

Bellefonte, Pa., November 9, 1917.

FOOD CONSERVATION.

(Published by request). Extract from a lecture on food conservation, given by one of the leading Rabis of Philadelphia, before a club

of Hebrew women: We all realize that our country is at war, and there is not one of us who does not feel a thrill when she sees the Stars and Stripes, and who does not wonder how she can do her bit. Some of us are working for the Red Cross, some doing religious work among the soldiers and sailors, and others are confining themselves to the goes in our garbage buckets. purely social and economic problems that arise in every country, through

Most of these ways mentioned mean hard work. Some of them are impossible for all of us to do, but there is one thing that we can all unite in doing, and one thing that will probably win this war, "SAVE FOOD."

Food conservation is nothing more or less than conserving or saving food. This does not mean that we should do without enough food, but no freedom of the masses." it does mean that we must not carelessly waste a crumb. "We must stimulate in every manner within our power that saving of our food, in order that we may increase exports to our Allies, and boys of our own fighting on French shows to the courselves better ing on French shores, to the point that it may enable them to properly feed their men, and their people, dur-

ing the coming winter. Every man, woman and child in Europe is hungry. I do not mean that they have no food, I mean that they have not the food that their systems

They are short of fats, they are short of sugar, they are short of wheat. If we wish to win this war, it is clearly up to us to help supply them with these necessities of life. The conditions that exist are almost too horrible to mention. Imagine, a mother coming down to prepare the breakfast for her family, she has we do not help Mr. Hoover conserve no butter, she has no eggs, she cannot get milk, and there is no wheat bread, and probably no meat of any

kind in the house. Suppose it was your mother, suppose it was your little brothers and sisters that would have to go hungry. Would you not feel that other people. ple in the world who have an abundance of food should be compelled to supply them with part of it?

Can you imagine thousands of mothers, unable to get milk, seeing their babies die in their sight, because they cannot supply them with the only food they can take, milk. If you are grown up, and you are healthy, don't drink milk. Discourage your family from cooking with milk unnecessarily. This does not apply to the small amounts we use in coffee or cereals, this we need, but

Prices must come down if the peo-

food you buy at high prices, the highfood you buy at high prices, the higher the prices go. The people regulate the amount of the demand and the supply, and they alone can bring prices down, by not overbuying or evereating. When by overbuying, you force food prices up, then the people that are compelled to pay these prices, must have increased wages. When they get increased wages. When they get increased wages, up goes the price of the article they make, and again, you who have overeaten and overbought, and wasted, are paying for your conduct. Do not everbuy, do not waste, you, and you everbuy, do not waste, you, and you alone, pay the bill. Less consumed, lower wages, more food. Waste, higher wages, and inability to buy the processories. Which do you want? the necessaries. Which do you want?

Now for some specific things that you can do to make democracy safe for the world, and help win this world war. You must stop eating young meats, like lamb and veal, and thus allow the young animal to grow up. A calf slaughtered before it has reached maturity, gives no milk, no milk no butter, no butter no cheese, so every time you people buy veal you are helping to put up the price of you are helping to put up the price of milk, butter, cheese, and depriving the people of thousands of pounds of

beef.
Do not cry about the prices of woolen clothes; you are to blame. If you eat lamb, you cannot expect that there will be any sheep. If no sheep, no wool, if no wool, up goes the price of everything that wool goes into.

Be careful of sugar. France and Italy formerly produced their own sugar, while England and Ireland imported largely from Germany. Be-

ported largely from Germany. Because of war conditions, France and Italy is down to one-third of their usual imports, and of course England is shut off from her supply. We must supply the amount necessary for them to live.

them to live.

Eat less candy, discourage the use of icing on cakes. In that way you can do your "bit." Ask your people not to buy veal or lamb. Do your bit.

If every man, woman and child in this country would save five ounces of food a day, our allies could be fed, and the war won. Take an ounce weight and look at it. See how small it is. Realize that you would hardly miss an ounce from your food. Eat an ounce less of meat, an ounce less bread, an ounce less of fats or butter, an ounce less of sugar and milk, and then you will be doing your bit.

Eat plenty, but waste nothing. Have one wheatless meal a day. Have one meatless day a week. Have three wasteless meals a day. Cut no more bread needed.

bread needed.

To conclude: We must help in this
Food Conservation because 1st: We are Americans and our country is at war, and calling to us

for help.
2nd: Because this war will be won
by the countries that are the best fed. 3rd: Because we have been the most extravagant country on earth with our resources and must come to

4th: Because we must assist our government in feeding our soldiers abroad who are risking their lives in their hands that democracy shall live, and Freedom shall not perish from

5th: Because what is asked of us is reasonable; we are not asked to starve, but only not to waste. We are asked to refuse to eat young meat, because it will only mean, that shortly we will get no meat to eat, or it will be so high that only the very rich can buy it. The same thing will apply to milk, fat, butter and cheese.

6th: Because we must win this war, and only by feeding our soldiers can it be done, only by feeding our workers can the people live, and without sufficient food, they must die. 7th: Because we have no right, before God to waste his bounty, while others starve for the need of what

8th: We are asked not to eat cakes with icing; the icing wasted on cakes alone, would more than give enough sugar for one-third of our allies'

9th: It is only in a free country, in a country where democracy is in power, that there is religious freedom. Russia is an over-Russia is an example of that. Democracy and religious freedom goes hand in hand. "There can be no freedom for religion, where there is

10th: We as Jews, protected in rifice will we make ourselves better, and be instilling into ourselves a vir-tue rare enough in this country, that has had more than enough for years. sidered ordinary, and realize how thankful those abroad would feel, if they had what we have had, and we have never realized what we had, until we see the contrast.

11th: Last but not least: While it is our duty to help Food Conservation, it is as well self preservation, self protection. We want freedom, food, there is but one remedy. You will be compelled to do it, whether you want to or not. "Food cards," "Meat cards," "Potatoe cards," will be issued preventing you getting, in any shape or form, more than the allowed amount. This is the law. Do you want this?

12th: In conclusion, let us band together; hold up the Torah of our people, and bind around it the flag of our country, and with upraised hands, and uplifted hearts, pledge ourselves to help our country in it's hour of need for demonstrate and broken parts made as good as new. At a heat of 6300 degrees Fahrenheit, produced by the combustion of acetylene in oxygen, any of these metals fuse and run together, a virtual remodeling of the need, for democracy and liberty; for parts. Judaism and our country.

Many Boys Will Adopt Fathers On November 15th.

According to the program no boy will be admitted to the Father and Son banquets to be held in the churches throughout the State, on ple get what they need, but the people must help. Every extra article used, not necessary, reduces the amount in the market, makes it that

much scarcer, and that much dearer.
Do not buy what you can do without.
The more food that is not bought,

The more food ower the prices drop. The more for that night in order to attend one of the big banquets.

great wartime movement for teen age boys and girls, to be known as the "Bim-Wac Home Guards." The purpose of the movement is to challenge boys and girls to safeguard the home ideals while our soldiers fight for these same ideals on the battlefields of Belgium and France.

The observance of the day will begin in the churches and Sunday gebeals the Sunday are the same supposed to the sunday are the same supposed to the supposed to the supposed to the same supposed to the supposed to the same supposed to the supposed

schools the Sunday preceding November 15th. In the morning service, pastors will preach to parents a special sermon on "Boyhood."

In the Sunday school the day will be observed by a special program which will be largely in the hands of

the boys.

The climax will be reached on Thursday night, the 15th, when thousands of fathers and sons will gather together in the churches in a great series of meatless, patriotic Father and Son banquets.

In order that the banquets are purposeful in character, and that the greatest amount of permanent good may result, the Pennsylvania State Sabbath School association, of 1511
Arch street, Philadelphia, has prepared a comprehensive program to aid local church Father and Son day committees, in planning for the observance of the day. ance of the day.

In No Hurry to Fly.

"John, you ought to get in the aviation service," a York man told a negro. "You are a good mechanic and would come in handy in an airplane. How would you like to fly among the clouds a mile high and drop a few

clouds a mile high and drop a few bombs down on the Germans?"

"I ain't in no special hurry to fly, Cap," the negro answered. "When we's up 'bout a mile high, s'pose de engine stopped and de white man told me to git out and crank?"—New York News.

Her Curiosity Aroused.

Little Gwennie felt it her duty to entertain a man who had been called in to do some carpenter work, and began by asking if he had a papa and mamma. He said yes. Then she asked if he had any brothers or any sisters. He replied by saying he had three half-brothers and three half-sisters.

sisters. After looking at him for a moment intently she said:

"Are you the only whole one there

-Subscribe for the "Watchman."

SUCCESS.

I hold that man alone succeeds Whose life is crowned by noble deeds, Who cares not for the world's applause But scorns vain custom's outgrown laws; Who feels not dwarfed by nature's show But deep within himself doth know That conscious man is greater far Than ocean, land, or distant star; Who does not count his wealth by gold, His worth by office he may hold, But feels himself, as man alone, As good as king upon a throne Who, battling 'gainst each seeming wrong Can meet disaster with a song. Feel sure of victory in defeat, And rise refreshed the foe to meet; Who only lives the world to bless Can never fail-he is a success.-Ex.

Scrap Pile Now a Mine of Wealth.

In ordinary times the scrap pile is a neglected evenue for the escape of profits. Now that war has pushed up the prices of raw material, the American plant owner and factory man have begun to analyze their scrap heaps. Usually they find large accu-mulations of damaged or worn ma-chinery, tools, "short ends" and other material that represents considerable profit thrown away. Face to face with labor shortage, metal shortage and the time factor, plant owners are reclaiming these worn and damaged machines and broken tools and putting them back to work earning profits, says the Engineering and Mining Journal.

Recently an engineer for an oxyacetylene concern made an investigation in a western mining field. At one big mine he found in the scrap pile dies for drill sharpening worth \$9 each that could be welded and put We only appreciate God's bounties into service at a cost of about \$1 each. When deprived of them. Let us be thankful for what we heretofore conjust seat, too, as to when it would be ious seat, too, as to when it would be able to get more material. It was found that the scrap heap of one year's accumulation would yield a three months' supply of good material. At another time the engineer found a year's supply of tram buckets, worth \$40 each, with broken bottoms that could easily be repaired by welding at a slight cost. The various processes of welding have made it possible to reclaim machines and tools that formerly were sold as waste and at a fraction of the original cost.

Nowadays any kind of metal—steel iron (both cast and malleable), brass, bronze, copper, aluminum, sheet iron and precious metals such as gold, silver and platinum—can be welded and broken parts made as good as new. At a heat of 6300 de-

Dusty But Not Rusty.

path and asked the old lady who stood in the porch for a drink. She hurried in.

The tramp sighed. "I daren't touch it, mum, thank

"Why ever not?" iron constitution, mum, and water American Soldiers' Equipment.

(this alone weighs pounds); ammunition (220 cartridges; 100 worn in the belt, 120 in the bandaleers slung over the shoulders) bayonet, bayonet scabbard, intrench ing shovel (or pickaxe or wirecutter) This would seem to be something of a hardware store to start with, but the list has just begun: Cartridge belt, haversack, pack carrier (these latter two items, with their suspenders form the cylindrical roll, carried on the back, commonly called the pack); shelter tent half and rope (each man carried one-half of a tent, the halves buttoning together); metal canteen; padded canteen cover; drinking cup, meat can, bacon can, fork, knife, spoon, one extra suit of underclothes, two extra pairs of socks, extra shoe laces, comb, toothbrush, soap, towel, housewife (a small handy sewing kit); identification tag (a metal disk) and tape (to faston around the sock). fasten around the neck); whatever rations may be issued.

All the articles mentioned above the American infantryman carries upon his person-and he is given frequent inspections to see that he does carry them and not a single thing is missing. One tent-pin gone, a comb or tooth-brush or pair of socks not there—and trouble results. But these articles are not all. Each squad of eight men has a squad kit-bag which is carried in the wagons, and in this bag each man must always have the following things: An extra pair of breeches, an extra flannel shirt, two additional pairs of socks, an additional suit of underclothes, a spare pair of marching shoes, in good condition; extra shoelaces.

Dehorned Cattle Bring Higher Market Price.

Dehorned cattle ordinarily bring about twenty-five cents per hundred pounds more on the market than horned cattle. Dehorning may be done as soon as flies have disappeared and before the weather becomes too cold. Dr. I. D. Wilson, of The Pennsylvania State College, warns against the all too common practice of dehorning cattle in the spring. Cattle which are slow in recovering from spring dehorning will be attacked by flies later in the season.

The best time to dehorn calves is when they are three or four weeks old. At this age dehorning may be done at almost any season. Dehorned cattle are more congenial in the feed lot, injure each other less and

hence make better gains. To dehorn, tie the animal securely in stanchions. Clippers or a saw may be used. While the dehorning operation is more quickly accomplished with clippers, a greater loss of blood results than when a saw is used. In case hemorrhage continues longer than an hour, saturate a piece of cot-The tramp sauntered up the garden and bandage it over the wound.

Another method recommended is to tie a strong cord tightly around the base of the horns before the opera-"Here, my man," she said, return-tion. No after treatment is necessaing. "Here is a glass of iced water ry provided the operation is performed at the proper season.

—An alienation suit dating back to 1880, in which plaintiff and defendant have become grandparents, was "Well, you see, mum, I've got an recently dismissed in New Jersey.

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