

Your Health



SENSE IN EATING
By Dr. R. S. Copeland, M. D.
There is a group of gall bladder...

Persons who are overfed of fried,
fatty, greasy foods, rich gravy and
sheer excesses rich in fat are
particularly likely to have such dis-

Of course, I do not wish to mini-
ze the importance of good sense
eating. In the group of ail-

Excessive eating is never advis-
able, but must be avoided in these
obscure. It is wise to eat fre-

From 45 to 55 years of age is a
fruitful period for men and women.

As middle-age is approached, there
a tendency to decreased physical
certion and increased nervous ac-

The body does not use as much of
a nourishment for energy as it
did in youth and early adult life.

As middle age is approached an
adjustment should be made in the
anner of living. The consumption
of meats, sweets and starchy foods
could be decreased. Fruits and

Cold baths should be avoided un-
less the individual has been accus-

STUNT QUEEN, 19, TO STAR
AT NATIONAL FLYING MEET

A slim, blue-eyed girl of 19 who
admits that boys frighten her much
more than turning somersaults in

She is Dorothy Hester, of Port-
land, Ore., who, after only a little
more than a year's experience with
airplanes, now performs practically

In Dorothy's catalogue of air
thrillers are 36 death-defying stunts,
19 of which were performed while
she is flying upside down.

Moreover, she holds the world's
record for women making outside
loops—aviation's most dangerous

Only one flyer has made more
consecutive outside loops than Dor-
othy and he is Tex Rankin, famous

Dorothy's story is that of a mod-
ern girl who knew what she wanted
and had courage to go out and get

"I was a student in a girls'
school," she begins. "One day a
neighbor, riding with me on a street

Dorothy hurried home, borrowed
the necessary money and went out
to Tex Rankin's aviation school to

For a year, the girl studied
ground courses at night school,
traveling eight miles to the field

"There were 100 boys in the
ground school class," she relates.
"For a long time I was the only

A regular flying course cost \$500,
and when Dorothy completed her
ground work she had only \$100. It

An American Legion convention
at Medford, Oregon, wanted a girl to
make a parachute jump. There

The other day she came to Cleve-
land to get a new airplane, given
her by the Great Lakes Aircraft

She thanked them in a neat
speech, took the stick and roared
away from Cleveland's airport to

BOARD CONTINUES
PLANTING OF FISH

Over 100,000 brook trout ranging
in size from seven to ten inches
were distributed in the streams and

The board also planted in the
streams over 1,700,000 minnows.
Minnows are one of the most im-

At this time the Pleasant Mount,
Torresdale, Union City, Lionesta and
Erie hatcheries are engaged in

The survey, which the board's
representatives are making prior to
distribution, has covered sufficient

CLEANING WILL KEEP
FURNACE WORKING RIGHT

The importance of the chimney to
efficient home heating cannot be
over estimated, according to the
Holland Institute of Thermology of

and other outdoor sports, are per-
missible. No exercise should be
taken that results in over-exertion

Desert Explorers Find
Odd Things of Interest

The Libyan desert expedition in
search of the lost oasis of Zerzura
under the leadership of Major Bagnold,

The expedition discovered northeast
of Owenat a remarkable circle of
stones standing three feet high and

Although it had not been used for
50 years, in certain parts the tracks of
the camels were plainly visible.

Mankind Never Able to
Change Nature of Cat

It seems that the house cat of to-
day behaves in much the same man-
ner as it did in the bygone ages. The

It goes about in its own way and
takes its own time and all efforts to
make it take some part in the oper-

One after the other, to get the food.
Only two of the contestants were
smart enough to do this. One of the

Robert Richard Randall was the
founder of Snug Harbor. Randall was
a sea captain who retired from the

At the time of the captain's
death or prior, his farm brought in
an annual income of about \$4,000; at

Bowling has been played for cen-
turies in Germany and the Low Coun-
tries, where it is still in high favor,

A New Yorker in London was
strolling past Lincoln's Inn, one of
the old dwellings, which figures in

Bowling Old Pastime

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Old-World Melody

It wasn't until the last line of the
song that the words came to mind.
They were, "I'll never go there any

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Babylonian Lawgiver

Hammurabi was the most illus-
trious of all the Babylonian kings.
He was the sixth of the Amoritic or

Hammurabi promulgated for use
throughout his empire one of the
greatest legal codes ever devised. A

FARM NOTES.

He knew the land and held its honor
high
His code forbade that fields should ever

—The root maggot is a serious
pest of early cabbage, cauliflower,
and radishes. A number of control

—The surface layer of garden
soil should be kept in a loose, fine
condition by frequent shallow cul-

—If the brooder house is over-
crowded the summer problems can
be solved by building a summer

—It is sometimes necessary to
stake up the larger flowering
peonies. This may be done by us-

—Cleanliness, sunlight, fresh air,
and disinfectants are important aids
in farm sanitation.

—It costs no more to feed a good
cow than a poor one. The differ-
ence comes in the returns.

—Landscaping develops beauty in
the farm home setting. Trees cor-
rectly placed give character and in-

—Whether lambs that have been
sold for higher market prices than
do undocked ram lambs. It is

—Favorable spring weather has
permitted the bees to gather large
amounts of nectar from fruit bloss-

This condition has encouraged the
rapid advancement of colonies so
that swarming fever is beginning to

All strong colonies will need addi-
tional ventilation which can be pro-
vided by placing blocks between the

Additional super space will be
needed as soon as honey is stored in
the outside frames or in the outer

—The use of mineral fertilizers is
increasing in every branch of horti-
culture, and nowhere more than

What he needs is a balanced fer-
tilizer, one containing a fair propor-
tion of the three elements of plant

Nitrogen is said to be chiefly ef-
fective upon leaf growth, phosphates
on stem growth and potash on fruit

But each affects growth generally,
and recent experience has empha-
sized the importance of supplying

A fertilizer is described by a for-
mula consisting of three numbers
with hyphens separating them, thus:

For the home garden a balanced
fertilizer containing each of the
three elements in fair proportion is

The second stands for the propor-
tion of phosphates; the third for the
potash. Most States have laws

In using mineral fertilizer special
attention must be given to follow-
ing the directions on the bag with

When properly applied it is surpris-
ing the growth which they produce

RAPS AUTOISTS WHO
RUN DOWN ANIMALS

The automobile operator who
won't give an animal a chance does
not deserve to have a license in the

"Animals wandering alone onto
the highway may not have any
legal rights in the eyes of the law,

when properly applied it is surpris-
ing the growth which they produce

chicken or a dog a chance doesn't
deserve to have a license. From
the operator's point of view alone,

"The farmer driving cattle to
pasture along the highways has
rights as well as the motorist. Don't

"The operator who won't give a

Subscribe for the Watchman

About Your Will

We keep on talking about Wills
because of their importance.
No one should neglect making

one. It is a duty he owes to himself
and to his family. His affairs should
be left in the hands of a competent

men are making permanent corporations
for this work, rather than individuals.

Come in and talk over the matter
with us.

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