

## Your Health

THE FIRST CONCERN.



### WHEAT GERM A SPLENDID SOURCE OF VITAMINS

From Good Health Magazine

If you would have vitamins up in a most attractive form, by all means look up wheat germ and try it on your family.

This is a sort of mysterious food we have heard nutritionists talk about for some time. Laboratories have had almost a monopoly on it until recently, when it became available to every one, and you have no one to blame but yourself if you fail to partake of this delightful and very valuable food.

It is the germ of the wheat kernel which, with the bran, is removed in the refining of white flour. In the milling process these germs are flattened, appearing as very small, yellowish, slightly oily flakes, soft in texture, and having a delicious flavor. Wheat germ can be obtained from almost any flour mill in bulk form and sometimes in one pound tins.

Every one knows that vitamins are necessary for health, but vitamins are just vitamins to many of us and the names and sources and actions and other characteristics of each, cause us great confusion and worry. Who hasn't imagined a magic potion containing them all and in just the right amounts for our health requirements? We are all vitamin conscious, for what family hasn't a member imbibing a daily dose of cod-liver oil, orange juice, or raw vegetables? Wheat germ should go a long way toward setting your mind at ease in this vitamin matter.

Here are some of the vital food factors wheat germ contains. According to the Federal Bureau of Home Economics it is a "rich source of vitamin A and an excellent source of vitamins B, E and G," and according to the cereal laboratory of the Federal Bureau of Chemistry and Soils, it is rich in protein, fat and minerals, containing protein 27.25 per cent, fat 10.55 and ash 4.35 per cent. The protein is complete, a rare characteristic in plant proteins.

**VARIOUS EFFECTS**  
Vitamin A is necessary for growth, successful reproduction and general well-being, increasing resistance to infection. B is the anti-neurotic vitamin and lack of it is followed by loss of appetite, loss of weight, nervousness and irritability. E is the anti-sterility vitamin and G is the anti-pellagra vitamin.

In prevention of pellagra, this wheat product has been used in the drought areas by agricultural extension workers; they have been buying it from the mills in wholesale quantities and distributing it in small packages. Dr. Munsell of the Bureau of Home Economics says: "On a basal diet known to lack vitamin G, rats failed to grow, and developed symptoms similar to human pellagra, a disease that often results when the food supply is limited. When wheat germ was added to the basal diet, the rats grew normally and developed no abnormal symptoms."

Experiments conducted in the schools of Berkeley, California, by Morgan and Barry, have shown that when wheat germ was given to children in rolls containing fifty per cent germ and fifty per cent white flour, these children increased three times more in weight than others fed plain flour rolls.

On account of its content of vitamin E, the anti-sterility vitamin, wheat germ is used by breeders of fur-bearing animals.

Wheat germ can be taken raw mixed with cereals or other foods. If eaten raw, of course the vitamins are preserved intact. It can be used in baking, and though the exact effect of heat on its nutritive properties has not been definitely determined, it is known that it afterwards still contains its most valuable qualities.

It is used now in well-known proprietary foods and breads made in England and Canada. These breads are generally made of twenty-five per cent wheat germ.

**RECIPES FOR BREADS AND PUDDING**  
In baking, wheat germ is partly substituted for flour. It does not have the thickening power that flour has, but it reduces the amount of flour needed. If substituted for an equal amount of flour, the liquid is reduced to about two-thirds or three-fourths the usual amount, and in the case of substituting for corn meal, there is no change in the amount of liquid used. Recipes for the use of wheat germ have been worked out in the Bureau of Home Economics. These include yeast brown bread, cookies and pudding.

**KEEPING QUALITIES NOT A SERIOUS PROBLEM**  
Wheat germ has not been made generally available because of its "reputed poor keeping qualities." Under ordinary conditions in warm weather or in warm damp houses, it becomes rancid on account of its high percentage of fat. However, if placed in an ice box it will keep almost indefinitely. It is not nearly so perishable as many other foods, such as milk and butter which are in common use. To prevent it from spoiling, it can be heated. The keeping qualities of wheat germ are improved by the addition of one or two per cent of salt.

**ECZEMA TRACED TO HANDLING OF COINS**  
An obstinate case of eczema was

## WAS PENNSYLVANIA ONCE UNDER THE OCEAN?

Pennsylvania once had mountains rivaling in height the modern ranges of the Andes, Alps or Himalayas, Dr. George H. Ashley, State geologist, says in a syllabus of Pennsylvania Geology and Mineral Resources. The syllabus which is just off the press, describes the various rock strata in Pennsylvania in the order in which they were formed, the geologic processes to which they have been subjected and the mineral resources.

"Evidently Pennsylvania changed from a great shallow sea receiving sediments to a land of vast mountain ranges," Dr. Ashley says in the pamphlet. "Some of these folds if restored would project five miles or more above sea level. If, however, the action required millions of years, as is probable, none of these folds ever reached full height. Instead we picture them soon eroding into a mass of mountain peaks rivaling in height and ruggedness the Alps, Andes or Himalayas."

"Just as when you push on the end of a pile of rugs, until they take up less floor space, the Appalachian revolution (the term given to this pressure resulting in the folding of the rock strata into mountain ranges, greatly shortened Pennsylvania, possibly by 100 miles, according to rough estimates. The rocks under Philadelphia may have originally underlain what is now Atlantic Ocean."

The geologic history of Pennsylvania as related by a study of the State's rock strata reveals three main points, Dr. Ashley says.

"First," he says, "instead of the hills and valleys being 'eternal,' they are only the present momentary scene in a great drama in which time and again the sea advanced over Pennsylvania and thousands of years of rock material were laid down, and time and again the sea bottom rose to the surface and the sea retreated."

"In other scenes the earth's crust was folded and crushed, or broken along vertical cracks, or floods of molten rock welled up from beneath. In some scenes Pennsylvania appears as a land of vast mountains, as high and rugged as any in the world today. In others the State lay quiet, slowly wearing away and washing to the sea. Then came uplift and the streams carved valleys out of the softer rocks, leaving the hard and resistant rocks standing up as mountains."

"During the Ice Age great glaciers pushed their way into the northern corners of the State, completely changing the landscape; and further uplifts made the streams cut the present narrow, lower valley in the former wide valleys."

"The second great idea to be gotten from the rocks is that of the immensity of time. One hundred to 250,000,000 years were required to deposit 25,000 feet of paleozoic rocks in Pennsylvania."

"The third great idea the rocks show is the slow progress of life."

Dr. Ashley says that today most geologists and other scientists believe that a plan and a purpose underlie this story of the rocks, and that in deciphering it men have been trying to retrace "the footsteps of the Creator."

## KANSAS VETS PLAN PROTEST TO PENNA.

Kansas war veterans who served with the 35th Division in France, are preparing to ask Pennsylvania this question:

"Say, what's the big idea?" Kansas, touring French battlefields, reported that a handsome monument had been erected by Pennsylvania in the courtyard of Varennes commemorating the valor of that State's soldiers who, according to the marker, captured the town.

"It was Kansas troops who captured Varennes," said Fred Henney, president of the 35th Division association. "None of us ever will forget Sept. 26, 1918, when we drove the Germans out."

Official action regarding the matter will be taken in Pittsburgh in September when the division holds its annual reunion.

## TRUCKS USED FOR HIRE TO PAY EIGHT MILLS TAX

The Pennsylvania department of revenue Monday began a survey to determine what licensed motor trucks within the State are being used for purposes taxable under the Williams act, placing an eight mill levy on the gross receipts of all motor vehicles used for transportation of persons or freight.

Truck owners using their vehicles for hire are required to file their first tax report December 31, 1931, showing their receipts for the six-month period started July 1. Deductions from the tax due will be permitted for moneys paid for licenses.

Both interstate and intra-state vehicles used to carry freight or passengers will be taxed.

The departmental survey will be followed by a letter to every taxable advising him of the expected tax report.

1st Hubby—I think I'll run my wife for Congress.  
2nd Hubby—Why?  
1st Hubby—Because she is so handy at introducing bills in the house.

traced by a Hungarian physician, Dr. Stephen Rothman, to handling too much metal money.

A communication to the American Medical Association tells how he found the cause of the disease. The patient counted silver, nickel and copper coins for the Budapest street car company all day, and had eczema on his hands, underarms, shoulders and neck.

Tests with clean and sterile coins on the skin brought about swellings and inflammations, and the salts of these metals proved still more irritating. But another healthy person was not at all affected by these. The patient gave up the money-counting job and was cured in four weeks.

# Mighty Mountains



Darjeeling, With Peaks of the Himalayas in the Background.

(Prepared by the National Geographic Society, Washington, D. C.)

**M**OUNTS Kamet and Kinchinjunga in the Himalayas have taken the place of Mount Everest this summer in the interest of the world's mountain climbers. Mount Kamet, 25,445 feet high, was successfully scaled by a British party on June 21. Kinchinjunga, 27,815 feet high, is now being attacked by a party of Germans.

Heretofore, Mount Kamet has seldom been heard of when the earth's highest pinnacles are being discussed, but nevertheless it is one of the select little group of Asiatic peaks that push up farther above sea level than mountains in any other part of the earth. Although it ranks thirtieth among the amazing group of mountain giants that extend along the Himalaya chain and into China, it is not greatly surpassed in height by any of its fellows except Everest, 29,002 feet high; Goodwin Austen, 28,250; Kinchinjunga, 27,815; Dhaulagiri, 26,828, and Gosal Than, 26,305. All of these super-giants among mountains are in Nepal except Goodwin Austen, which is in northern Kashmir.

The peak of Mount Kamet is situated just a stone's throw south of the Tibetan border, in the United Provinces of India. Nearby is Nanda Devi, which tops it by less than 200 feet. These comparisons boil down to the fact that Kamet is the third highest mountain in the British empire; and by virtue of this fact it was considered well worth a serious attack by mountain climbers.

While Mounts Everest and Kinchinjunga are near Darjeeling, hill capital of Bengal, Mount Kamet is 600 miles to the northwest near Simla, hill capital of India. It lies in the Garhwal district of the United Provinces, 130 miles due east of Simla near the eightieth meridian of longitude. This area came into British possession in 1814 as a result of the Gurka war (with Nepal). This region consists of a maze of high peaks with extremely deep valleys winding among them. The valleys and lower slopes are heavily wooded.

**How Mount Kamet is Reached.**  
The railroad used in expeditions to Mount Kamet is at Kathgodam, in the United Provinces, at the southern edge of the Himalayan foothills. From there travel is overland through valleys and up steep slopes to Rankhet, a hill village comparable in location to Simla. From Rankhet the way leads over rough country and across a number of deep river gorges, to the village of Niti at 12,000 feet altitude. From this point both yaks and coolie bearers are used.

Although numerous attempts to scale Mount Kamet have been made since 1855, no one succeeded in reaching the summit until this summer. The latest expedition prior to the one that has just scaled the peak was led in 1920 by Dr. A. M. Kellas. He reached an altitude of 23,600 feet, but had to turn back because his native assistants were suffering from mountain sickness.

On the slopes of Mount Kamet is one of the chief head-water glaciers of the Ganges river. Kinchinjunga is bigger game for the mountain climber than Kamet, both because of its extreme height and the steepness of its slopes. It is the third highest mountain in the world, reaching upward five and one-third miles above sea level.

Of the three highest peaks—Everest, Goodwin Austen, and Kinchinjunga—the latter is most inaccessible. It lies 45 miles north of Darjeeling in an air line, but the road that one must travel across canyons, over ridges and around intervening peaks, is much longer.

Darjeeling has been headquarters for the several expeditions that have tried unsuccessfully to scale Kinchinjunga in past years. Like Simla, 700 miles farther west, and Srinagar in Kashmir, Darjeeling is a godsend to the hot period in India. But it is more than a cool retreat; it is a matchless observation post, when the clouds permit, for the mightiest mountain scenery that the world affords. And the outstanding sight to the northward, across deep chasms and beyond tier after tier of foothills, is the mighty Kinchinjunga, buttressed by half a dozen peaks from 20,000 to 24,000 feet in altitude.

Darjeeling stands on a sort of stage before and above which sweep the amphitheater slopes of Himalayan foothills that rises about 7,000 feet from the Belgian plains. On the side toward the mountains the ridge drops away for approximately 6,000 feet forming what might, in American terminology, be called "the Grand Canyon of the Ranjit," but whose heavily forested slopes and tropically luxuriant floor earns in India the more poetic name of "Vale of Ranjit."

It is across this titanic valley and beyond over ranges of foothills, lower than that on which Darjeeling sits, that one looks to mighty Kinchinjunga. The eye therefore sees a rise of approximately 7,000 feet, a range of altitude to be seen in few if any other places in the world, since most of the highest mountains rise from lofty plateaus.

### Darjeeling on the Foothills.

Darjeeling has characteristics unlike those of most towns. It can hardly be said to have streets. Most of the buildings face on paths or walks which run along the main ridge and out onto its minor spurs, or work their way by serpentine routes to other paths that cling to the steep sides of the slopes. Steps, too, serve in place of roads, connecting terraces that rise one above the other. One of the few carriage roads is a driveway that skirts the lower end of the main ridge and leads below to the suburb Lebong and its barracks for British soldiers.

The villas, bungalows, shops, government buildings, hospitals, churches, schools, barracks and native huts that make up Darjeeling and its suburb form pendant communities, like giant saddle-bags thrown over the ridge. Dwellings are scattered down the slopes for a thousand feet, the ground floors of one tier on a level with the roofs of the next tier below. If one must cover much space in Darjeeling he rides on pony back or is carried in a litter by four servants.

The center of Darjeeling is Observatory hill, a knoll on the crest of the ridge. Topping the knoll is a Buddhist monument and surrounding it is a small forest of staffs from which prayer flags flutter their supplications. From the benches near the monument one may sit, when mist and clouds do not interfere, and take advantage of Darjeeling's best view of mighty Kinchinjunga and its fellows. But often the vigil is fruitless. It is only for relatively brief periods during spring and early winter that one may be sure of long, uninterrupted views of the towering granite and ice walls and snowy slopes to the north.

### Looking Across to the Peaks.

Standing on the Darjeeling ridge, when the air is free of mists, the observer first looks down, deep down 6,000 feet into a river gorge choked with tropical jungle. Then his eyes rise to the rice fields reflecting the blue sky and the tea plantations. Up and up to the Temperate zone trees, then to the pine forests crowning lower mountains. The observer peers over half a dozen intervening ridges into the dark mysterious depths of valleys. Then he sees the bare uplands above the tree line and finally the beginning of the snows. Long white glaciers drape the mountain mass whose two-pronged peak half fills the sky.

The world seems to be walled on the north. There is no such thing as a horizon; Kinchinjunga closes the view like an exquisite screen.

The vertical height is to the length at this point of vantage as one is to eight; that is, as a tree 60 feet high appears when viewed at the distance of one average city block.

In terms of familiar American views, Kinchinjunga, seen from Darjeeling, is like the Washington monument as it appears from the west veranda of the Capitol or the Woolworth building as seen from the Jersey shore.

Darjeeling well earns its popularity as a summer resort. While on the steamy plains of Bengal, a few miles away, the mercury climbs in summer above 100 degrees Fahrenheit, it seldom tops 75 degrees at Darjeeling; and in winter 35 degrees marks the low point of the temperature range. The unpleasant feature of the weather is furnished by the heavy rains. Ten feet of water fall each year, and some of the storms are violent.

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## TELEPHONE

Gen. 2

## BIG CUT BEING MADE IN DIPLOMATIC SALARIES

The depression has hit two severe blows at the diplomats.

Revolutions and financial crises abroad and poor conditions here have caused diplomatic salaries to be reduced.

The sad news making the round of diplomatic society is that the flow of liquor, so often denounced in Congress, will not be so great this year. The prospect is for fewer and less lavish parties.

The most magnificent of all diplomatic establishments in the Capital is that of the British Government. It is new, imposing. British diplomats the world over are the envy of American diplomats because of the fat expense accounts allotted them. However, expense accounts are calculated on a sliding scale commensurate with living costs so there will be less money to spend in the great Georgian structure this winter.

Premier Mussolini has reduced salaries of his diplomats by 12 per cent.

The Germans, never flush since the war, are to get further salary reductions.

Bulgarian salaries are off 10 per cent. France is reported to have reduced diplomatic salaries some time ago. Don Miguel Cruchaga, new Chilean Ambassador, is serving without pay and the salaries of his staff have been reduced.

The Cuban Embassy is reported to have suffered a 55 per cent reduction. Bolivia, Mexico and other countries have imposed additional economies.

Falk Konitz, Minister from Albania, is reported recently to have suggested to his government that the Albanian Legation be abolished. He thought it did not earn its salt.

It is the habit of many persons in Washington to seek to impress guests about to imbibed by ascribing the beverage to diplomatic sources. There will be less truth than ever this winter in such claims.

## PUPILS MUST NOW ATTEND FULL TERM

The General Assembly at its last session repealed the part of the section of the school attendance law which authorized the reduction of the attendance period for minors past fourteen years of age. Department officials today pointed out. All children between the ages of eight and sixteen years are required to attend school throughout the entire term unless they are legally excused.

No change has been made in the requirement regarding employment certificates and permits for minors between the ages of fourteen and sixteen years and age certificates for those between the ages of sixteen and eighteen years.

Bride: I think, George, that I'll ask the people next door to have dinner with us.  
Groom: What for?  
Bride: Well, the butcher left their meat here by mistake and I think it's only fair.

## DEMOCRATIC FOR SHERIFF

We are authorized to announce that Elmer Breon, of Belleville borough, will be a candidate for the nomination on the Democratic ticket for the office of Sheriff of Centre county, subject to the decision of the voters as expressed at the primaries to be held on Tuesday, September 15, 1931.

I hereby announce myself a candidate for the nomination for Sheriff of Centre County, subject to the decision of the Democratic voters at the primary election on September 15, 1931.

We are authorized to announce that John M. Boob, of Millheim borough, is a candidate for nomination for Sheriff of Centre County on the Democratic ticket, subject to the decision of the voters of the party as expressed at the primaries to be held Tuesday, September 15, 1931.

## COUNTY TREASURER

I hereby announce myself a candidate for the nomination of Treasurer of Centre County, subject to the decision of the Democratic Voters at the Primary Election, to be held September 15, 1931.

## PROTHONOTARY

We are authorized to announce that S. Claude Herr, of Belleville, Penn., is a candidate for nomination for Prothonotary of Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the primaries to be held on Tuesday, September 15, 1931.

## FOR RECORDER

We are authorized to announce that D. A. McDowell, of Spring township, is a candidate for nomination for Recorder of Centre county, on the Democratic ticket, subject to the decision of the voters of the party, as expressed at the Primaries to be held on Tuesday, September 15, 1931.

## COUNTY COMMISSIONER

We are authorized to announce that John S. Spearly, of Spring township, is a candidate for nomination for the of-

ice of County Commissioner, subject to the decision of the voters of the Democratic party as expressed at the Primaries to be held Tuesday, September 15, 1931.

We are authorized to announce that T. M. Huey, of Patton township, is a candidate for nomination for the office of Commissioner of Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

We are authorized to announce that O. S. Womer, of Rush township, is a candidate for nomination for the office of County Commissioner, subject to the decision of the voters of the Democratic party as expressed at the primaries to be held Tuesday, September 15, 1931.

## COUNTY AUDITOR

We are authorized to announce that A. B. Williams, of Fort Matilda, Pa., is a candidate for nomination for the office of Auditor of Centre County, on the Democratic ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held Tuesday, September 15, 1931.

## REPUBLICAN FOR SHERIFF

We are authorized to announce that L. Frank Mayer, of College township, is a candidate for nomination for the office of Sheriff of Centre County on the Republican ticket, subject to the decision of the voters of the County as expressed at the primary election to be held September 15, 1931.

I hereby announce that I am a candidate for nomination for the office of Sheriff of Centre County on the Republican ticket, subject to the decision of the voters of the party as expressed at the primaries to be held on Tuesday, September 15, 1931.

## N. R. LAMOREAUX, Philadelphus, Pa.

## COUNTY TREASURER

We are authorized to announce the O. G. Morgan, of Belleville borough will be a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters as expressed at the primaries to be held on Tuesday, September 15, 1931.

I hereby announce my candidacy for nomination for the office of Treasurer of Centre County on the Republican ticket, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

We are authorized to announce that Philip E. Womelsdorf, of Philadelphus, is a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters of the party as expressed at the primaries to be held Tuesday, September 15, 1931.

I hereby announce that I am a candidate for nomination on the Republican ticket for the office of Treasurer of Centre County, subject to the decision of the voters of the party as expressed at the Primaries to be held on Tuesday, September 15, 1931.

## ERNEST E. DEMI, Philadelphus, Pa.

## AUDITOR

We are authorized to announce that F. D. Musser, of Spring Mills, is a candidate for nomination for the office of Auditor of Centre County, subject to the decision of the voters of the Republican party, as expressed at the primaries to be held on Tuesday, Sept. 15, 1931.

We are authorized to announce the David A. Heller, of Howard borough, is a candidate for nomination for the office of Auditor of Centre County, subject to the decision of the voters of the Republican party as expressed at the primaries to be held on Tuesday, Sept. 15, 1931.

We are authorized to announce the Alexander Morrison will be a candidate for Overseer of the Poor of Belleville at the primaries to be held on September 15th, 1931, subject to the decision of the Republican voters of the borough.

We are authorized to announce the Edward W. Klinger, of east Howard street, will be a candidate for Overseer of the Poor of Belleville borough, subject to the decision of the Republican voters as expressed at the primaries on Tuesday, September 15th, 1931.

## OVERSEER OF THE POOR

We are authorized to announce the name of J. M. Kelchline, of Belleville Borough, as a candidate for the nomination of Justice of the Peace in the South and West wards, subject to decision of the Republican and Democratic voters of the South and West wards of Belleville Boro at the primary election to be held September 15th, 1931.

## JUSTICE OF THE PEACE

We are authorized to announce the name of J. M. Kelchline, of Belleville Borough, as a candidate for the nomination of Justice of the Peace in the South and West wards, subject to decision of the Republican and Democratic voters of the South and West wards of Belleville Boro at the primary election to be held September 15th, 1931.

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## COUNTY COMMISSIONER

We are authorized to announce that John S. Spearly, of Spring township, is a candidate for nomination for the of-

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