

Your Health



The State Department of Health, Welfare, Forests and Waters and the Bureau of Fire Protection, State Police, have designated the week beginning Monday, April 4th, as Clean up Week.

This custom, which is an annual one, has always resulted in developing a state-wide interest in sanitation and the removal of nuisances and fire hazards.

For this reason cities, boroughs, small communities and individuals throughout the Commonwealth are again urged to cooperate with the Departments in the observance of these activities.

It goes without saying that each community may exercise its own judgment regarding a program. However, it is essential that the information gets into local newspapers and before the citizens generally in order that the people may be able to cooperate in the official activities planned.

The following is suggested merely as a general guide for this observance:

Monday, April 4th, Highway Day. All streets and sidewalks should be cleaned, gutters cleared, ditches opened and sewers flushed.

Tuesday, April 5th, Forestry Day. Dispose of all brush, litter, and rubbish in or adjoining the forest, particularly along roadsides and railroads, near sawmills, in clearings and fields, and near houses and cabins. Brush and branches may be scattered in the woods where it may quickly rot, or may be burned. Burning should only be done on damp days, when plenty of help is available in case the fire should spread. Never burn brush during dry, windy weather.

Wednesday, April 6th, Fly and Mosquito Day. All cesspools should be cleaned and lined. Out-houses should be made fly-proof and stable yards, pig pens and chicken coops cleaned. Water holes should be filled, spouting mended and garbage cans thoroughly cleaned and scoured.

Thursday, April 7th, Junk Day. The accumulation of junk and trash, particularly in attics and cellars, consisting of old books, papers, clothes, rags, bottles, cans and ashes should be removed. In addition, cellars should be thoroughly cleaned and whitewashed.

Friday, April 8th, Finish-up Day. Put on the extra touches, gather together the loose ends and resolve to keep the community cleaner than it has ever been before.

Past experience indicates that, thanks to community cooperation, including officials, Chambers of Commerce, welfare organizations and civic clubs, such a program along the lines above suggested will be followed with most excellent sanitary results.

It will be realized that a plan of this character is dependent for its success upon the publicity factor; and for that reason too much emphasis can not be placed upon it. In this connection the press is your best friend.

THE DEPARTMENT OF HEALTH SAYS

Repeated complaints indicate that many citizens, particularly in the lesser populated sections, have an erroneous idea regarding the function of the State Department of Health with reference to the control of nuisances. Nuisances are of two types: first, general; second, personal. With respect to the former, the State Department of Health has jurisdiction and, as a matter of routine, seeks to abate them when they arise. Regarding the latter, the Department has no power; the burden is placed upon the householder to remove conditions that are offensive or deleterious to health.

It follows that the maintenance of sanitary conditions on individual premises is a personal concern and should be viewed by the property owner as an obligation which he owes to himself and to his neighbors.

In addition to the offense to sensibilities, insanitary habits both inside and outside premises, are likely to create a disease hazard. This is especially true this spring because there has not been sufficient freezing weather to kill off the flies. This condition undoubtedly will result in an increased fly propagation providing that breeding places exist for this purpose. Those places are represented by the presence of filth. Uncovered garbage piles, insanitary yard and barnyard conditions and refuse piles are the common sources from which flies spring. The answer to the whole proposition is cleanliness.

The damage that the fly annually does to residents in Pennsylvania, particularly affecting the infant, is decidedly more extensive than is appreciated. Therefore, the State Department of Health needs the personal cooperation of every citizen in order that the fly hazard may be definitely reduced, and that at the same time a high standard of cleanliness and premises up in Clean up week.

The Department wishes to stress the opportunity to stress benefits to be derived from a Clean up week campaign of hospitals, almshouses, county prisons, penal and correctional institutions and homes.

We will do your job work right

GREAT BOXING TOURNEY AT STATE NEXT WEEK

More than 50 boxers representing ten States and the District of Columbia are scheduled to seek national collegiate and preliminary Olympic honor in a tournament at State College Friday and Saturday of next week, April 8 and 9. The advance entry list for the tournament passed the 50 mark last week and additional entries are expected before the competition begins.

Colleges and universities numbered among the entries include Louisiana State University, Tulane, Loyola University of the South, Catholic University of America, University of New Hampshire, Loyola College of Baltimore, Springfield College, Harvard, Bucknell, Cornell, Kansas State College, Carnegie Tech, University of South Carolina, Temple, Washington and Jefferson, Duquesne, West Virginia, Penn State and Syracuse.

West Virginia and New Hampshire lead the team entries with five representatives each, while Bucknell, Tulane, Carnegie Tech, Duquesne, South Carolina and Temple University will be represented by three boxers each. Kansas State College has entered men in the 126 and 135-pound classes.

In addition to crowning national collegiate champions in eight weight classes, four outstanding men in each class will be selected from the tournament competition to represent the collegiate world in the final tryouts for the American Olympic team to be held in July. The event is the first of its kind to be sponsored by the National Collegiate Association.

HOMES OF THE FUTURE

The Review of the Massachusetts Institute of Technology, contemplating U. S. housing, last week pictured the "houses of the future." Previewer was John Ely Buchard 2nd, of Boston, professional investigator of new methods and materials for building. He finds "the home of the poor man an economic paradox," pays no attention to the home of the rich man "who can afford to remodel anything to his personal desire."

"Mr. John Q. Averageman comes to the city to work every day, and around his detached house, has a little land on which he grows a tomato and a nasturtium and faithfully keeps up the nearly latest model of refrigerator, radio, and Buick."

"During the next 25 or 30 years, Mr. Averageman's house, according to Mr. Buchard, will lose its front porch window which will become an enclosed sun parlor secluded at the back of the house with other living rooms. On the noisy street side of the house will be the kitchen and other service rooms."

The dining-room is currently "the most inefficient room in the house and its space is used only about 12% of the day." Mr. Buchard suggests it as a good place to keep the radio. It should be in separate rooms, thus multiplying the effective uses of their services. And "we have to do something soon about the slipperiness of our bath tubs which are a thousand times as dangerous to life and limb per entry as railroad travel and two hundred times as dangerous as going around in airplanes."

Use of coal, gas or oil for furnace fuel will depend on costs. But where coal furnaces persist, the coal must be kept in dust-proof bins, and fed into the furnace by mechanical stokers. Household heat from a community central heating system is remote, except for new, custom-built systems. Each house will have its own incinerator for waste paper.

Lighting is as "obsolete as it will be. There is scarcely a lamp fixture in your house that is not designed as though it were made to hold a candle. We are going to take gas-filled tubes and arrange them all around our rooms in rows of three or four at the cornice of tubes we turn on."

The kitchen "is the most modern room in the house today and the best developed." But stoves must be cooler to work with, and provided with ventilator hoods. It is "entirely conceivable that we will have a calculator along with our refrigerator and that the grocery boy will bring hot meals every day packed in the hot equivalent of dry ice. Our eggs, canned soups, coffee, and other minor additions we can make on the little electric devices."

REAL ESTATE TRANSFERS

John M. Boob, sheriff, to Cyrus M. Powley, tract in Ferguson Twp.; \$500.

First National Bank of Osceola Mills to George J. Demchak, tract in Rush twp.; \$1.

James S. Stickler, et ux, to Mabel M. Stickler, et bar, tract in Bellefonte; \$1.

Agnes Suravits, et bar, to John Suravits, et ux, tract in Snow Shoe Twp.; \$1.

Agnes Suravits, et bar, to John Suravits, et ux, tract in Snow Shoe Twp.; \$1.

Ezriel Horowitz, et ux, to Joseph Pogacnick, tract in Burnside Twp.; \$1.

Mrs. Jennie Miller to William M. Osman, et ux, tract in Spring Twp.; \$1.

James N. Shope to Julianna Shope McCool, et bar, tract in Boggs Twp.; \$1.

James F. Uzzell, et ux, to St. Mary's Catholic church, tract in Snow Shoe; \$1.

Grace Held, et al, to Charles F. Lantz, tract in Penn Twp.; \$400.

John M. Hartwick, et ux, et al, to Fred C. Stewart, tract in State College; \$1.

John M. Hartwick, et ux, et al, to Hugh G. Pyle, et ux, tract in State College; \$1.

Jonathan Cope, et ux, to Walter A. Cope, tract in State College; \$1800.

John L. Holmes, et al, to Irvin M. Mohnkern, et ux, tract in State College; \$1750.

FARM NOTES

Wisconsin produced 258,596 bushels of certified seed potatoes in 1931.

On twelve farms in Ohio in 1931 the official yield of corn was in excess of 100 bushels to the acre, according to R. D. Lewis, extension professor at the Ohio State University.

The dust treatment of seed corn does pay, according to results obtained during 1931 in ten counties in Iowa, involving 120 plots. The average gain per acre was four bushels obtained at a cost of 4 cents per acre.

The cane of medium vigor usually is most productive and the fourth to ninth buds generally are most fruitful. Thirty to 60 buds, depending on the vigor of the plant, are enough for the vine in the vineyard, but the number may be doubled for very large and vigorous plants grown on a trellis around the home-stead. Leave a few canes with 8 to 10 buds instead of a larger number of spurs.

Dairy cows should be fed grain in proportion to production. Too much or too little grain increases milk production costs. When milk prices are low, more careful attention should be given to feeding.

Clean out straw, hay, and shavings are satisfactory materials for litter for chicks. Dusty chaff should be avoided, say Penn State poultry specialists.

A well-thought-out plan will help to make every foot of your garden work all the time during the growing season. A continuous supply of green and salad crops may be had by arranging several small plantings. Asparagus and rhubarb should be planted along one side of the garden. Save labor by planting in long rows for horses or wheel hoe cultivation.

Wood is being used extensively for fuel this year. Farmers are cutting more and more of this fuel wood from crooked, bushy, and defective trees. Their woodlands improve from the removal of these weed trees.

This is the proper time to prune climbing roses. Remove all old hard shoots and preserve the younger, more vigorous ones which will produce the most flowers.

Nature's tonics for young pigs are exercise, sunshine, plenty of succulent feed, good water, and clean surroundings.

Back yard poultry keeping has several advantages which make it worth attention at a time when every family is being urged to produce as much of its own food as possible, says the United States Department of Agriculture. Back yard poultry keeping provides recreation and occupation for adults and children, provides eggs that are strictly fresh, furnishes an occasional chicken dinner, and it is an outlet for kitchen and garden waste as well as a source of garden fertilizer.

Tests conducted at Kansas agricultural experiment station over a three-year period indicate that the feeding of 1-10 pounds daily of ground limestone to a steer was more beneficial than the feeding of two pounds of alfalfa daily. The lime-fed steers netted \$6.66 per steer over feed costs, while the alfalfa-fed steers netted only \$2.81 per steer. Both groups in each test were fed a basal ration of corn, cottonseed meal and silage. The lime-fed steers gained 2.34 pounds each daily, while the alfalfa-fed steers gained 2.25 pounds each.

Swine growers in many of the hog-producing States experienced serious losses from outbreaks of hog cholera in September, October and November, 1931. An estimate made by veterinarians of the United States Department of Agriculture indicates that recent losses were about equal to those experienced in some sections during the severe outbreak of 1926, when the disease caused losses at the rate of 70 hogs in each 1,000.

The outbreaks last year, however, diminished rapidly with the liberal use of anti-hog-cholera serum and the advent of winter. December showed a marked reduction in the prevalence of the disease, in some States number of outbreaks receding almost 50 per cent. This 1931 experience is by no means conquered, says the department, and that constant efforts should be made to prevent these destructive waves of hog cholera.

For a hen to produce economically she must be supplied with all the ingredients necessary for the completed egg, plenty of good balanced food with fresh water at all times. She must also be supplied at all times with a plentiful supply of calcium (lime). This lime is needed not only for shell formation but also for body maintenance. A good limestone grit will supply this lime efficiently and economically and at the same time aid in grinding the food.

The only safe seed bargain is the purchase from thoroughly reliable firms. You usually pay the regular price instead of the bargain price. But good seeds are always a bargain at the regular price. In planting seed of unknown value, one stands the chance of losing two or three weeks of valuable planting time.

Planting seed in liberal quantities is economical. If your garden seeds come up too thick, it is much easier to thin than to replant for good results.

Choices for the most part those varieties that have proven valuable in the past, but it is well to experiment with new varieties when you are not depending on the result.

FOR AND ABOUT WOMEN.

DAILY THOUGHT

Cheerfulness is among the most laudable virtues. It is good for your mind. It is good for your health. It helps to win success. And it gains you the good will and friendship of others.

AN EARLY AMERICAN HOUSE

With the celebration of the bicentennial of George Washington's birth, new interest centers in early American furniture, decorations and accessories. This style, always dear to the hearts of Americans, is admirably suited to comfortable, unpretentious homes, and even in the ever-increasing small apartments it makes itself pleasingly at home.

A little house copied from a Long Island dwelling of pre-Revolutionary days, has been decorated and furnished throughout in compliance with tradition. In the living room the fireplace side is paneled in pine and all woodwork to match. The remaining walls, finished in semigloss plaster, are stained a soft green. Open shelves at each side of the fireplace are painted in deep blue inside. These hold colorful books and small ornaments. At the window are ivory glass curtains with draperies of deep copper-colored repulined, so that the light coming through them, makes a rich glow.

Directly in front of the window group stands a dropleaf table which holds a few books and magazines, and a pale green pottery vase filled with white flowers. An armchair in copper damask is placed at one side, and at the other is a companion chair in deep blue stripe rep. Beside the fireplace is a comfortable sofa with down-filled cushions, done in copper damask to match the armchair. A table at one end holds a Chinese Cloisome lamp with an amber-colored shade. Conveniently placed in front of the sofa is a pine bench which serves as a low coffee table.

Against the wall opposite the fireplace is a lovely old secretary desk accompanied by a Windsor armchair. The upper section of the desk is filled with books and with quaint Staffordshire figures. In the adjacent corner stands a big wing chair upholstered in damask-patterned blue linen. On a tiptop table beside the chair is an interesting lamp made from an old tea caddy. A parchment shade is decorated with motifs copied from the toile.

Dining-room walls are covered with paper patterned after an example found in a Colonial house. This shows medallions in tones of green on a pale gray ground. Woodwork including wainscoting, corner cupboards and cornice, is of pine. Ivory gauze matching that in the living room is used for glass curtains, since windows in both rooms are at the front of the house. Draperies here are of amber-colored rep, finished with a soft green binding.

All of the furniture is pine. Ivory spole and softly gleaming old silver pieces are displayed in cupboards and on side tables.

The main bedroom expresses quiet charm as well as solid comfort. Plaster walls are painted chamois yellow, which blends happily with furniture and woodwork of stained maple. Double curtains at the window are of cream-colored marquisette, with chartreuse green coin dots. The edges are ruffled, and the curtains are caught back by matching cuffs.

Two wing chairs in the corners near the windows are upholstered in flowered chintz. Each has a small table conveniently near at hand. The dressing table group is particularly pleasing. This consists of a simple table with one drawer, flanked by a pair of little chests, each with five drawers (like those which may be bought in many unfinished furniture departments). A hanging mirror above the table and a maple bench complete the group.

A charming maple desk with open shelves hanging directly over it is placed in one corner and a small Windsor chair is called into service whenever it is needed. Balancing this, at the other side of the closet doors, is a maple highboy.

Particularly interesting is the double bed. This is of maple with low foot posts and high head posts, which support a short tester or canopy. Crisp, airy bed draperies match the window curtains, and the patterned candlewick embroidery in chartreuse green.

Adding a final touch to the quaint character of the room is a long, low bench or step of maple placed at one side of the bed. A night stand, holding a lamp with a parchment shade, stands at the other side.

Washington Salad.—Chopped straws, 1/2 cup chopped celery, 1/2 cup artichoke hearts, chopped, 1/2 cup orange pulp, 1/2 cup diced grapefruit pulp. French dressing. Mayonnaise. File cheese straws in log cabin fashion on a large plate, leaving a center space sufficient to hold the salad. Mix celery, artichokes, orange and grapefruit pulp with mayonnaise. Serve two cheese straws with each portion of salad.

Saving stale bread by making it into toast is an economy. In many families toast is served only for breakfast, luncheon or supper, but the custom which many high-grade restaurants have adopted of serving thin, crisp, hot toast with the more substantial meals might be followed at home.

Such dishes as chopped meat with gravy, creamed chicken or fish, poached eggs, melted cheese, cooked asparagus, Swiss chard, baked tomatoes, etc., are served very commonly on toast.

Cream or milk toast (that is, toast with a cream sauce or milk gravy, perhaps flavored with a very little chopped beef, salt fish or other savory) might be used as the main dish at breakfast, luncheon or supper. Slices of toast may be dipped in water or milk and beaten egg and lightly browned on a hot greased pan. It may be used at breakfast and

O'DONNELL UP.

(Continued from page 2, Col. 6.)

Sporting Jim's worn old burnt-orange and forest-green silks, could not have felt prouder had he been riding Sweet Music with the Clan O'Donnell watching him.

There were fourteen entries and the assistant starter lined them up rather well; they walked to the starting gate in good order for a field of fillies and the starter broke them instantly.

From the extreme outer edge of the field Jim and Katie saw their burnt-orange and forest-green flash clear of the field; in the first eight Sweet Music was five lengths in front and Jim's watch told him she had stepped it in eleven and a fifth. She turned the quarter in twenty-three and a fifth, but she was on the inside now, running about six feet out from the rail, with a horse on each side of her neck; she turned the three-eighths in thirty-five and still the other two clung to her.

"He's ratin' her! He's savin' her! Pat's hand-ridin' the filly," Jim told Katie. "Into the stretch! Sweet Music by a head—He's lettin' her out, Katie; he's lettin' her out. Here she comes. The favorite's crackin'! The contender comes on, He's crawlin' up on her."

"Look back, Patrick, look back! They're on even terms. Pat, use your bat, use it, use it! Oh, Katie, he's comin' on again. The favorite's comin' on again. Patrick, Patrick, has she got anything left? I don't know. She has.—He's let go her head!" Jim closed his eyes. He never could bear to look at a close finish. He heard the potato, potato, potato flying hoofs and opened his eyes as the crowd shrieked: "Sweet Music, Sweet Music! Ride her, O'Donnell! Ride her, you stableboy!"

And that was sweet music to the O'Donnell of the O'Donnells. Jim Carmody ran out through the gate under the judge's stand and waited to lift Patrick Aloysius down from the filly when he rode back to weigh in, but Henry Helburn reached the filly first. He tore Patrick Aloysius, Valentine O'Donnell off Sweet Music, held him at arm's length—and swung a sizzling blow at him.

The O'Donnell's knees bent, the blow passed over and then he twisted like a snake and sunk his white teeth in Helburn's wrist. Naturally, and then eighty-five pounds of Irish imp flew in under fat Helburn's guard and two hard little fists two-timed him just under the wishbone.

For the second time Henry Helburn sat down, while a screaming little maniac leaped high in the air and planted two brand new riding boots in the geometrical center of the Helburn physiognomy. Then with his bat Helburn slapped the boy viciously. Patrick walloped his enemy—while Jim Carmody struggled with the track policeman who was trying to come to the rescue.

Finally Katie came waddling out on the track, picked the O'Donnell up, held him forcibly and kissed him. And his arms went around her neck and he sobbed out the agony incident to his wrongs, while the crowd howled and cheered him, and boomed and hissed Helburn. "You pig!" Katie screamed, when the track policeman helped Helburn to his feet. "Give this boy the twenty dollars you owe him or I'll beat you up myself!"

Helburn handed over the twenty dollars. "I'm through with that double-crossin' rat," he snarled. "I'll send you over his contract in the mornin'."

The O'Donnell of the O'Donnells struggled to break from Katie and renew the attack, but she held him fast. "Now, now, honey," she crooned, "you did a grand job and the crowd's with you; you've got a filly worth ten or fifteen thousand an' you've won better'n twenty-three thousand one hundred and fifty dollars more in bets. She'll pay eight to one. An' you've had enough of this flat justitia stuff for the day. You're a great race rider, an' you're goin' to be greater."

"There, there, sweetheart, don't cry. It isn't worthy of the O'Donnell, an' Henry Helburn will catch it from the stewards, see if he don't. Pick up your tack, darlin', and run in an' weigh. Don't keep the clerk o' the scales waitin'!"

She wiped his blazing black eyes with her handkerchief and smiled proudly upon him. At last she had a baby to coddle! For a while, at least.—By Peter B. Kyne in the Cosmopolitan.

UNEMPLOYED MAKE WINTERGREEN OIL.

Forest rangers and wardens of the Pennsylvania Department of Forests and Waters report that the distillation of Wintergreen oil is carried on by many of the unemployed in the mountainous sections of the State. A man can pick an average of about seventy-five pounds of wintergreen in a day. The stems and leaves are placed in a still with a capacity of 200 pounds, about one-third filled with water. The vapors passing through a condenser emerge as wintergreen oil. It takes about six hours to distill 200 pounds of leaves from which is obtained one and one-half pounds of oil.

Cambria county coon hunters are asking to have the woods restocked with these beautiful furbearing animals.

has the advantage of making the eggs "go further" than if used in a separate dish, or it may be served with cinnamon and sugar, syrup or any sweet sauce for dessert. Six slices of bread, one egg, one cupful of milk, skim milk or water and one-fourth teaspoonful salt. Beat the egg and add the liquid and salt. Let the bread soak in the mixture until slightly soft. Then fry to a light brown on a hot, well greased pan or griddle. More eggs may be used if available.

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