

High Value of Cheese as Food.

Some long-cherished notions about food, food values and food effects have been upset within the last few months, and the American housewife, in recent weeks, has learned more about food than she ever knew before. So, also, says the Indianapolis News, have all the other members of the family, and men and women, too, who have no families. If we do not live better and more cheaply, partake of a wider variety of food, fear some of it less and some of it more, and rid ourselves of old and baseless prejudices, the fault, surely, will not be that of the nation's food experts.

Not long ago most of us were convinced that corn meal dishes were out of place in summer. We believed they were "heating." The experts have declared to the contrary. Now they want us to eat more cheese, and they assure us that we can partake of this nourishing food in generous quantities without any disarrangement of the digestive tract. Says the United States Department of Agriculture:

"Few people in this country eat cheese in sufficient quantities for it really to form an important part of the daily fare. Indeed, it is used more often simply as an appetizer or as a seasoning for some other food. Nearly every one relishes good American cheddar or store cheese, but there is an impression that it is indigestible and constipating. Extensive digestion experiments carried on by the Department of Agriculture have demonstrated that more than 95 per cent. of the protein of cheese is digested and 90 per cent. of its energy is available. Even when eaten in large quantities and for long periods, no case of indigestion, constipation, or other disturbance was observed in those who ate it. One man who ate cheese as the chief source of both protein and energy, eating an average of 9.27 ounces daily, with bread and fruit, for more than two years, did a fair amount of muscular work and kept in good health.

The greater the consumption of cheese the larger the output, and since milk in the form of cheese is easily preserved and may be kept in storage a long time, the greater the output the more will be the stores set away for future use. A pound of cheese supplies more than twice as much energy as a pound of fowl or of round steak, and almost twice as much protein as the same amount of fowl or ham. It is, accordingly, a cheaper food than meats, and it is palatable and wholesome. We shall be the gainers if we forget some of the comic paper jokes about Welsh rabbit and begin to partake of the cheese as a real food and not merely as an appetizer.

Carries Umbrella for Luck.

The Postmaster General, Mr. Burleson, always carries an umbrella. No matter how or where he goes, invariably he carries a "shower stick" with him—and it is a disreputable looking one at that. The closed umbrella has a dingy green cover and a crooked handle and bulges out at the bottom as if a peck of greens or a dressed chicken were concealed therein. Friends of Mr. Burleson have tried repeatedly to break him of the umbrella carrying habit. But it has done no good. He scorns their appeals. Admirers have given him at least a dozen new umbrellas since he became a member of the President's Cabinet, hoping that he would discard the old one that is his constant companion, but he has never carried any of them, so far as has been observed. He clings to the old one, for some reason or other. When he was asked by an inquisitive admirer why he always carried an umbrella in preference to a cane or swagger stick—now the rage among army officers in Washington—Mr. Burleson smiled and merely said: "Oh, it's just a hobby of mine. I find this umbrella brings me good luck." Then he changed the subject.

Country Boys Can't Hear.

That the country youth is not able to hear so well as his city brother and that only about one in five of the former possess the auricular acuteness of the city bred lad is the opinion of the officers at the head of marine corps recruiting at Washington. Their deductions are based on the number of country boys rejected for poor hearing.

Many persons believe that the continual jarring noises of the city have a tendency to dull the sensitiveness of the nerve centers. However, this is not borne out by the figures of the marine corps officers, who believe that the quiet life of the country, free from noises has a tendency to weaken through disuse, the responsive nerves in the ear.

Scientists point to innumerable parallels in nature where the disuse of an organ gradually reduces its functioning power or eliminates it altogether. The blind fishes in the dark pools of Mammoth Cave are a notable example.—Reformatory Record.

—With coal selling at \$60 a ton in Italy and the Government gradually taking over all existing supplies and prohibiting its use by hotels and boarding houses, and with gas and electricity dear or the supply reduced, Italian householders and business offices have had to revert to the ancient methods of burning finely powdered wood charcoal dust in a two-gallon earthen jar.

—A California inventor has patented a statement or billhead form which can be folded and sealed so that the address at the top is on the outside, thus saving the expense of an envelope, and the additional labor of addressing.

—Rats eat every kind of human food—grain, dry groceries, meats, fruits and vegetables.

—If you find it in the "Watch-

A REALISTIC ANSWER.

The Sentry Didn't Have to Go Into Details With the Officer.

During one of Haig's attacks on the Hindenburg line a "Minnie" had come over and knocked all the stuffing out of a sentry. He staggered to his feet—except for the tremendous shaking, practically unhurt—fighting for breath, which he could not get back for some minutes. While he was so standing a young officer, newly out, turned the corner of the trench. There was a heavy bombardment on. The unexperienced young officer, not knowing what had happened and seeing the sentry rifleless (his rifle had been blown many yards away), knees bent, body limp, eyes half out of his head and mouth (half full of dust) gaping open like a loosened sack head, inquired, "Well, what's the matter with you?"

The man tried to answer, but had no breath to do so, and, knocked silly as he was by the shock, gaped helplessly and idiotically at the officer, who said again, this time more sharply, "What's the matter with you?"

At that moment over came another "Minnie," falling sufficiently near the officer to serve him exactly as the previous one had served the sentry. As half blinded, wholly smothered and three-quarters stunned the officer stumbled to his feet the sentry ran forward to help him up. Then, standing the regulation two paces away, the sentry came smartly to attention and, ceremoniously saluting, said, "Beg pardon, sir; I couldn't answer before, but that's what was the matter with me."—London Chronicle.

OUR LAGGING WORLD.

Its Motion Is Slowing, and the Day Is Growing Longer.

Our earth appears to be slowing down its spin. Two British astronomers who have finished a long study of the matter report that it now takes almost exactly three seconds longer for the world to turn over once than it took 100 years ago, and a century hence still another three seconds will have been added to the day.

At this rate Shakespeare had nearly ten seconds less in his twenty-four hours than has a modern dramatist. William the Conqueror was handicapped a half minute in keeping up with his descendants. Julius Caesar was a whole minute to the bad, while even if he had lived to old age his life would still have been some twenty of our days short of what his biographers would have claimed for him.

Abraham and the early Pharaohs would have been still more pressed for time. The earliest men, say in the year 100,000 B. C., would have had no use for "How to Live on Twenty-four Hours a Day," for they had only twenty-three hours to do their living in and were really only seventy-six years old when they thought they had reached fourscore.—Edwin Tenney Brewster in St. Nicholas.

"Flying" Americans.

Wilbur and Orville Wright began their experiments with the aeroplane fourteen years before the great conflict awakened Americans to the wonderful part that aircraft was to play in warfare. The first flight of these famous brothers over the barren sand dunes at Kitty Hawk, N. C., lasted but twelve seconds. It was another American, Glenn H. Curtiss, who made the first successful flight in a flying boat. He was then working on aeroplanes for the navy and experimented with a biplane equipped with floats. Giving this up for one with a true boat body, straightway came success. That was in 1911, and the first great stride toward giving the American navy its fleet of fighting boats that fly followed five years later, when congress set aside \$3,250,000 for naval aircraft alone.—F. E. Evans in St. Nicholas.

Oddly Expressed.

In one of his letters William Brookfield tells how as school inspector he had to give an examination on physical science. "What was I to do? I knew nothing about hydrogen or oxygen or any other 'gen.' So I set them a paper which I called 'applied science.' One of my questions was, 'What would you do to cure a cold in the head?' A young lady answered, 'I should put my feet into hot water till you were in a profuse perspiration.'"

Poor Richard.

"In December of the year 1732," says Bigelow's "Life of Franklin," "Franklin commenced the publication of what he styled 'Poor Richard's Almanac,' price fivepence. It attained an astonishing popularity and at once. Three editions were sold within the month of its appearance. The average sale for twenty-five years was 10,000 a year."

How It Ended.

Bacon—I understand that your wife had a quarrel with my wife over the telephone.
Egbert—I believe so.
"How did it end?"
"Like all women's quarrels—in talk."
—Yonkers Statesman.

Ma Didn't Understand.

The young lady was looking over a book of views.
"Oh, see the Pitti palace!"
"Miranda," said the mother severely, "I told you to stop talking baby talk. If a thing is pretty call it pretty."
—Kansas City Journal.

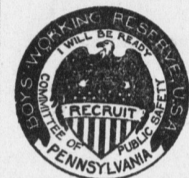
Altruistic Work.

Some millionaires could easily conduct experiments and tell us whether or not there is any money in the chicken business.—Kansas City Journal.

Ill habits gather by unseen degrees.—Ovid.

25,000 BOYS WANTED FOR THE BIGGEST JOB ON EARTH JOIN THE PENNSYLVANIA DIVISION UNITED STATES BOYS' WORKING RESERVE AND HELP TO WIN THE WAR

Boys of Pennsylvania! come away from the ball fields, turn from vacation frolics, put aside the pleasant lures of boyhood and give heed to serious doings. Your country has a grim business in hand and relies largely upon you to put it through.



You have heard the song of the bugles and the rattle of the drums; you have seen the dust-stained troops in highways and byways; you have cheered with the shouting bystanders and through these things you personally have come to know that the nation is at war.

The stirring military scenes no doubt have impressed you with the greatness of your country's martial might. They have given you a comforting sense of security through visible assurance that thousands upon thousands of steel-muscled, splendidly equipped fighting men stand as living barriers between you and your country's foe.

And you, perhaps, have turned back to your sports and games in the confident belief that these chosen legions of a free nation have but to meet the enemy to sweep him from the field. But in that belief there is danger. It is a belief which, if permitted to spread unchecked, would place the armies of America in deadly peril.

All of these inspiring troop movements you have witnessed relate only to one phase of war activity—the military side.

There is another phase of war and it is the more important one because properly directed it backs up the soldier in the field with the entire resources of his country.

Valor Not Enough.

It is this phase of war activity that must give the American fighting men more and better cannon than the enemy possesses; more ammunition, more food and more of everything that is vital to the prosecution of war. For if the nation permits its armies to be overmatched in these things their valor will count for nothing. Mere bravery will not avert defeat and defeat would mean a reign of terrorism in this free land too shocking to be pictured even in a part of its barbarity.

That is why no one—not even boys—should be allowed to think that war is only the soldier's business. This war is the business of every man, every woman, every boy and every girl in America who, by their work, can be of use to American troops.

Primarily, war, because it is destructive, taxes to the utmost the productive energy of the nation engaged. At the same time it weakens the productive forces by taking all of the able-bodied men from farms, workshops and business to do the fighting.

One million American soldiers, the pick of the country's manhood recruited from the various industries, will soon be at grips with the enemy, and workers must be found to fill their places. Additional workers must be located to produce the excess quantities of supplies that these one million soldiers will require, and the supplies our European allies need.

Where are these workers to be obtained? Boys, the answer rests with you. Perhaps upon witnessing parades of fighting squadrons you have felt regret that you, too, could not have a place in the heroic files. But there is no need to harbor regret.

You and every other boy between the ages of 16 and 21 years may help your country fight and win the war. You may not be able to shoulder a rifle or man a gun, but by working to supply everything needful to the men who do these things you will be making your country's guns effective.

President Wilson's Call.

The war has made a place for you. That place is in the ranks of the Pennsylvania Division of the United States Boys' Working Reserve, an organization created by the United States government to furnish emergency workers so that there will be no shortage of the labor needed to keep the American soldier in victorious fighting trim.

So important is the Reserve considered by the government that President Wilson has issued a message urging boys of Pennsylvania to enroll. Here is the President's message to you:

"Let me express the hope that the young men of Pennsylvania not now permanently employed may eagerly enroll in the Boys' Working Reserve to fit

themselves by training and study for good citizenship and productive service. In this way they can show themselves worthy of patriotic fathers who fought for democracy in the past, sustain their patriotic brothers who are fighting for it today, and command the affectionate pride of the brave mothers who are silently bearing the burdens at home."

Under the direction of the Pennsylvania committee of Public Safety the Reserve is now recruiting an industrial army of 25,000 boys. They will be guided in their activities by John C. Frazee, Federal Director for this State, and a corps of district superintendents.

The aims of the Reserve are: First, the organization, and, second, the preparation of boys for emergency service in all lines of work. The motto of the boys who enroll is "I will be ready." The Reserve will find useful work for them and if necessary will instruct them in the work.

Service Badge Given.

You may enroll by obtaining the consent of your parents or guardians, whether you are now employed or not. Boys who are employed join with the idea of becoming more useful to their country by learning to produce more at their present work. They will not be urged to change their employment, but only to become more proficient at it.

Boys who are not now at work, but who attend school, may enroll and will be instructed in some line of industry fitted to their abilities. Working hours will be arranged so that their education will not be interfered with. All boys enrolling will receive at once the handsome button of the Pennsylvania Division. By loyal service they may earn the bronze badge of the Reserve which is a reproduction of the seal of the United States suitably inscribed and numbered. Appropriate wages will be paid while boys are at work.

Working conditions will be carefully supervised so that members of the Reserve shall be protected against all forms of physical and moral injury. There is nothing of a military character about the Reserve, its training or its work and members may withdraw whenever their parents or guardians so desire.



It is not intended to keep the boys working on the same basis as workers who are regularly employed. Service is of a temporary nature and will be called for in emergencies only. The Reserve does not seek to shift the employment of boys who are working for their parents or interfere with their wage arrangements. But these boys may become members and earn the badge of honor as such.

The Reserve will encourage school-boy or student members in their studies, as it holds that mental improvement is a form of proficiency by which the country and its industries benefit.

Workshops, farms and business are depending upon the loyalty of the American people to insure sufficient working forces while hundreds of thousands of brave Americans are deciding the national destiny in a far-off land. And the American soldier is going about his stern task with implicit confidence that he will receive the right kind of support from those who remain behind.

Whether he is justified in that confidence is up to you.

Your big brothers, perhaps, are already near the firing line or soon will be on their way there. For every man at the front there must be five workers at home producing the food, the clothing, the ammunition, the weapons and other supplies without which the bravest troops would be defeated before they even began the fight.

Boys of Pennsylvania enroll to give the American soldier the things he needs to win the war! And, fathers, mothers, let your boys enroll. They are needed, sorely needed, and it is public service that

New Fall Suits FOR YOUNG MEN

THERE'S a certain Clothes feeling within every Young Man that makes him want "The Thing."

We're showing the Smart New Fall Models for Young Men.

There's no radical departure in style of cut this season, but there are many new fabrics and colorings and many little "Tailor touches and kinks" that are new and very artistic.

We were never better prepared to give the Young Man his Ideal Suit than we are at this present writing, and we're always pleased to show.

FAUBLE'S.

Allegheny St. 58-4 BELLEFONTE, PA.

LYON & COMPANY.

FALL AND WINTER OPENING OF COATS and SUITS

We extend a cordial invitation to all to come in and see our large varieties of exclusive models in Coats and Suits.

New Fall and Winter Dress Goods and Silks.

We are receiving new Woolen Dress Goods every day. Plaids, serges, poplins, garbardines, mannish effects and broad cloths in all the new fall colorings.

NEW SILKS.

Plaids and shadow effects in stripes and blocks in all the new grays, blues and Roman colorings in taffetas, satins, messaline and crepe de chins, Georgette crepes and silk voiles to match all colors.

Lyon & Co. Bellefonte.