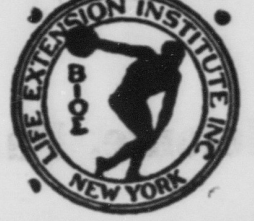


Your Health THE FIRST CONCERN.



On September 9, the dailies carried a front-page column stating that a fast mail plane was rushing two tiny packages of cortin to a woman dying of Addison's disease in Chicago.

More than 75 years ago, the English physician Addison described the disease which bears his name as a clinical entity. Shortly thereafter the French investigator Brown Sequard proved that removal of suprarenal glands, situated near the kidneys, was incompatible with life.

Dr. Hartman obtained a potent substance from the cortex of the adrenal gland, also near the kidney. When this substance was injected into cats whose adrenal glands had been removed, the cats survived for 30 days or longer as compared with five days of life for cats whose adrenal glands were removed but which did not receive cortin.

Rogoff and Stewart in Cleveland, by the use of a similar cortex extract, were able to prolong the lives of their animals for considerable periods of time. They also reported beneficial results from the use of their extract in a small series of cases of Addison's disease.

In March, 1930, however, Drs. W. W. Swingle and J. J. Pfiffer of Princeton University announced that they had prepared an extract of the cortex of the suprarenal gland which would maintain indefinitely the lives of cats whose adrenal glands had been removed.

Finally, in January, 1931, Dr. L. G. Rowntree and other physicians of the Mayo Clinic reported the use of the suprarenal extract in seven cases of Addison's disease, in all of which there had been success in maintaining life. Following the injection of this extract, the appetite reappears to the point of hunger, and patients gain weight, feel well and become able to walk and to exercise and are greatly improved.

Thus far the preparation called cortin is a laboratory preparation. Manufacturers of laboratory products for general use have been working on the subject, but the preparation is not yet generally commercially available. Its value is so apparent that manufacturers will, no doubt, soon have the product for general use.

Many years have passed since the medical profession first recognized the importance of removal of infected tonsils because of their relationship to disease. Tonsils are sometimes removed simply because they are so greatly enlarged as to interfere with swallowing and breathing.

RULES TO REMEMBER WHEN LOST IN WOODS

Getting lost in the woods of Pennsylvania is not as serious as it is in parts of the far west and Canada, where starvation may face the wanderer, but the experience is nevertheless uncomfortable.

Strangely enough women and children are not the only persons whom the forest rangers were called upon to seek. Grown men frequently became bewildered while attempting to "cut across country" in regions of the State where the topography is steep and rugged.

It is not uncommon for forest fire fighters to get separated from their crews at night. The most tragic occurrence of this kind happened during the spring when a fire lighter in Carbon county became lost for several days, during which time he was exposed to cold and rain, and later died.

Neither is it impossible for a forester to get lost, as experience proved when one of the foresters in Pike county spent an involuntary day and night in the woods.

One who has had many years' experience in the woods, both while employed in lumbering operations and after becoming a technically trained forester, suggests the following six rules for those who stray off the marked forest trails:

1. Sit down and rest. Study the lay of the land; try to find out where you are. 2. Don't yell for help, and don't wear yourself out trying to run through the undergrowth or trying to push through drifted snow.

3. Don't walk aimlessly about. Travel only downhill. Follow a stream downwards, if possible. They usually lead to a habitation. 4. Don't try to seek a way out during the night or in a storm of fog.

5. If you are injured, build a smoke signal fire, if possible, in an open spot on a knob or ridge top. 6. Don't lose your head and don't give up.

WHERE OUR COUNTRY'S HORDE OF GOLD IS KEPT

The steady flow of gold into the United States continued last week, adding millions to the more than \$5,000,000,000 in hard metal the vaults of the country already hold.

On September 18 the United States held \$5,015,000,000 in gold, 42 per cent of the supply of the world. With a similar movement to France the two countries hold 65 per cent. In the last week more than \$7,500,000 came into New York.

This vast supply of the yellow metal, for which men have fought, suffered and died, is stacked in vaults throughout the country, but chiefly in New York and Washington. About half the supply is in New York.

The hoard which Gandhi said is the curse of America and primary cause of the world depression, is guarded impregvably. Eighty feet below the sidewalks, in the massive steel and concrete vaults of the New York Federal Reserve Bank, about half a billion dollars in bars, ingots and coin, the gold is stacked in great piles, inactive, awaiting the time it may be called on as part of the nation's reserves.

The gold presents a fascinating sight, stacked in symmetrical piles on steel shelves in the underground vaults, which an army would be unable to enter. Safeguards comprise steel and concrete walls eight feet thick, massive doors, complicated locks and electrical devices.

No staircases lead to the vaults. The only ingress is by elevator, controlled from a central plant only on official demand. At the top is a steel fortress surrounding the entrance, with holes for shooting, behind which expert marksmen stand.

Then the gold store is operated by time locks and machinery. Behind that are iron gates with three locks, requiring the combination of three men to open them.

In other corridors, American gold coins and English sovereigns, worth millions on millions, are stacked on similar shelves in canvas sacks, not waiting so much to be put into circulation as to remain there, like the bar gold, as guarantee for the American paper bills issued against them.

BOARD DISTRIBUTES TROUT The board of fish commissioners has been busy with its fall distribution of trout. Fish are being shipped from the Pleasant Mount, Corry, Reynoldsdale, Bellefonte and Tionesta hatcheries.

POLES IN TIOGA COUNTY ERECT WILSON MEMORIAL

A mound of earth 110 feet high was dedicated at Blossburg, Tioga county, on Wednesday of last week, as a memorial to Woodrow Wilson, World War President of the United States.

The memorial will be the tribute of Pennsylvania residents of Polish birth, or descent, to Wilson's services in aiding their nation to achieve anew its independence. Soil from every province in Poland and from every Polish community in the United States was used in creating the lofty mound on a plot of ground 36,000 square feet in size, in Island Park.

WHAT IS THE CENTER OF POPULATION OF THE U. S. F. The 1930 census shows the center of population 2.9 miles northeast of Kinton, Stockton township, Greene county, Indiana, which is 31 miles southeast by south of Terre Haute.

IRA D. GARMAN JEWELER 1420 Chestnut St. PHILADELPHIA Have Your Diamonds Reset in Plantium 74-27-1f Exclusive Emblem Jewelry

FOR SALE—Real estate consisting of dwelling house and double house Bellefonte. Estate of Margaret Hutchinson. THE FIRST NATIONAL BANK of Bellefonte, Pa. Executives 76-20-3t

Trustees' Sale of Valuable Real Estate

By virtue of an order of the Court Common Pleas of Centre County, Pennsylvania, the Moshannon National Bank of Philadelphia, Pa., Trustee under mortgage of the Highland Clay Product Company will expose to public sale the front entrance of the Court Ho in Bellefonte, Centre County, Pennsylvania, on Friday, October 2, 1931, at 2:00 o'clock P. M. the following described property:—

ALL those two certain tracts of land situated in the Township of Rush, Co. of Centre and State of Pennsylvania, bounded and described as follows:— BEGINNING at an iron pin near railroad track in the line of a wall in the name of Joseph Turner, North eight degrees thirty-eight minutes West, five and fifty-one hundredths rods to stake on the bank of Moshannon Creek thence down the same and boun there by the said following courses and distances, namely, North six and thirty-six and ninety-seven hundredths rods to a stake; North nine and five and fifty-one hundredths rods to a stake; North one and three and four tenths rods to a stake; East nine and fourteen hundredths rods to a stake; North thirty-six and thirty-eight hundredths rods to a stake and North sixty-six degrees fifty-nine East, nine and twelve hundredths rods to a post in stones in the line land warranted to Stephen Kings and thence by and of Stephen Kings South five degrees fifty-five minutes West, eight and seven-tenths rods to a post of beginning; containing 11 acres, seventy-nine perches, and the lowance of six per cent. for roads, which said tract of land was surveyed on the twenty-second day of July, 1921, in pursuance of a warrant dated 20th day of June, 1921, granted to J. Kyler, and recorded in the place recording of deeds for Centre County, Deed Book Vol. 126 page 331, with reference thereto being had will fully and at large appear.

2. BEGINNING at a point in the line of branch railroad as now loc and running to Kelly mine tipple on line of right of way of Pennsylvania Division of the N. Y. C. Railroad; thence by line of said right of way North degree 28 minutes West, 32.5 feet to a post; thence by same North 47 degrees 56 minutes West 100 feet to a post; thence by same North 51 degrees 17 minutes West 120 feet to a post on bank of Moshannon Creek; thence said creek North 32 degrees 11 minutes East 274.4 feet to a post; thence same North 27 degrees 57 minutes 1 281 feet to a post; thence by same North 40 degrees 45 minutes East, 351 feet to a post; thence by same North 30 degrees 34 minutes East 136.8 feet to a post; thence by same North 22 degrees 38 minutes East 190.7 feet to a post line of lands formerly Berton Me Estate; thence by said lands and in 31 Martha Street to a post; thence degrees 38 minutes East 1355 feet to post on bank of Moshannon Creek thence down said creek South 13 degrees 34 minutes East 300 feet to a post; thence by same South 12 degrees 33 minutes East 59.5 feet to a post; thence by same South 10 degrees 33 minutes West 216.2 feet to a post; thence same South 41 degrees 33 minutes West 324.8 feet to a post; thence by West 1500.6 feet to a post on line Branch Railroad to Kelly mine tip thence by same lands and along railroad South 10 degrees 33 minutes West 464 feet; thence by said lands along said railroad by a twelve degree 50 minutes East 500 feet to a post containing 48 acres and 145 perches, being part of a larger tract conveyed unto the grantor by Walter Stephens, Executor of the Estate of L. Schoonover, deceased, by deed d April 19th, 1907, and recorded in Ce County, in Deed Book 95 page 694.

EXCEPTING AND RESERVING Parcel No. 2, nevertheless, all the fire clay and other minerals, oil and gas in and under the premises, the right to recover the same, and damages to the surface of the premises herein conveyed caused by mining and removing all the coal, fire clay and other minerals, oil and gas, under surface of said premises, and all damages to any buildings or structures erected upon the surface of said mines caused by the subsidence of surface of said premises, including strata overlying the said coal, fire clay and other minerals, oil and gas, and damages to any springs, wells and water supply caused by the mining and removal of any and all of the fire clay and other minerals, oil and gas in and under said premises, wherein coal, fire clay and other minerals owned by the Orrin L. Schoonover late or assumed to be, hereby are waived by the said grantee in this conveyance and by it released unto the grantor, his heirs and assigns.

AND EXCEPTING AND RESERVING from Parcel No. 2 a right of way wagon road twenty feet wide with seven hundred feet of the New Central right of way property now formerly of John A. Dahl, the same begin at Moshannon Creek and parallel to New York Central right way.

Being the same premises which V burne Fire Brick Company by deed ed February 1, 1926, recorded in Recorder's office for County of Ce in Deed Book Vol. 135, page 555, conveyed to Highland Clay Products Company.

Together with all and singular, buildings, ways, waters, water cou rights, liberties, privileges, improvements and appurtenances thereto pertaining; and together with the machinery, grinding, screen and cring equipment, brick, making machie elevators, conveyers, engines, boiler drying equipment, kilns, kiln y storage facilities, tool and roadi ngs, constituting any part of the n gator's plant, or incidental thereto. Together further with any lands, i daments, premises and appurtena buildings, equipment and improvem that may hereafter be acquired by mortgagor. Being the premises described in mortgage aforesaid, recorded in Ce County in Mortgage Book 52 page 1 Sale of said premises shall be r to the highest bidder recorded in t. Recorder's office for County of Ce in Deed Book Vol. 135, page 555, conveyed to Highland Clay Products Company. For the further terms and condit of sale and for further particulars reference thereto, prospective purcha and other persons interested are ref to the order of sale entered in Ce County in proceeding to No. 2 Sep ber Term, 1931, in Equity, or to Trustee or its Attorneys. MOSHANNON NATIONAL B. OF PHILADELPHIA, PA. Arnold & Smith, Attys. Clearfield, Pa. 76-20-3t

Get the Facts—Ask An Electric Range User!



MRS. GRACE E. McCOWAN, Pershing Drive, New Kensington, Pa.

"Saves time and Work"

"WHENEVER I want an afternoon 'out', it's only a matter of preparing the foods a little earlier than usual and placing them in the oven of my electric range. I can really enjoy myself knowing that the time and temperature controls will see to it that dinner is ready for serving when I return.

"I often prepare meals in this manner even when I am not leaving the house, for then I can concentrate on other duties without interruption or watching the clock. It's really almost like having a maid to help with the cooking.

"My electric range most certainly saves me much time and work, and is so satisfactory in other ways that I'd hate to think of being without it".

Grace E. McCowan!

Our Special Offer Makes it Easy for You to Enjoy this Freedom!

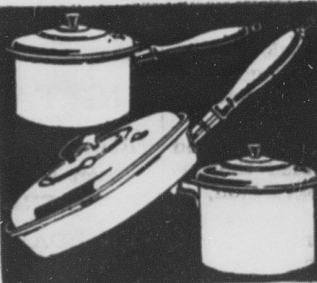
As little as \$9.50 down... monthly payments as low as \$6.48... and this freedom from cooking cares and responsibility is YOURS!

\$9.50 down

And remember, under West Penn's low rates, operating costs have been so tremendously reduced that now electric range use is particularly economical.

Isn't this an insignificant price to pay for such freedom... for the many extra advantages of electric range use? Don't delay longer... visit our local store today and see the models on display.

(Right) Partial view of one of the new "Hotpoint" ranges. Finish: Silver-Gray and White Porcelain. Three platform burners, 16" oven, full automatic. A complete line of Hotpoint and other leading makes available for your selection.



FREE "Wear-Ever" Aluminum

Buy your electric range NOW, from us or any other dealer, and this 3-piece \$13.50 set... for electric "waterless cooking"... will be given to you absolutely FREE.

Two Sauce Pans (2 and 3 quart) and one Steaming Skillet (10 3/4" diameter by 2 1/4" deep). All have black Glyptal bottoms for quick heat absorption. "Steam-Seal" covers allow foods to cook in their own juices with a minimum of water. Removeable handles for oven use.

WEST PENN ELECTRIC SHOPS

—Subscribe for the Watchman.