabbits is lighter on less heavily traveled roads, Groninger estimates that the daily average is one rabbit for each 100 miles of road in the State. In a county with a total mileage of 1200 the daily kill, according to Groninger's estimates, would be twelve. Experiences on his own personal experiences Groninger believes that more than one half of the rabbits killed result from carelessness or a cowardly complex of automobile drivers.

This needless kill, Groninger asserted, is greater each year in each county than the number of rabbits the Commission is able to stock.

HIGH BEACON LIGHT PATH OF AIRPLANES

Coyotes that sing to the moon and ground owls that emerge from the burrows of prairie dogs to hover at night, soon will be disturbed in their desert haunts in southern California and Northern Arizona by the rhythmically flashing beacons of a modern airway.

Work has just been started on the first 245 miles of the Los Angeles-Kansas City airway, over which hundreds of passenger and mail planes now are plowing the upper air.

The desert stretch will have towers 51 feet high, spaced from 29 to 38 miles apart, depending on the lay of the land.

Red flashes near each beacon will inform night-flying pilots of his course and identify each beacon station by means of a code of dots and dashes.

"MOST BEAUTIFUL GIRL" TELLS SECRET OF CHARM.

Girls, if you want to keep your beauty, lend an ear to Dorothy Dell Goff, 17-year-old senior at a New Orleans high school, who was chosen at Galveston's recent pageant as "the most beautiful girl in the world."

Here's her advice: Eat plenty of fresh fruits and vegetables. Drink plenty of milk. Go easy on candy and pastries. Take plenty of exercise—dancing and swimming are fine. Avoid late hours, get plenty of sleep.

Don't smoke cigarets nor touch alcoholic drinks. A pink-and-white blond, 5 1/2 feet tall and as graceful as a young willow, Dorothy is back home again after having triumphed over American and foreign beauties to win the crown of "Miss Universe" at Galveston. And she is about as different from the typical bathing beauty as one could imagine, for she's a quiet girl who has always remained close to her mother.

TALL, AND STILL GROWING Dorothy is tall for her age and still growing. She is a perfect 34. Her blonde hair is long, her blue eyes large and intelligent. Her trim eight inch ankles rise out of her 2AA slippers. She has never used rouge nor lipstick in her life; she doesn't need any. She weighs 122 pounds.

For the first time in the history of national and international beauty contests, she is one winner who is honest enough to say that washing dishes gives her a great big pain and cooking is something she despises.

"I want to be an actress like Marie Dresser," she says, "and that's my one goal in life." "Cook?" she repeated. "Not I. I hate to like nobody's business."

The golden-curl 17-year-old from the Crescent City was winning beauty contests since she was 13 months old, so the honors at Galveston were received with somewhat blasé reaction.

WAS BEAUTY AS A BABY. When she was 13 months old Dorothy was entered in a beautiful baby contest in Hattiesburg, Miss., and won first place. At 10 she was crowned the queen in a Gulf coast bathing beauty contest at Ocean Springs, Miss. Last year she was chosen "Miss American Legion" from a large field of contestants and this year was selected "Miss New Orleans" from a field of 75 entries.

In the past two years Miss Goff has been appearing in amateur theatricals and has been singing over the radio. She has a rich contralto voice—almost a baritone.

"The old bunk about loving housework is just plain silly," she confided. "I hate it. I couldn't broil a steak to save my life and the very thought of sweeping and dusting gives me the creeps."

"Of course I have a career in mind," she replied to a question. "I am going to be a real actress, not just one more actress, but a real, honest-to-goodness actress like Marie Dresser. I hate mushy motion pictures and saccharine plays, and if I thought I couldn't do something better I'd have no ambition to perfect myself for the stage."

Most of Miss Goff's time at home is spent with her music and dancing lessons.

HER VIEW ON BOYS. "Boys are all right in their place, but the girl who has a career ahead of her can't afford to waste her time in parties and automobile rides and late dances—she has to work."

And work Miss Goff does—and how! At 7 a. m. she is up in the morning for 15 minutes of stiff calisthenics before her breakfast of fresh fruit and crisp toast—no coffee. There is 30 minutes of piano and then an hour of dancing practice.

There is a light luncheon of fresh vegetables and milk, and then an hour of relaxation—sleep, if possible. Afternoon brings another 30 minutes of piano and 30 minutes of dancing. Dinner is a slice of rare roast beef and a bit of vegetables and a great glass of milk. In the evening there may be two hours in a downtown picture show or it may be two hours of serious reading—and then to bed.

"I haven't been awake later than 10 o'clock in ages," she smiled.

PINK HER FAVORITE COLOR Miss Goff leans to dresses in pastel shades and wide-brimmed hats. A pale pink evening dress trimmed in pale blue won the plaudits of the Galveston throngs. Her appearance in a pink bathing suit with a white belt won the beauty crown.

"Mash notes?" she smiled. "Plenty of 'em, but maybe they'll stop now that they know I don't like to cook and keep house."

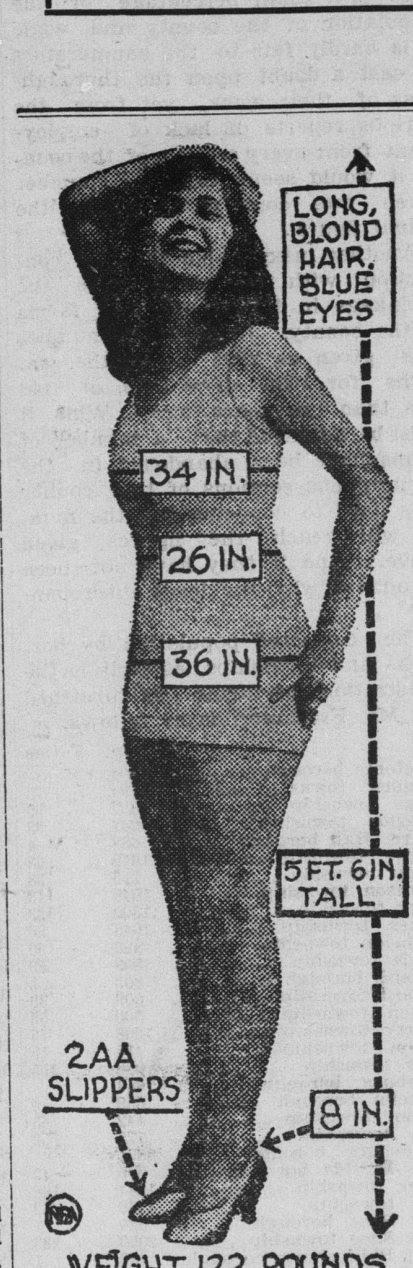
"Could you describe your ideal man?" the interviewer asked.

"No, I couldn't," Dorothy replied. "I have never been in love and I have no ideal. I guess when I love a man it will be because he is himself. I have no idea of getting married soon, but I will never let the career stuff interfere with marriage. If I see a man who wants me and I want him, I'll marry and quit everything but home."

THE OLD AND NEW STANDARD FOR FEMININE PERFECTION. For the sake of comparison with the measure of Miss Dorothy Goff, recently voted "the most beautiful girl in the world," the proportions of the Venus de Medicis, ageless standard for feminine perfection, are here given:

GRECIAN INFLUENCE. When the Greek sculptor Cleo. menes, carved his beloved Venus de Medicis, he gave her a waist of 27 1/2 inches and a perfect 34 1/2 bust. She was just past five feet tall, and her

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AS BATHING BEAUTY—Here is Dorothy as she appeared at the Galveston pageant when the judges crowned her "Miss Universe," or the most beautiful girl in the world. The figures show her measurements.

SUFFRAGE DISCOURAGES EMILY NEWELL BLAIR

Emily Newell Blair, who campaigned for suffrage in Missouri back in 1914, is "frankly quite discouraged about women in politics." She made this known in her contribution—the first pessimistic one—to a fat compendium of opinions on women and the ballot gathered by the League of Women Voters to mark the tenth birthday of feminine suffrage in America. These views, gathered from notables of both sexes, are to be published for the anniversary, August 26, of the signing by former Secretary of State Coiby of the proclamation that actually culminated the movement. Mrs. Blair said:

"I am afraid the suffragists have made the same mistake as the temperance group. Both of them thought that with their victory they had only to defend their position; and so, just as the Women's Christian Temperance Union stopped its educational work for claiming the Eighteenth Amendment worked so the suffragists stopped their educational work of convincing people that women had a right to equality and devoted themselves to other interests."

Mary E. Wooley, president of Mount Holyoke College, in responding to the league's query said: "The granting of the suffrage to women has not brought about the millennium, but it has meant a decided step toward better government."

Said Newton D. Baker, former War Secretary: "The years of experience under the Nineteenth Amendment are not enough to enable me to express any positive judgment as to the use which women in general have made of their suffrage privilege."

Mrs. Franklin Roosevelt said women had made "a contribution to better government," and that wherever they have taken part in local politics, there is no question but what the general standards have gone up."

REAL ESTATE TRANSFERS.

David Chambers, et ux, to James F. Uzzle, tract in Snow Shoe Boro and Snow Shoe Twp.; \$1. W. Scott Crain, et ux, to Lewis W. Gill, tract in Worth Twp.; \$2,000. Albert Huntington, et ux, to Emily G. McCloskey, tract in Liberty Twp.; \$250.

H. E. Dunlap to Deposit National Bank, tract in Phillipsburg; \$104.40. L. L. Smith, treasurer, to E. S. Bennett, tract in Worth Twp.; \$62.94. Ralph E. Malone, et ux, to Edward Green, tract in Spring Twp.; \$200.

Bertha Hendershot, et bar, to Charles L. Byron, tract in Phillipsburg; \$1. Anna B. Confer, et al, to Philip C. Holter, tract in Howard Twp.; \$1. Philip C. Holter, to William Bland, tract in Howard Twp.; \$1,450. Centre County Commissioners to Whitmer Steel Co., tract in Miles Twp.; \$5.

William Freeman, et ux, to Charles E. Freeman, tract in Phillipsburg; \$1. Claude E. Wert, et ux, to D. S. Wert, tract in Potter Twp.; \$1. D. S. Wert, et ux, to Claude E. Wert, tract in Potter Twp.; \$1. Union Cemetery Association to Mrs. J. D. Musser, tract in Miles Twp.; \$5.

Charles L. Byron to Bertha Hendershot, et bar, tract in Phillipsburg; \$1. Martha Haines to Stewart Haines, tract in Haines Twp.; \$15. John Hockenberry to Katherine Shawley, tract in Spring Twp.; \$1. Ella Wasson to Emma May Borest, et al, tract in Halfmoon Twp.; \$1. J. W. Henszey, et ux, to Omicron Association, Inc., tract in State College; \$1.

William E. Clark, et ux, to Omicron Association, Inc., tract in State College; \$1.

CRASHES FOR HALF YEAR COSTS OWNERS \$2,000,000

While much has been said and written about the human toll in automobile accidents, little attention has been given to the purely financial aspect of motor crashes. It is surprising, therefore, to learn that in the first six months of 1930, 16,136 motor vehicles in Pennsylvania were damaged to the extent of approximately \$2,000,000.

These figures are given by the Keystone Automobile Club in an analysis of the accident reports as tabulated by the Safety Division of the State Bureau of Motor Vehicles.

UNIVERSITY OFFERS \$10 FOR HUMAN BLOOD

Wanted human blood, \$10 per hundred cubic centimeters. This is the offer of the University of California Hooper Foundation, which announced the need of blood through the state department of public health.

The blood, however, must be from individuals who have just recovered from attacks of infantile paralysis. According to Dr. Karl F. Meyer, director of the Foundation, the blood is to be used in the manufacture of serum to treat infantile paralysis.

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