



BLUEBIRD
Sialia sialis



Length, about six and one-half inches.

Range: Breeds in the United States (west to Arizona, Colorado, Wyoming, and Montana), southern Canada, Mexico, and Guatemala; winters in the southern half of the eastern United States and south to Guatemala.

Habits and economic status: The bluebird is one of the most familiar tenants of the farm and dooryard. Everywhere it is hailed as the harbinger of spring, and wherever it chooses to reside it is sure of a warm welcome. This bird, like the robin, phoebe, house wren, and some swallows, is very domestic in its habits. Its favorite nesting sites are crannies in the farm buildings or boxes made for its use or natural cavities in old apple trees. For rent the bird pays simply by destroying insects, and it takes no toll from the farm crop. The bluebird's diet consists of 68 per cent of insects to 32 per cent of vegetable matter. The largest items of insect food are grasshoppers first and beetles next, while caterpillars stand third. All of these are harmful except a few of the beetles. The vegetable food consists chiefly of fruit pulp, only an insignificant portion of which is of cultivated varieties. Among wild fruits elderberries are the favorite. From the above it will be seen that the bluebird does no essential harm, but on the contrary eats many harmful and annoying insects.

COMMON CROW
(Corvus brachyrhynchos)



Length, nineteen inches.

Range: Breeds throughout the United States and most of Canada; winters generally in the United States. Habits and economic status: The general habits of the crow are universally known. Its ability to commit such misdeeds as pulling corn and stealing eggs and fruit and to get away unscathed is little short of marvelous. Much of the crow's success in life is due to co-operation, and the social instinct of the species has its highest expression in the winter roosts, which are sometimes frequented by hundreds of thousands of crows. From these roosts daily flights of many miles are made in search of food. Injury to sprouting corn is the most frequent complaint against this species, but by coating the seed grain with coal tar most of this damage may be prevented. Losses of poultry and eggs may be averted by proper housing and the judicious use of wire netting. The insect food of the crow includes wireworms, cutworms, white grubs, and grasshoppers, and during outbreaks of these insects the crow renders good service. The bird is also an efficient scavenger. But chiefly because of its destruction of beneficial wild birds and their eggs the crow must be classed as a criminal, and a reduction in its numbers in localities where it is seriously destructive is justifiable.

DOWNY WOODPECKER
Dryobates pubescens



Length, six inches. Our smallest woodpecker; spotted with black and white. Dark bars on the outer tail feathers distinguish it from the similarly colored but larger hairy woodpecker.

Range: Resident in the United States and the forested parts of Canada and Alaska.

Habits and economic status: This woodpecker is commonly distributed. Living in woodland tracts, orchards, and gardens. The bird has several characteristic notes, and, like the hairy woodpecker, is fond of beating on a dry resonant tree branch a tattoo which to appreciative ears has the quality of woodland music. In a hole excavated in a dead branch the downy woodpecker lays four to six eggs. This and the hairy woodpecker are among our most valuable allies, their food consisting of some of the worst foes of orchard and woodland, which the woodpeckers are especially equipped to dig out of dead and living wood. In the examination of 723 stomachs of this bird, animal food, mostly insects, was found to constitute 76 per cent of the diet and vegetable matter 24 per cent. The animal food consists largely of beetles that bore into timber or burrow under the bark. Caterpillars amount to 16 per cent of the food and include many especially harmful species. Grasshopper eggs are freely eaten. The vegetable food of the downy woodpecker consists of small fruit and seeds, mostly of wild species. It distributes seeds of poison ivy, or poison oak, which is about the only fault of this very useful bird.

PURPLE MARTIN
(Progne subis)



Length, about eight inches.

Range: Breeds throughout the United States and southern Canada, south to central Mexico; winters in South America.

Habits and economic status: This is the largest as it is one of the most beautiful of the swallow tribe. It formerly built its nests in cavities of trees, as it still does in wild districts, but learning that man was a friend it soon adopted domestic habits. Its presence about the farm can often be secured by erecting houses suitable for nesting sites and protecting them from usurpation by the English sparrow, and every effort should be made to increase the number of colonies of this very useful bird. The boxes should be at a reasonable height, say 15 feet from the ground, and made inaccessible to cats. A colony of these birds on a farm makes great inroads upon the insect population, as the birds not only themselves feed upon insects but rear their young upon the same diet. Fifty years ago in New England it was not uncommon to see colonies of 50 pairs of martins, but most of them have now vanished for no apparent reason except that the martin houses have decayed and have not been renewed. More than three-fourths of this bird's food consists of wasps, bugs, and beetles, their importance being in the order given. The beetles include several species of harmful weevils, as the clover-leaf weevils and the nut weevils. Besides these are many crane flies, moths, May flies, and dragonflies.

The Candy Problem.

Some remarks on the care of the teeth have brought several queries on the subject of "candies." Of course, children love them, and chocolates especially seem to have their recognized place in their diet; they are very good in their proper place—the mischief comes in when they are out of it.

Some years ago, when the nutritive value of sugar came to be fully realized, an unrestrictive use of candy was advocated in many quarters. This was probably due also to the natural swing of the pendulum from earlier and more spartan days when such things were looked upon as indulgence to be withheld save on special occasions. It was at the same time that food quality became an object of careful attention, with the result of the appearance of innumerable fads on the subject, the idea of "nutritive value" that they were inclined to place sugar on a pinnacle, naturally to their children's delight.

But in this indulgence there is a danger; sugar, like many another sweet thing, has its dangers. For one thing, an acid reaction is set up on contact with the saliva, a menace which must not be overlooked. "Things are not always what they seem," and just as starch has to be turned into sugar by the action of the saliva before it can be dealt with by the digestive organs at all, so sugar is in great part rendered acid by a chemical action of similar nature when the contact is allowed to be prolonged. Of course, the teeth are the first sufferers, and one potent cause of dental deterioration undoubtedly lies in the injudicious use of candies. Therefore, the teeth should be cleaned as far as possible after their consumption, and certainly no such indulgence should be allowed in bed.

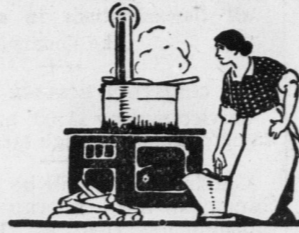
The constant eating of sweets, too, should be prohibited; or, rather, should never be allowed to become a habit. It is exceedingly bad for the digestion and vitiates the appetite. As a matter of fact, children are often made to eat far more sweets than they want by being constantly given them and encouraged to tacitly look upon them as their right. Let them have good chocolates or other goodies at sensible times, by all means, but do not let a habit of indulgence in such things grow so that they become altogether too prominent a factor in the ordinary routine of life.

The Chameleon Outdone.

We have long heard of the power of the chameleon to change its color under certain circumstances. It now appears that there are several fish living in the tropical waters that not only match the chameleon in this respect, but fairly outdo them. Several of these have been carefully studied in aquaria and the changes in color are very remarkable. They assume different colors when endeavoring to conceal themselves, when they are excited or in distress or in anger, and all of these changes may be watched one after the other in the animals

living in an aquarium. The colors are widely variable. A single fish may be a uniform creamy white, without any dark markings whatsoever; it may be dark above, with white parts below; it may be a uniformly dark, coffee brown; it may have its upper half sharply banded with the lower half creamy white; it may be brown below, darker above, with medium black bands; it may be dark colored, mottled with white, or it may be uniformly dark, suffused with red. All of

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It's not necessary—not if you'll replace your range with a **New Perfection Oil Cook Stove**. For it's the range that's responsible for the fuss and the fume and for the terrible heat of the kitchen.

With a coal range there's no way out of keeping a roaring fire going the whole day long and just to heat a few boilers of water. But with a **Perfection** wash day loses its terrors. The flame is kept going only as long as it is in actual use, your kitchen can't become unduly warm, and meals can be prepared just as usual.

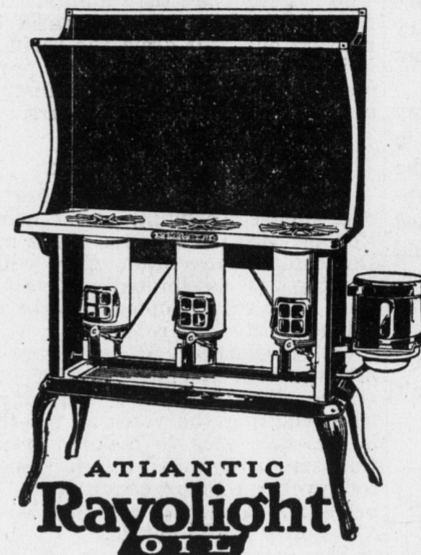
Ask your dealer to explain the conveniences of a **Perfection**. Then have him tell you how little kerosene it uses and how cheap kerosene is.

Don't think all kerosenes are the same. They're not. No more than all sugars are identical. Of course, you know that cane sugar is better than beet sugar and you buy accordingly.

But what, perhaps, you don't realize is that **Atlantic Rayolight Oil** differs from other kerosenes in that it burns without smoke or smell, without charring wicks, but with an intense heat. It never varies. Each gallon of **Rayolight** is precisely the same. And don't forget that the use of **Rayolight** lengthens the life of any oil-burning device.

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California Naval Oranges—seedless. The smaller sizes are all gone for this season, but we have fancy fruit at 30c, 40c, 50c and extra large at 60c.

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