

SAVE THE BABIES

Timely Word to Mothers on Care of Infants During Hot Weather.

ADVICE WORTH HEEDING

Health Commissioner Dixon Gives Rules to Be Observed in Nursing the Baby and For Its Proper Care in General—The Necessity of Pure, Fresh Milk.

The hot weather of this season of the year is extremely dangerous to the lives of infants and young children, not only because of the depressing effect of high atmospheric temperature in general, but more especially because of the effect of hot weather upon all perishable articles of food, among which cow's milk holds the first place.

It is therefore highly important that cow's milk to be used for infants' food should be the purest and freshest that you can afford to buy. During the hot weather ice is absolutely necessary for the preservation of milk, and all milk used for food should be cooled by ice as soon as it comes from the cow, and should be kept next the ice until ready to be used. A little money spent for ice may prevent illness and its greater expense for medicine, nursing and medical attendance. As water is often a carrier of disease it is safest to use only boiled water for drinking or the preparation of a baby's food.

The following rules will aid you in keeping your baby well during the hot weather, and are given out by the State Department of Health of Pennsylvania:

Breast feeding. Every mother should endeavor to nurse her baby. Breast milk is the natural food of a newborn baby. There is no other food that can compare with it. A breast-fed baby has a much greater chance of living than a bottle fed baby.

Immediately after birth do not give any kind of artificial food to the baby while waiting for the breast milk to come. Put the baby to the breast every four hours and give nothing else but water that has been boiled. The baby needs nothing else and will not starve. After the milk comes into the breast nurse the baby every two hours during the day and two or three times at night.

Don't nurse the baby whenever it cries. A moderate amount of crying helps to develop the lungs. Babies who are nursed irregularly or whenever they cry are likely to get indigestion and then cry the harder from pain. Nurse regularly, and the baby will soon learn to expect its nursing only at the proper intervals. Give the baby a little boiled water several times a day.

After the baby is two months old lengthen the time between feeding to two and a half or three hours, with only one or two feedings at night.

Do not wean the baby as long as he is gaining, and never do so except by advice of your doctor. Do not follow the advice of friends or neighbors about weaning. If the baby remains well, but after a time stops gaining in weight, do not think that your milk is of no value, but consult your doctor about adding one or two bottles to help you out.

Bottle feeding. If it becomes necessary to feed the baby entirely or only in part upon the bottle, remember that the greatest cleanliness is necessary in all details of the feeding. As soon as a bottle is finished it should be thoroughly washed with cold water, then cleansed with hot water and borax (one teaspoonful to a pint of water) and put aside for further cleansing before being used again. If you have only a few bottles and it becomes necessary to use the same bottle for the next feeding, boil it for a few minutes before putting fresh food into it. Never let the baby nurse from the remains of a bottle which he has not finished. Take it away from the crib, pour out the milk and cleanse at once. Stale milk curdles sticking to the inside of a bottle after a few hours become poisonous and may contaminate fresh milk coming in contact with them. It is better to have as many bottles as the number of the baby's daily feedings, so that all the bottles can be boiled together before the food is prepared in the morning.

Nipples. The simpler the nipple the safer for the baby. Do not use complicated nipples, and under no circumstances buy a bottle with a long rubber tube attached to the nipple. It cannot be kept clean and will certainly cause bowel trouble. After the bottle is finished the nipple should be removed at once, turned inside out over the finger and scrubbed with cold water and a brush kept only for this purpose. After use, always boil the brush.

The cleansed nipple should be kept in fresh borax water (one teaspoonful of borax to a pint of water) in a covered glass. Rinse the nipple in boiling water before using it.

Do not put the nipple into your own mouth to find out whether the milk is warmed enough. Let a few drops of the milk fall on your wrist; if it feels too hot for your wrist it is too warm for the baby's mouth.

No general instructions can be given about the preparation of a milk mixture for your baby. Each baby needs a combination suited to its digestion. The mixture upon which some other baby is thriving may be too strong or too weak for your baby. Let the

doctor tell you how to mix the food. If it is necessary to use cream in the mixture do not buy cream—it is likely to be stale—but get it by pouring off half a pint from the top of a quart bottle of milk, after cleansing the lip of the bottle.

During the summer the baby's food should be brought to a scald after it is prepared. It should then be poured into the clean bottle corked with baked clean cotton wool and kept next the ice until needed. Do not heat a bottle when you go to bed and keep it in bed until nursing time, because you do not want to go to the ice box for it and heat it when the baby needs it. This is a certain way to make the baby sick.

Bowel movements. A bottle fed baby should have at least one and no more than two or three bowel movements a day. If the milk is clean to start with and has been kept cold, and all the feeding utensils clean as you have just been told, the baby's movements should be yellow in color and not too hard to be passed easily. If the movements become greenish in color, but not more frequent than two or three times a day, give one or two teaspoonfuls of castor oil. If the color does not improve after the oil has worked off, consult your doctor. At this time he will be able to prevent the serious bowel trouble with which the baby is threatened. If the movements remain green in color and increase in number to five or six more in the twenty-four hours your baby is beginning to have bowel trouble or summer diarrhoea. Stop milk at once, give pure boiled water by spoon and call the doctor. It may be too late.

Do not begin milk feeding again until the doctor orders it. You will not starve your baby by stopping the milk; every drop of milk that goes into its stomach after this warning simply adds to the poison already there. You will cause serious or fatal illness by keeping up milk food after the bowels become loose and the movements green in color.

Vomiting. A bottle fed baby should not vomit if its food is pure and properly adjusted to its needs. If vomitings occur it is usually a sign of approaching illness, either of one of the serious diseases of childhood, or more commonly in hot weather, of summer diarrhoea. Vomiting due to this cause may be the first sign of trouble and the bowels may not become loose until several days later. If vomiting is repeated, stop milk feeding, give boiled water, cool or of the temperature at which the milk is given, and consult your doctor at once.

Clothing. Do not put too much clothing on the baby in summer. During the hottest weather remove most of the clothes; a thin loose shirt and a diaper are sufficient during the day and on very hot nights.

Never use clothing made with tight waistbands. Petticoats and skirts should be supported by straps over the shoulders.

Bathing. Bathe the baby every day. In hot weather a quick sponging all over later in the day will give comfort and make him sleep better. Wash the baby each time the diaper is changed and dry the parts thoroughly before using powder. Wash all soiled diapers and boil them. Never use a dried wet diaper without first washing it.

Fresh air. Fresh air is as important for the baby's health as fresh food. During the summer keep the baby out of doors as much as possible. Keep the baby out of the kitchen—he may get a "sunstroke" from too much heat indoors.

Eruptions of the skin. If the baby has an eruption or breaking out of the skin, consult a doctor. Do not think that every rash is prickly heat; it may be some serious disease like scarlet fever, measles, smallpox or chicken pox.

ERA OF HIGH PRICES.

1910 Promises to Be Banner Year To Spend Money.

Americans are paying the highest prices asked in 20 years for the commodities they are purchasing in 1910. The annual report on wholesale prices, just published by the Bureau of Labor, of the Department of Commerce and Labor, proves this. The wholesale prices in 1909, as measured by the 257 commodities included in the recent investigation, advanced three per cent. over the wholesale prices of 1908, but even last year they were still a trifle over two per cent. lower over the average of 1907, the year of highest prices within the period of 1890 to 1910.

Wholesale prices in 1909 were 14.5 per cent. higher than in 1900; 41 per cent. higher than in 1897, the year of the lowest prices from 1890 to 1909, 12 per cent. higher than in 1896, and 26.5 per cent. higher than the average price for the ten years from 1890 to 1900.

Of the nine groups under which the commodities are classified, six showed an increase in price last year over that of the year before. The largest percentage of increase was on farm products, and reached 15 per cent. The three groups in which wholesale prices decreased were house furnishing goods, 2 per cent., fuel and lighting, 1.1 per cent., and metals and implements, 0.5 per cent.

Sunday Work. The General Assembly of the Presbyterian church, at Atlantic City last Friday, sanctioned in a report of its special committee on social problems, among other things, the following: For the release of every worker from work one day in seven. The church holds that in a Christian society these things should prevail: (a) One day of rest for every six days of work secured to every worker; (b) this one day of rest made to be, wherever possible, the Lord's Day; (c) the day of every worker for six days' work made sufficient for the needs of seven days of living.

Sugar Valley Campmeeting. The annual Sugar valley campmeeting will again be held on the campmeeting grove near Booneville, commencing Wednesday, August 17 and closing Thursday, August 25.

ABOUT FRUIT CROPS IN COLORADO

SOME GOOD ADVICE FROM A SUBSCRIBER.

MUCH EXPENSE, LITTLE PROFIT

Many Things to Contend With in Irrigation, Spraying, Frosts, Taxes—Beware of Land Sharks—Rather Discouraging Experiment.

Ouray, Colo., June 1910.

To the Centre Democrat: Some one has written a letter to me, one who evidently reads the Democrat and forgot to sign his name asking for information in regards to farming in Colorado, and from the tone of his letter wants to come and farm. My advice is, stay where you are. I will tell you through the Democrat just how it is here in regards to ranching and farming. The land was all taken up years ago that is fit for to raise anything on, excepting such desert land as can be bought from these big irrigation companies. You want to get quiet eta etao etao etao etao, "steer clear from such companies for this fruit raising is not near what you think it is from what you see and read. It is the real estate sharks who are doing all the ranching and farming on paper. I will describe to you what you will have to contend with here on the western slope. If you want to buy a ranch you will meet a real estate man and he will sell you a ranch. You don't need to pay all cash for it they would rather have about one half or two thirds cash and take a mortgage for the balance for they know you will never be able to take up the mortgage. There will be a foreclosure and they will have all your money and the ranch back. They are the ones that make a success of ranching. There was at one time 52 real estate offices in Missoua at Grand Junction. About every other door was a real estate office. When you buy a piece of land you will have to buy water. You will have taxes to pay, and a fruit growers association to join in order to sell your fruit. You will have to spray your orchard and fight jack frost with smudge pots to keep the frost from killing the buds and fruit. This fighting and the elements looks like the Chinamen trying to lick the Japs with stink pots—using stink pots against musser rifles. When there were just a few orchards and ranches here it was alright, but there are too many ditches taken out and water spread out which has created too much moisture and draws the frost. It will only be a few years more when they will have to quit raising fruit, not on account of the frost but the poisons they use for spraying the trees is poisoning the earth and land so nothing else will grow.

The fruit that is raised here by irrigation has not got the flavor like fruit grown without artificial means. There are so many years the frost gets the buds and there are no crops, and when a rancher misses one or two crops it will go hard with him. If the country was like it was before the wall street gamblers knocked out silver there would be thousands and thousands of miners for the ranchmen to raise other products and sell to the miners. As a rule this fruit land is all alkali or doby land, awful bad, and unhealthy water which creates so much typhoid fever every year. They use the water from the Gunnison and Grand rivers which cuts and runs through so much alkali land. If you dig a well the alkali will be so strong that the water will not be fit for use and creates sickness.

When you come here to buy land you will be given lots of literature showing how many boxes of peaches, apples or pears have been taken from one tree or acre, and how much so, and so made of one acre, but you will never see a statement how much it cost to irrigate, spray, box and deliver such fruit to market. It is an utter impossibility to make anything from fruit. If you are not satisfied come and look for yourself. Before buying look into the conditions of the market and how you are charged for water, and spraying and taxes, and how hard it is to get water when you need it the most to keep your crops from burning up for there seems all ways to be some friction between the ranchman and water commissioner in regards to water. Some accuse the commissioner of not giving them a square deal and that he favors some more than others.

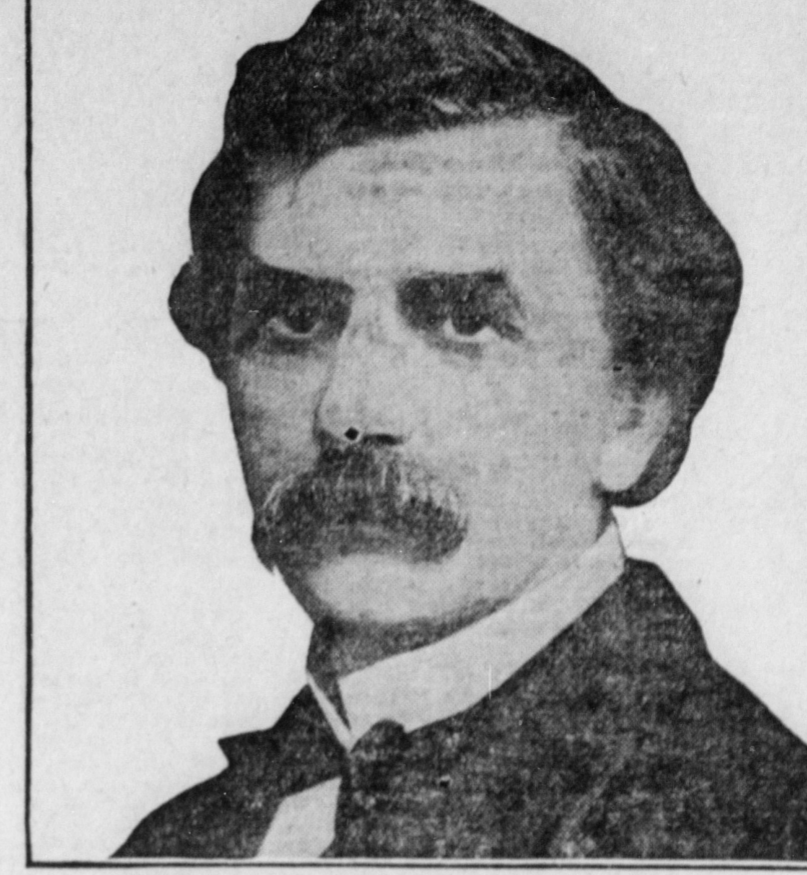
Now, if they will quit raising fruit, and spraying and poisoning the land, and if we should ever happen to get gold and silver again for real estate instead of commercial paper and stocks and bonds from Wall Street, Colorado would be alright, and so would all other states.

W. H. OSMAN.

Senator Gore is a blind man, but it is simply astounding how well he can see into things.

GOVERNORS OF PENNSYLVANIA.

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JOHN FREDERICK HARTRANFT—1873-1879.

Few men have had a more brilliant military record than John Frederick Hartranft. His gallantry and bravery during the war were most conspicuous and were recognized by his appointment on May 12, 1864, as brigadier general. A year later he was brevetted major general. At the close of the war he declined a colonelcy in the regular army. He was auditor general from 1860 to 1870 and became governor of the state on Jan. 21, 1873, serving until Jan. 18, 1879. Many important events occurred during his incumbency. The constitutional convention of 1872 and 1873 was especially noteworthy. The Centennial exhibition of 1876 at Philadelphia was of greatest interest to the entire country. The great railroad riots occurred in 1877. Governor Hartranft removed to Philadelphia upon his retirement from office and was soon afterward appointed postmaster. From 1880 to 1885 he was collector of the port. From 1879 until his death, in 1889, he was commanding general of the national guard.

A Barn Raising

A big barn raising frolic was held Wednesday of last week on the D. K. Heckman farm, near Loganton, purchased a year ago by R. W. A. Jameson of Lock Haven. About 100 men assisted in putting up the frame work, and dinner and supper was served to all.

That was just one of the good, old fashioned jolly barn raisings, which the older readers of the Democrat will ever hold dear in memory. What a good time was had, fun and frolic all day, capped with a royal good dinner at the noon hour. It was worth a ten-mile trip to attend one—and many would do that for the sake of having a good day off. And the ladies of the community—the world's best cooks—would be there too and aid in preparing a first class, royal feast. "Yes," every old boy will say, "them was good times, and the generation of to-day never—seldom—has a taste of such."—The pully and tackle of to-day have knocked us out of all that kind of frolic.

LEGAL ADVERTISEMENTS.

EXECUTRIX NOTICE
Estate of Samuel H. Bennison late of Howard boro, dec'd.
Letters of Administration in the above named estate having been granted to the undersigned by the Register of Wills of Centre County, Pennsylvania, all persons indebted to the said estate are hereby requested to make payment and all persons having claims against said estate are requested to present the same duly authenticated without delay to
MARGARET N. BENNISON, Ex-
326 Howard, Pa.

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Estate of Mary A. Baker, late of Howard boro, dec'd.
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JOHN WEBER, Adm.
W. H. Walker, Atty. 326 Howard, Pa.

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Estate of John Holmes, late of Howard boro, dec'd.
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