

Your Health

THE FIRST CONCERN.



Well, who's been waiting the longest? asked a physician, cheerfully, as he opened the door of his consultation office.

BLINDNESS

We who are fortunate enough to be able to see should not forget the thousands of Americans who cannot.

According to the National Society for the Prevention of Blindness one-half of the blindness is preventable.

Read with a clear, good light falling from above your left shoulder.

Hold your book or paper about 14 inches from your eyes.

Always read with your head up. Keep book or paper clean; a soiled page is hard to read.

Avoid books printed indistinctly, in small type, or on glossy paper.

Rest your eyes frequently.

If your eyes ache, or if you have trouble in seeing things distinctly, have your eyes examined.

GOOD SENSE IN SHOES

A firm foundation is just as essential for the human body as it is for a building.

They are uncertain even in January and February and really do not begin to lay well until March.

The age at which most pullets begin laying is from six to seven months; some lay at four and one-half to five months, and others not until eight or nine months of age.

This means that if a 50 per cent egg yield is wanted in November the pullets should be hatched during March or April; May hatched pullets will lay a little, but as a rule, not 40 or more per cent daily.

In selecting the site for the vegetable garden this spring, care should be taken in locating the garden on soil that is well supplied with plant food.

Good soil is essential to a successful garden. It is often possible to select a site a little distance from the house that will yield better results, with less labor, than one closer to the house with unfavorable soil.

A sandy soil, on land that slopes gently to the south is desirable, for generally it will "warm up" early and enable the gardener to plant and harvest early crops.

Good drainage is very desirable. A good fence around the garden is often indispensable for protection of the crops from farm animals, including poultry.

No amount of cultural care will replace sunshine! This highly important truth should not be overlooked in selecting the location for the vegetable garden and in arranging the crops.

Careful consideration should be given to the number of hours of exposure to sunshine each day. As a rule, foliage crops such as lettuce and spinach do fairly well in partial shade, but should have not less than three hours of sunshine per day.

Plants which ripen fruit, such as tomatoes, require more sunshine, and should have a minimum of five hours of sunshine daily.

In spite of the low milk prices Jersey cows have turned home-grown bulky feed into profit and kept up the fertility of the soil for James F. Taylor, dairy herd demonstrator of East Point community, Wood county, Texas.

As reported by James W. McGown, county agent, the ration for the first three months of the year consisted of 10 pounds daily of ground hegarri bundles, 6 pounds Bermuda hay, 5 pounds ground peanut vines including nuts, and 2 1/2 pounds cottonseed meal.

They produced an average of 20 pounds of milk per day and at market prices it brought \$20 per ton for the grinding, and counting the manure worth the labor of caring for the cows. Mr. Taylor states that the cows have given more milk during this period on this demonstration system than ever before at the same time of the year.

Soy bean oil meal, cottonseed oil meal, and linseed meal all have relatively the same value as a part of the ration for cattle. It is best to feed a mixture of the two cheaper ones.

If the farm horses are to winter in a shed remove their shoes to prevent injury.

There is a difference in the yield of seed potatoes from seed taken from the top and bottom of the same storage pile.

Sodium chlorate—one pound to one gallon of water is the usual mixture for spraying weeds.

—We will do your job work right

FARM NOTES.

—Alfalfa is a weed in red clover, as it is inseparable.

—Oats furnishes somewhat more digestible protein than corn, pound for pound. Corn must sell for less than 40 cents per bushel to be a more economical horse feed than oats.

—By growing corn after turning under a lespedeza sod, George Dowdle of Macon county, North Carolina, produced 125 bushels an acre. He used a high grade of fertilizer also.

—Fashions change in everything. An advertisement of twenty years ago would seem strange now; a woman dressed in the styles of 1900 would be absurd; and a political argument from the 1896 free silver campaign would not get many votes in 1932.

Those who reach the condition known as being "garden conscious," who become observant of outdoor beauty, quickly learn that fashions in gardening change and that in the last thirty years there has been a great alteration in our ideas of how the grounds about a home should be developed.

Many remember when it was considered the height of fashion to have a cast-iron deer or dog prominent in the front yard; when round beds of cannas or geraniums always punctured the center of a grass plot; and the height of attainment for a public gardener was a clock made of flowers or a "carpet bed" in which a geometric pattern was worked out with flowers crowded so closely together that it was difficult to tell what any individual flower looked like.

All these are passed today; new ideas prevail in gardening just as in dress and these are changing somewhat from year to year, just as dress ideas change. And the garden, just as one's dress, should be kept up-to-date. The idea that landscape work once done is done forever will not work. And who wants it so?

—Where eggs in winter are wanted the early hatched pullet is, without doubt, the one to depend upon. Yearling hens and those older ones are very rarely good producers during November and December.

They are uncertain even in January and February and really do not begin to lay well until March. Where the egg production falls below 15 per cent during the winter months, one is not making much profit.

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FOR AND ABOUT WOMEN

DAILY THOUGHT

"Give Us, O, God, the strength to build The city that hath stood Too long a dream whose laws are love, Whose days are brotherhood, And where the sun that shineth is God's grace for human good."

Q.—Which is the more formal, "My dear Miss Brown" or "Dear Miss Brown?" A.—"My dear Miss Brown."

Q.—What verse in the Bible did George Washington kiss at his first inauguration? A.—According to tradition he kissed the Bible at Genesis 49:14.

Three quarter sleeves are appearing in all sorts of different ways. Dressy coats have them, sometimes with a straight edge, sometimes the bracelet effect, which is a puff pushed up on the forearm so that the loose part hangs down. They are charming, but difficult to wear. Fashion, realizing that the style requires either a beautiful hand and wrist or some disguise, provided the disguise.

It may be a pair of long gloves wrinkled up on the elbow or it may be a long, straight cuff into which the full part of the sleeve is gathered. Sometimes the effect of a gathered sleeve or a fagoted section of the material coming down below the full sleeve. And if there are none of these there should be innumerable bracelets or the aforementioned beautiful hand and wrist.

—Cottons are the vogue of the moment—everybody's wearing 'em. Quite the loveliest of the new cottons is a revival of a quaint old-time fabric given the smart new name of "sheer tucks." And sheer tucks it is, a white cotton as sheer as silken hose with narrow tucks woven into the material. Can't you see it made up in blouses to use with the new suits, in gumps for the new frocks and in sheer so smart garden party dresses?

—Fashionable feet in the Easter parade looked just right with the costume above them. For there are shoes for every kind of costume—tailored, dressy, formal and informal. One that you're going to see marching with many a suit is the side fastened one-strap.

It's smart in spring's new brown just a little lighter than winter browns, with an underlay of beige beneath the perforations. You'll see it that way with green, brown beige and bright blue suits.

And if your suit is navy, shoe in navy blue with underlay of white is the thing.

If the weather is warm enough there'll be jacket dresses with their matching jacket.

To go with these, nothing is better looking than a pump.

Stockings to go with these shoes? Taupes is smartest with blacks and

blues. But beige goes better with beige or brown costumes and bright colored outfits.

ABOUT SOUP STOCK

—Somewhat less than a quart of water to a pound of meat is a good rule for making soup stock. As a usual thing soup should be made from raw meat cold and brought slowly to a boil and gently simmered through the entire process.

Occasionally left-over meat can be used to advantage to add flavor. This applies especially to cold ham, sausage, tongue or corned beef.

But in this case the cooked meat should be added to the raw soup bone and meat.

Soup stock is said to be better the second day than the first. It should never be boiled long after it is once made, but should simply be brought to the desired temperature.

Water should not be added to soup stock once it has begun to boil. The proper amount, if possible, should be added boiling hot, as cold water is said to destroy the flavor.

Soup stock should be free from fat. If possible remove all fat from the soup meat before beginning to boil, as the fat does not add to the goodness of the flavor. Every bit of fat should be skimmed from the top of the soup kettle.

To make a thoroughly good soup stock you will need one pound of shin beef, or one pound of knuckle of veal, or a half pound of each.

Any bones, trimmings of fresh meat, slices of lean bacon or ham add to the flavor.

Add one tablespoonful of butter, a few slices of onion, stuff with a clove or two, a quarter of a turnip, a piece of carrot, a few stocks of celery, a bit of mace, herbs as desired, a saltspoonful of sugar and one quart and a cupful of cold water.

The meat and bacon should be cut into small pieces. Rub the butter on the bottom of the stewpan. Put in a cupful of cold water and the meat and all the other ingredients.

Put the cover on the stewpan and place over a slow fire, occasionally stirring.

—Granulated sugar sifted over the top of a sponge cake before putting it into the oven gives it a rich brown crust when baked.

—An attractive salad is made by scooping out the centers of large red apples and filling the cavities with chopped nuts and celery.

Shape mashed sweet potatoes into small pumpkins, place them on a greased cookie sheet and bake for ten minutes in a moderate oven. Make stems from tiny pieces of green pepper.

—Cranberry jelly sliced and cut into odd shapes with a cookie cutter or a knife makes an attractive and unusual garnish for salads and desserts.

NEW VOCATION FOUND FOR STUDENTS WHO WORK WAY THROUGH COLLEGE

Boys have done everything from freight-hauling to embroidery as a means of earning their way through college, but some Columbia University footballers have hit upon a brand new idea. They act as modified nursemaids for young sons of Park Avenue's more wealthy sections.

A leading member of the nursemaid brigade is Cliff Montgomery, football player of parts, who turned from table-writing to his latest job.

It was, of course, the Lindbergh kidnaping that inspired the plan. Parents the country over were panicky enough, and, possibly, were more disturbed in New York than farther west. So they hired stalwart football players and hired athletes to guard their young while the youths worked off their excess energy in Central Park.

Parents are all in favor of the plan. They believe the manly influence of the young men is a good thing for their offsprings.

The "nurses" insist their jobs are not soft spots. Jack Kilgore, 200-pound tackle, has been assigned to meet the 11-year-old boys at a fashionable school and to take them to the Park each afternoon. They skate and he carries their books. His mates insist he's losing weight. Otto Schwartz, another gridiron husky, is credited with the easiest assignment. He has a youngster who often attends the musical hit shows on Broadway, and Otto earns his cakes and ale by accompanying his charge.

FOREST OWNERS

The farmers of Pennsylvania are the largest single group of forest owners, according to records compiled by the department of forests and waters. To them belong 4,000,000 acres, or almost one-third of the forest land of the State. Of this amount 2,500,000 acres are in farm woodlots and 1,500,000 acres in mountain land. Applications have been received from the farmers throughout the State by the department of forests and waters for 4,000,000 forest tree seedlings to be planted this spring.

—Subscribe for the Watchman.

What is a Bladder Physic?

A medicine that works on the bladder as a cathartic oil on the bowels. Drives out impurities and excess acids that cause irritation which results in getting up nights, frequent desire, burning, leg pains and backache. BU-KETS (5 gr. Tablets) is a pleasant bladder physic.

Get a 25c test box from your druggist. After four days if not relieved go back and get your money. You will feel good after this cleansing and you will get your regular sleep.—C. M. Parrish druggist.

Advertisement for West Penn Electric Shops featuring a Quality Electric Range for \$109.50. Includes text: "YOU'D HAVE PAID \$220 FOR AN ELECTRIC RANGE LIKE THIS 3 YEARS AGO!" and "Now \$5 monthly—\$9.50 down".

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S. KLINE WOODRING.—Attorney at Law, Belleville, Pa. Practices in all courts. Office, room 18 Crider's Exchange.

J. KENNEDY JOHNSTON.—Attorney at Law, Belleville, Pa. Prompt attention given all legal business entrusted to his care. Office—No 5 East High street.

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.

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

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C. Y. Wagner & Co. Inc BELLEVILLE, PA. 75-1-1yr.

Caldwell & Son Bellefonte, Pa.

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