Bellefonte, Pa., December 4, 1931.

Your Health



DR. ALVAREZ RECOMMENDS ENEMAS

From the Good Health Magazine. Several correspondents have been much disturbed because Dr. Alvarez has on several occasions warned the healing process in the diseased surpublic against the use of roughage, having from this fact received the impression that the learned doctor regards constipation as a matter of little importance. Such will be glad to see from the following paragraphs that the doctor recognizes the evils which result from a constipating diet, and decidedly disagrees with those physicians who condemn the enema and attribute all sorts of dire results to its use. Since in most cases of constipation the stagnation is chiefly confined to the last nation is chiefly confined to the last few inches of the alimentary tract, few inches of the alimentary tract, Noble, M. D., Chief Pre School Diit is most reasonable to employ so vision, Pennsylvania Department of simple a mechanical means as the Health, is a concise account of the toona, after undergoing surgical fensive material, as this may be pectant mother and her baby. It nesday. done without producing the slight- is sent without expense to every

Alvarez, "they immediately say that be sent to any mother upon requestthe procedure has been tried and Failure to send it out in the recent found unsatisfactory. These per- past, was caused by the exhaustion sons often have a very sensitive of the supply. colon, and if one tries to inject plain water or soapy water into it, plain, readable English, free from ant Gap, who had been a surgical there is much spasm and it may any technical terms, and directs the take hours of struggle to get the mother in the simple rules of care water in and then it may take hours for herself and her newborn babe. to get it out. tient will put into the enema bag a structions so given merely supplewarm saline solution (a tablespoonful of table salt to two quarts of the nurse. water), he or she will generally have no difficulty in getting it either in start in life," says Dr. Noble. "A charged last Wednesday after havor out and there will be no irritation of the bowel and no passage of father and mother, both of whom mucus afterward.

"Physiologic salt solution will not irritate the mucous membrane of hood, and for normal growth and Thursday. the colon and I cannot imagine how there could be any permanent in-I believe, therefore, that physicians are not justified in warning patients as they now do against dren, intended to determine whether the frequent use of enemas. If or not the baby is normal as to arms, many of the persons who now commany of the persons who now com-plain of flatulence and indigestion are asked to fill the blanks and resimple way, the fecal plug which obstructs the lower end of the to remedy the defect, if possible. bowel, they would promptly get

There are in the United States FIRST ROAD WORK without doubt several million colons having become so crippled by neglect and abuse that they are unable to empty themselves of their offensive contents. Millions of people "doctoring" are continually selves with laxative drugs of various sorts and mineral waters which never cure but, instead, aggravate constipation and produce colitis, a disease which is the mother of many

As regards the use of salt water PATIENTS TREATED AT enemas, this practice is, in the unwise, for the writer's opinion, reason that in many cases a considerable portion of the water is re-In such cases, the salt is absorbed and must be eliminated through the kidneys. This is very harmful, especially in cases in which the kidneys are impaired, and in cases of high blood pressure. Better results may be obtained by adding to the water a heaping tablespoonful of milk sugar or an ordi-nary glassful of strained, well-boiled oatmeal gruel, or an equal quantity of fuel prepared from corn starch.

Another point of importance to be mentioned is the temperature of the son of Mr. and Mrs. Martin Durach- a medical patient, was discharged on water. This should be 110-115 degrees F. Hot water relaxes the contracted intestine and renders the diseased surfaces less sensitive, and thus relieves backache and other reflex pain, and sets up a healthy

bedtime contains quantities of putre- nesday. fying residues should take an enema before retiring."

The sixth edition of the "Pennsyl-"When one mentions an enema to many of these patients," says Dr. the Health Department, of the birth certificate of the child. It will also

If, now, such a pa- It is specifically stated that the in-

'Every child must have a fair a student at Penn State, was dissquare deal must be given it by its ing been a surgical patient. world a chance for a healthy baby-

development." sylvania Society for Crippled Chil- charged the following day. were only taught to remove, in this turn to the Health Department,

of FORD F.CONOMY

City of Detroit purchases 137 new Ford cars

Hundreds now in use prove low cost of operation

Positive Proof

THESE 137 new Ford cars represent one

of the largest deliveries ever made to a

traded in on this purchase. They had been

operated day and night for two years in

heavy traffic and all kinds of weather.

21 radio-equipped Ford scout cars were

Their individual records ranged from

78,434 miles to 143,723 miles with a grand

total of 2,283,097 miles. The operating

cost of the 21 cars was 2.284 cents a mile

- less than 2 1/3 cents. This cost included

all fuel, oil, tires, repairs and every other

Of 577 Ford cars in Detroit City service,

the 300 in the Police Department traveled

a total of 6,591,937 miles during the past

fiscal year, at an average cost of 2.9 cents

ing costs, but here in the carefully kept

motor car records of the City of Detroit is

In the paragraphs above, it is seen that

21 Ford scout cars averaged less than 2 1/3

positive proof of Ford economy.

Many claims have been made on operat-

item except depreciation and insurance.

municipality at one time.

a mile.

Lewis G. Peters, of Milesburg, was urday. after receiving surgical treatment. of Benner township, were discharg-Miss Martha W. McClellan, of ed on Saturday.

John L. Hartsock, of Bellefonte, day. who had undergone surgical treatment, was discharged on Tuesday was admitted on Sunday for surgiof last week.

ko, of Clarence, was admitted, Tues- Sunday. day of last week, as a medical pa-

Maurice Wenscubaler, of Bradford, was admitted on Wednesday of There were 42 patients in the hoslast week for medical treatment pital at the beginning of this week. and discharged the same day.

Edward Brown, eight-months-old make use of the enema?" in the son of Mr. and Mrs. Charles Brown, to grow early vegetable plants. A writer's opinion, the proper answer of Bellefonte, underwent surgical home-made house, 10 by 18 feet in is, "Every person whose colon at treatment at the hospital last Wed-

Miss Irene Sinclair, of Snow Shoe, who had been a medical patient, was discharged last Wednesday.

Harry Zeigler, six-months-old son

Miss Marian A. Hunter, of Alenema for getting rid of this of- care that should be given the ex- treatment, was discharged last Wed-

Charles E. Rudy, of Pennsylvania mother in the State, upon receipt by Furnace, a surgical patient, was dis-

Daniel S. Daup, of Centre Hall,

was discharged on Wednesday afment the work of the doctor and ter receiving surgical treatment. John J. Sherry, of Mahanoy City,

Malcolm Reed, of Bellefonte, a owe each child they bring into the medical patient, was discharged last

Mrs. Eugene Barr, of Patton The sixth edition contains a brief township, was admitted last Friday questionnaire, provided by the Penn- for surgical treatment, and dis-

George M. Thompson, of Leslie, was admitted Friday for surgical treatment.

Mrs. A. D. Shank, of Snow Shoe. became a surgical patient on Fri-

Catherine H. Miller, ten-year-old and plot of ground situate in the town of Boalsburg, County of Centre and State of Pennsylvania, bounded and described as follows, to-wit:—

cents a mile and 300 Ford cars in all

branches of Detroit police work averaged

these Ford cars are in operation. Few

branches of transportation dem and such

grueling service. The records show that

low fuel and oil consumption is but one of

the Ford's many economies. Ford ma-

terials, simplicity of design and accuracy

in manufacturing provide unusual strength,

stamina and freedom from replacements

The individual car buyer as well as the

purchasing department of a city or a busi-

ness cannot afford to ignore the proved

FIFTEEN DIFFERENT BODY TYPES

(F. O. B. Detroit, plus freight and delivery.

Bumpers and spare tire extra at low cost. Eco-

nomical time payments through the Authorized

Ford Finance Plans of the Universal Credit Co.)

Day and night, twenty-four hours a day,

2.9 cents a mile!

and repairs.

economy of the Ford car.

Mrs. Charles L. Hughes and in-CENTRE COUNTY HOSPITAL fant daughter, of Bellefonte, were discharged on Friday.

William Heaton, of Milesburg, Van Rensallaer R. Frizzell, of who had been a medical patient, was State College, who had been a medidischarged on Monday of last week. cal patient, was discharged on Sat-

discharged on Monday of last week Mrs. Claude Corl and infant son,

Bellefonte, a medical patient, was Mrs. R. F. Welty, of Bellefonte, discharged on Monday of last week. became a medical patient on Satur-

Mrs. Harry Stickler, of Bellefonte,

cal treatment. Vincent Durachko, five-year-old Mrs. Guy Gherrity, of Bellefonte,

> Mrs. Lot H. Neff, of Howard, who had undergone medical treatment, was discharged on Sunday.

-A sash greenhouse can be used Circular 135, which your county agent can supply, tells how.

LEGAL ADVERTISEMENTS

SATURDAY, DECEMBER 12, 1931 The Following Property: ALL that certain messuage, tenement, and tract of land situate in the Township of Gregg, County of Centre and State of Pennsylvania, bounded and described as follows, to-wit:—

Furnace, a surgical patient, was discharged last Wednesday.

After undergoing surgical treatment, Miss Bertha W. Gregory, of State College, was discharged last Wednesday.

Miss Amelia H. Hoover, of Pleasant Gap, who had been a surgical patient, was discharged on Wednesday.

Daniel S. Daup, of Centre Hall,

BEING the same premises which became vested in W. O. Gramley, during his lifetime, by deed from H. I. Brian Et. Ux., dated March 25, 1916, and recorded in the Recorders Office of Centre County, at Bellefonte, Pa., in Deed Book Vol. 103, page 315.

Seized, taken in execution and to be sold as the property of Nellie M. Gramley, Administratrix of W. O. Gramley, Decd. and Nellie M. Gramley, widow and sole heir at law of W. O. Gramley, Decd. Sale to commence at 10:05 o'clock A. M. of said day.

Terms cash. H. E. DUNLAP, Sheriff. Sheriff's Office, Belleforte, Pa., Nov. 17, 1931.

S HERIFF'S SALE.—By virtue of a writ of Levari Facias issued out of the Court of Common Pleas of Centre County, to me directed, will be exposed to public sale at the Court House in the Borough of Bellefonte on SATURDAY, DECEMBER 12, 1931

The Following Property:

BEING the same premises which F. I. Houtz and Elmer E. Houtz, her husband, by their deed of March 30th., 1921, recorded in Centre County Deed Book 126 Page 92, granted and conveyed the same to John G. Ishler.

Seized, taken in execution and to be sold as the property of John G. Ishler.

Sale to commence at 10 o'clock A. M. of said day.

Sheriff's Office, Bellefonte, Pa.
Nov. 17th., 1931
76-46-3t

Employers,

The Workman's Compensation Law went into effect Jan, 1, 1916. It makes insurance, 1, Law went into effect Jan. 1, 1916. It makes insurance compulsory. We specialize in placing such insurance, We inspect Plants and recommend Accident Prevention Safe Guards

It will be to your interest to placing your Insurance.

State College

LEGAL ADVERTISEMENTS

E XECUTOR'S NOTICE.— The undersigned executor of the last will and testament of Mary B. Valentine, late of the borough of Bellefonte. Centre county. Pennsylvania, deceased, hereby notifies all persons knowing themselves indebted to the estate of said decedent to make immediate payment thereof and those having claims against the same to present them, properly authenticated for settlement. Exchange. J KENNEDY JOHNSTON.—Attorney at Law, Bellefonte, Pa. Prompt attention given all legal business entrusted to his care. Offices—No. 5 East High street.

THE FIRST NAT'L BANK,
Bellefonte, Pa., Executor
James C. Furst, Atty.

76-43-5t

EXECUTRIX'S NOTICE.—Letters testamentary upon the estate of Jacob
Meyer, late of Boalsburg, deceased,
having been granted to the undersigned,
all persons knowing themselves indebted
to same are requested to make prompt
payment, and those having claims against
the same must present them, duly authenticated, for settlement.

Mrs. ANNA C. MEYER

thenticated, for settlement.

Mrs. ANNA C. MEYER.

Boalsburg, Pa..

Mrs. CATHERINE M. BROOKS.

Spring Mills, Pa.,

Johnston & Johnston,

Attorneys.

Settlement.

Boalsburg, Pa.,

Spring Mills, Pa.,

Executrixes.

76-46-6t Bellefonte State College Crider's Ex. 66-11 Holmes Bldg.

S HERIFF'S SALE.—By virtue of a writ of Fieri Facias issued out of the Court of Common Pleas of Centre County, to me directed, will be exposed to public sale at the Court House in the Borough of Bellefonte on

SATURDAY, DECEMBER 12, 1931

The Following Property: ALL those seven certain messuages, tenements or tracts of land situate in Huston Township, Centre County, Penn-sylvania, bounded and described, as follows, to-wit:-

by the State Board. State College, every day except Saturday, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 8 p.m. and Saturdays 9. a.m. to 4:00 p.m. Bell Phone 68-40 lows, to-wit:—

No. 1. BEGINNING at Red Oak on line of Edward Bradley, thence by same North 59½ deg. West 22.5 perches to stones; thence by land of Beaver Mills Company North 32 degrees East 62 perches to post; thence by lands of Edward Phillips South 59 degrees East 163 perches to Red Oak; thence by same South 81 degrees West 80 perches to post; thence by same South 59 degrees East 23 perches to a Chestnut; thence by same North 55 degrees East 43 perches to post; thence North 40 degrees West 77 perches to Red Oak the place of beginning.

ling. Containing 103 acres and 32 perches. Containing 103 acres and 32 perches.

No. 2. BEGINNING at Walnut on West side of road leading to John Nasons; thence by land of George Flick South 41½ degrees West 20.2 perches to Post; thence by lands of Harriet Elliot 56½ degrees East 92.3 perches to stones; thence by lands of John Straw North 92½ degrees East 17 perches to post; thence by lands of Mary A. Donley now Edward D. Phillips North 53½ degrees West 89.7 perches to Walnut the place of beginning.

Containing 9 acres 145 perches.

No. 3. BEGINNING at a Red Oak on

Containing 9 acres 145 perches.

No. 3. BEGINNING at a Red Oak on line of J. C. Nason; thence by same South 59 degrees East 93.6 perches to post; thence by lands of John Straw North 32½ degrees East 14.6 perches to stones; thence by lands of George Flick North 56½ degrees West 91 perches to post on upper side of road leading to John Nason's; thence by other lands of Harriet Elliot South 40½ degrees West 20 perches to Red Oak the place of beginning.

Containing 9 acres and 150 perches.

Containing 9 acres and 150 perches. The above three tracts being the same premises which Charles H. Donley Et. Ux. by deed dated April 1, 1921 and recorded in Deed Book 128 page 656 conveyed to Edward D. Phillips.

veyed to Edward D. Phillips.

No. 4. BEGINNING at Chestnut corner lands of George Flick; thence by same South 55 degrees West 43 perches to post by old road; thence South 40 degrees West 21.5 perches to post on upper side of old road; thence by lands of Angeline Flick or lot No 2. in general partition of Henry Flick Estate South 59½ degrees East 83 perches to post; thence by land of Bush and Blanchard North 32 degrees East 59 perches to chestnut stump; thence by lands of D. G. Bush North 59 degrees West 66 Perches to Chestnut the place of beginning.

Containing 28 acres and allowances.

No. 5. LYING and being on the side of

allowances.

No. 6. BEGINNING at a post the west corner of lands of Mary A. Donley: thence by lands of George Flick South 41½ degrees 15 perches to a walnut; thence South 53½ degrees East 86 perches to a post; thence by lands of John Straw North 32½ degrees East 23.1 perches to a post: thence by Mary A. Donley North 49 degrees West 83.7 perches to a post the place of beginning.

Containing 9 acres 156 perches and allowances.

Allowances.

No. 7. BEGINNING at a post on upper side of Beaver Mill Road; thence along upper side of said road South 31 degrees West 37.5 perches to post; thence up the mountain and land of Mary A. Donley North 59 degrees West 194 perches to stones; thence by Beaver Mill lands North 32 degrees East 26 perches to stones; thence South 39 degrees East 231 perches to post the place of beginning.

ning.

The last four tracts being the same premises which the heirs of Mary A. Donley by deed dated Sept. 8, 1916 and recorded in Deed Book 118 Page 485 conveyed to Edward D. Phillips.

Seized, taken in execution and to be sold as the property of E. F. Titus, Admr. of Edward D. Phillips, Deed., Maggie Phillips, widow, Earl Phillips, Danel Phillips, Polly Phillips and J. N. Eberts, Guardian of Howard Phillips and Ruth Phillips, Minor children of Edward D. Phillips, Deed. heirs and legal representatives of Edward D. Philips, Deed.

Sale to commence at 10:10 o'clock A. Sale to commence at 10:10 o'clock A. M. of said day.

Terms cash. Sheriff's Office, Bellefonte, Pa., Nov. 17th, 1931 76-46-3t

We also carry the line of Wayne Feeds

ATTORNEYS-AT-LAW

J M. KEICHLINE.—Attorney at Law and Justice of the Peace. All professional business will receive prompt attention. Offices on second floor of Temple Court. 49-5-17

SPECIALISTS

OSTEOPATH.

D. CASEBEER, Optometrist.—Registered and licensed by the State.
Eyes examined, glasses fitted. Satisfaction guaranteed. Frames replaced and lenses matched, Casebeer Bldg.,
High St., Bellefonte, Pa. 71-22-tf.

FIRE INSURANCE

At a Reduced Rate, 20%

73-36 J. M. KEICHLINE, Agent

IRA D. GARMAN

JEWELER

1420 Chestnut St.,

PHILADELPHIA

Have Your Diamonds Reset in Plantium 74-27-tf Exclusive Emblem Jewelry

R. R. L. CAPERS.

Bellefonte, Pa.

G. RUNKLE.— Attorney at Law.
Consultation in English and German. Office in Crider's Exchange.

KLINE WOODRING.—Attorney at Law, Bellefonte, Pa. Practices in all courts. Office, room 18 Crider's 51-1y

Purina Feeds

Wagner's 16% Dairy Feed - 1.40 Wagner's 20% Dairy Feed - 1.45 Wagner's 32% Dairy Feed - 1.60 Wagner's Pig Meal - - 1.75 Wagner's Egg Mash - - 1.80 Wagner's Scratch Feed - 1.50 Wagner's Horse Feed daughter of Mr. and Mrs. James C.

Governor Pinchot has announced that the first road work camps for unemployed were opened for applicant to at Claysville, Washington county, and Normalsville, Fayette on Friday for surgical treatment and discharged on Saturday.

Each of the first two camps was built to accommodate in all 11,000 men.

daughter of Mr. and Mrs. James C.

Miller, of Bellefonte, was admitted son Friday for surgical treatment and discharged the following day.

Ethel M. Houser, seven-year-old daughter of Mr. and Mrs. Edward the following day.

Ethel M. Houser, seven-year-old daughter of Mr. and Mrs. Edward to cants at Claysville, Washington county, and Normalsville, Fayette on Friday for surgical treatment and discharged on Saturday.

Each of the first two camps was built to accommodate 70 men, but the Governor said additional camps could be opened to accommodate in all 11,000 men.

James A. Beaver, of Bellefonte, was admitted on Friday and discharged the following day.

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James A. Beaver, of Bellefonte, wa Wagner's Winter Bran Bulk Wagner's Winter Midds Bulk - 1.20 1.60 1.50 2.25 2.00 1.00 Fine Stock Salt Oyster Shell -

> Let us grind your Corn and Oats and make up your Dairy Feed, with Cotton Seed Meal, Oil Meal, Gluten, Alfalfa, Bran, Midds and Molasses We will make delivery on two ton

> orders. All accounts must be paid in 30 Interest charged over that

If you want good bread and pastry use Our Best and Gold Coin flour.

C. Y. Wagner & Co. Inc BELLEFONTE, PA.

Caldwell & Son

Bellefonte, Pa.

Plumbing and Heating

Vapor....Steam By Hot Water Pipeless Furnaces

Full Line of Pipe and Fittings and Mill Supplies

All Sizes of Terra Cotta Pipe and Fittings

ESTIMATES Cheerfully and Promptly Furnished

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JOHN F. GRAY & SON

For 50 cents you can telephone to friends, relatives or customers as far as eighty miles awayfor friendly chats, family reunions, business transactions. And after 8:30 P. M. you can call them for only 35 cents!

Just give the number to the operator / sk Information if you don't know it) and "hold the line." These low rates apply on Calls for a Number - when you do not ask the operator for a specific person - and are for a 3-minute connection.



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