

Items of Interest Dished up for the Delectation of "Watchman" Readers by a Corps of Gifted Correspondents.

PINE GROVE MENTION.

We had a white Easter. W. H. Roush, of Altoona, was home the early part of the week. Farmer C. H. Meyers is laid up with an attack of the quinsy. Ray Albert is housed up with an attack of the grip and other ailments. Samuel Markle, of Axe Mann, visited his son, W. S. Markle, over Sunday.

W. E. Reed is having his home on east Main street wired for electric light. Mr. and Mrs. Earl Kline, of State College, spent Sunday at the Roush home.

William A. Hoy, the popular drayman, is operating a new furniture truck. J. A. Fortney and wife were over Sunday visitors at the O. P. Bloom home in town.

J. B. Whitmer is building a new residence at White Hall. S. B. Ward has the contract.

Farmer Samuel Wilson, of Graysville, is sporting a new seven passenger Cole machine.

Miss Belle Neidigh has been confined to bed the past week with an attack of Sciatica.

E. C. Musser distributed a car load of fertilizer among the farmers on the Branch on Tuesday.

George Irvin, a student at Franklin and Marshall college, was home for his Easter vacation.

Mrs. Sadie Everett is plying her needle among her lady friends at State College this week.

Mr. and Mrs. Claude Williams spent the Sabbath at the W. G. Gardner home in the Glades.

Charles M. Ross and family motored to Boalsburg and spent Sunday with Fred Weber and wife.

Mr. and Mrs. William T. Lytle spent Easter at the home of Mr. and Mrs. J. H. Neidigh, at Pine Hall.

Mr. and Mrs. S. E. Ward, with their two bright little boys, spent Easter with friends at State College.

T. G. Cronover, of Saubersburg, was here on Tuesday to see that his tenant farmer at Awlsworth got started right.

Master William McMannus Dunlap is out of school, nursing a badly bruised leg, caused by a rock falling on it.

Mrs. Joseph Bailey, of Fort Scott, Kan., and Mrs. W. S. Bailey, of State College, visited friends in the valley last week.

Miss Mabel Young, one of Altoona's successful school teachers, spent Easter at the home of her sister, Mrs. H. L. Dale.

After a two week's lay-off on account of illness Wilbur F. Cleaver is again at his desk in the State College Times office.

Dr. Harry Archey, of Plymouth, Pa., has been mingling among friends in Spruce Creek valley, mixing business with pleasure.

D. P. Weaver fell from a loaded wagon last week, and struck the ground with his head. Fortunately he was not seriously injured.

After a joyous Easter visit among their many friends hereabouts Mr. and Mrs. A. F. Fry returned to their home at Sunbury on Tuesday.

W. E. McWilliams, rural mail carrier, is again off duty as the result of an attack of lumbago. Sub-carrier Charles Gates is busy on the job.

W. H. Brouse and family, of Boalsburg, and Charles Lykens and family, of Scotia, were Easter Sunday visitors of grandmother Brouse, at her home on east Main street.

D. Ross Gregory, who has been ill at his home all winter, was taken to the Altoona hospital last week for medical treatment. His many friends hope for a speedy recovery.

Miss Ida Bowersox, who has been ill most of the winter in New York State, is now home here with her parents, Mr. and Mrs. Franklin Bowersox, and is much improved in health.

Our obliging miller, Mr. Auman, with his wife and son Ellis and Mr. and Mrs. Paul Smith, autographed the mountains and spent several days with friends at Burnham and Lewistown.

The venerable Guy Hilliard, a Civil war veteran and a retired railroad man, is seriously ill with pneumonia and his friends are considerably alarmed over his condition on account of his advanced age.

Frank Snook, John and Amos Dean, of Waddle, with their families, are new residents of our town. The Snooks are occupying the W. E. Johnson house on Main street and the Deans the A. J. Tate property on Water street.

RUNVILLE.

Mr. W. T. Kunes and wife visited Sunday at Unionville. Mrs. Fetzler visited her mother on last Wednesday, at Mt. Eagle.

Mrs. Henry Shultz, of Curtin, visited at Mrs. Joseph Rodger's on Saturday. Mrs. James Smoyer, of Bellefonte, visited at Mrs. Sallie Friel's, on Thursday.

Clyde Shutt and wife and Mr. Walk, of Dix Station, spent Sunday at the E. G. Bennett home. Mrs. Jennie Strayer and daughter, of Altoona, spent last Sunday with her sister, Mrs. James Lucas.

Mr. and Mrs. Barthurst, of Mt. Eagle, spent Sunday at the home of Elizabeth Fetzler, at this place. Mr. and Mrs. W. H. Watson and children, of Snow Shoe, spent Easter with Mrs. Watson's sister, Mrs. F. L. Shope.

Mrs. James Parks and children, of Pleasant Gap, are spending a few days with her parents, Mr. and Mrs. James Lucas.

Ellis Resides moved from Clara Idding's house to Milesburg; Clyde Watson will move in the house vacated by Ellis Resides; William Walker moved from Michaele Withers to Beech Creek; Lloyd Walker moved from Milesburg into the house vacated by William Walker; G. B. Lucas moved from Thomas Griffith's farm to Phillipsburg, and Orvis Lucas moved from Phillipsburg to Yarnell.

PLEASANT GAP ITEMS.

Miss Emeline Noll spent the weekend with her sister, Mrs. Paul Keller, of Altoona.

Mrs. Rapp, of Munson, spent a few days with her husband, Prof. Rapp, here at the Gap.

Miss Hazel Corl spent Sunday with her aunt and uncle, Mr. and Mrs. Charley Corl, of Boalsburg.

Edward Osmer and lady friend, of Bellefonte, spent Sunday with the former's sister, Mrs. Boyd Spicher.

Mr. and Mrs. William Derome, of Williamsport, spent Sunday with Mrs. Derome's father, J. C. Mulfinger.

Mr. and Mrs. Harold Warne left Saturday last for Pittsburgh to spend Easter with the former's parents.

Mrs. Henry Young, of Bellefonte, is spending a few days with her parents, Mr. and Mrs. William Knoffsinger.

Mrs. Harry Hile, who has been ill with a severe attack of muscular rheumatism, is much improved at this writing.

Miss Verda Tate, who is employed at State College, is spending her Easter vacation at her home here at the Gap.

VALLEY VIEW.

The beautiful scenery hereabouts was again covered with snow on Monday morning.

Mrs. Anna B. Sheeder spent Sunday in Bellefonte with her sister, Mrs. C. Y. Wagner.

Carl Garbrick spent from Friday until Sunday evening with his parents, Mr. and Mrs. A. I. Garbrick.

Howard Glass spent Easter with his father at Juniata. This was the first time he had been home in over a year so his visit was no doubt a pleasant one.

Fearon Eckley last week purchased a large victrola which will prove a very entertaining piece of furniture in the family home, as they are all very fond of music.

Congresswoman After Seat in Senate. That Miss Jeanette Rankin, first Congresswoman of the United States, will be a candidate for the United States Senate, on the Republican ticket, at the next general primary in Montana, is the statement that comes from well informed political circles, says a Great Falls, Mont., dispatch to the Christian Science Monitor. Under the old law Montana elected two Congresswomen at large. Usually one member was selected from one section of the State and the other member from another. This arrangement was upset when Miss Rankin and Congressman John M. Evans, both of whom are from Missoula, were elected last fall.

Following the election a bill was passed by the Legislature for a division of the State into two Congressional districts, one taking in the Western counties of the State, including Missoula, and the other the Eastern counties. As the district in which Miss Rankin resides is strongly Democratic, friends of Miss Rankin are inclined to think that in making the division there was an object in view of eliminating her from Congressional politics, obliging her either to change her official residence into the Eastern district, or make the race for re-election, when the time comes, in a district overwhelmingly Democratic. So Miss Rankin has decided, according to report, to try for the United States Senatorship, although no statement to that effect has come from her.

Teachers Leave School. Painsburg.—Lured by the better pay in commercial and other positions where they do not have the nervous strain of the school room, teachers in Montgomery county are leaving their professions to such an extent that J. Horace Landis, County Superintendent, says the condition is serious. One rural school has been closed because of the scarcity of teachers, and there are twenty prospective vacancies in the county, for which Superintendent Landis says he has not one applicant. Some of the teachers attend night sessions of business colleges to qualify for commercial positions. It is not long since that a substitute had to wait several years before being elected to a regular position, and the substitute list was a long one, while now there are only three or four on it.

"You say that walking has prolonged your life?" "Yes I do. What's so queer about that?" "Nothing. Only I don't know of any roads where there are no automobiles."—Buffalo Express.

How to Reduce the Cost of Living.

Uncle Sam's food specialists are devoting a lot of attention to giving the public instruction in how to reduce the cost of living and do it scientifically. In another bulletin issued by the Department of Agriculture, it is suggested that if the housewife will group the various foods in her pantry, vegetable bins and refrigerator into five simple groups, and will see that foods from each of the groups appear in each day's meals, she can feel sure that she is giving her family the eight different substances which the body requires for its well being. This grouping will help the housekeeper who wishes to save money or time to simplify her meals without making them one-sided. Here are the groups:

Group 1, Fruit and Vegetables.—Without these the food would be lacking in mineral substances needed for building the body and keeping it in good working condition; in acids which give flavor, prevent constipation, and in minute quantities of other substances needed for health. By giving bulk to the diet they make it more satisfying to the appetite. Foods depended on for mineral matters, vegetable acids and body-regulating substances. Fruits: Apples, pears, etc., berries, oranges, lemons, etc., bananas, melons, etc. Vegetables: Salads, lettuce, celery, etc., green peas, beans, etc., potethers or "greens," potatoes and root vegetables.

Group 2, Meat and Meat Substitutes.—These are sources of an important body-building material, protein. In the case of children part of the protein food should always be whole milk. Foods depended on for protein: Milk, skim milk, cheese, etc., poultry, eggs, meat, fish, dried peas, beans, cowpeas, etc., nuts.

Group 3, Foods Rich in Starch.—Cereals (wheat, rice, rye, barley, oats and corn), rice, potatoes (white and sweet). Cereals come near to being complete foods, and in most diets they supply more of the nourishment than any other kind of food. It is not safe, however, to live only on cereals. Food depended on for starch: Cereal grains, meals, flours, etc., cereal breakfast foods, bread, crackers, macaroni and other pastes, cakes, cookies, starch puddings, etc., potatoes and other starchy vegetables.

Group 4, Sugar.—Unless some of the fuel is in this form the diet is likely to be lacking in flavor. Foods depended on for sugar: Sugar, molasses, syrups, honey, candies, sweet cakes and desserts, fruits preserved in sugar, jellies and dried fruits.

Group 5, Fats and Fat Rich in Fat.—These are important sources of body fuel. Without a little of them the food would not be rich enough to taste good. Foods depended on for fat: Butter and cream, lard, suet and other cooking fats, salt pork and bacon, tallow and salad oils.

It is pointed out that some food materials really belong in more than one group as well as starch; potatoes supply starch as well as the mineral matters, acids, cellulose and body-regulating substances for which they are especially valuable; and most meat supplies fat as well as protein. Thinking of foods as belonging to the above groups should help to prevent two mistakes—that of serving meals that have not sufficient variety, and that of cutting down in the wrong places when economy either of time or money is needed.

Some very practical suggestions are given on how to get the most for one's money. Here they are: Use cereals (flour, meal, cereal breakfast foods, etc.) freely, taking pains to prepare them with great care and to vary the kind used from day to day if necessary to keep people from tiring of them.

Remember that a quart of whole milk a day for each child, to be used as a beverage and in cookery, is not too much. Plan carefully both in buying and in serving. Do not be ashamed to plan closely. Thrift in food means providing enough food, neither too little nor too much.

Notice carefully how much of such staples as flour, sugar, milk, cooking fat, etc., is used each week for the month, and see if there are any ways of cutting down the quantity needed.

Buy non-perishable materials in quantities if better prices can be secured and there is a good storage place in the home. Neighbors can sometimes club together to get lower rates. Estimate carefully how much of any material will be needed before laying in a supply, then see that none is wasted by careless handling.

Try to make the dishes served of such size that there will be enough to satisfy the appetite of the family and no unnecessary table and plate waste. Do not be above noticing whether anything usable is thrown away with the garbage, which always shows how thrifty food is used in a household.

Any inexpensive materials can be made attractive and the diet can be pleasantly varied by a wise use of different flavorings. Finicky tastes in food often prevent the use of many valuable materials which might be the means of saving money.

Good food habits are an important part of personal hygiene and thrift. Children get such habits by having suitable amounts of suitable foods served to them and then being expected to eat what is set before them.

True economy lies not only in buying wisely, but also in making the fullest possible use of what is bought.

"Why did Maude fling that magazine from her indignantly just now?" "She saw an article in it headed, 'New Method of Filtration' and she read it 'Flirtation.'—Boston Transcript.

Adam (after a long silence)—"Say, Eve, can't you say something? It's dull here with a dumb wife." Eve—"What's a woman to talk about with no clothes and no servants?"—Life.

He—"I never associate with my inferiors. Do you, Miss Cutting?" She—"Well, Mr. Snobson, I really can't say. I don't think I have ever met any of your inferiors."—Judge.

WHAT THEY PUNISHED US FOR NOW THEY TEACH IN SCHOOL.

The Chautauqua Reading Hour

WILLIAM BYRON FORBUSH, PH. D. EDITOR.

Did you know that they teach our children in school now what they used to punish us for doing?

It used to be an amusement in school to whittle. Now it is a regular study. Do you remember spit-balls, and how you made a map of the Pleiades with them on the ceiling behind the stove? Now they take a similar material, made out of soaked newspapers or a vegetable putty, and show the children how to make elaborate patterns at their desks.

Can you imagine anything happening in the old-time school except a whipping if a student had been caught making pictures of the circus the day it came to town? Today this very exercise would be the one assigned for that day in school.

And valentines? A few years ago we would have been making them and hiding them in our geographies, and your child brought his home very proudly the other day, because teacher said his was the cleverest design in the room.

Do you recall what you used to carry in your pockets? And you remember, I know, how teacher made you disgorge and kept them all in her desk till the end of the term. Every one of those articles would be welcomed and used today.

Knives and pencils? I have spoken of them. Jews harps? Today they would utilize them in a school kazoo band. Gum? They put their adhesives up in tubes now, but they amount to the same, although they fasten joints with them instead of leaving them in the girl's seats. And so with tacks—they employ them for legitimate purposes as originally intended and not for body lifting experiments on classmates. Apples? They draw apples.

A SUBSTITUTE FOR "RHETORICALS." Our most elaborate form of torture in the old days was to "take off" somebody—always teacher, often worthy persons in the community, and particularly those for whom we felt a dislike. Even this exercise is now sanctioned and is made a most popular part of the voluntary work of school life. It takes the place of what was one of the most dreaded of all exercises—Friday "rhetoricals." But now they call it the school dramatic club.

I was in Ridley Park, Pa., the other day, when the high school principal showed me a box that reminded me of the one I kept "collections" in and did "swapping" with as a boy. "Here," he said proudly, "must be at least twelve dollars' worth of make-up material. It belongs to our dramatic club."

"Do the boys and girls like it?" "You can judge yourself; 93 per cent of the school belong, and we give two plays every term."

"But with so many members how can everybody take part?" "Those that can't get into a play do a monologue. It is a good deal like what we used to call 'recitations' in school. But many of the boys would rather give a monologue than be a character in a play."

Pretty show? NATURAL HISTORY SPECIMENS. Then we used to carry living things in our pockets. We brought lizards and toads and little snakes, and when we produced them at least one of the girls fainted—and once the teacher

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did. But after she recovered there was blood in her eye, and at least one friend of natural history went home sore that night.

But today the boy who would be so smart and enterprising as to offer such a specimen would be quite a hero and would probably be chosen custodian of the school aquarium.

What chances does a fellow have to do any mischief today when the minute he starts something the teacher finds that it is just what she wants to use in the class-room? It must be much more quiet than it used to be in school. And it seems to be just as interesting. Interesting things once were mostly sinful. Now teachers and pupils enjoy them together.

"I weigh my words," said the man of impressive assumptions. "Why trouble?" inquired Miss Cayenne. "Has anybody assured you of not making your conversation sufficiently heavy?"—Washington Star.

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