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EDWARD E. BAILEY { Local Editor and  
Business Manager

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insertions, and ten cents per line for each ad-  
ditional insertion.

## HEALTH SCHOOL

Pennsylvania State Department  
of Health.

### Questions.

1. Why should French heeled shoes not be worn?
2. What is the cause of that condition known as painful feet?
3. How may it be corrected?

### FEET

"How many toes have you, Auntie?"  
"One," absently from Auntie, whose thoughts were on "A peach of a summer fur at a bargain" in Greely's window, for Auntie was a slave to fashion.

As Bobby took in the details of her sharp toed, high heeled shoe he gravely nodded. "That's all my pony has."

Pony's progenitors in the morning of the world—some few million years ago boasted three toes—who can say that Auntie's descendants—in accord with the same law of evolution—were not in the evening of time, clattered about on hoofs.

The French heel may add a little to the height and make a number six look like a three, but it steals the freedom from the ankle motion, shifts the greater part of the body weight to the ball of the foot and cramps and crowds the toes so that Milady affects a near peg like gait as she minces along. But why point to Angela?

Army records show a shamefully high percentage of rejections on account of painful feet; fallen arches and foot deformities, among the Jim's and Bill's and Joe's who never wore French heels in their lives.

From the heel to the front the bones of the foot form an arch which gives strength and springiness to the gait. A second shorter arch bows from one side to the other. The second arch is supported only on the outer side; the inner edge riding high and free is responsible for the hollow space on the inner side of the normal foot. The bone arches are held in place by ligaments supported by muscles. When these muscles are weakened by protracted illness, disuse or over strain, the ligaments are apt to stretch and permit the arches to sink. This condition is called flat foot. The pull of the ligaments on the outer shell of the bones causes severe pain. In some instances flat foot causes little inconvenience—in the negro race it is almost a normal condition, but the condition known as painful feet, which results from muscular weakness, is not only distressing but a serious handicap.

Headaches from eye strain are familiar, nervous disturbances from constant foot strain are just as common, but not so generally understood.

They used to say, "Toes out." Parent, Teacher, Dancing Master, the Army and all. Then it was discovered that toeing out meant an extra strain on the supporting muscles, a side pull on the longer arch and a tendency to fallen arches. Flat feet or painful feet are rare among straight toe walkers. So now the teaching is, walk with your feet parallel—toes straight ahead.

If you have painful feet you naturally turn to your Doctor for advice. He will tell you that the patent artificial devices for the correction of foot defects are for the most part unreliable, and as improperly fitting shoes have largely contributed to your condition, he will advise the right kind of shoes and special foot exercise. One of the Tait McKenzie exercises which has proven itself valuable, is to raise the heel about an inch from the ground and walk on the ball of the foot as if the heel were painful. This exercise should be repeated a number of times each day and for a hundred steps at a time. Proper shoeing and regular systematic foot exercise as prescribed by an experienced physician seldom fails to cure the condition known as painful feet. In connection with this the foot covering bears an important relation.

The toe should conform to the shape of the foot—broad at the toes. The heels should be long and low. Laced shoes are better than any other kind because they can not only be more accurately adapted to the foot, but because they afford better ventilation; for the same reason because the foot perspires freely—patent leathers and rubber overshoes should not be worn for long periods.

Tight stockings or stockings too short are often the start of toe deformities.

Corns, bunions and ingrowing nails are all the results of ill fitting shoes.

Shoes that fit is the answer—Don't stand and "Watch your Step."

## FOSS-EMERY NUPTIALS.

Pretty Home Wedding Solemnized on Tuesday Evening.—Couple Will Reside in Altoona.

In a pretty home wedding, at which only the immediate families of the contracting parties, and a few invited guests, were present, Miss Lillian Emery became the bride of Thomas Spencer Foss, at the home of the bride's parents, Mr. and Mrs. C. F. Emery, in Centre Hall, on Tuesday evening.

Promptly at seven o'clock, to the strains of Lohengrin's wedding march, played by Miss Margaret Emery, a younger sister of the bride, with violin accompaniment by Miss Helen Weiden-saul, of Altoona, the happy couple marched into the parlor which was beautifully decorated with roses, chrysanthemums and green foliage. They were attended by Miss Beulah Foss, bride's maid; Dwight Foss, best man; Mildred Foss, flower girl; Herbert Foss, flower boy; Algie Emery, ring bearer. Dressed in a lovely gown of white satin and net, the bride appeared beautiful. The ring wedding ceremony was then performed by Rev. F. H. Foss, of Howard, father of the bridegroom. Immediately thereafter a lap luncheon was served.

The marriage of this popular young couple is the culmination of a courtship which had its origin in the 'teen ages of both, while members of the same class in school. Together they went through High school and graduated together in 1917. Miss Emery proved a successful school teacher and has also been a valuable aid to her father in the conduct of his store business. The groom learned the barber trade in Centre Hall and at present has a well-paying position in that line of work in Altoona.

The couple are on a week's honeymoon to Scranton and other points, after which they will go to Altoona where they will be "at home" to their friends after the 22nd of November.

Both enjoy the friendship of a wide circle of friends who wish them every joy and happiness in the world.

### Hartwick-Kline.

At the Reformed parsonage, Boalsburg, Fred W. Hartwick and Miss Bessie M. Kline, both of State College, were united in marriage on Sunday afternoon, Oct. 24th, by Rev. S. C. Stover. The ring ceremony was used. The best man was Thomas H. Hartwick, and Miss Ethel G. Hartwick was maid of honor. The one was a brother and the other was a sister of the groom.

We wish this happy couple a bon voyage.

First Rain in 8 Months, Says Subscriber from Los Angeles.

Los Angeles, Cal.,  
Oct. 27, 1920

Enclosed please find \$1.50 to extend my subscription to the Reporter for another year. I always look forward to Thursday of every week for that is when I receive my paper.

On Monday Los Angeles had her first rain in eight months and we all enjoyed it thoroughly. We are having beautiful weather—plenty of sunshine and flowers. The eastern people are arriving in Los Angeles on an average of 2,000 daily. It is almost impossible to rent a home. The housing committee are thinking of moving the small houses from Camp Kerney, San Diego, to Los Angeles to relieve the tourist congestion. Never before in the history of Los Angeles has there been so much building as at present, still the demand is greater than the supply. It seems every one wants to get away from the cold and shoveling coal and snow. They don't have any fear for our earthquakes. I don't like the cold and snow but I like the earthquakes a great deal less. When this big earth begins to tremble one feels like he wasn't quite so much after all; but then we were all very thankful that it was no worse and no lives lost (we can all buy new dishes) and we all hope that we will never have any more, but then, who can tell.

Very truly yours,  
A. E. CUNNINGHAM.

### The Weather in October.

The closing days of October were in marked contrast to the two weeks that preceded them. After a season of most delightful weather, with mercury standing at from 70 to 80 every day, rain on last Wednesday was immediately followed by a big drop in temperature, and on Friday the first snow flakes of the season were seen in a short squall. Another snow flurry occurred in the night. The highest temperature for the month was 82 degrees, on the 14th and 20th; the lowest was 28, on the 7th of the month.

Up until the 26th only fifteen hundredths of an inch of rain had fallen. The closing days added nearly a half-inch more.

### City Bred Hunters Give Amusement.

City bred bear hunters, who are thronging the woods of Potter county seeking bear, are causing no end of amusement, according to reports reaching the state forestry department. Forster R. L. Emerick, of Coudersport, says the woods are full of bears but few were killed last week. City hunters get excited every time they see a bear and shoot wildly. One man fired thirty shots and missed every time. Two bears are allowed each hunter in Potter county this year.

## The Work of the State College Chapter of Red Cross.

That the work of the State College chapter of the Red Cross, which takes in the best part of the southern half of Centre county, is worth while and accomplishing great good for the residents of that section, is well borne out in the annual report of the Nursing Activities committee given on Wednesday night by Miss Margaret A. Knight, the chairman, at the annual meeting of the chapter held in the Liberal Arts building at the college. This committee cooperates with Mrs. Maude C. Jones, the public health nurse employed by the State College chapter, who has done so much good since she started her work last February.

The public health nurse has made a total of 279 visits as follows: Nursing 242; infant welfare, 17; prenatal cases, 10; visits in schools, 11; advisory cases, 6; miscellaneous, 93. This work is rendered free of charge to those receiving the benefits, except in cases where the families are able to make a small payment. Fees received in this manner amounted to \$126.50.

The nursing activities committee estimates that its budget for the coming year will be over \$2,000. Comparisons of this amount with the fees received by the nurse for the chapter convincingly indicates the support that people in the State College district will have to give to the Red Cross during the fourth Roll Call on November 14.

In addition to the regular health visits made by the nurse, she has conducted five classes in home hygiene and care of the sick, with a total enrollment of 133, of whom four took the examination and passed it. These classes were held in Boalsburg, Centre Hall, Lemont, Spring Mills and State College. Noteworthy work was performed by Mrs. Jones and Miss Peterson, the public health nurse of Bellefonte, at the Granger's encampment at Centre Hall in September.

During the past month health talks have been given in the Centre Hall and Boalsburg schools at the request of the residents.

### MILLHEIM.

(From The Journal)  
F. Q. Hartman, of Danville, the owner of the new Centre county silk mill, has refitted the new house on Penn street built by the Millheim Real Estate company. Mr. Hartman will furnish the home and employ a housekeeper, who will board the experienced help brought here and also serve meals to Mr. Hartman while he is in Millheim.

Last week two citizens of Penn township were arrested for not complying with the requirement of the compulsory attendance school laws. The one promptly paid the costs and is complying with the laws. The other one sought advice from higher authorities and has also decided the wisest thing to do was to pay the costs and comply with the law.

Miss Catherine R. Malone, of Birmingham, Ala., is a most welcome guest at her brother, J. F. Malone, and family at Coburn. Miss Malone is head nurse, matron and manager of the Red Mountain sanitarium, at Birmingham. In 1918 she went to England on Red Cross work and had many thrilling experiences on account of the war. This is the first visit to her brother's home in eight years.

The beavers placed in the state game preserve, east of Coburn, last spring have built at least three dams in the mountain streams. One of the dams is said to dam the water to a depth of at least five feet. The beavers, it is said, have cut a number of trees fully ten inches in diameter which have not yet been placed.

The Centre County silk mill started work last Thursday. Miss Marion Ziegler and Miss Edna Smith, two young ladies from Danville, came here Wednesday of last week and they have been making adjustments to the machines and instructing the local workers in the art of winding. It is expected that by the end of this week twelve or fifteen local workers will be learning to manipulate the intricate machinery, and more will be employed as fast as the first ones advance.

### Public Sale Register.

WEDNESDAY, NOVEMBER 10, at one o'clock, on the Musser farm near Spring Mills, John Bair will sell lot of choice milk cows and hogs.

NOVEMBER 18, 10 a. m., 1 1/2 miles east of Bellefonte, on the Jacksonville road: Full line of live stock and farming implements. Frank Mayes, auct. This an unusually large sale. A full description of stock, etc., will appear later.

SATURDAY, NOVEMBER 27th, at 10 a. m., 2 1/2 miles E. of Old Fort, or 3-4 miles North of Penns Cave Station, A. M. Grove will sell: Farm stock and implements. A clean-up sale. Reason for selling, ill health. L. J. F. Mayes, auct.

TUESDAY, DECEMBER 7th, at 10 a. m., immediately west of Centre Hall borough, Mrs. Frank Grerer will sell: Farm stock, implements and household goods.

MONDAY, MARCH 23, at Farmers Mills: Pure-bred stock sale: Percherons, Holsteins, Berkshires.—W. F. RISHLE. Wise & Hubler, aucts.

MARCH 30, 10 a. m.—B. Gardner Grove, east of Centre Hall: Full line of farming implements and stock; also household goods. Clean up sale.—L. F. Mayes, auct.

WANTED—An experienced cook and an upstairs girl. Good wages and a good home. Apply by mail to Mrs. B. Leopold, Altoona, Pa.

## PUT FIGHTING

### QUALITIES IN YOUR BLOOD

If You Are Pale and Weak, Without Ambition, You Need a Tonic.

### TRY TAKING PEPTO-MANGAN

Rich, Red Blood Fights Off Disease and Keeps You Well and Enables You to Work With Pleasure.

Serious sickness often comes when you least suspect. You may feel a little over-tired. You haven't been exposed to contagion, yet all of a sudden you are flat on your back for a siege of sickness.

Your blood did not have fighting qualities. It was weak and thin. Your vitality and powers of resistance were low.

When you overdo you use up energy. Your blood is driven to do more than it can. It becomes clogged with waste. Disease germs get in your blood and dominate.

Don't let yourself get run down. Take that good tonic, Pepto-Mangan. It makes rich, red blood that will resist and rout out disease germs.

Pepto-Mangan is widely and heartily endorsed by physicians. It is effective and easy to take. Comes in either liquid or tablet form. Both have the same effect.

Sold at any drug store. But be sure you get the genuine Pepto-Mangan—"Gude's." Ask for it by the name and be sure the full name, "Gude's Pepto-Mangan" is on the package.

### NEW ADVERTISEMENTS.

FOR SALE.—Double house, with two baths and all modern conveniences; private driveway, new garage; ice house, barn and chicken house; also a building lot included. MRS. H. J. LAMBERT, Centre Hall. Com. phone 3E. (42 ct)

WANTED.—Working housekeeper at State College by widower boy of five and girl of six. Must be woman of refinement, middle aged, experienced in housework and understand the care of children. Good home, good wages; highest reference required. Address Centre Reporter, Centre Hall, Pa.

FOR SALE.—GOOD JERSEY COWS AND YOUNG CATTLE. Address, I. L. HARVEY, Bellefonte, or CHARLES BEATY, Howard. 3to44

WANTED.—Men or women to take orders among friends and neighbors for the genuine guaranteed hosiery, full lines for men, women and children. Eliminates darning. We pay 75c an hour for spare time or \$25 a week for full time. Experience unnecessary. Write, INTERNATIONAL STOCKING MILL, Norristown, Pa. c309d

## MIXED CARLOAD OF HORSES & MULES

AT PUBLIC SALE

At the Hotel Stables

CENTRE HALL

Saturday, November 6

You will find this carload up to the usual Kindig standard. Every animal has been carefully selected for this market and are sure to measure up to your expectations,

Sale at 1 O'clock JOE KINDIG, of York

## WHY TRUST TO LUCK IN BAKING?

Why Not Get A MODERN

## Glenwood Range

AND BE SURE.

A small appetite for coal, it will pay now as never before. Costs no more than cheaper made stoves.

ALSO A FULL LINE OF HARDWARE AT THE RIGHT PRICES

... SEE US BEFORE BUYING ...

H. P. SCHAEFFER

HARDWARE BELLEFONTE

## Kessler's Fall Opening Week

We take great pleasure announcing to the public the arrival of a complete selection of Wearing Apparel for the whole family.

We are also ready to meet the toboggan slide in Prices on All Merchandise.

Since we succeeded in buying the merchandise when the market was lowest priced, we are only too glad to share this benefit with our customers. Regardless of what your needs may be we feel sure we can suit your tastes and your pocketbooks. Won't you please pay us a visit before buying?

### We have Ladies' Suits,

Made of Wool Tricotines, Silvertones, and Velours, FOR .. \$25.00 and up

Nifty Dresses, Wool Serge, Tricotines, and Satins, FOR .. \$12.75 and up

Coats of Newest Styles and unusual materials, FOR .. \$13.50 and up

Men's & Young Men's Wool Suits All New Models, Colors and Materials, FOR .. \$20. and up

A very attractive line of Overcoats, Ulsters and Mackinaws

A Complete Stock of Boys' Overcoats and Suits

Shoes for Men, Women & Children, at almost normal prices, at

MILLHEIM PENN.

KESSLER'S DEPARTMENT STORE

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