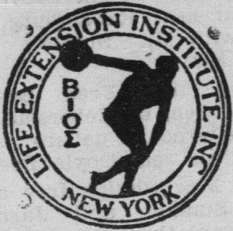


Your Health
THE FIRST CONCERN.



A SCIENTIFIC LULLABY.

(This lullaby, in the modern manner, is by Dorothy Ashby Pownall.)
Go to sleep, darling! Sweet peace to your soul!
Mother will pray for your motor control.
Check up statistics on mental hygiene.
Look at your brain through an X-ray machine.
Hush-a-bye, darling; it's mother's ambition
To get your reflexes into condition,
Mother is wise to the new sociology,
Psychanalysis, endocrinology,
She'd sing to you, but the psychologists,
Preschool authorities, learned biologists,
Ban lullabies for the kids of the nation
Lest you develop the mother-fixation.
Make your good-night scientific and formal:
Experts say kissing will make you sub-normal!
Angels are watching o'er nerve and gland—
Hush-a-bye, lullaby—ain't science grand?

HOW'RE YOUR HORMONES.

Science is making discoveries that open wide vistas of interest for the rest of us. Did you know that sputum from humans in high anger is very poisonous? Do you know that horses and dogs can actually sense by smell, when a human is frightened, and that the same sense accounts for the friendliness animals show for certain people? Ductless gland throw hormones into the blood stream. Hormones have sudden and dramatic effect—they influence us tremendously. Indeed, in lower forms of life, similar secretions function for a nervous system. In higher form we have dual, and sometimes conflicting control—nervous system and chemical authority of gland secretions. Thus it is healthy to laugh and unhealthy to be angered. Our very moods affect our blood stream. Our blood affects our moods. Healthy babies are happy. Old philosophers are dreary. Someone has said all philosophers should submit to diagnosis. Many masterly and convincing pessimists may merely need a fig diet or a new set of ductless glands.

NEGLECT OF EYES IS DANGEROUS HABIT; WEAR "SPECES" IF YOU NEED THEM.

Sight is the most important of all your precious senses. What it gives us add immeasurably to the satisfaction of living. It informs us of the world in which we live, of all its objects and the doings of our friends.

"Myopia," or "near sightedness," is an eye defect that can be overcome only by wearing of glasses.

For many years a man has tried other means of relief. Massage, suction pressure and various exercises have been tried but to no purpose.

In very high degrees of myopia operative procedure has been used. But in the long run glasses seem to be the only corrective measure worth while.

Persons who are near-sighted are called "myopes." They have exceptionally large eyes. They are so large and so long that the retina, the seeing part of the eye, is too far back to receive distinctly the focussed rays of light.

The effect is the same upon vision as though the picture used in the projecting machine of a moving picture theatre were too small for the room. The screen is so far away that the images reaching it are blurred and indistinct.

A person afflicted with near-sightedness is never sure of what he sees. He can scarcely make out objects across the room. He fails to recognize his friends on the street.

There is one thing he can do which his far-sighted brother fails to do. It is his only advantage. I refer to the ability of the myope to read the finest type nearby without spectacles.

Occasionally we hear about an elderly person who reads without the aid of glasses. Almost always it is because the myopic eye is well suited for close work. While the distant vision is exceedingly defective the near vision may be excellent.

Myopia is sometimes progressive, increasing from year to year. Any severe illness may materially aggravate this visual defect.

In the correction of myopia strong concave lenses are used for distant vision. Unless the degree of myopia is very high, no glasses are required for reading.

When there is an excessive amount of near-sightedness it may be necessary to have a second pair of glasses. In such a case the reading glasses are much weaker than the distance ones.

Weak concave lenses have the effect of increasing the clearness and definition of distant objects. Things may look somewhat smaller, but at the same time they are far more distinct.

It is important that near-sightedness be corrected. Certain eye diseases are more common in cases of neglected myopia.

Too many persons are careless of their sight. When the wearing of glasses can overcome the evils of eye defects it is strange that so many persons go on from year to year without them. I cannot urge you too strongly to attend to your eyes.



DON GINGERY
for State Senator



JOHN G. MILLER
for Member of The Assembly

Vote for these Candidates and Help get the Government Back Into the Hands of the People.

TEACHERS' INSTITUTE
OPENS HERE OCT. 20TH.

The eighty-fourth annual Institute of the public school teachers of Centre county will convene in the court house in this place on Monday, October 20, and continue until the Friday noon following.

County superintendent F. G. Rogers has arranged for two sessions daily, except on Monday and Friday. The Institute will open Monday at 1:30 p. m., and close Friday at noon. Morning sessions will open at 9 and afternoon sessions at 1:30.

On Tuesday and Wednesday the sessions will be broken up into three sections.

The Rural Section will meet in the court house with Lewis R. Lenhart presiding and Earl K. Stock secretary. Miss Maude Miller, Dr. Carroll D. Champlin and Miss Helena McCray will be the lecturers.

The Graded Section will meet in the High school auditorium. Its sessions will have Mr. Carl Hayes, Mr. Ernest Ardery, Miss Mary Adams and Mr. Samuel Ross as presiding officers. Miss Mary Boyle, Mrs. Jeannette Smith, Miss Martha Yearick and Miss Maude Meyers will be the secretaries.

The High School Section will meet in room 13 of the High school building. Mr. H. S. Alshouse, Mr. O. R. Wagner, Mrs. Mary Abbott and Mr. Frank Ehrenfeld will be the presiding officers. The secretaries will be Mr. Harold Wion, Mr. Leroy Freeby, Mrs. Thomas Stetler and Miss Margaret Kane. The lecturers will be J. F. Wetzel, Dr. James P. White and Mr. Henry Klonower.

INSTRUCTORS AND LECTURERS

Dr. W. D. Henderson, Director, Extension Division, University of Michigan, Ann Arbor, Michigan.

Dr. James P. Whyte, professor of Oral English, Bucknell University, Lewisburg, Pa.

Dr. A. M. Weaver, Superintendent of Schools, Williamsport, Pa.

Dr. Carroll D. Champlin, Professor of Education, Pennsylvania State College, State College, Pa.

Mr. Henry Klonower, Director Teachers Bureau, Harrisburg, Pa.

Miss Helena McCay, Supervisor Health Instruction, Harrisburg, Pa.

Mr. J. W. Yoder, Director of Music, Ivyland, Pa.

Miss Rachel Shuey, pianist, Bellefonte, Pa.

DEVOTIONAL SERVICES

Devotional services at the various sessions will be in charge of the Bellefonte clergy represented by Rev. Wm. C. Thompson, of the Presbyterian church; Rev. Clarence E. Arnold, of the Lutheran church; Rev. A. Ward Campbell, of the Evangelical church; Rev. Horace Lincoln Jacobs, of the Methodist church, and Rev. Robert Thena, of the Reformed church.

INSTITUTE COMMITTEES

Necrology—H. S. Alshouse, chairman, Port Matilda; Frank Ehrenfeld, Phillipsburg; Carl Hayes, Bellefonte; Chas. E. Miller, Howard.

Legislation—O. R. Wagner, chairman, Millheim; Mrs. Mary Abbott, Rebersburg; Thos. H. Stetler, Snow Shoe; S. S. Williams, State College.

Resolutions—H. O. Crain, chairman, Phillipsburg; Leroy Freeby, Boalsburg; Curtis M. Watts, Spring Mills; Mrs. Daisy Henderson, Bellefonte.

Auditing—Charles F. Cook, Bellefonte; Carl Hayes, Hublersburg; Harold Wion, Bellefonte.

Delegates to P. S. E. A.—Miss Mary Ward, Phillipsburg; Miss Maude Miller, Ferguson; J. F. Wetzel, Centre Hall.

DISTRICT COMMITTEES

First—O. R. Wagner, Ch., Mrs. Mary Abbott, Curtis M. Watts, J. F. Wetzel, Mrs. Mary B. Foust.

Second—Leroy Freeby, Ch., Walter Weaver, A. B. Corl, S. S. Williams.

Third—Earl K. Stock, Ch., Sara Rearick, J. R. Haney, James Ritter.

Fourth—Chas. E. Miller, Ch., Mary Boyle, Earl Weber, Mrs. Jeannette Smith.

Fifth—H. S. Alshouse, Ch., Mrs. L. R. Acker, Mrs. Alice Shawver, G. E. Ardery.

Sixth—Mary L. Carlin, Ch., Albert E. Parkes, Sherman Burns, H. Crain.

Seventh—Thos. H. Stetler, Ch., Sara Woodling, Ann McGowan, Martha Kerin.

Teachers receive \$4.00 per day for attending the Institute. This means that they are expected to be present at all general sessions and all sectional meetings of which they properly form a part.

WINTER IN WYOMING
SUMMER IN CANADA.

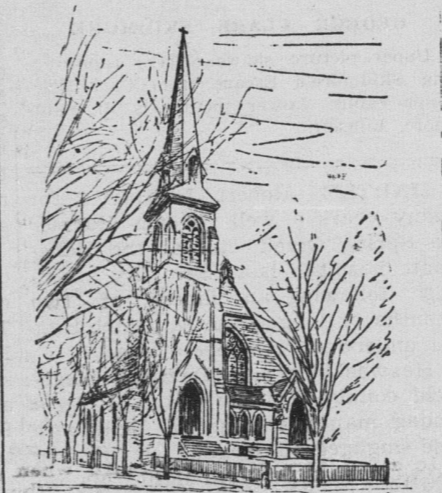
Heaping drifts three feet across the 11,000-foot spine of Snowy Range, in Wyoming, winter set in there last Friday, and clamped an icy padlock on the Laramie-Saratoga highway through the mountains. A blizzard was raging at Brooklyn Lake. No snow had fallen in Laramie, but the surrounding hills are white.

Autumn came back to the prairie provinces after two days of winter. Telegraph and telephone companies, after thirty-six hours' work, reported that their lines of communication were back to normal. Snow and sleet had carried down wires and poles over a wide stretch of prairie.

Announcement was made, last week, of the marriage of Miss Eva K. Lyon and James Ammerman, which took place at Geneva, N. Y., on June 22nd, 1930. The bride is a daughter of Mr. and Mrs. Harry Lyon, of east Howard street. She is a graduate of the Bellefonte High school and for several years has been an operator in the Bell telephone exchange. Mr. Ammerman is a son of Mr. and Mrs. Alfred Ammerman, of Geneva, N. Y., and it is in that city the young couple will make their home. In compliment to the bride operators at the exchange gave her a variety shower last Thursday evening.

Secretary of Labor James J. Davis will address the conservation Congress to be held at the Pennsylvania State College next Friday, October 10. Saturday will be "Dad's Day" at the College and it is expected that many of the parents of the students will be there the evening before to hear Senator Davis.

Harry C. Menold has taken a lease on the Emerick house, on north Spring street, now occupied by Mr. and Mrs. Glen Johnston, and as soon as the latter move back to Woolrich he, with his wife and little son, will move there from the apartment they are now occupying in the Beatty Motor company building.



BELLEFONTE REFORMED CHURCH
Corner stone for which was laid fifty years ago, on October 10th, 1880.

REFORMEDS TO CELEBRATE
LAYING OF CORNER STONE.

Plans have been under way for some time to properly recognize the fiftieth anniversary of the laying of the corner stone of the St. John's Reformed church, of Bellefonte.

On October 12th, morning and evening services will be held in connection with this event. The Rev. Dr. A. M. Schmidt, of Philadelphia, a former pastor, and the Rev. Frank Wetzel, of Akron, Ohio, a son of this congregation, who with his father and brothers built the present edifice, will be guests of the congregation and speak on this occasion. The Rev. Mr. De Long, now retired and living in Bethlehem, Pa., will be unable to attend the anniversary service because of the infirmities of age, but has consented to send a message to be read on that day. Another feature of this event is the installation and dedication of a window in honor of the Rev. Dr. Schmidt, whose pastorate was outstanding in the history of the church and in memory of his wife who departed this life several months ago.

This congregation was organized by the Rev. Ephriam Kieffer in the year 1836 in connection with the Lutheran congregation and remained a union congregation, served alternately by Lutheran and Reformed pastors until about 1843, when the Rev. William R. Yearick reorganized and formed an exclusively Reformed church, the charter being granted in 1846. It was in 1879 that the Rev. John F. DeLong began a pastorate covering a period of six years. Within six weeks after the coming of the Rev. Mr. DeLong the old church was set on fire by a newly installed furnace. While the damage was not serious and the church might have been repaired it was thought best to erect a new edifice. This was done and the corner stone of the present house of worship was laid October 10th, 1880. The building was not completed and dedicated until the fall of 1882. The parsonage was also remodeled and when the Rev. DeLong resigned in 1886 the congregation was strong and flourishing. From that time on the growth was more rapid and substantial. During the pastorate of the Rev. Dr. A. M. Schmidt which began in 1901 and lasted for a period of twenty-four years, the chapel now used by the Bible school was built.

Light frosts were in evidence on Monday and Tuesday morning, but they were not enough to do any damage to late garden crops.

Get your job work done here.

LATE FALL BEST TIME TO
TAKE EVERGREEN CUTTINGS

Taking cuttings of evergreens during the latter part of July and during the month of August is a common practice among amateurs.

A more successful time for this operation is from the latter part of October to the middle of December, says County Agent Ross. A small greenhouse or hotbed will be necessary for the latter method. The cuttings of evergreens should not be less than 4 inches nor more than 6 to 8 inches long. A sharp knife or a pair of pruning shears is absolutely essential in order to obtain a clean cut. The cuttings should be placed in flats 16x20x4 inches, with sufficient drainage allowed. Broken pots or stones, placed over the holes, will prevent the sand used in the propagation from leaking out. The cuttings are placed in rows far enough apart so that they will not touch each other. Placing the cuttings one-sixth to one-quarter of their depth in the sand has proved to be successful. New tissue will cover the best of the cuttings in 3 to 4 weeks after setting in the sand. When the cuttings have become thoroughly rooted, they should be shaded carefully for about 3 weeks after which they may be placed in rows 10 to 12 inches apart and 4 to 6 inches between plants.

REAL ESTATE TRANSFERS.

Joseph C. Shoemaker, et al, to Clarence L. Nixon, tract in Ferguson Twp., \$1.

Adam H. Kurmrine, et ux, to Malman J. Juhasny, tract in Ferguson Twp., \$6,575.

Bertha C. Foster to Preston A. Frost, tract in State College; \$1.

Marcella Beals to Angus Weller, et ux, tract in Huston Twp.; \$55.

Rachel R. Miller Northamer, et bar, to Ruth Northamer, tract in South Phillipsburg; \$1.

James H. Wilson, et ux, to Elizabeth C. Barnhart, tract in Spring Twp.; \$1.

Elizabeth C. Barnhart to James H. Wilson, et ux, tract in Spring Twp.; \$1.

Laura M. Vail, et bar, to David Y. Hoy, tract in Rush Twp.; \$1.

David Y. Hoy to Raymond Diehl, tract in Rush Twp.; \$1.

Conrad Miller, et ux, to Vincent Boldin, et ux, tract in Benner Twp.; \$4,000.

Conrad D. Bratton, et ux, to Elizabeth J. Jones, tract in Phillipsburg; \$7,500.

Kappa Phi Fraternity to Kappa Phi Fraternity, tract in State College; \$1.

Andrew J. Balash, et ux, to John Halanik, et ux, tract in Snow Shoe Twp.; \$800.

Harry Dunlap, Sheriff, to Wetzler's band, tract in Milesburg; \$2,300.

Russell D. Bigelow to Rachel Bigelow, tract in Phillipsburg; \$1.

The annual convention of the Centre county Supervisors and Auditors Association will be held in the court house, in Bellefonte, next Thursday, October 9th, H. S. Winkler, of Aaronsburg, is president of the association and Frank A. Carson, of Potters Mills, secretary. An interesting program is being prepared for the gathering.

Light frosts were in evidence on Monday and Tuesday morning, but they were not enough to do any damage to late garden crops.

Get your job work done here.

Lumber
At Lower Prices

AT
W. R. SHOPE
BELLEFONTE
Phone 432

ATTORNEYS-AT-LAW

S. KLINE WOODRING—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's Exchange. 51-y

J. KENNEDY JOHNSTON—Attorney-at-Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5, East High street. 57-44

J. M. KEICHLINE—Attorney-at-Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor of Temple Court. 49-51-y

W. G. RUNKLE—Attorney-at-Law, Consultation in English and German. Office in Crider's Exchange, Bellefonte, Pa. 58-5

PHYSICIANS

W. S. Glenn, M. D., Physician and Surgeon, State College, Centre county, Pa. Office at his residence. 35-41

D. R. L. CAPERS, OSTEOPATH.
Bellefonte Crider's Ex. 66-11 State College Holmes Bldg.

C. D. CASEBEER, Optometrist—Registered and licensed by the State. Eyes examined, glasses fitted. Satisfaction guaranteed. Frames replaced and lenses matched, Casebeer Bldg., High St., Bellefonte, Pa. 71-22-14

E. VA R. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday. Bellefonte, in the Garbick building opposite the Court House, Wednesday afternoons from 2 to 8 p. m. and Saturdays 9 a. m. to 4:00 p. m. Bell Phone. 68-40

E. VA R. ROAN, Optometrist, Licensed by the State Board, State College, every day except Saturday. Bellefonte, in the Garbick building opposite the Court House, Wednesday afternoons from 2 to 8 p. m. and Saturdays 9 a. m. to 4:00 p. m. Bell Phone. 68-40

FEEDS!

We have taken on the line of **Purina Feeds**

We also carry the line of **Wayne Feeds**

	per 100lb.
Wagner's 16% Dairy	1.90
Wagner's 20% Dairy	2.10
Wagner's 32% Dairy	2.30
Wagner's Pig Meal	2.50
Wagner's Egg Mash	2.60
Wagner's Scratch Feed	2.20
Wagner's Horse Feed	2.00
Wagner's Winter Bran	1.50
Wagner's Winter Middlings	1.60
Wagner's Standard Chop	1.90
Wayne 32% Dairy	2.60
Wayne 24% Dairy	2.40
Wayne Egg Mash	2.30
Wayne Calf Meal	4.25
Purina 30% Dairy	2.80
Purina 24% Dairy	2.60
Oil Meal 34%	2.60
Cotton Seed Meal 43%	2.50
Gluten Feed	2.40
Hominy Feed	2.30
Fine ground Alfalfa	2.25
Meat Scrap	3.50
Tankage 60%	3.75
Fish Meal	4.00
Fine Salt	1.20
Oyster shell	1.00
Crut	1.00
Buttermilk	9.00

Let us grind your Corn and Oats and make up your Dairy Feed, with Cotton Seed Meal, Oil Meal, Gluten, Alfalfa, Bran, Midds and Molasses.

We will make delivery on two ton orders.

All accounts must be paid in 30 days. Interest charged over that time.

If you want good bread and pastry use Our Best and Gold Coin flour.

C. Y. Wagner & Co. Inc

BELLEFONTE, PA.
76-1-1yr.

Caldwell & Son
Bellefonte, Pa.

Plumbing
and Heating

Vapor...Steam
By Hot Water
Pipeless Furnaces

Full Line of Pipe and Fittings and Mill Supplies

All Sizes of Terra Cotta Pipe and Fittings

ESTIMATES
Cheerfully and Promptly Furnished

66-15-14