Democratic Matchman.

Bellefonte, Pa., April 13, 1917.

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. Elizabeth Fetzer, at this place.

Ray Albert is housed up with an attack of the grip and other ailments. Samuel Markle, of Axe Mann, vis-ited 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

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.

moved from Thomas Griffith's farm J. B. Whitmer is building a new residence at White Hall. S. B. Ward to Philipsburg, and Orvis Lucas moved from Philipsburg to Yarnell. has the contract.

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

end with her sister, Mrs. Paul Keller, Miss Belle Neidigh has been conof Altoona. fined to bed the past week with an Mrs. Rapp, of Munson, spent a few days with her husband, Prof. Rapp, attack of Sciatica.

E. C. Musser distributed a car load here at the Gap. of fertilizer among the farmers on the Miss Hazel Corl spent Sunday with her aunt and uncle, Mr. and Mrs. Branch on Tuesday.

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

Edward Osmer and lady friend, of Bellefonte, spent Sunday with the for-mer's sister, Mrs. Boyd Spicher. Mrs. Sadie Everts is plying her needle among her lady friends at State College this week. Williamsport, spent Sunday with Mrs. Derome's father, J. C. Mulfinger.

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. is spending a few days with her par-ents, Mr. and Mrs. William Knoffsing-

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

T. G. Cronover, of Saulsburg, 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 here sister, Mrs.

How to Reduce the Cost of Living.

Mr. W. T. Kunes and wife visited Sunday at Unionville. Uncle Sam's food specialists are devoting a lot of attention to giving Mrs. Fetzer visited her mother on the public instruction in how to reduce the cost of living and do it scientifically. In another buelletin is-sued by the Department of Agricul-Mrs. Henry Shultz, of Curtin, vis-ited at Mrs. Joseph Rodger's on Satture, it is suggested that if the housewife will group the various foods in her pantry, vegetable bins and refrig-erator into five simple groups, and Mrs. James Smoyer, of Bellefonte, visited at Mrs. Sallie Friel's, on will see that foods from each of the

RUNVILLE.

Clyde Shutt and wife and Mr. Walk,

of Dix Station, spent Sunday at the

Mrs. Jennie Strayer and daughter,

of Altoona, spent last Sunday with her sister, Mrs. James Lucas.

Mr. and Mrs. Barthurst, of Mt.

Ellis Resides moved from Clara

Idding's house to Milesburg; Clyde

Watson will move in the house vacat-

PLEASANT GAP ITEMS.

Miss Emeline Noll spent the week-

Charley Corl, of Boalsburg.

Easter with the former's parents.

Mrs. Henry Young, of Bellefonte,

Mrs. Harry Hile, who has been ill

rheumatism, is much improved at this

Miss Verda Tate, who is employed

at State College, is spending her Eas-ter vacation at her home here at the

VALLEY VIEW.

Mrs. Anna B. Sheeder spent Sun-

Carl Garbrick spent from Friday

until Sunday evening with his par-ents, Mr. and Mrs. A. I. Garbrick.

writing.

Gap.

day morning.

C. Y. Wagner.

Eagle, spent Sunday at the home of

last Wednesday, at Mt. Eagle.

urday.

Thursday.

James Lucas.

E. G. Bennett home.

groups appear in each day's meals, she can feel sure that she is giving her family the eight different sub-stances 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-sid-or a vegetable putty, and show the

ded. Here are the groups: Group 1, Fruit and Vegetables— Without these the food would be lackand in minute quantities of other sub-stances needed for health. By giving And valentines? A bulk to the diet they make it more satisfying to the appetite. Foods de-pended on for mineral matters, vegetable acids and body-regulating subed by Ellis Resides; William Walker moved from Michael Witherite's to Beech Creek; Lloyd Walker moved stances. Fruits: Apples, pears, etc., berries, oranges, lemons, etc., bana-nas, melons, etc. Vegetables: Sal-ads, lettuce, celery, etc., green peas, beans, etc., potherbs or "greens," pofrom Milesburg into the house vacat-ed by William Walker; G. B. Lucas

tatoes and root vegetables. Group 2, Meat and Meat Substi-tutes—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., poul-try, eggs, meat, fish, dried peas,

beans, cowpeas, etc., nuts. Group 3, Foods Rich in Starch— Cereals (wheat, rice, rye, barley, oats and corn,) and 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 foor. It is not safe, however, to live only on cereals. Mr. and Mrs. William Derome, of Food depended on for starch: Cereal grains, meals, flours, etc., cereal breakfast foods, bread, crackers, macaroni and other pastes, cakes, cook-Mr. and Mrs. Harold Warne left ies, starchy puddings, etc., potatoes and other starchy vegetables. Saturday last for Pittsburgh to spend

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, Foods Very Rich in Fat-These are important sources of body fuel. Without a little of them the fuel. 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, table and salad oils.

It is pointed out that some food ma-terials really belong in more than one The beautiful scenery hereabouts was again covered with snow on Mongroup. Cereals, for example, supply protein as well as starch; potatoes supply starch as well as the mineral matters, acids, cellulose and body-reg-ulating substances for which they are lay in 'Bellefonte with her sister, Mrs. especially valuable; and most meat supplies fat as well as protein. Think-

NOW THEY TEACH IN SCHOOL.

The Chautauqua Reading Hour

VILLIAM BYRON FORBUSH, PH. D. EDITOR.

Did you know that they teach our children in school now what they used o 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 machildren how to make elaborate pat-

Elizabeth Fetzer, 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. Mr. Lames Parks and children, of tion and serve other useful purposes; tion and serve other useful p

we would have been making them and hiding them in our georgaphies. But your child brought his home very proudly the other day, because teach-er said his was the cleverest design in the room.

ry in your pockets? And you remember, I know, how teacher made you disgorge and kept them all in her

desk until 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

with them instead of leaving them in the girl's seats. And so with tacksthey employ them for legitimate purposes as originally intended and not for body lifting experiments on class-mates. 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 popu-lar 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

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

can everybody take part?"

WHAT THEY PUNISHED US FOR 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 acquarium.

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. inquired Miss Cayenne "Has anybody assured you of not making your conversation sufficiently heavy?"—Washington Star.

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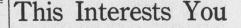
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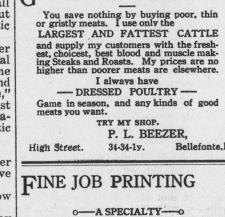
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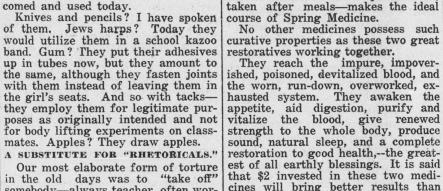


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club. two plays every term." "But with so many members how

"Those that can't get into a play do a monologue. It is a good deal like

And valentines? A few years ago

CONTENTS OF POCKETS. Do you recall what you used to car-

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 were elected last fall. 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 par-ents, 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, autoed over 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.

Miss Grace Elder, ane of our successful school teachers, resigned last week as teacher of the Glades school and took her departure for Selins-grove where she entered the Susquehanna University for a three years' course. Prof. C. A. Weaver will finish her school term.

Mr. Paul Musser and bride returned from their honeymoon trip last Wednesday evening and were given a wedding reception and dinner at the home of the bridegroom's parents, Mr. and Mrs. E. C. Musser, on the Branch. Later they were tendered a serenade by their many young friends.

Prof. Samuel C. Miller, of Chester, motored here on Thursday to spend Easter with his parents, Mr. and Mrs.

ant 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

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 state 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 arrange-

Following the election a bill was passed by the Legislature for a divis-ion of the State into two Congressional districts, one taking in the Western counties, one taking in the West ern 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 dis-

trict 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.

Pennsburg.—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 Superintend-ent, says the condition is serious. One rural school has been closed be-

cause of the scarcity of teachers, and there are twenty prospective vacan-cies in the county, for which Superin-

tendent Landis says he has not one applicant. Some of the teachers at-tend night sessions of business colleges to qualify for commercial posi-tions. It is not long since that a substitute had to wait several years before being elected to a regular posi-tion, and the substitute list was a long one, while now there are only three or four on it.

H. L. Dale. After a two week's lay-off on ac-count of illness Wilbur F. Cleaver is again at his desk in the State College Times office Times office After a two week's lay-off on ac-count of illness Wilbur F. Cleaver is again at his desk in the State College Times office After a two week's lay-off on ac-trought a state as well as protein. This ing of foods as belonging to the above groups should help to prevent two instakes—that of serving meals that the vert so his visit was no doubt a place office the vert so his visit was no doubt a place office the vert so his visit was no doubt a place the vert so his vi year so his visit was no doubt a pleas- of cutting down in the wrong places when economy either of time or mon-

ey is needed. Some very practical suggestions are

in our pockets. We brought lizards given on how to get the most for one's and toads and little snakes, and when money. Here they are:we produced them at least one of the Use cereals (flour, meal, cereal girls fainted-and once the teacher

A Woman's Back

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

Read what one has to say about it: Mrs. J. T. Gordon, 130 E. Beaver St., Bellefonte, says: "I suffered from backache and a dull, constant ache across my loins. I was in misery at quantities if better prices can be secured and there is a good storage place in the home. Neighbors can someacross my joins. I was in misery at times and in the morning was sore and lame. I dreaded to begin my housework. Doan's Kidney Pills, pro-cured at Parrish's Drug Store, made my kidneys normal and relieved the backache. I have had no return of times 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 the trouble. Price 50c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mrs Gordon had. Foster-Milburn Co., Deage Buffele N 2 (2) 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 thriftly food is used in a household.

Many inexpensive materials can be made attractive and the diet can be pleasantly varied by a wise use of dif-

Finicky tastes in food often prevent the use of many valuable materials which might be the means of saving

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 buy-ing wisely, but also in making the fullest possible use of what is bought.

"Why did Maude fling that magazine from her so disgustedly 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 your inferiors.'-Judge.

Pretty shrewd? NATURAL HISTORY SPECIMENS.

Medical.

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Many a woman's back has many

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