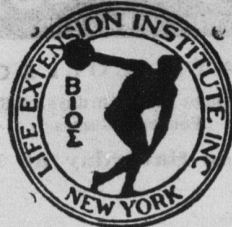


Your Health

THE FIRST CONCERN.



CLEANLINESS MOST ESSENTIAL IN GIVING INJURED FIRST AID.

R. S. Copeland, M. D.

If "Cleanliness is next to godliness," as the Biblical saying goes, then certainly, it should be applied in the case of an injured member of the anatomy.

Everyone should know what to do in case of a cut or a wound in the flesh.

When we speak of cleanliness in this sense we speak of surgical cleanliness.

A surgeon will use bi-chloride of mercury or some other antiseptic in treating a wound, but in first aid rendered by a layman water, which has been boiled and cooled is one of the best things with which to wash out a wound.

After cleaning the wound should be dried with a piece of the gauze. Then the edges of the wound should be brought together with strips of adhesive tape, using the strips crosswise of the wound.

Then cover the whole with several layers of gauze and bandage it well. Of course, later a surgeon can use sutures and give treatment if necessary.

If the patient is in a place where sterilized water cannot be had in an emergency the cleanest water possible should be used. The bandaging can be done with a clean piece of cloth or clean handkerchief. However, the wound should be seen by a doctor as soon as possible and the proper treatment given.

Every household should have a first aid kit. It can be had very reasonably. Have at least a solution of iodine (a 7 per cent solution is all right) apply it to cuts and other injuries. It should be painted on and around the wound before washing with sterilized water.

CARE OF NOSEBLEED

What a number of things there are to worry about! A lot of worrying is done over nosebleed.

One of the most common of childhood's ailments is bleeding from the nose. Usually it is not at all serious.

Nosebleed is almost always founded on some local disturbance, easily accounted for and corrected.

It is always well to see a doctor if nosebleed occurs often, or if the bleeding is long continued.

A very great loss of blood is not good for anyone. But sometimes Nature takes this way of getting rid of too much blood in one place, a congested area somewhere in the body.

In our northern climate, especially on the Atlantic sea coast, and inland on the Great lakes, where there is much moisture in the atmosphere, catarrh is one of the most common ailments.

One who has repeated colds and catarrh is very apt to have nosebleed from broken tissues in the nose. There is a chronic inflammation of the tissues. Scabs or crusts are formed in the nose and when removed bleeding is sure to be produced.

In some acute fevers nosebleed is a symptom. Measles, influenza, pneumonia, diphtheria, whooping-cough, scarlet fever, and especially typhoid fever are such diseases. Conditions where the quality of the blood is reduced as in anemia, may be accompanied by nosebleed.

Of course, if you have a blow on the nose or some other injury there you would expect to have bleeding after it. But don't worry; nature has provided a clotting of the blood to stop the flow of blood. The ordinary natural processes will usually stop the nosebleed.

There are several simple remedies that can be used in case of nosebleed. Cold applications on the back of the neck or over the nose are recommended.

Sometimes, putting the feet in hot water will draw the circulation from the head and thus assist in controlling the bleeding. Pinching the nose between the thumb and finger will make pressure sufficient often to control the hemorrhage.

Another good thing to use is tannic acid dissolved in water. This can be applied on cotton. Clear the nose by blowing out the blood clots and then push into the nasal passage a cotton tampon saturated with the fluid.

You may use peroxide of hydrogen or adrenalin chloride in the same manner. The latter is a solution which has marked astringency.

The slight of blood is apt to frighten people. We are taught that the blood stream is the very life of the

FARM NOTES.

Provide now for a better milk producing inheritance in your future herd. Use a good sire from a line of breeding better than that now represented in the herd.

Leaves make a good fertilizer when spaded into the garden soil. They also make a good mulch and protection to rose bushes and shrubs from damage by frost.

The education of the colt should not be postponed until it is desired to break him as a 3-year-old. The colt should be broken to the use of the halter early and prevented from becoming willful and headstrong.

Tender evergreens can be protected with straw, evergreen boughs, corn fodder, or burlap. Free circulation of air should be allowed.

In planning next year's work, try a system which will include several of the crops most profitable in the region over a period of years.

You can store vegetable root crops in a barrel outdoors if it is well covered with layers of soil and straw or leaves. The barrel head makes a good door.

To fatten the farm turkey for Thanksgiving, November 27, next, begin about the first of October, says the U. S. Department of Agriculture. At first feed just enough to keep the bird a little hungry, and gradually increase the food until it gets all it will clean up three times a day during the week before killing.

Some turkey growers feed equal parts of corn, wheat and oats in the first part of the fattening period and gradually change to corn alone as the weather grows cooler. Old corn is a much better feed than new corn. The old corn should not be musty.

With pullets coming into production, the average poultryman will be alarmed by the large proportion of small eggs that he gathers. Pullet eggs are to be expected during the first three or four weeks of each pullets production. After a bird has been in production for several weeks, she should be laying standard size eggs, provided, of course, that she has the breeding that enables her to do so.

Clean nests will also be a big advantage to the young pullets.

If your laying hens aren't getting yellow corn every day, give them all the green, leafy alfalfa they care to eat, advises W. C. Tully, of North Dakota Agricultural college. With no green grass or other fresh leafy feeds, biddy has a hard time keeping thrifty and laying eggs, too.

Vitamin A is a feed element most North Dakota hens find lacking in their winter rations, unless they are getting either yellow corn, alfalfa hay or cod liver oil.

Some poultry breeders have the impression that the larger the comb the better breeder the bird will prove. It is true that small shriveled combs are either temporarily out of production or are poor layers. The same kind of a comb on a male would lead one to expect him to make a poor breeder. The opposite is not necessarily true, that the largest combed birds are any better breeders than those with combs of average size.

A new breed of hen, not much heard of as yet, is called the Red Leghorn. It was recognized by the American Poultry association in August, 1929. This is what is sometimes called a "Manufactured breed"; in other words, it is produced by cross-breeding. A report on the new variety says that the first crosses were made with Sussex Brown Leghorns and Rhode Island Reds.

Further crosses were made with the stock got from the cross with Brown Leghorns. Buff Leghorns have earned a high reputation for egg production, but the new red variety promises to eclipse all other varieties because of its vigorous constitution, which it has inherited from its Rhode Island Red ancestry. The variety was first exhibited at Oakland coliseum show in 1925, and since then it has become fairly popular with American utilitarians.

With certain minor exceptions, as in the wool of sheep and the milk of dairy cows, practically all the potash in the feeds and fodders consumed by our farm stock is excreted by the kidneys. More than 90 per cent of the total potash excreted by the animals is to be found in the urine, and this in addition to the fact that one-half or more of the total nitrogen excreted is also present in the liquid excrete. It thus comes about that, weight for weight, urine has a greater manurial value than the solid excrement, and this not only by reason of its larger percentages of potash and nitrogen, but because these constituents are in a soluble condition and practically at once available for the nutrition of crops.

How much grain and the kind of grains to feed to cows on pasture depend upon the condition of the grass. Thin cows will need more grain than those that are in good flesh, and as a rule will also need grain rations that are not quite as rich in protein as the latter. If the grass is still fairly fresh and succulent less protein is also needed in the grain ration than if the grass has become mature and scanty.

body, and, of course, it is. But fear is foolish, for it sets the heart to beating strongly, and this, in turn, increases the bleeding. Say soothing things to the patient. Calm his fears.

If everything is not all right in a short time, call a doctor or take the patient to the nearest clinic.

FOR AND ABOUT WOMEN

MARY ANN

The best of all the folks I know, Is Mary Ann. She's rather freckled, plain and slow, Is Mary Ann. She cannot sing a bit, or dance, She knows naught of a coquet's glance, Does Mary Ann. But when the old troubles come to you, Then Mary Ann. Her awkward hands are soft to touch, Her freckles do not matter much, You feel that angles might be such As Mary Ann. —Ruth Herhor, in Rural New Yorker.

An old-fashioned quilting bee was held at the ninth annual exposition of women's arts and industries, New York, Oct. 6 to 11. Groups of women sewed together at wooden frames as in pioneer days. The affair was sponsored by the New York City Federation of Women's Clubs.

Mrs. Alice Palmer Mitchell, 85, maker of the first quilt successfully manufactured by machinery 60 years ago, was chairman of the committee.

Quality of workmanship alone was the point stressed in awarding prizes, which was gold pieces and modern wool-filled quilts.

The quilting bee was open to any skillful needlewoman. All materials were supplied at the exposition, where an original quilting frame was set up complete with a quilting cover and stamped design. A noted authority on quilting, Mrs. Ruth E. Finley, acted as judge.

Skirts were longer last fall than they had been in the summer. But skirts are a little longer this fall than they were last fall.

Waistlines were higher last fall than they had been. But not so high as they are this fall. Now it's normal waistline—or as near normal as your figure permits.

And the combination of longer skirt and higher waistline gives a longer limbed look to the fall, 1930, dress than that owned by fashion, 1929.

You'll like them better this fall. You're more used to them. Last year the change seemed abrupt. But by this time you're ready for those new dresses. And you'll like them. They're beautiful!

Skirts had an abrupt flare in the fall of 1929. This year they're straighter, though still easily full. There's not so much of a bell shape to them. The fullness is more apt to be placed nearer the front than the sides.

Last year the fullness in a skirt was released at a higher point than it is this year. Now—though fullness may start higher up—as in dresses with pleats beginning at the waistline—it is released lower down.

The pleats that begin high up are stitched down to a low point on the skirt—leaving the hips flat. And this, too, helps give the skirt a straighter look.

Clothes may be divided into three parts. First, those one wears regularly—and the closet never seems to hold enough of them.

Second, clothes that are out of season but which are in good shape and can be worn again.

Third, clothes that are so worn and so out of style that there isn't a chance of their ever serving a useful purpose again. Why doesn't one throw them away? Perhaps they are bound up with delightful memories—or they were rare triumphs of dresses in which one always looked splendid. Make up your mind to throw them out—at least the closet ruthlessly—but in a weak moment they are slipped out of the discard pile and back into closet again.

For such of us who need overflow space, either for sensible or weak reasons, there's nothing like a sturdy cedar chest. They come in all sorts of shapes and sizes so as to fit anywhere. Some are beautiful enough to be decorative in a well-fitted bedroom. Some are the size and shape that can be slipped under a window, covered with a velvet cushion and serve as a pleasant window seat.

If space is not available for the exposed cedar chest, a new type may answer the same purpose very well. It is called the underbed cedar chest and that's just what it is. The shape and size differ from the regular chests. These are anywhere from 40 to 48 inches long, 18 to 24 inches wide and from 21 to 24 inches high, so it makes up for it the other way, and is 49 inches long, 23 inches wide and 9 inches high. Also it is set on easy rollers so that it can be shoved in and out with no effort. It's as well made as the other type amply protecting contents from dust and moths.

Dustless dusters can be made by dipping clean dust cloths into a mixture of two tablespoonfuls of linsed or vegetable oil and a pint of gasoline or benzine. The cloths should be hung outdoors in the shade to dry, and are then ready for use.

Egg Pie—We are not prepared to say whether this most resembles a custard or a soufflé, but certainly it violates the rules of egg cookery—yet it still remains delicious: 1 tablespoon butter, 5 tablespoon flour, 1 quart milk, scalded, 5 eggs, separated, 1 teaspoon salt. Rub the butter and flour together and pour on the scalded milk, taking care that it is perfectly smooth. Beat the egg yolks with the salt and add to the milk and flour batter. Beat well and add the egg whites, beaten stiff. Bake in a hot oven (though this is heresy)—400 degrees F.—for 35 minutes and serve at once, as it will fall if allowed to stand.

This amount will serve eight. Chopped ham or fish added to the recipe is marvelous. Allow about one cup of ham and decrease the salt if necessary.—Marie Heyward.

WHAT AMERICA OWES GEORGE WESTINGHOUSE

Not one of the speakers at the dedication in Pittsburgh of a monument to George Westinghouse brought out adequately the biggest thing of all he did for the human race.

It was George Westinghouse who made possible through his developing alternating current, the transmission of great quantities of electric power over long distances and its distribution in retail quantities.

As a result twenty millions of our homes and nearly a million of our farms today enjoy the unique benefits of electricity at very low cost.

Also, George Westinghouse's alternating current made possible both the centralization and the decentralization of industries.

His own companies give employment to some 60,000 employees, but that number is infinitesimal compared with the millions of pay envelopes that have been filled for many years through the widespread dissemination of electric current.

Moreover, the products of Westinghouse's brain have made it possible for us all to live better at lower cost.

The monument itself is peculiarly fitting—and, as Westinghouse himself, peculiarly American. A life-size youth stands beholding George Westinghouse at work surrounded with artistically executed symbols of his main inventions.

George Westinghouse and his career appeal grippingly to the imagination of the youth of America. Stopping swiftly-moving trains by air, what romance there was in that.

Westinghouse's railroad switching and signaling system embodied veritable magic. So with others of his brain children.

Above and beyond that, George Westinghouse, not only early but also late in life, had to tread the pathway of disappointment, hardship, obstacles innumerable. But through it all this genius, who cared little for money, proved himself a full-statured man. Neither his faith nor his vision was dimmed for new achievements never slackened.

Westinghouse had the good fortune of being loved by his own associates and his own workers. It was they, over 50,000 of them, who inspired and financed the new monument. What a gathering of all ranks of human beings attended the impressive unveiling in a sylvan spot of exquisite beauty.

63,340 TONS CANDY EATEN YEARLY IN PENNSYLVANIA.

Pennsylvania's sweet tooth requires more than 126,000,000 pounds of candy annually, ranking second among the States of the union in total consumption of sweets, according to Chicago candy manufacturers.

A survey conducted disclosed New Yorkers to be the premier candy nibblers of the nation, consuming 150,000,000 pounds annually. Pennsylvania consumes 126,679,995 pounds; Illinois, 90,967,955; Ohio, 80,077,000; Massachusetts, 67,045,256, and California, 51,108,485.

Total consumption of candy for the entire nation is approximately 1,387,000,000 pounds annually.

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