

GRAPES A FINE FOOD FOR THE HUMAN RACE.

This is the season of the year when grapes are at their best, and most abundant. So, if you want to try the grape diet, now is a good time. It is also a good time to eat grapes even if you don't care to try living on them exclusively.

The idea of the grape diet, of which we heard considerable a few years ago, is to eat all the grapes you want and to eat nothing else that respects it is not unlike the range juice diet. But on the other hand both of these exclusive diets of one fruit are quite different in their effect from the milk diet, which is the third food that is used as an exclusive diet.

The milk diet supplies a superabundance of nutrition including all the food elements. It is therefore a diet used to build up flesh and gain weight. But it is practically impossible for one to consume enough orange juice to gain weight, and that is frequently used for the opposite effect of losing weight.

Grapes occupy something of an intermediate position, as they contain nearly twice as much total nourishment per pound as oranges. However, it is not complete nourishment, as neither fruit contains appreciable fat or protein. Both fruits are rich in vitamins and minerals, and very rich in fruit sugar.

The effect of a grape diet is to act on the body on fat and protein and yet give plenty of easily absorbed fruit sugar. Such a diet may for a time be beneficial both because the simple fruit sugar is easily digested and because a temporary reduction of fat and protein intake may result in a bodily housecleaning of accumulated surplus elements.

One should not expect to eat enough grapes to gain weight on the diet, yet from four to six pounds a day will prevent any great loss of weight and at the same time save some of the digestion resting and eliminating effects of a fast. These qualities of grapes which result in their being chosen for such a diet also recommend their free use in any diet. It is a mighty good recommendation of any food when it can be eaten exclusively without making one ill.

These qualities of grapes which result in their being chosen for such a diet also recommend their free use in any diet. It is a mighty good recommendation of any food when it can be eaten exclusively without making one ill. Grapes usually can. They are one of the most tried and proven oldest foods known to man and all human food products. Noah grew a crop of them and after he got out of the ark made wine and got drunk and disgraced himself. People are still doing it, but the grape is not responsible.

ELEVEN YEARS TEST OF WOMAN SUFFRAGE

The eleventh anniversary of women's suffrage finds only a few old fogies still refusing to accept enfranchisement of all citizens as a matter of simple right. But it finds many, who have always believed that women should vote, disappointed in results.

It was, of course, sentimental foolishness to expect that women would immediately become a great purifying force in American politics. For one thing they did not know how. It would have been hard for an electorate of enfranchised seraphims, if they had had to conform to the electoral systems invented and established by generations of men voters, and seemingly designed to keep control in the hands of ward bosses, party cliques, favored business interests and campaign contributors.

Yet there are certain things women might have been expected to do which they have not done. Many tasks are waiting in woman's principal vocation—the rearing of new citizens to be physically, mentally and morally fit.

Hundreds of thousands of children continue to work in mills and sweat-shops, because not enough voters are interested in pressing for ratification of the child labor amendment. The pure food laws are generally unobserved, their great champion, Dr. Harvey Wiley, charged just before his death. The Sheppard-Towner Maternity Act has been allowed to lapse. The country retains its relatively high rate of illiteracy.

To organize united support of these measures, and others like them, requires no particular political skill. It demands nothing more than intelligence and interest in one's immediate concerns as a member of a community. Surely intelligent self-interest is not too much to expect of women voters. Certainly not enough of it is being displayed.—Pittsburgh Press.

—If hardships and worry produce gray hairs Julia Roberts should have been gray a hundred years ago. During her lifetime this 111-year-old pioneer has seen Texas take part in five wars and is one of three surviving persons now receiving a Texas War pension. Mrs. Roberts has experienced almost every hardship imaginable. She has spun and wove all night through many times for soldiers, fought Indians along with her brothers and picked cotton and played in the hot sun. Yet today she is strong and erect and has the appearance of a far younger person. She is one of the few living persons who witnessed the famous Leonid Shower of 1833, which sent comets and meteors flying through the skies all night long.

He (meekly)—You know, dear, I've been thinking over our argument and I've decided to agree with you. She (tartly)—Well, it won't do you any good; I've changed my mind.

MAN RESIDED HERE 20,000 YEARS AGO

Life in North America Traced to Ice Age.

Pasadena, Calif.—The time man has lived in America was pushed back to at least 20,000 years ago by reports to the American Association for the Advancement of Science here recently.

Archaeologists and geologists told how they have read the record written in earth deposits that give strong evidence that highly developed man hunted strange red haired and large clawed ground sloths, primitive horses, buffaloes unlike those known to early white men or Indians, and other strange beasts. Man was contemporaneous with these creatures when the last great ice sheet of the glacial age still covered northern United States. That man existed at a time more remote than generally credited is the conclusion of leading authorities, including Dr. H. M. Harrington of the Southwest museum, Dr. Barnum Brown of the American Museum of Natural History, and Dr. Chester Stock of the California Institute of Technology.

Scattered Over America. Doctor Harrington and Doctor Stock told of explorations of a gypsum cave near the site of Boulder dam in Nevada, where the camp fires, weapons, and torches of early man were found imbedded. They concluded that this early gypsum cave man, still known only from his tools, since none of his bones have been found after two years of excavations, greatly strengthens scientific suspicion that man was widely scattered over America in the last stages of the Ice Age. This is a greater age for man in America than most scientists have considered possible heretofore.

At Folsom, N. M., Dr. Barnum Brown found a kill of extinct buffalo made by men using stone weapons that are different from and superior to any hitherto discovered in America. He dated the deposit in which the bones were found as 20,000 years old.

Heat in the Stratosphere. There is a possibility that instead of man being as ancient as these new discoveries indicate, the extinct animals associated with them existed until more recent times than scientists have proposed. This view was expressed by D. A. S. Bomer of the University of Chicago. A report from Dr. Philip S. Smith of the United States geological survey showed that Alaska in the Ice Age was a pleasant place to be, and offered a good reason for primitive man to migrate across the narrow Bering strait from Asia to America.

Just a mere 50 miles above our heads the temperature is between 1,000 and 2,000 degrees Fahrenheit, according to a new theory of the earth's atmosphere presented by Prof. B. Gutenberg of the California Institute of Technology. This extremely hot weather a few miles up comes as the result of Professor Gutenberg's novel theory that the atmosphere is practically the same in composition throughout and not exclusively of helium in some high layers, as other physicists have concluded. Although the temperatures are high in the heights of the stratosphere, the air is very diffuse and thin. Only a rocket could actually penetrate the atmospheric heights to bring back evidence of what actually exists there, Professor Gutenberg said. The shells of a long range gun used by the Germans in bombarding Paris probably traveled in a highly heated region of thin atmosphere, but since they exploded it is not known how they were affected by the heat that they encountered.

Appendicitis Puts End to Man's Blood Giving

Buffalo, N. Y.—Joseph E. Lynch, thirty-two, who has donated 101 pints of blood in saving the lives of more than 90 persons, is recovering in a local hospital from an appendicitis operation.

Lynch, physicians say, has blood most adaptable for transfusion purposes. He meant to stop giving blood at the 100 mark, but an emergency arose, and as he had the only suitable blood, he consented.

Children's Books Sent to New Police Library

Lynn, Mass.—Soon after the new Lynn police headquarters was opened a mysterious truckload of books was delivered to fill the shelves of the library of the building. Rugged policemen were astonished to discover that the shipment included a complete set of Girl Scout Adventure books, Tom Swift tales, the Boy Trapper series, and the Elsie Dinsmore books.

17 Lord's Prayers Written on Dime

Albany, N. Y.—Seventeen Lord's Prayers written on space the size of a dime—it sounds impossible, but Joseph S. A. Bertasso lays claim to that distinction. This was accomplished, Bertasso said, only after long practice.

First he was able to write only five Lord's Prayers, which the ordinary person even cannot do. Recently, Bertasso said, he wrote a 16,033 word history of the United States on a postcard.

LIGHTS of NEW YORK

Practically anyone can go to bed, but not everyone can go to sleep. For this there are various remedies. All depends upon the form of wakefulness from which a person suffers. I know a man who is kept awake by any light. He happened to get a room in a hotel where a street light shone through the window. Knowing that his wife sometimes slept with a stocking over her eyes, he tried the scheme with a sock. Apparently, he didn't know the trick of adjusting it, as it constantly slipped down over his nose and mouth, threatening to smother him. Finally, he removed the sock so that he lay with his head away from the window. This was a pretty good idea, except for the fact that he had a stiff neck in the morning from twisting about to see whether the light was still there.

Another man I know can't stand noises; at least, city noises are a source of irritation to him. When he lies down to sleep he finds himself counting trucks and automobiles which roll by. Somebody told him about some wax things which you put in your ears and he thought the problem was solved. The next time he came in from the country he prepared for a peaceful night in town by getting some of the wax plugs and inserting them. The rest of the night he lay awake, straining his ears to discover whether he could hear through the wax.

There is a friend of mine who lives next to an armory. In the regiment to which the armory belonged was a man who evidently had ambitions to become a bugler. After everything was over on drill nights and the others had gone home, he would remain and practice bugle calls. Perhaps at eleven o'clock, he would blow tattoo for a while, which was fair enough, but around midnight he would start in on reveille, or boots and saddles. Later still, he might blow the mess call. Now the listener to whom I refer is a man who retires and rises early, but he had no desire to boot and saddle at 1 a. m. And as for the mess call, his doctor refuses to permit him to eat at night. The result is that a good, hard-working fellow with music in his soul may never become an expert bugler, merely through lack of practice.

Some persons are like that. They have no appreciation of honest effort. A side street in New York was being excavated, as all streets are. Some time in the early hours a workman with a lantern climbed down into the trench and began to beat cheerily with a hammer on a piece of metal. Henry W. Longfellow would have appreciated such industry. He might have been inspired to write something else along the line of "The Village Blacksmith." But the fellow who did hear the musical notes was no poet, but only a retired for the night business man. Securing three electric light bulbs, he hurried them in quick succession from a seventh-story window, so that they struck what was left of the street in the immediate vicinity of the worker. If you ever have dropped an electric light bulb on a hard surface from any height, you know what happened. The cheerful worker got out of that excavation in one jump and made the first 100 yards in record time. To his dying day, he probably will believe that some one was shooting at him.

Golfer's and bridge player's insomnia are among the commonest forms of the malady. The golfer plays each shot over; the bridge player each hand. Between dark and daylight, some most remarkable drives are made and every finesse is successful. About the only cure I know for this form of wakefulness is chloroform.

But there is the old reliable method of inducing slumber. First you must relax all your muscles and your jaw. Then you must close your eyes and vision a great, green meadow, divided by a hedge. Now it is necessary to fill the meadow with sheep and start them jumping over the hedge. As they go over, you count them, one by one. After you have counted a million, it may be well, for the sake of variety, to switch to goats.

Part of Noted Robinson Crusoe Island Vanishes

Santiago, Chile.—Six persons were killed when a part of the island of Juan Fernandez, 350 miles off Valparaiso, suddenly glided into the ocean. It was announced by the war ministry. The disaster, which was attributed to effects of a strong storm and a tidal wave which swept it, affects Cumberland bay, the only harbor on the island, and surrounding hills.

It was Juan Fernandez island which inspired the book "Robinson Crusoe" by Daniel Defoe. That story is supposed to have been based on tales told by Alexander Selkirk, a sailor who was left on the island following a mutiny on his ship in the Seventeenth century. After the island became a possession of Chile, following Chilean independence in the Nineteenth century, it was used for years as a state prison.

Raindrop Starts Bank Alarm Lynn, Mass.—A solitary raindrop called out the riot squad here. When half a dozen policemen arrived at the Sagamore Trust bank in McDonough square they discovered that one drop of rainwater had shortcircuited the burglar alarm.

AMERICA WAS ONCE JOINED TO EUROPE

French Scientist Says Deluge Parted Continents.

Paris.—The Abbe Moreux, eminent French meteorologist and scientist, has aroused intense scientific interest by reviving discussion of the theory that the American continent once was joined to the Old world but, after the deluge, floated away to its present position.

This theory was advanced during the early part of this century by the German meteorologist Wegener, who died recently. Accepting the theory that the interior of the earth is fluid, then the solidified continents may be giant expanses of floating earth, attached to the interior of the earth by a supple, gradually diminishing link.

The Abbe Moreux points out that the German scientist held that the two continents, when they were close together, fitted into one another almost perfectly, as though they were parts of a jigsaw puzzle. Examination of a world map shows that this jigsaw puzzle idea is not so far-fetched as it would seem at first.

When the deluge came, Abbe Moreux says, the narrow gap between the continents widened. America drifted away, leaving the wide expanse of the Atlantic to separate the newly created world from the old.

The French scientist declares the theory is not new. It was first advanced by Pierre Placet in 1698, and again by Snider in 1889. Abbe Moreux, while unwilling to pass on the theory, points to the curiosity of the islands of the Atlantic, such as the Azores and Madeira. Have they remained stationary, or are they floating more slowly toward the new world?

It is indicated that the French academy of sciences may discuss the theory in its entirety, while organization of a mission to study the composition of the Azores and other Atlantic islands is being urged.

Legion Would Push Work on Public Improvements

Chicago.—While the American Legion is constantly looking after the welfare of physically disabled comrades, the Legion now feels that it should give attention to the many thousands of veterans who are physically sound but financially disabled. This statement was made by Ralph T. O'Neill, national commander of the American Legion in commenting on the public improvement programs being sponsored by the ten thousand Legion posts in ten thousand cities.

"Government reports show that there are about \$2,500,000,000 worth of public improvements planned and nearly ready to carry through," points out Mr. O'Neill. "But many millions of dollars worth of projects are tied up in red tape and money appropriated is lying idle. Since a great deal of man-power is required in construction work, labor's share of this two-and-a-half-billion-dollar program will be in the neighborhood of one and a half billion dollars. Labor needs that money."

"The American Legion unemployment commission, headed by Howard Savage, past national commander, asks that each Legion post support in its own community needed projects so that employment may be furnished immediately. This will be to the public benefit for projects built now will cost far less than later when higher prices return. Further, money productively spent to the benefit of labor and the community will not have to be spent next winter in nonproductive relief work with the same men. The ex-service man asks no charity, but an opportunity to support himself by building up his community and his home."

New Geyser Discovered by Explorers in Alps

Schuls, Switzerland.—The Alps have had heretofore everything that mountains should have except a geyser.

That fault has now been remedied for a geyser, somewhat less powerful than those in Yellowstone National park, has just been discovered in the mountains here.

The geyser erupts regularly each 15 minutes, shooting a jet of water about 30 feet into the air. Scientists attribute the phenomenon to the accumulation of carbonic gas in a natural reservoir below the surface.

Monument to Taine Being Erected in Paris

Paris, France.—A monument is being erected in front of the Invalides to the memory of Henri Taine, whose real name was Hippolyte Adolphe Taine. The site of the memorial was chosen because Taine was given the name of Henri through the whim of the editor of the Revue des Deux Mondes, who also styled him a French critic. He was more truly a great historian and philosopher, who enjoyed a considerable vogue in the latter part of the Nineteenth century.

New Process Makes Leather in One Week

Stockholm, Sweden.—The problem of producing high-grade leather from raw hides in a week has been solved through a Swedish invention, the so-called Wrangle-Friberg method. So far 10,000 raw hides, weighing 180 tons, have been successfully treated.

The vital part of the process is performed with a strong vacuum pump which makes possible the tanning of the hides in a nearly complete vacuum and in only seven days.

MOTORISTS SHOULD NOT FAIL TO GIVE SIGNAL

"Is signaling by motorists becoming a lost art?" queries the Keystone Automobile Club, recalling that a few years ago nearly all motorists plainly indicated their intentions by means of the arm signal, while now comparatively few take the trouble to let the fellow drivers know they are going to stop or turn.

"While the law requires drivers to signal their intention," said Edward P. Curran, Safety Director of the

Club, "the present-day driver apparently is ignorant of this fact. Some motorists signal their intentions when they happen to think of it; others just tear along, swerve sharply to right or left, without ever a thought of the cars in the rear.

"It sometimes happens that their negligence results seriously, to themselves or others, but horrible examples appear to have little effect on improving driving habits of those who habitually disregard this rule for highway safety."

SOME REAL FACTS
Has your town any money except what it receives from taxes, or by borrowing? Certainly not. Neither has the national government which, in effect, is only a bigger town. Some people think that the national treasury is full of what they call "government money," when the truth is that the treasury spends its income from taxes about as fast as it receives it, and this year is spending several hundred million dollars more, and facing a big deficit.
This deficit will have to be met by an increase in taxes or by borrowing. Yet in the face of this we shall find, when the next Congress meets, schemes for doles of every kind, fostered by politicians looking for votes.
Remember that these raids on the treasury, if successful, will mean an increase in the cost of living all around.
Everyone who pays rent, pays the taxes on the real estate he occupies. On everything bought in a store, taxation is somehow included.
Our troubles are social and political, rather than economic. We have the money, the natural resources, the labor, for a splended era of prosperity.
THE FIRST NATIONAL BANK
BELLEFONTE, PA.

WE FIT THE FEET COMFORT GUARANTEED.
Baney's Shoe Store
WILBUR H. BANEY, Proprietor
30 years in the Business
BUSH ARCADE BLOCK
BELLEFONTE, PA.
SERVICE OUR SPECIALTY SPECIAL ORDERS SOLICITED

New Fall Hats
Crisp as a frosty morning. It's great how a new hat peps up your appearance.
It's time to chuck your straw. You will like the new Fall styles we are showing—Stetson, Mallory, and others.
Stetsons at \$7.00
Mallorys at \$5.00
Other Makes from \$2.50 to \$4.00
The Lowest Prices in Over 10 Years
They are at Fauble's
Your Kind at Your Prices
A. FAUBLE