

Bellefonte, Pa., June 12, 1931.

Your Health



SENSE IN EATING

By Dr. R. S. Copeland, M. D. There is a group of gall bladder and liver disturbances that are unmfortable ailments. They may be used by infection, formation of ones which cause mechanical ob-

ruction, or by faulty diet. Many liver and gall bladder disrbances may be due entirely to proper diet. Indeed, in most ses of gall bladder disease, particarly in acute catarrhal jaundice, ere is usually a long history of etary neglect. This may be the

ily apparent cause. Persons who are overfond of fried, lty, greasy foods, rich gravy and shes exceedingly rich in fat are rticularly likely to have such dis-rbances. Indeed, many a man gs his grave with his teeth.

Gall bladder conditions are most equently found in women who we had several children and who we passed the age of forty. It is e custom among medical men to fer to this group as "fair, fat and rty." This is often an accurate scription of individuals who comain of liver or gall bladder upsets. It must be admitted that the imrtance of diet in relation to variis ailments may have been over-As a matter of fact, this essible factor has been stressed in l conceivable ailments.

Of course, I do not wish to minieating. In the group of ailents I have mentioned, however.

ily in small amounts. Food like eggs that are rich in rtain chemical substances, are to

avoided. Sugars and starches ust be taken in moderation. In general, where these ailments reaten, avoid the following foods: ggs, peas, white beans, cauliflower, russels sprouts, radishes, cucumers. cabbages, sauerkraut and nions. Pies, pastries, cakes and iddings are to be excluded from Any food that is known a week for a short time.

cause digestive disturbances Excessive eating is never advis- the sky itself. ole, but must be avoided in these

All tendency toward constipation course. Regular elimould be overcome. ation is essential.

DJUST YOUR DIET WHEN YOU REACH FORTY

ficult period for men and women. fly to her home in Oregan. is at this time of life that the invidual is tested for his fitness to BOARD CONTINUES ntinue in the race. As middle-age is approached, there

a tendency to decreased physical certion and increased nervous

The body does not use as much of week reported. e nourishment for energy as it d in youth and early adult life. s a result, the nourishment obtains a result, the nourishment obtaint is accumulated in the body in portant food for trout, bass and other fish.

At this time the Pleasant Mount, to increased weight in men.

At this time the Pleasant Mount, Tionesta and

ds in undesirable changes of the and pike perch to suitable waters. In addition to this, too The survey, which the board's pastries. These foods in modss active individuals.

anner of living. The consumption meats, sweets and starchy foods tould be decreased. Fruits and getables, particularly lettuce. toatoes, carrots, oyster plant, celery id parsnips, should be important etors in the diet. These items ill aid in overcoming constipation id they will supply the necessary

Water should be taken between eals, although there is no objector to a moderate amount at meals.

rould be consumed daily.

med to taking them during his ing plant cleaned. itire life. Individuals beyond forty nould never indulge in strenuous mpetitive exercises.

oor exercise, particularly walking, taken that

STUNT QUEEN, 19, TO STAR AT NATIONAL FLYNG MEET

A slim, blue-eyed girl of 19 who admits that boys frighten her much more that turning somersaults in the air, is the new queen of America's women stunt flyers.

She is Dorothy Hester, of Portland, Ore., who, after only a little more than a year's experience with airplanes. now performs practically every stunt known to the most daring men pilots, plus a few of her own. For this reason she has just been signed as a featured perform-er at the National Air Races in Cleveland in August, the first wo-man ever given such a contract.

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 feat-having made 62 in rapid succession at Omaha recently. She also holds the record for the inverted barrel role, with 56 consecutive

Only one flyer has made more consecutive outside loops than Dorothy and he is Tex Rankin, famous Pacific Coast pilot and her instruc-

Dorothy's story is that of a mod-ern girl who knew what she wanted and had courage to go out and get Strangely enough, she once planned to become a nun, but that idea faded quickly when her ambi-tion turned to aviation.

"I was a student in a girls' school," she begins. "One day a nieghbor, riding with me on a street car, asked me if I had ever flown. I told her no, but that set me thinking. I decided to take an airplane

Dorothy hurried home, borrowed the necessary money and went out to Tex Rankin's aviation school to make a flight. As soon as she looked down on the housetops from above she made up her mind. She would be a flyer.

For a year, the girl studied ground courses at night school, traveling eight miles to the field ize the importance of good sense and eight miles home again. In the daytime, she worked as an inspector in a woolen mill.

ents I have mentioned, however, et does play an important part. For such persons it is important ground school class," she relates. "For a long time I was the only which are fried or greasy. But-r may be included in the diet, but everything, but I was scared of those boys. I had never been around men before. I know they were thinking that I was just a silly girl who thought she could fly. As soon as the class was over I would hurry home to get away from them.

A regular flying course cost \$500. and when Dorothy completed her ground work she had only \$100. It was enough to give her the air once

Then suddenly, her chance to make money dropped right out of

An American Legion convention It is wise to eat fre- at Medford, Oregon, wanted a girl to nently, perhaps, and little at a make a parachute jump. There me, Water should be consumed was \$100 in it. Dorothy got the At least six to jump-and the \$100. That went on ght glasses of water per day is her lessons, and three more jumps enabled her to complete her flying

The other day she came to Cleve-This can be land to get a new airplane, given ecomplished by regularity in meals. her by the Great Lakes Aircraft e sure to eat plenty of fresh fruits Company. the Goodyear Tire & Rubber Company and the American Circus Motor company.

She thanked them in a neat speech, took the stick and roared From 45 to 55 years of age is a away from Cleveland's airport to

PLANTING OF FISH Over 100,000 brook trout ranging ac- in size from seven to ten inches vity. In spite of the fact that were distributed in the streams and e body needs less food, there is waters throughout the Commonually an increase in its consump-mealth during the spring months by the Board of Fish Commissioners, Commissioner O. M. Deibler this

Torresdale, Union City, Tionesta and The sedentary life so often in- Erie hatcheries are engaged in alged in by individuals of this age transporting millions of yellow perch

any of this age indulge in tempt- representatives are making prior to g dishes, such as candy, ice cream distribution, has covered sufficient waters to take care of this distriation are good for young adults bution. The best part of two years it are of little value to older and will be required in which to complete the survey of aproved streams As middle age is approached an in each county and naturally this ljustment should be made in the list will have to be added to from time to time, Commissioner Deibler said.

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 Holland, Mich. The chimney is to the heating plant what the lungs on to a moderate amount at meals. are to the human body—it is the rater should never be substituted means of air-supply. If the chimr proper chewing of the food. It tould not be used to wash down to food, but should be considered a necessary part of the daily Six to eight glasses of water ficient oxygen to support combus-It takes about 200 cubic tion. Individuals of this age tend to- feet of air to supply sufficient oxyard hardening of the arteries, and gen for the thorough combustion of other degenerative charges. It is one pound of coal. If the chimney aportant, therefore, that salt be is dirty, of improper design or in sed in moderation. Highly seasonfood should be omitted from the draft cannot be developed. If your et.

Cold baths should be avoided unright," the practical thing to do is ss the individual has been accus- to have the chimney and the heat-

and other outdoor sports, are permissible. No exercise should be However, habits of regular out- missible. taken that results in over-exertion

Desert Explorers Find

The Libyan desert expedition in search of the lost oasis of Zerzura un- His code forbade that fields should ever der the leadership of Major Bagnold, returned to Cairo unsuccessful, so far as its primary object was concerned. The expedition discovered northeast of Owenat a remarkable circle of stones standing three feet high and nine yards across, similar in formation to Stonehenge. This circle is in the desert 150 miles from the nearest water. They then returned to Selima, and for the first time the journey was made across the desert to Assiut on the Nile by way of the Kharga oasis, following the northern part of the Arabian way—the old slave trade route from Darfur to Assiut, altogether over 1,000 miles long, which used to be traversed by camels in about 40 days, the distance from Selima to Assiut being about 420 miles. Major Bagnold stated that the slave track was clearly marked by the skeletons of camels, and that there were over 200 camel skeletons to every mile. Although it had not been used for 50 years, in certain parts the tracks of be camels were plainly visible.

Mankind Never Able to

Change Nature of Cat It seems that the house cat of today behaves in much the same manner as it did in the bygone ages. The animal's association with man has not changed its habits in one particular. It goes about in its own way and takes its own time and all efforts to make it take some part in the operations of the household have failed. The animal resents any interference with its coming and going. Miss A. S. Firkins, of Columbia university, has put the cat to an intelligence test. Seventy-eight cats were secured from a pet show and put through a series of tests. The first problem put before the cats was how to reach food placed inside an inclosure. Most of the cats solved this by stepping upon a plate which opened the way. The problems were then increased in difficulty, the hardest being one which required the cats to touch seven plates. one after the other, to get the food. Only two of the contestants were smart enough to do this. One of the conclusions arrived at was that male cats are smarter than the females.

Sailors' Refuge

founder of Snug Harbor. Randall was All strong colonies will need addia sea captain who retired from the sea tional ventilation which can be prolage. When he died he left his property to an institution known as Sailors' Snug Harbor for Ancient and Decrepit Seamen. His relatives did all they could to break the will, but in 1831, over thirty years after the captain's death, the Supreme court up-held the bequest. In the meantime the hottest city of New York had grown so enormously that the trustees decided it onies every 10 days. cate the seamen's home on Staten island. At the time of the captain's death or prior, his farm brought in an annual income of about \$4,000; at brood chamber. the time the trustees made the change it was yielding \$40,000. Today it is estimated that the annual earnings of the property are about \$4,000,000.

Bowling Old Pastime

Bowling has been played for centuries in Germany and the Low Countries, where it is still in high favor, but attains its greatest popularity in the United States, whence it was introduced in Colonial times from Holland. The Dutch inhabitants of New the square just north of the Battery. still called Bowling Green. The first covered alleys were made of hardened clay or of slate, but the modern alieys are built up of strips of pine or size, set on edge, and fastened to and potash. gether and to the bed of the alley, the polished.

Old-World Melody

A New Yorker in London was strolling past Lincoln's inn, one of Charles Dickens' "Bleak House." Out growth. of the old building came familiar strains of music.

Meditating, as he walked, on the old-worldliness of this inn built centuries ago, the tune was slow in identifying itself.

song that the words came to mind. potash. more," and the song, of course, was commercial fertilizer be printed on the one that starts: "The Bowery, the bag it comes in. the Bowery."

Babylonian Lawgiver

Hammurabi was the most illustrious of all the Babylonian kings. He was the sixth of the Amoritic or fairly complete copy of the code was garden one formula will be found to found about the Twelfth century at do for everything very well. Susa inscribed on a diorite stela eight feet high. Apparently the stone had been taken to Elam as plunder by invaders during the later period of

FARM NOTES.

Odd Things of Interest He knew the land and held its honor

Spent and exhausted with the harvest strain; That which he took from earth, he gave

He Knew the Earth. -Mary Anderson Haley.

—The root maggot is a serious pest of early cabbage, cauliflower, and radishes. A number of control methods are used. The least expensive and very effective is the corrosive sublimated method. Use one ounce of powder to eight gallons of water and apply a half teacupful around each cabbage or cauliflower or saturate the soil along

The surface layer of garden soil should be kept in a loose, fine condition by frequent shallow culti-vation. This lessens the danger of cutting off the roots and is just as effective as deep cultivation in keeping the weeds down.

-If the brooder house is overcrowded the summer problems can be solved by building a summer range shelter.

-It is sometimes necessary to stake up the larger flowering peonies. This may be done by using a support that encircles the whole plant.

-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 dif-ference comes in the returns,

-Landscaping develops beauty in the farm home setting. Trees correctly placed give character and individuality to the premises. They add permanence and stability to the appearance of the farm.

-Wether lambs that have been docked sell for higher market prices than do undocked ram lambs. it is good husiness to follow the practice which is most profitable.

Favorable spring weather has normitted the hees to ogther large amounts of nectar from fruit blos-

This condition has encouraged the rapid advancement of colonies so that swarming fever is beginning to develop reports, according to county agent Ross. Steps should be taken Robert Richard Randall was the to prevent swarming.

in the late Eighteenth century and vided by placing blocks between the settled down on a large farm on the body and the bottom of the hives. edge of which is now Greenwich vil- This will permit air to pass freely beneath the frames.

Additional super space will needed as soon as honey is stored in the outside frames or in the outer rows of sections of the last super put on the hive. Shade boards put on top of the hives will protect the bees from the sun in the

periods of the day It is best to inspect all the colwould be better to lease the land con- are found they should be destroyed. tained in the Randall farm and lo- Three frames, preferably those containing honey, should be taken from the brood chamber and 3 frames containing full sheets of foundation should be put in the center of the

> -The use of mineral fertilizers is increasing in every branch of horticulture, and nowhere more than with home gardening. Animal manures, so long the standby, are becoming hard to get everywhere, even on the farm. At the same time there is a better understanding of the possibilities of concentrated fertilizers and they are being made easier to get.

The home gardener does not need to know a great deal about the use of fertilizers; there are no special Amsterdam, now New York, were formulas demanded by the different much addicted to it, and from 1623 to crops he may grow. It is not nec-1840 it was played on the green, the essary to work out one combination principal resort of the bowlers being for his root crops and another for the square just north of the Battery, his leaf crops, and still a third for his flowers.

What he needs is a balanced fertilizer, one containing a fair proportion of the three elements of plant food which are contained in fertilimaple wood, about 1 by 3 inches in zers. They are ntirogen, phosphate

Nitrogen is said to be chiefly efsurface being carefully leveled and fective upon leaf growth, phosphates on stem growth and potash on fruit and flower developments of plants. But each affects growth generally, and recent experience has emphasized the importance of supplying all three and thus providing a balanced ration for your plants if you the old domiciles, which figures in are to have healthy and vigorous

A fertilizer is described by a formula consisting of three numbers with hyphens separating them, thus: 5-8-7. The first number indicates the proportion of nitrogen or ammonia which the mixture contains. If ying itself.

The second stands for the proportion of phosphates, the third for the Most States have laws They were, "I'll never go there any which require that the analysis of a

For the home garden a balanced fertilizer containing each of the three elements in fair proportion is required. The formula 5-7-5, for example is well balanced. For a special use emphasis may be put upon one element, as for example lawn growing, where a formula rich West Semitic dynasty and reigned 43 in nitrogen, such as 12-8-8, would years between 2067 anw 2025 B. C. often be oreferred: or a mixture for Hammurabl promulgated for use flower growing, where an extra throughout his empire one of the quantity of phosphates might be greatest legal codes ever devised. A needed. But for the average home

In using mineral fertilizer special attention must be given to following the directions on the bag with the greatest care. It is easy to annly these quick-acting fertilizers Babylon's decline.—Pathfinder Maga-zine.

too freely. They are quickly soluble and will often burn growing plants when used too freely. But

RAPS AUTOISTS WHO RUN DOWN ANIMALS

won't give an animal a chance does not deserve to have a license in the opinion of Benjamin G. Eynon, commissioner of motor vehicles.

"Animals wandering alone

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

deserve to have a license. the operator's point of view along The automobile operator who it is no misstatement to say that more than one accident has caused by collision with an animal.
"The farmer driving cattle to. pasture along the highways has: rights as well as the motorist. Don't: crowd the drove or the herd. Bethe highway may not have any crowd the drove or the herd. But legal rights in the eyes of the law, but some moral consideration is due gives the farmer a trifle more than the street of the herd. But legal rights in the eyes of the law, but some moral consideration is due them," Commissioner Eynon said. a fifty-fifty break. Impatience re-"The operator who won't give a sulting in injury to cattle may leave the operator open to a damage suit."

-Subscribe for the Watchman

About Your Will

Te 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 executor, and more and more prudent men are making permanent corporations. for this work, rather than individuals.

Come in and talk over the matter with us.

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