

NOTED FODD EXPERT SAYS SWEET CIDER IS FINE TONIC.

Cider which is unfermented is exceedingly wholesome and valuable. Its value lies in the fact that it contains a very agreeable tasting substance called "malic acid," which acts as a disinfectant and antiseptic for the stomach and for the intestines. Sweet cider may be used with excellent results in cases of loss of appetite, emaciation and malnutrition, and its use at any time is to be recommended highly. Sweet fresh cider is also a valuable aid and even a remedy in cases of gastric and intestinal catarrh. It assists in relieving disturbances such as jaundice and biliousness. It acts as a remedy for disordered kidney and liver. It helps in cases of constipation and often sterilizes infected intestines.

Fresh sweet cider will assist in preventing acidosis, a common ailment due to improper eating, Gout, and in fact, almost any disorder due to uric acid poisoning is often relieved by a liberal use of fresh sweet cider.

Malic acid is milder than some other fruit acids and acts beneficially on the system. The system more easily absorbs and utilizes the malic acid of cider than it does tartaric acid of grape juice, and for that reason sweet cider may be taken into the stomach in large quantities without any evil results.

The best time to drink it is shortly before meals and before going to bed. A large glassful one hour or one-half hour before eating is a very satisfactory method of drinking fresh cider.

Cases are exceedingly rare where good, wholesome, clean, fresh cider disagrees with any individual. If there is a tendency for the cider to disturb the system unduly, it probably will be found to be caused by the use of an inferior brand.

Those who have tendencies to acidosis should select only a clean, wholesome brand of cider and use it freely to combat this ailment. Of course, it is better to eat only such foods that do not cause acidosis, rather than try to select some remedy that will offset the trouble, but often this is very hard to do until one understands just what causes acidosis in any particular case.

Cider should be made from selected apples which have been properly washed and cleaned in advance of pressing and grinding. It should be placed in containers that are clean and sterile. The juice is sometimes pasteurized by heating at a temperature of 165 degrees.

The organism which causes fermentation to take place is thus killed. This process causes the cider to lose some of its delicious flavor, but seems to be about the most satisfactory way of keeping it sweet in bottles.

The better way is to purchase it sweet and fresh as long as possible in the fall of the year. Under the present system of keeping apples for cider it is possible to buy freshly prepared cider during the greater part of the year.

Extreme heating of cider spoils its flavor, reduces its wholesomeness and decreases the beneficial results to be obtained from the use of it. Green Gravenstein apples contain twice as much of the malic acid as Baldwin apples, and the Green Maiden Blush nearly three times as much.

The practice of using poor grades of apples, wind falls, wormy and semi-decayed apples for cider is a bad one. No one wants to drink a liquid that is contaminated with filth and that is made of substances unfit for food.

There is but one way to protest against such abuses. Buy the brand that is known to be prepared carefully and under conditions that warrant a wholesome, clean, pure, fresh product.

Use it freely. It is only an excellent brand of freshly prepared cider that can be considered as valuable in disinfecting the stomach and intestines. A wholesome brand of fresh apple juice will give amazing results in this respect, but a poorly prepared concoction is dangerous to use.

DEMAND INCREASES FOR CAMP LEASES.

Permanent camp site leases on the State forests now number 2301. More camp site leases were granted in 1930 than in any previous year in the history of the department, according to a statement by Forester William A. August, of the bureau of management, Department of Forests and Waters. Forester August has charge of permanent camp site leases. Last year rentals from camp site leases amounted to \$19,449.60, and it is expected that this year the receipts will be approximately \$25,000.

State forest camp sites are leased at a nominal rental ranging from \$7 to \$15 a year, but there is no charge for renewing, transferring or terminating these leases. These receipts are paid into the State Treasury and become a part of the State School Fund.

This increased number of camp sites may be attributed in part to the unemployment conditions, as many of the lessees, have reported that due to unemployment they spend practically all their time in the forest where they can live more economically in their rustic forest cottages and thereby escape the temptations for extravagance which constantly confront them in the towns and cities.

Friend: "Are your poems widely read?"
Poet: "I'll say they are. Over 20 editors read the last one."

DR. VIZETELLY SAYS SLANG GIVES HIM GREAT "KICK."

Dead languages are dead "because they had no slang to vivify them," is the opinion of Dr. Frank H. Vizetelly, dean of American lexicographers, who acknowledges he gets "a great kick out of the expressiveness of American slang."

"There's something snappy about it that goes to fit, no matter how spontaneously it originates," he declares, and when usage decrees he puts slang in the dictionary. "There is a certain sincerity about slang that frees it altogether from snobbery," says the lexicographer, "and it leaves very little room for doubt. There's not the least doubt about a man's meaning when he calls you a dud, a wet blanket or a calamity howler. You can't possibly kid yourself that you don't, and I don't mean maybe!"

"When Marlowe didn't keep his nose clean" the gang decided to give him the works, so he was taken for a ride. After they gave him the heat they lammed from fear of going up to the big house, where they would have burned for sure.

"You can realize that you have put me on the spot and that I've got to come over with the goods. So experience has taught me that a spicler shoots a hot line nowadays—and how! I've learned to know what it means to do a bit."

"F. L. Mencken certainly wasn't far wrong when he said that 'slang is the source from which the energies of decaying speech are constantly refreshed.'"

"Did slang come over with the Mayflower? Who knows? Isn't there a bit of it in Priscilla's? 'Why don't you speak for yourself, John?'"

Anyway, slang has been with us since the Declaration of Independence and the days when "Yankee doodle stuck a feather in his cap and carried it macaroni." The Macaronis were the Marylanders in the Revolutionary war.

"The slang picked up by vaudeville acts consists of wise cracks culled from newspapers or cribbed from some bozo lit up with a little pony oil. Then it is shot across the footlights, and all the boobs in the trenches of the underworld buzz around the dance halls, shooting the stuff off as if it were their own."

"And what are they? Just nothing more than the common or garden paluka."

"What's the paluka? In the underworld he's the fall-guy; but out in Hawaii he's just a poor fish, served as hors d'oeuvre and eaten raw. The world is full of palukas."

FRANCE ARGUES OVER OUT IN ARMY SERVICE.

For the first time since France became a Republic, the period of compulsory service in the army has been reduced from 18 months to a year effective today.

By this law the nation reduces its army 100,000 men, a drastic cut which has brought criticism from Nationalists who see a new danger in growth of the German Fascist spirit.

The French Government maintains the country thus gives proof that its desire for peace is stronger than mere words.

Since 1923, when the 12-months' military service law was voted, France's military advisers have gone about the task of preparing for the army's reorganization.

It was the former leader of the German Reichswehr, General von Seeckt, who gave French strategists the new idea.

"The Allies at Versailles," said General von Seeckt, "imposed upon Germany the type of army best adapted to war of the future. A small mobile army, quick to handle, is more deadly than a ponderous mass of men slow to act."

The military maneuvers, carried out by French forces during the summer and autumn of the Italian and German frontiers convinced the French High Command, headed by Minister of War Andre Maginot, that the German general was right.

In all, the army of slightly more than 100,000 men was in the field, equipped with every war device known to science.

France's army of one year's service is expected to total 523,769 effectives, although according to M. Briand at Geneva the figure is 556,000 representing a reduction of 41 per cent.

According to report M. Maginot is credited with the idea of a super-efficient group of 200,000 men available for any given danger point, while the remaining force of 300,000 odd men would be reinforcements.

There are 106,000 professional French soldiers, but it is alleged that only 46,000 remain in France, the remainder being spread among the overseas possessions. From the conscripts France could rely at a given time upon only 90,000 as being efficient soldiers, it is claimed, thus leaving France at a disadvantage against Germany with figures respectively 136,000 and 250,000.

FORESEE RADIO WAVE AS WARTIME WEAPON.

A radio device that could stop all airplane and automobile motors at once is a theoretical possibility in war machinery, the Bureau of Standards states.

The Bureau is working already on an "ignition harness" to shield ignitions from which such a device, although no remote control for motors has yet been perfected.

This remote control to stop all engines by broadcasting with enormous power on the same wave length as the ignition system would allow a lone figure in a bomb proof laboratory to stop all enemy planes and all motor transportation with a twist of a dial.

Such a device would require enormous sending power, but a European physicist says an automobile has actually been stopped by transmission of other waves corresponding with those of the ignition system of a car.

MILE-A-MINUTE MARTY

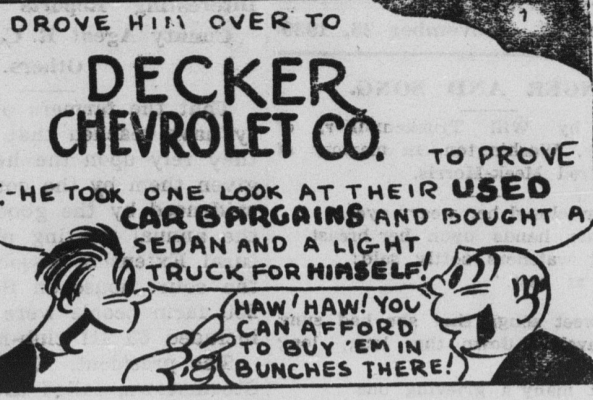


1924 Ford Turing	\$ 15.00	1926 Chevrolet Truck open	\$ 150.00	1927 Buick Sedan Standard	\$ 450.00
1925 Ford coupe	\$ 40.00	1928 Chevrolet Coach	\$ 325.00	1929 Whippet Coupe	\$ 290.00
1926 Ford coupe	\$ 50.00	1928 Chevrolet Sedan	\$ 350.00	1927 Whippet Sport Roadster	\$ 150.00
1929 Ford coupe Run less than 6000 mile	\$ 350.00	1929 Chevrolet Sedan	\$ 450.00	1924 Oldsmobile Coupe	\$ 125.00
1929 Ford Roadster 1st Tires	\$ 325.00	2 1929 Chevrolet Coaches	\$ 390.00	1924 Oldsmobile Touring	\$ 50.00
1926 Chevrolet Touring	\$ 60.00	1927 Chevrolet Sedan	\$ 150.00	1926 Overland 1/4 Ton Panel body Truck only	\$ 40.00
1929 Model "A" Ford Ton Truck large steel Box	\$ 325.00	1925 Chevrolet Coupe	\$ 125.00	1929 Stewart Cattle rack Truck	\$ 150.00
1927 Chevrolet Coupe	\$ 200.00	1927 Chevrolet Roadster	\$ 140.00	1920 Vim 3 Ton Dump (automatic) Truck	\$ 150.00
2 1926 Chevrolet Sedans each	\$ 150.00	1924 Chevrolet Roadster	\$ 25.00	1927 Pontiac Sport Roadster	\$ 225.00
1930 Chevrolet Coach 5 wire wheels	\$ 500.00	1926 Essex Coach	\$ 40.00	1926 Oakland Sport Roadster	\$ 200.00
1927 Chevrolet Touring	\$ 140.00	1928 Essex Coupe	\$ 200.00		
		1925 Buick Sedan Standard Six	\$ 250.00		
		1924 Buick Roadster	\$ 60.00		

DECKER CHEVROLET CO.,

Phone 405 BELLEFONTE, PA.

Decker Chevrolet Co., Bellefonte, Pa



DO MODERATE DRINKERS OUTLIVE TEETOTALERS?

About the most interesting contribution to this age-old argument concerning the effects of alcohol on the human species is the evidence assembled by Dr. Raymond Pearl, of Johns Hopkins University. This seems to prove that moderate or occasional users of alcoholic liquors live longer than teetotalers.

I have recently had occasion to thoroughly review this investigation. It has nothing to do with prohibition, for the people investigated did their drinking and were mostly dead and gone before there was any prohibition in Baltimore—where, for that matter, there isn't much yet. Dr. Pearl was only interested in the dead ones, since he was studying the length of life and a man doesn't know how long he is going to live until he is dead.

From family histories gathered in an investigation of the predisposing causes of tuberculosis, Dr. Pearl selected about 2,000 cases in which the records seemed clear as to the individuals' drinking habits. These he classified as total abstainers, moderate or occasional drinkers and heavy or steady drinkers. The heavy drinkers died before their time, having shortened their lives from five to ten years by their use, or overuse of alcohol.

This evidence of increased mortality from the heavy or steady use of alcohol is in accordance with all previous investigations. It is sufficient to have dragged down the average length of all users of alcohol to considerably less than that of teetotalers, provided all drinkers had been classed together, which is the usual classification.

The distinctive thing that Dr. Pearl did was to make three classifications, and the distinctive fact

NEBRASKA TOWN NOW ON A CASH BASIS.

Bloomfield, Nebraska, has attracted the attention of the United States by an experiment which is watched with considerable interest.

The merchants of Bloomfield, population 1,500, decided twenty-eight months ago to put the place on a cash basis. Today only automobiles are sold on credit. The original idea was to get rid of dead beats. Some people did move away.

Motion picture theatres were hard hit at first, because apparently the Bloomfielders didn't have spare cash for recreation after paying cash to the merchants for necessities. But now the place is adjusted to the new arrangement.

that he proved was that his class of moderate drinkers actually lived a fraction of a year longer than those whose descendants swore they never touched a drop.

What his data seems to prove is not that alcohol directly benefits or adds to the vitality of human life, but rather that under the social conditions existing in past generations in Baltimore the people who drank alcohol occasionally were for some reason a better and more vigorous class of human stock than those who never touched liquor.

That is an interesting idea, and one could offer all sorts of reasons as to why it might be so. It would be interesting to speculate on whether the moderate drinkers of the present generation living under our present regime of prohibition will be a more vital group and live longer than those who obey the law. But one thing, is sure, and that is those who drink heavily of prohibition booze pass in their checks ahead of time, just as their granddaddies did with a much better booze.

Everybody is paying cash and even the doctors and dentists collect on the spot—or give their services free if circumstances warrant it. And no longer is the most influential citizen the man who owes the most money.

Mrs. Bloop:—Does your car have a worm drive?
Mrs. Beeps—Yes, but I tell him just where to drive.

—Read the Watchman and get all the news.



WE FIT THE FEET COMFORT GUARANTEED

Baney's Shoe Store

WILBUR H. BANNEY, Proprietor
30 years in the Business

BUSH ARCADE BLOCK
BELLEFONTE, PA.

SERVICE OUR SPECIALTY SPECIAL ORDERS SOLICITED

Five Hundred DollarsIN GOLD!....

Not only children will be happy on the night before Christmas this year. Forty-five others who have made purchases in Bellefonte stores will have reason to rejoice. A First Prize of One Hundred Dollars in Gold! Forty-four other prizes in gold coin will be given away.

Buy everything possible at home. Not only because you may win a prize, but because it is a duty you owe your local merchants.

The Gold Coin is Here on Display

THE FIRST NATIONAL BANK
BELLEFONTE, PA.

YOUR THANKSGIVING BIRD

We have the Thanksgiving turkey you want. It is a bird! It has youth and the weight to meet your requirements. Drop in our butcher shop right away and select yours from among the many we have for other customers who depend upon us for their choice turkeys, fowl, and meat cuts.

Telephone 666
Market on the Diamond
Bellefonte, Penna.

P. L. Beezer Estate.....Meat Market

44
44
44
44

Watch This Space!