

LIFE'S JOURNEY.

As we speed out of youth's sunny station The track seems to shine in the light. But it suddenly hoots over the chasm— And sinks into tunnels of night.

What Children Can Do for Our Town

The Chautauqua Reading Hour. DR. WILLIAM BYRON FORBUSH, Editor.

In the city of Pittsburgh "Boots" Shannon, Ebenezer Garrison, "Red" Kovensky and Mickey Donovan have opened a new city park. No city officials were present at its dedication.

BEGINNINGS IN CHILDREN'S CIVICS.

The first endeavor to enlist children in town betterment in this country was when Colonel George E. Waring organized his Junior League of school children to assist in keeping the city clean.

In Kirkville, Mo., the women give every school child in town a blank certificate which reads:

Signed: When the child returns this card, signed, he is given five flower seed to plant. Seven dollars spent for flower seed, bought in bulk and put in envelopes by the ladies, supplied over 1200 school children.

CLEANING UP A SCHOOLHOUSE. In McMinn county, Tennessee, one winter day the school children co-operated with their parents and some students and teachers of the near-by normal school to see what improvement could be made in the building and grounds in a single day.

Great American Traveler. First Centipede—"Why don't you go home?" Second Centipede—"By the time I get my feet wiped off it is time to start out again."

and soap. They nailed on new boards where they were needed, painted the building, built a new chimney, cleaned up the rubbish, scrubbed the floor, renovated the entire interior, made book-cases for the teacher, hung the walls in pearl gray, and tinted pictures. The outlay was only \$33. It included twelve gallons of paint, five gallons of linseed oil, four paint brushes, a half bushel of whitewash, two dollars worth of weatherboarding and lathing, two pounds of nails, four window shades, material for sash curtains, four pictures, a number of books to start a school library, and one American flag.

MAKING A "SPOTLESS TOWN." One of the prettiest ideas ever worked out with children for community beauty was in New Britain, Conn., where in the winter time a campaign was inaugurated to culminate at Easter for making New Britain "As Clean as an Easter Lily."

SPOTLESS TOWN LEAGUE, NEW BRITAIN. Ten Commandments of Spotless Town were printed on red cards and given each member of the league. There was also a literary competition, with silver and bronze medals for the best essays by school children on subjects which had to do with ideal back-yards, descriptions of a perfect city, what does our city need, etc.

Millions of Texas Acres for Peanuts.

"Texas farmers have tried to raise almost everything under the sun on the vast stretches of the Lone Star State, but I doubt if they ever launched in any agricultural enterprise that will prove more profitable in years to come than the raising of Spanish peanuts, said Frank Joyce, prosperous farmer of Texas, to the Washington Post.

"A few years ago a small number of farmers in Texas planted an acre or two of Spanish peanuts for hog pasturage, but they paid little attention to the outside market. Today a market for peanut oil is developing and the hay is valued nearly as highly as alfalfa, while the meal which is left after the crushing process is considered more valuable for fattening hogs than the nut itself.

Creamery Men to Have Special Day at State College.

As a part of the annual Farmers' week at The Pennsylvania State College a special "Creamery Buttermakers' Day" will be held Tuesday, January 2, 1917.

Creamery managers and buttermakers of the State are constantly facing new problems brought about by changes in machinery and manufacturing methods. Furthermore, the demand for milk, for condensed milk, for ice cream and for other purposes, is constantly increasing. In order to meet competition and to keep abreast of latest developments and changes in the industry, it is necessary for creamery men to study the most efficient methods of creamery management. The idea of the special day at State College is to bring the buttermakers together for a discussion of their problems.

Usually the Case. "There's one good thing about buying an encyclopedia on the installment plan." "And what is that?" "No matter how long it takes, you are pretty sure to have it paid for before you have read it through."

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FOR AND ABOUT WOMEN. DAILY THOUGHT

You cannot dream yourself into a character; you must hammer and forge yourself one.—J. A. Prouder.

The very word "nut" has a variety of meanings, while "nutty" leaves itself open to many an interpretation. In England to say a person is a "nut" means that he or she is a devotee of fashion and a good deal of a snob. In Ireland the vulgar slang for your head is your "nut," and we all know what "nutty" generally presupposes in this United States of America. In fact, the slang misuse of the word has become almost as general as the orthodox use.

Suppose they should be included among fruits, but really they have a very much higher nutritive value and they are much richer in fat than any vegetables; but they have one drawback, inasmuch as they have a dense, compact cellulose framework that makes them difficult of digestion unless masticated thoroughly. This objection is obviated in nut butters by the very fine grinding to which they are subjected, and which breaks up the cellulose, so that it could not possibly interfere with any healthy digestion.

Nut bread is much liked by children and forms a very nutritious piece of resistance. For adults it is only necessary to chop the nuts, for at least they are supposed to have sufficient sense to masticate their food; but when making the bread for children it is safer to run the nuts through the finest blade of the mincer.

Nut Bread—Four cups of flour, four teaspoonfuls of baking powder, one cup of sugar, one-quarter teaspoonful salt, two cups of milk, one cup of walnuts and one tablespoonful of lard.

When it is cooked cut at once into rounds with a sharp cutter, for the cookies get hard and brittle very quickly and would snap if you tried to stamp them out.

Nut Kisses—White of an egg, one-half cup of chopped nuts, one cup of powdered sugar.

Beat the white of egg until quite stiff and dry and then add the sugar; beat again and lastly mix in the nuts.

Drop in spoonfuls on a well-buttered tin and bake in a moderate oven until brown. Lift on to a cake rack and leave to dry and get cold. Keep in an air-tight tin.

When using any of the nut butters or pastes for sandwiches you will find them excellent if both brown and white bread are used. Cut one slice of the brown to two of the white. Spread the nut butter on both pieces of white and put the brown between, press well together and then cut into fingers. These look very attractive when piled on a pretty white doily.

Remember that although nuts are highly nutritious and splendid for the school boy or girl, they should never be given to very little children or to people of weak digestion.

Potted Plants—With potted flowers regular attention is quite important. So many women are unable to keep flowers growing because they are overzealous in their care of them for a few days and then leave them during the rest of the week without a bit of nourishment. Geraniums and primroses are the most satisfactory flowering plants and last well through the winter. If dead leaves are kept picked off and blossoms removed immediately they become faded, new blooms will appear very frequently. Changes in temperature, so disastrous to most potted flowers, will not affect these two varieties to any great extent.

"People catch anthrax from contact with diseased cattle or horses," says Farm and Fireside, "or with wool or leather from diseased animals."

FARM NOTES.

—Hen House or Bird Cage.—In its effort to make poultry keeping more uniformly successful the Pennsylvania Department of Agriculture through its Bureau of Farm Advisers, has spent considerable effort this year in inducing owners to erect modern poultry houses.

It is the theory of the Department that expensive houses or houses of the ultra "warm" type are not necessary or advisable in this State. That the location, or site, is of prime importance and that it is wiser, cheaper and better to choose a sunny slope that has good air and good water drainage with a loose, warm soil, sandy or shale composition, than to spend many extra good dollars in building a tight warm house and reap in dividends besides, epidemics of colds, roup and kindred diseases for good measure.

On a good location or site the house can be rather a cheap one and can be an all the year round "open or curtain front" house. Such a house, with the simple and easy to build, shed roof is the best poultry house for Pennsylvania.

One of the worst types of houses is that of a house with bird cage for a roof, given vogue by a famous exploiter or promoter in matters of poultry. For a swamp or for a warm climate there may be a place for such a house, but for Pennsylvania it has proven a delusion and more than one owner after realizing the mistake has sold the house, lowered the house to the ground. If the drainage is as it should be, one foot from the ground is immeasurably better than four.

An error, more frequent before the Department's efforts than at present, was the building of poultry houses on steep hillsides with the front of the house projecting anywhere from ten to eight feet. The thing to do on hillsides is to scoop a shelf into same and locate the poultry house on this shelf.

The Department welcomes correspondence from all contemplating erecting poultry houses and offers, without charge, the advice and counsel of their trained and practical experts. This guarantee a good poultry house and usually a large saving of money.

—The adoption of more careful methods of handling milk and cream and improved practices in the making of farm butter will reduce rather than increase the trouble incident to home production of this food, say dairy specialists of the department, and will result in a superior product which can be sold more easily and for a better price than the average farm butter. Last year about 30,000,000 pounds of butter, much of which originated on the farm, was washed or renovated because it was of such poor quality that it could not be profitably offered on the regular butter markets.

The barrel type has been found by dairy specialists to be one of the most satisfactory churns. The dasher or plunger type requires a somewhat greater expenditure of labor. Earthenware churns are especially undesirable unless perfectly glazed, since if pores are exposed they absorb moisture and hasten later decay. Churns with mechanical devices inside them are difficult to clean and sometimes injure the body of the butter.

The churn should be scalded preparatory to churning, but should be cooled before churning. The cream should be poured in through a coarse strainer. Every few minutes during the early part of the churning gas should be allowed to escape from the churn. If the temperature is right the churning should require about 25 or 30 minutes. The process is completed when the granules of butter are about the size of wheat kernels. The buttermilk should then be drained off and the butter repeatedly washed with cold water while still in the churn. The washings should be continued until all milk is removed. Under no circumstances should working be done on butter above 60° F.

When the butter is free from all milk it should be taken from the churn with a paddle and placed on a worker. The hands should never touch the butter, both on account of sanitary reasons and because the body warmth may melt the fat. The working should be done carefully to avoid mixing the buttermilk. Before the butter is worked, fine salt should be added at the rate of about one ounce per pound of fat.

The butter should be prepared for market in a rectangular mold, since, when in this shape, the product is more easily wrapped and handled and more pleasing to customers. Regular parchment butter-wrapping paper should be used around the prints, as ordinary waxed paper tears easily and sticks to the butter. The placing of the wrapped prints in pasteboard boxes is a desirable feature, as it protects the package, gives it a better appearance, and permits the use of the maker's name or trademark as an advertisement.

After the butter-making operations are completed the churn should be rinsed carefully with warm water. It should then be scrubbed with hot water, cleansing powder, and a fiber brush, and finally should be scalded and set in a clean, sunny place to be drained and dry.

For Sale—At the Bellefonte hospital, three good alcohol barrels at a reasonable price.

HARD WORK ON THE FARM HAS NEVER-FAILING CHARM

Many Middle-Aged Men Will Remember the Tribulations Consequent on "Haying" Time.

July was once a period dreaded by the American country boy, as the time of "haying." To be sure it was relieved by the turbulent and explosive joys of July 4. But every other day, often in the concentrated hours of the national birthday, he was driven to the hayfield with rake and fork. How his heart rebelled against the humdrum toil!

By one of the mysterious dispensations of Providence, the smallest boys were put to work in the most exhausting post. While the older men were down on the barn floor where the cool breezes swept in from the wide open doors, it was the function of the boys to receive the hay under the eaves of the structure and push and trample it down in the smallest possible compass. Only by most treading could the dried grasses be compressed into a reasonable space.

It was a perfect inferno of heat, the air filled with choking dust, the mow baking from the sun beating on the roof. With no particle of breath from out of doors it was like the furnace where walked Shadrach, Meshach and Abednego of old Bible times. The men down below seemed positively to gale satisfaction from covering them up with fast coming furloughs of the dusty hay.

Still there were certain alleviations. The can of iced water sweetened with New Orleans molasses and spiced with ginger from the pantry is still recalled. Also at the close there was an Elysian dip in the swimming hole.

Today the youth may swing in the hammock with the summer boarders, while Polish and Swedish farm hands perform these tasks for which their physique is ample, greatly lightened by modern machinery. But certain habits of toilsome industry that gained their hold in the father's soul from the regular performance of such hard labor may be lacking in the son.—Janesville Gazette.

MOST FAITHFUL OF FRIENDS

Love of Dog, Once Gained, is Never Forfeited, Though Fortune May Smile or Frown.

A dog worthy of the name is of all animals that walks on two legs or on four the creature least affected by the mutations of fortune, says the Philadelphia Ledger. "Caesar" in the funeral cortege of King Edward VII, was not more sorrowfully proud of his place than a dog faithful at the grave of a tinker whom he has followed in all weathers. Your dog does not regard your clothes nor explore your pockets. He takes you on faith—blind faith; you are his king, incapable of wrong. He reads his heaven on earth in your approving countenance.

No ribbon or medal can take the measure of the sentiment of the true dog lover toward his most faithful friend of all. When the rest of the world is cold and hard, his dog will still rejoice to meet him when he comes home at night. His dog will think no evil, whatever the master may do. It is a wonderful thing for a man to experience a trust so absolute and so unflinching. Who shall call it a dumb brute whose eyes and paws are so eloquent and whose love speaks in a look?

Queer Town.

Margaret Illington was making a coast-to-coast tour as the star in a new play. She had reached the far land of the one-night stands out in the Southwest. To break a long jump she was to play in a new community that expects to have 50,000 inhabitants some day.

As the actress, in the early morning, dismounted from the thorough train, with her maid and her manager and the supporting company, an aged darky laid hold of her hand baggage and led the way, bowing and scraping, to where the hotel bus waited. Following him, Miss Illington emerged from the station shed on an expanse of one-story stores flanked each side of a dusty road.

"Uncle," she asked, "is this the principal street?" "Dis yere one? None," he said. "Dis yere town ain't got no principal street."—Saturday Evening Post.

The "Nelson Touch."

Who invented the phrase the "Nelson touch," which is being freely used again in connection with the North sea battle? Admiral Mahan states that it probably originated in Nelson's family circle at Merton, and the first frequent use of it occurred in the great seaman's correspondence with Lady Hamilton, as where, writing just before reaching the fleet, he remarked: "I am anxious to join, for it would add to my grief if any other man was to give them the Nelson touch, which we say is warranted never to fail." There was a quaint allusion to it also in the motto which he told Rose he had adopted—"Touch and Take."—London Chronicle.

Earache.

Dip a piece of cotton wool in sweet oil, then into black pepper; putting this in the ear proves a quick remedy. Nose Bleed.—Roll a piece of soft paper quite hard and pack hard between the upper lip and the gum, and in a few minutes the bleeding will stop.

Hoarseness.—Beat the white of an egg, add the juice of a lemon and sweeten with sugar. A teaspoonful at a time.

Biography Holds the Readers' Attention More Than Does Any Form of Literary Endeavor.

Reading biography will furnish you with a peculiar and rare form of entertainment, for besides the subject in hand biography legitimately treats of the follies, the fashions and the peculiarities of the age with which it deals, says Youth's Companion. History, although it may have its lighter moments, is essentially sober; but biography, although it is never merely farcical or satirical, may touch vividly upon the lighter phases of life, and take you, as it were, into quaint and delightful byways, through private parks and into remote and lovely fields.

"Indeed," wrote Boswell in his introduction to his famous biography, "I cannot conceive a more perfect mode of writing any man's life than by not only relating the most important events of it in their order, but by interweaving what he privately wrote and said and thought; by which mankind are enabled, as it were, to see him live, and to live o'er each scene with him, as he actually advanced through the several stages of his life."

Biography, treated in that manner, must inevitably include much that is delightfully diverting. It will give you "the table talk of the great;" it will recount those fascinating little incidents and anecdotes that history so often regards as beneath its notice. It will afford far more than a running account of a life, "beginning with a pedigree and ending with a funeral."

FAMILY SIMPLES FOUND BEST

Great European War Has Opened the Eyes of Surgeons to a Variety of New Things.

Experience beats theory in the approximately exact science of surgery as in more experimental departments of knowledge. A half century of scientific exposition of the discoveries of Lister and Pasteur in clinics, hospitals and laboratories has filled the drug stores with a multitude of complex and costly antiseptics that have been thrown aside in the war for old-fashioned dressings.

The drugs whose prices rose to almost prohibitive figures on the early demand of the war began to be superseded by family simples. The British surgeons are using sugar for dressing infected wounds and sea water for fresh injuries, with better results than they got from the scarce carbolic acids, iodoforms and other specifics of science.

The curious discovery that garlic is an antiseptic dressing was made from inspection of the remarkable success of a French peasant nurse in dressing wounds. Now the smelly bulb is sold in drug stores by the ton instead of by the ounce. Hindus have used plasters of garlic for ages.

Our scientific grandmothers knew what they were about in many things.—Philadelphia Ledger.

Cow's Fondness for Roses.

Because E. R. Patterson's milk cow walked into Walter G. Hyman's rose garden and consumed a sundry assortment of blossoms, Hayward Park, a fashionable residence district of San Mateo, is in the throes of a Civil war, avers a San Mateo (Cal.) telegram to the New York World. The law has been invoked and threats and counter threats are being made.

Hyman filed a written complaint with the San Mateo city trustees, who referred it to Poundmaster George Magg.

Recently Patterson made public the following letter to Hyman:

"I hand you herewith my check for \$325 to cover the full amount of damages, as claimed by you, done by my cow when she recently broke loose and got into your yard. In view of the very childish 'tell-the-teacher' attitude you took in taking this small accident up with sundry city officials and others, I think I might have felt that I was justly absolved from any financial obligation to you. However, I guess your action carries with it its own punishment, as I know that I should hate to carry the brand real men put on one who assumes the attitude you did on this occasion."

American Woman.

Our American woman has become emancipated over night, she has emerged from her chrysalis stage of humble dependent to the butterfly stage, full-winged and jeweled, in the same brief time the transformation takes place in the lower order of nature.

From having been negligible and voiceless she is now a fixed quantity and vociferous.

Her suddenly gained freedom has made her feverish, restless, excited to do things. Her justification for what she has won, and her plea for still larger power, is her moral superiority.

Musical Instrument Output.

American manufacturers of musical instruments, with an annual output valued at about \$100,000,000, export only \$300,000 worth annually to foreign countries. American pianos are chiefly exported to Canada, where they constitute about 90 per cent of the total imports of that class to Great Britain, for shipment to other parts of the world, and for shipment to Central and South America. Our player pianos are sent in about equal numbers to Australia, England, Italy and Argentina, and in much larger quantities to Canada.