

Your Health THE FIRST CONCERN.



The measles came to our town, Tommy got it first— They say he had it pretty bad But, 'course, 't had it worst. But my! We weren't sick a bit. Just full of funny spots And everybody gave us toys And jelly fine in pots.

GUARD AGAINST MEASLES

At this season of the year measles is usually epidemic in several parts of the United States. Authorities in New York State Department of Health feel that efforts should be concentrated not in futile attempts to stamp out the disease entirely, but on means to prevent fatalities from the disease during the first five years of life. Seventy-five per cent of all deaths from measles occur in children under 3 years of age, and 90 per cent in children under 5 years of age. In fact, if a child contracts measles before it is one year old, the chance of dying is 50 times greater than an attack of measles in a child between 5 and 15 years of age.

When measles appears in a community, parents should be warned of the danger and told to be exceedingly careful about having their children come in contact with those who have the disease. All parents must be warned promptly to guard their children against contracting measles by keeping them from contact with children who have the disease or from the brothers or sisters of the child who has the disease.

If a child 5 years of age or under develops fever, vomiting, running of the nose, and the typical measles eruption, it should be put to bed immediately, a physician should be called at once, and the child should be kept strictly isolated until the diagnosis is certain. The laws of most States and municipalities now demand that the child be successfully vaccinated against smallpox before it is permitted to enter school. There is plenty of evidence from all over the world to indicate that smallpox vaccination actually protects against the disease. Millions of people have been successfully vaccinated without harm.

Today these are the two methods of inoculation against disease which are fully established and which may well be recommended as routine for every child. There are other methods which are sometimes used in the prevention of serious epidemics. The inoculation against scarlet fever has been proved to be practicable. However, epidemics of scarlet fever are infrequent and inoculation is not recommended unless special danger exists.

Scarlet fever, or scarletina, is an acute contagious and infectious disease. While no age is exempt from the infection, about 90 per cent of the cases occur in children from 1 to 15 years of age. The disease quickly develops after exposure to the fever. The incubation period may be as short as one day, or it may take about a week. In children, fever, nausea, vomiting, headache and general uneasiness, with severe sore throat, are the first symptoms noted. Occasionally a convulsion may usher in the attack. The eruption appears from 12 to 36 hours after the initial symptoms. It is usually first seen in the neck and upper part of the chest, in the form of a uniform red flush. When viewed closely it discloses minute spots of a darker hue. This eruption gradually fades, beginning on the third or fourth day, and by the end of the week has almost disappeared. Then follows a period of desquamation, or peeling, which may continue for from four to six weeks. During this time it is very important to guard against chilling. Otherwise

FOR AND ABOUT WOMEN

DAILY THOUGHT Your cap is on crookit. Your belt is unhookit. You may not be drookit. But bejabbors you look it.

—Graduations to the right of us and graduations to the left of us. Soon our "young America" will be launching into fields of endeavor which shall spell success, I hope, for all. To you who are donning caps and gowns and making ready for the exercises which shall mark the closing of your school days, I wish a world of happiness.

So, in view of this day, we have planned several menus which, we hope, shall do much toward the delightful culmination of an already perfect day. —Platner Luncheon.—Fresh fruit cup, jellied consommé, boiled lamb, chops, mint jelly, potatoes julienne, asparagus with drawn butter sauce, finger rolls, green salad, angel parfait, coffee.

—Luncheon Menu.—Strawberry cocktail, cold baked ham, latticed potatoes, tomato basket salad with asparagus tips, hot biscuits, meringued cantaloupe, coffee. Fruit cup.—(Honey dew melon balls, diced pears and grapefruit, strawberry garnish) Chicken aspic in individual molds.—Creamed mushrooms, fresh peas, ice box rolls, endive salad with Roquefort cheese french dressing, toasted crackers, strawberry sherbet, lady fingers, coffee.

Jellied consommé.—Soak one tablespoonful of gelatin in a quarter cupful of boiling water and stir until dissolved. Add to one pint of hot beef stock that has been well seasoned. When almost cold, add a tablespoonful of chopped parsley and chill. When chilled and jellied, beat slightly with a fork and serve in bouillon cups.

Angel parfait.—Make a sirup of one-third of a cupful of sugar and four tablespoonfuls of water, cooking until it spins a thread. Beat two egg whites stiff. Add sirup to egg whites slowly beating until the mixture is very light. Chill, stirring occasionally. Whip one-half pint of cream. Add flavoring, then fold in egg mixture very carefully. Freeze. This may be varied by adding marshmallows cut in pieces, chopped nuts, or a bit of pink or green color.

Tomato Baskets.—4 firm tomatoes, 1 large green pepper, 1 can asparagus tips or equivalent in fresh cooked asparagus, salad dressing. Cut the peppers into slices, crosswise, to form rings one-quarter inch in width. Scald tomatoes, peel, chill and cut in halves crosswise. Place on lettuce leaves with cut side up. Lay four or five asparagus tips side by side in the center of each tomato half. Cut pepper rings and place across the top of the asparagus, so that the ends meet the sides of the tomato basket. Serve ice cold with French dressing. This is sufficient for eight persons.

Meringued Cantaloupe.—Wash, cut in half and scoop out cantaloupe and cut into small pieces, together with one orange, banana, pear and peach. Cover with non-alcoholic asparagus flavoring to which one tablespoonful of sugar and one-half teaspoonful of salt have been added and let stand for ten minutes. Drain and stuff melon with this mixture. Cover with meringue made by adding one tablespoonful of sugar to a stiffly beaten egg white and brown in slow oven (300 degrees). It may be served on crushed ice.

Chicken Aspic.—2 tablespoonfuls gelatin, 1/2 cupful cold water, 1 pint celery—cut in small pieces. 1 1/2 pints well-seasoned meat stock. 1 pint chicken—cut in small pieces.

Soak the gelatin in cold water. Heat the stock to boiling point. Add soaked gelatin, remove from fire and stir until gelatin is dissolved. Strain. Rinse mold in cold water, pour in enough of the stock and gelatin mixture to fill mold one-quarter inch in depth. Chill and when set, arrange design, using hard-cooked eggs, pimientos, green pepper, etc. Cover this with a little of the stock gelatin and chill again until design is set. Mix celery and chicken and fill mold with this. Pour the

some of the numerous complications that render scarlet fever so dangerous and fatal may develop and create a critical situation. The throat inflammation may spread to the ears, often involving the mastoid, or to the nasal sinuses. The glands of the neck may become involved. A very frequent complication is an attack of acute Bright's disease. To avoid these untoward results the diet of the patient should be bland, consisting largely of milk, with the exclusion of meat and meat soups.

The disease is communicated from the sick to the well through secretions of the mouth, nose and discharging ears as well as by direct contact with the patient. It is barely possible that scales from the peeling skin are dangerous and health departments quarantine the patient until desquamation is completed and all discharges have been arrested.

Prevention of the spread of scarlet fever depends largely upon the careful inspection of school children, excluding all those who show suspicious symptoms. Various tests and protective inoculations have been used but their action is not always devoid of unpleasant reactions. The "Shick test" has been used to determine the susceptibility of children to the disease. In asylums and institutions where there is danger of an epidemic, these particulars have met with considerable success. Mild cases of scarlet fever may pass unnoticed and prove the source of an epidemic of considerable extent. Hence it is important that no symptom indicating the possible presence of the disease be overlooked.

Financial Condition of the Poor Districts of Centre County.

In these times of depression, when there is so much distress throughout the country it might be of interest to the public to know the exact financial condition of each poor district in the county, and the following table, carefully compiled from auditor's statements for 1931, shows the assessed valuation, millage, tax collected, amount expended for maintenance of the poor, etc., in each district in the county.

Table with columns: Township or Boro, Mills, Valuation, Tax Paid, Institutional Relief, Outdoor Relief, Administration Costs, Total Expended, Floating Debtedness. Rows include Bellefonte, Centre Hall, Howard, Milesburg, Millheim, Port Matilda, Phillipsburg, S. Philipsburg, State College, Snow Shoe, Unionville, Benner, Bogen, Burside, Collee, Curtin, Ferguson, Gregg, Haines, Half Moon, Harris, Howard, Huston, Marion, Miles, Patton, Penn, Potter, Rush, Snow Shoe, Spring, Taylor, Union, Walker, Worth, and Total.

remaining meat stock gelatin mixture over the whole. Chill. Srawberry Sherbet.—Cover a pint box of strawberries which have been washed, drained and hulled, with a half cupful of sugar and a few grains of salt. Allow them to stand for two hours, then mash with wooden potato masher and set aside. Soak one and one-half teaspoonfuls of gelatin in two tablespoonfuls of cold water and dissolve over hot water. Add to it one and one-half cupfuls of rich milk, then add the strawberries rubbed through a coarse sieve. Freeze in an ice cream freezer or in a mechanical refrigerator. —Bright colored jumpers are in fashion, worn with all kinds of sports costumes. They're short, ending just below the waistline or even right at the waistline, sometimes. Most of them are sleeveless, letting tanned arms or the contrasting sleeve of the dress show. Some have short cap sleeves. A small few have long sleeves. They're smartest over white, naturally, because with white they make the sharpest color contrast. But over pastels, too, good color combinations can be made that certainly make anybody stand out from the crowd.

Advertisement for Frigidaire refrigerators. Features a large image of a refrigerator and various food items. Text includes: 'See the amazing savings effected by Frigidaire. Many users report savings that average \$9.96 a month—enough to buy all this food.' Below the image, it says: 'Here's actual proof that you are Losing money by not having Frigidaire'.

Advertisement for West Penn Electric Shop. Text includes: 'If you have any doubts about whether you ought to buy an electric refrigerator, or what make you ought to buy, attend our Spring Showing and Food Thrift Exhibit. Here you will see one of the most interesting exhibitions ever held in our display room. You will see a convincing demonstration of the many ways in which Frigidaire pays for itself. And you will see the amazing result of a recent survey among Frigidaire users—showing that with its amazing economy of operation, Frigidaire actually saves these users an average of \$9.96 a month through quantity buying, no spoilage and economy of operation.' Below this, it says: 'Nor is that all. We will use your own figures to show you exactly how much you can expect Frigidaire to save for you in your own home. We will also welcome an opportunity to tell you about the new low prices—how a genuine Frigidaire, with all that it offers in surplus power, greater freezing capacity and absolute dependability, can now be had for as little as \$149.50 completely installed.' At the bottom, it says: 'WEST PENN ELECTRIC SHOP WEST PENN POWER COMPANY, Bellefonte, Pa R.C. WITMER ELECTRIC STORE, Bellefonte, Pa KEEFER HARDWARE COMPANY, State College, Pa'.

ATTORNEYS-AT-LAW

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

SPECIALISTS

D. R. L. CAPERS, OSTEOPATH. State College Crider's Ex. 68-11 Holmes Bldg. C. 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. E. VA B. ROAN, Optometrist, Licensed by the State Board. State College, every day except Saturday, Bellefonte, in the Garbrick building opposite the Court House, Wednesday afternoons from 2 to 5 p. m. and Saturdays 8 a. m. to 4:00 p. m. Bell Phone.

Fire Insurance advertisement. Text includes: '20% Reduction 76-36 J. M. KEICHLINE, Agent. Bellefonte, Pa.'

IRA D. GARMAN JEWELER advertisement. Text includes: '1420 Chestnut Street PHILADELPHIA Have Your Diamonds Reset in Platinum 74-27-1f Exclusive Emblem Jewelry'.

FEEDS!

Advertisement for C. Y. Wagner & Co. Inc. feeds. Lists various feed products and prices per 100 lbs. Includes: Wagner's 18% Dairy Feed - 1.25, Wagner's 20% Dairy Feed - 1.30, Wagner's 32% Dairy Feed - 1.45, Wagner's Pig Meal - 1.60, Wagner's Egg Mash - 1.75, Wagner's Scratch Feed - 1.25, Wagner's Chick Feed - 1.80, Wagner's Chick Starter and Grower with Cod Liver Oil 2.00, Wagner's Horse Feed - 1.25, Wagner's Winter Bran - 1.10, Wagner's Winter Middlings - 1.20, Wagner's Standard Chop - 1.20. Also lists: Blatchford Calf Meal 25lbs - 1.25, Wayne Calf Meal Per Hr - 3.50, Wayne Egg Mash - 2.10, Oil Meal 34% - 2.00, Cotton Seed 43% - 1.40, Soy Bean Meal - 1.60, Gluten Feed - 1.40, Fine Ground Alfalfa Meal - 2.25, Meat Scrap 45% - 2.00, Tankage - 2.75, Fish Meal - 2.75, Fine Stock Salt - 1.00, Oyster Shell - 1.00. Text includes: '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 days. Interest charged over that time. If you want good bread and pastry use Our Best and Gold Coat Flour.' C. Y. Wagner & Co. Inc. BELLEFONTE, PA. 75-1-1yr.

MODERN WOMEN advertisement. Text includes: 'NEED NOT SUFFER monthly pain and delay due to colds, nervous strain, exposure or ailments. Chichester's Diamond Brand Pills are effective, reliable and give QUICK RELIEF. Sold by all druggists for over 45 years. Ask for THE DIAMOND BRAND.'

Caldwell & Son advertisement. Text includes: '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'.