



Diabetes is a condition resulting from inability of the system to handle properly the sugar which is consumed and which is essential to health.

Persons who have a habit of over-eating and who are overweight are subject to it. This tendency to overweight appears to "run in families" and so, in a sense, diabetes may be considered to have a hereditary nature.

It is more frequent, too, among people who are mental workers, rather than among manual laborers. Nervous influences have their part to play in the disease as well. It is probable that disturbances in the nervous system interfere with the chemistry of the body.

There are upwards of a million people in the United States today who have diabetes. Some types are very mild in their nature, while others are more severe.

It is encouraging to know that through a carefully planned diet and the use of insulin treatments, the disease may be kept in control. If a patient will follow certain health rules, he may live long and enjoy a useful life.

The use of insulin in diabetes dates from 1921, when Dr. Frederick G. Banting, in the Toronto General hospital, made his discovery. He proved it possible to take insulin from the bodies of young animals and use it in injections for the successful treatment of this disease.

Its use makes possible the burning of sugar in the body, and it also assists in the disposition of fat. This insulin treatment is not taken independently of, but in connection with a proper and limited diet.

The diabetic patient must first of all follow a carefully planned diet, which is outlined by his physician. The prescribed diet is taken under the most precise regulations. Much can be accomplished by such a regime. The diet necessarily differs with each individual.

All reasonable foods may be included but the total quantity should be strictly limited. The patient must be extremely temperate in the use of sweets. Unless frowned upon by the doctor, they may be had in simple desserts, but not between meals. Highly seasoned foods or sauces cannot be taken. Over-indulgence of every kind must be avoided.

The older person should strive to keep his weight within normal bounds, and this may be accomplished by exercise and a limited diet. But in these matters medical advice is important.

The hope of humanity in its fight against the cancer scourge lies in research and education of the public more than in unlikely discovery of "cures." Congress was told after partially successful results of an experimental treatment were disclosed to it.

Dr. W. B. Coffey, chief surgeon of the Southern Pacific Hospital, San Francisco, told of beneficial effects in 1,500 cancer patients following injection of a new extract developed by him and his associate, Dr. John J. Humber.

He and several other world authorities on cancer appeared before a special Senate Commerce subcommittee to urge the Federal government to help in research. They approved the Ramsdell bill to create a national institute of health under the U. S. surgeon general with wide powers of promoting and aiding research into disease.

The medical profession already has "cures" for most cancer cases, if they are treated in early stages, by surgery or radiation, which in a combination of X-Ray and radium treatment, Dr. Joseph Bloodgood, Johns Hopkins University specialist, told the committee.

Coffey and Humber emphasized they had no cancer "cure" but that their experiments so far indicate they have found a substance, which has the ability to stop pain and check the growth of some malignant cancer tumors.

Doctor Bloodgood said the increase in cancer in recent years, is due in part to the more certain diagnoses and in part to the fact that longer terms of life are bringing more people into the "cancer age" when they are more likely to be attacked.

The subject of how to live long is always of interest, which perhaps accounts for the eagerness of the average mortal to seize upon various methods which are recommended for promoting health and longevity, such as doing daily exercise to radio music and the like.

"Acute indigestion led to the abandonment of vegetarianism on doctor's order. Another doctor recommended discontinuance of cold baths. The daily dozen are still pursued, but faith in them has been shaken by the untimely death of their inventor."

Still, we may find many who swear the health fads and feed that their lives have been saved thereby. As the proverb has it, "What is food for some is black poison for others."

We will do your job work right.

# BUY - IN - BELLEFONTE

**Dr. R. L. Capers**  
**Osteopathic Physician**  
 Special Non-Surgical Method of Treating Rectal Diseases  
 Bloodless and Painless  
 Hours 9-12 a. m.  
 Monday and Wednesday 1-5 p. m.  
 Friday 7-9 p. m.  
 Tuesday, Thursday, Saturday 7-9 p. m.  
 Phone 128-J

**The Variety Shop**  
 Over a Third of a Century  
 at Same Location . . . . .  
 Merchandise and Prices  
 CORRESPOND

**C. Y. Wagner & Co., Inc.**  
 Manufacturers of  
**Flour, Corn Meal and Feed**  
 And Dealers in  
 All Kinds of Grain  
 Bell Phone 22  
 BELLEFONTE, PA.

TRY OUR  
**State College Cottage Cheese**  
 and Cream Cheese, Butter, Whipping Cream and Certified Milk—  
**Harry E. Clevestine**

When Winter Comes you will Need Your  
**FUR COAT**  
 Let Us Repair or Remodel It—  
 Guaranteed Satisfaction  
**Harry Greenberg**  
 Spring and High Streets  
 Bellefonte, Pa.  
 Phone 558-J

You Need No Longer be Told  
 You Have an Expensive Foot  
**Enna-Jettick Shoes for Women**  
**\$5.00 and \$6.00**  
**Mingle's Shoe Store**

We Recommend and Sell "Larro"  
 "More Profit Over Feed Cost"  
**Mayer Bros.**  
 Phone 334 Bellefonte, Pa.

**Insurance**  
**Ed. L. Keichline**  
 Bellefonte, Pa.

**Buy Lumber From a Lumberman**  
**W. R. Shope**

## The Key to Better Business

LIFE IS A GIVE AND TAKE PROPOSITION

### FALSE ECONOMY HAS NO VALUE

Buying Cheap Goods Just Because They Are Cheap Does Not Pay.

### QUALITY OFTEN OVERLOOKED

Instance Seen in Case of Mail Order Houses Which Make Their Appeal Solely on Basis of Price.

(Copyright, 1917, Western Newspaper Union.) Economy is one of the greatest of virtues but false economy is no more a virtue than anything else that is false. To be able to economize wisely is one of the greatest blessings that one can have, for it is the prerequisite to thrift and well-being. Too many persons, however, who think they have found the secret of true economy are practicing a false economy which is worse than wilful waste.

For instance, the man who buys a stove from a mail order house for \$9 because he thinks he would have to pay \$10 for one if he purchased it from his home merchant, is practicing a false economy, for the chances are that he would save more than \$1 in the end if he purchased the \$10 stove from the local hardware dealer.

There are several reasons why this is false economy. The first one is that dollar for dollar, the greater part of the merchandise sold by the mail order houses is of less value than that sold by the retail merchants of the smaller communities. The mail order business, as a whole is built upon cheapness. In order to attract customers the catalogue houses must sell goods cheaply and in order to do that they must sell cheap goods. Their business is built up on price and not on quality. The retail hardware dealer, like retail dealers in other lines, probably can match the prices of the mail order houses. He probably has a \$9 stove which he can sell to the man who wants to get a stove for \$9. The trouble is that the man who buys from the mail order house does not distinguish between price and quality. **Thinks He is Economizing.**

The man who buys the \$9 stove from the mail order house probably would not buy a \$9 stove from his local merchant for in the latter case he would see just what he was buying and might realize that the \$9 stove would not meet his needs. He orders a \$9 stove from the mail order house, however, just because the price is \$9.

If you want satisfactory printing at reasonable prices the Watchman Office will be glad to do it for you.

**Goodbye Dirty Coal Dust!**  
 You can say this only when you use *Genuine Dustless Coal* scientifically treated to eliminate coal dust. Our *Cambrina Smokeless and Dustless Coal* saves cleaning, sweeping and dusting. See us before buying.  
**J. O. BREWER**  
 Successor to Thomas Coal Yard

**Studebaker Free Wheeling**  
 ....Means....  
 A transmission which permits the engine to pull the car, but prevents the car pulling the engine.  
**BEEZER'S GARAGE**  
 North Water Street

**City Coal Yard**  
 Wholesale and Retail  
**Anthracite and Bituminous**  
 ....COAL....  
**Hay and Grain**  
 Bellefonte, Pa.

**Special Notice**  
 If you are one of our customers you know all about our High Grade Meats. If you are not—come in and see the difference.  
 We handle nothing but Government inspected meats, which assures you getting meat from healthy cattle.  
 Prompt Delivery  
 Phone 3845  
**Armstrong's Market**

**Carpeneto's Always the Best**  
**Fruits, Vegetables**  
**Candy and Tobaccos**  
 Phone 28  
 We Deliver

**Lumber Steel**  
**Claster's**  
 ....At the Big Spring....  
**Building Supplies**

**W. R. Brachbill**  
 Established 1841  
**Furniture and Rugs**  
 BELLEFONTE, PENNA.

Friday and Satur. Nov. 21-22  
**10% Reduction**  
 on all of our  
**Ladies' Coats and Dresses**  
**Cohen & Co.**  
 Department Store  
 Bellefonte, Pa.

**Potter-Hoy Hardware Co.**  
**Only One Heatrola**  
 Made by Estate Store Co.  
 WE SELL IT  
 Phone 660 . . . Bellefonte

**Electric Supply Co.**  
 Radio Sales and Service  
**Atwater-Kent Golden-Voice Radio**  
 Lowest Prices on Batteries  
 45 Volts B. Batteries \$1.60  
 Dry Cells 35c.  
 Radio Tubes Tested Free

**Glenwood Stoves**  
**Makes Baking Easy**  
 Peninsular Parlor Circulators  
 Blaben's Floor Linoleums  
 Hilo 4-Hour Hard Drying Enamels in All Shades, Rich in Color and Durable—Everything in Hardware, at the Right Price.  
**H. P. Schaeffer HARDWARE**

**Sid Bernstein Sells For Less**  
 Come in, look around and be convinced.  
**The Family Outfitter**  
 Next Door to Richelieu Theatre  
 Bellefonte, Pa.

**We Recommend and Sell "Larro"**  
 "More Profit Over Feed Cost"  
**Mayer Bros.**  
 Phone 334 Bellefonte, Pa.

TRY A POUND OF  
**Land O' Lakes Sweet Cream Butter**  
 (It's Government Certified)  
**Hoag's Dairy Store**  
 Corner High and Spring Streets  
 Phone 629

**City Cash Grocery**  
 Allegheny Street  
 Bellefonte, Pa.

**Shop at THE KATZ STORE**  
 ...And See For Yourself  
 that Price has nothing to do with Good Taste—Our merchandise is chosen first for its Good Taste, its Convenience—if it can be had for lower prices we're doubly glad—we believe our customers like to get the most for their money.  
 We Propose to Give It to Them

**Runkle's Drug Store**  
 REMEDIES  
 Bush Arcade  
 BELLEFONTE, PA.

**Insurance**  
**Ed. L. Keichline**  
 Bellefonte, Pa.

If in Need of a Real  
**Victrola Type Parlor Heater**  
 It will certainly pay you to investigate the "Torrid Sunshine"—sold by  
**The Bellefonte Hardware Comp'y**

We trust you find yourselves among those who feel that **Olewine's Hardware** is a good one to deal with. If so, we are realizing our aspiration to give real service in all our dealings, and we thank you for your response to our efforts.  
**Olewine's Hardware**

**It Pays to Buy the Best**  
 It Pays to Buy at **Beezer's**  
 Foods of Excellence will Help You Win Fame as a Provider of Splendid Meals—if It's Quality You Want, We Have It.  
**P. L. Beezer Estate Cash Meat Market**  
 Established Over Forty Years  
 Phone 666-667 Free Delivery

**Fruit and Vegetables Bonfatto's**  
 Wholesale and Retail  
 All Kinds of Produce  
 We Deliver  
 Phone 240 W. High Street

**Buy Lumber From a Lumberman**  
**W. R. Shope**

**Herr & Heverly Ferndale Groceries**  
 Highest Quality Food Products  
 Prompt Service  
 At the Lowest Possible Prices  
 We Deliver  
 Phone 62

**Hunter's Book Store**  
 We are taking orders for Personal Greeting Cards for Christmas now—  
 See Our Sample Books  
 Our 50c. and \$1.00 Box Assortments are also selling—  
 Provide Them Early

**Bellefonte Fuel & Supply Co.**  
 RETAIL  
**Coal, Feed and Oils**  
 BELLEFONTE, PA.  
 Moshannon } \$5.00  
 Osceola Mills } Per Net Ton  
 5-Ton Lots...\$4.50 per Net Ton

**LISTEN! Drain and Refill**  
 For Cold Weather with **TEXACO**—  
 Clean, Clear, Golden **MOTOR OIL**  
**Center Oil and Gas Co.**