

BOARDS ARE MORE EFFICIENT

This Is Explanation Given by British Officer of Acceptance for Service of Men Once Rejected.

In a recent investigation by a committee from the house of commons, Gen. Sir Alfred Keogh, director general of the British army medical service, declared that while the difficulties imposed by the lack of experienced army examiners, he was aware of no irregularities in the examination of men under the military service (review of exceptions) act.

When the war broke out men were taken for medical examination to local practitioners, who could not possibly know the requirements of the service," he said, "and the consequence was that a large number of men was recruited whom the authorities would not have thought of considering in peace times."

With such a corps of examiners, Sir Alfred declared, it was impossible to attain a common standard, and this explained the fact that frequently men rejected by one board were accepted by another. "Many men were passed who ought not to have been passed, but, on the other hand, a great number of men were rejected who ought to have been passed under the category system. It was very difficult to get the medical practitioners to understand that a man who could do anything in civil life could do that thing in the army."

"TOMMIES" CALL IT "WIPERS"

British Soldiers Have Given Their Own Pronunciation to the Little Belgian Town of Ypres.

The little Belgian town of Ypres is sure enough a place in history; but, in England, at any rate, it will always be specially sure of it under a name which no cloth worker of Flanders ever heard, and would certainly never recognize. The British "Tommy," who for over two years has held up the German forces around the famous Ypres salient, insists on calling it "Wipers," and the name has "taken on," as he would say. It traveled over to England, and "Wipers" began somehow to be associated with "hot corners."

Curiously enough, it is not the first entry of Ypres into the English language in this, or at any rate a similar form; for it was in the looms of Ypres that was made, in the middle ages, the famous "toiles d'ypres," the costly table linen, or diapers.

Testing the Eye. Lecturing on the "Effect on the Eye of Varying Degrees of Brightness and Contrast" before the Illuminating Engineering society recently, Dr. James Kerr of the public health department of the London county council, referred to some effects which may be surprising. Having to examine long lists of figures in black type, he tried to facilitate his task by drawing vertical and horizontal lines in red ink, but the different focusing of the black and red strained his eye and gave him a headache, which did not trouble him when all the figures and lines were either black or red. Doctor Kerr questions whether a target is more distinct when a brilliantly illuminated disk appears on a jet black background than when the surroundings were diffusely illuminated.

Joker Dressed as Bear. Representing himself as a bear which is said to have annoyed the residents of Reddon, Del., a young man of that village was shot at and badly beaten before his identity was discovered. For several weeks residents of Reddon declared that they had seen a bear in sections of the village. Taking advantage of the fright in the little town, one young man dressed himself up to represent a bear and started out to startle the villagers. His practical joke took the wrong turn when a number of men with guns and clubs started to chase him. Before he could tell who he was he was badly pounded with clubs and came very near being shot.

Movie Film as Evidence. A moving-picture film is to be introduced into court in Paris as evidence in a divorce case. The plaintiff in the action saw on a screen on the boulevards pictures of the procession of Italian delegates through the boulevards to the Place de la Concorde to lay a wreath upon the Strasbourg monument. The procession was followed by a taxicab in which, to his astonishment, the spectator saw his wife, seated with a stranger. He bought the film, to be used as the basis of his action for divorce.

They are all good enough, but the "Watchman" is always the best.

BIG CORN CROP IS NOW MOVING

More Than 3,000 Million Bushels Raised in 1917—Gives Big Surplus.

SAVES WORLD FOOD SITUATION

America Beginning Greatest Corn Consumption in History, Using Cereal in Many Delicious Dishes.

Corn, America's greatest cereal crop, is now moving rapidly to market.

More than 3,000 million bushels—30 bushels for every man, woman and child in America—were raised in 1917. It was a mighty crop. The actual increase is about 500 million bushels. And this extra store of grain is coming on to the market in the nick of time, since the American wheat surplus has been sent to help feed famine threatened Europe.

Just as it happened in the Colonial days, the War of the Revolution, and the Civil War, corn has actually become the nation's mainstay.

In the entire list of America's food commodities there is no item that is better than corn. In puddings, bread, corn pone, and as hominy combined with meat or eggs, corn is without a peer. Housewives are fast learning the large number of delicious dishes that may be made with corn and their families are benefiting by an increased use of the cereal. Corn, more than any other cereal, contains all of the elements essential to maintaining life and health.

In order that the fighting men abroad and in the army camps at home may be fed, and in order that actual famine may be kept from the nations associated with America in the war, the citizens of America are finding corn products delicious and palatable on "wheatless days" and glory in the fact that "wheatless days" here mean more wheat for the war worn allied nations in Europe.

England, France and Italy must be fed from America's great storehouse. They will get some corn—especially Italy—but most of their grain shipments must be wheat. Their ability to use corn is small compared to the facilities they have for using wheat. And it is the opinion of officials in Washington that the present is no time to try and change the eating habits of Europe.

America's greatest use of corn will be in the form of corn bread and corn meal, mixed with wheat in the making of leavened bread.

Mixed with 80 per cent. wheat flour, corn meal can be used in bread making, producing a loaf more nutritious than bread baked with wheat alone. It is a fact corn millers will verify that dozens of the large American bakers have been successfully using a corn flour in bread making for several years.

Hominy grits, served at breakfast with a poached egg, or eaten at any other meal with meats or fish, is another use of corn that will become unusually popular during the war.

Corn syrup to sweeten corn cakes, and corn oil for use in all kinds of cooking, are two more products that are already welcomed in thousands of American homes.

THE UNITED STATES FOOD ADMINISTRATION SAYS:

Food saving is in its essence the daily individual service of all the people. Every group can substitute, and even the great majority of thrifty people can save a little—and the more luxurious elements of the population can, by reduction to simple living, save much. This means no more than that we should eat plenty, but wisely and without waste.

Food Will Win the War.

A LARGE part of the world is coming to the position that Belgium is in; coming to the stage where the primary and important thing in life is enough food to keep alive. Food has now taken a dominant position in the war. The American people must prepare themselves to sacrifice far more than was at first thought necessary.

The cold facts are: France, Italy and England have just enough food to keep them going ten or twelve weeks. When America's food shipments stop—the allied nations begin consuming into this slender store and begin a swift march into actual famine conditions—which would mean defeat in short order.

Europe then must live on America's surplus. Your saving increases our available stocks just that much and actually feeds some person in the countries with which we are associated in our war against the Central Powers. Our surplus wheat has already been shipped to the allies.

U. S. FOOD ADMINISTRATION

HOME CARD TELLS HOW THE HOUSEWIFE CAN HELP THE SOLDIERS WIN THE WAR

Food Director Heinz Makes Public Latest Program For Conserving Wheat, Meat, Fats and Sugar—He Asks You to Send For Receipt Book.

Now, it's up to the housewife! President Wilson and Herbert Hoover have told us that FOOD WILL WIN THE WAR, and they have told us how to use the present supply of food to make a war victory possible. Howard Heinz, Director of the Food Supply Department, Pennsylvania Committee of Public Safety, and Federal Food Administrator for Pennsylvania, recently issued the text of the second Home Card. The card has on it a full explanation of what the United States Food Administration wants you to do to conserve food.

HANG THIS IN YOUR KITCHEN UNITED STATES FOOD ADMINISTRATION HOME CARD 1918

WHAT YOU CAN DO TO HELP WIN THIS WAR

Our Problem is to feed the Allies and our own soldiers abroad by sending them as much food as we can of the most concentrated nutritive value in the least shipping space. These foods are wheat, beef, pork, butter and sugar.

Our Solution is to eat less of these and as little of all foods as will support health and strength. All saving counts for victory.

The Food Administration asks every loyal American to help win the war by maintaining rigidly, as a minimum of saving, the following program:

Have TWO WHEATLESS DAYS (Monday and Wednesday) every week, and ONE WHEATLESS MEAL in every day.

Explanation—On "Wheatless" days and in "Wheatless" meals of other days use no crackers, pastry, macaroni, breakfast food or other cereal food containing wheat, and use no wheat flour in any form except the small amount that may be needed for thickening soups or gravies, or for a binder in corn bread and other cereal breads. As to bread, if you bake it at home, use other cereals than wheat, and if you buy it, buy only war bread. Our object is, that we should buy and consume one-third less wheat products than we did last year.

Have ONE MEATLESS DAY (Tuesday) in every week and ONE MEATLESS MEAL in every day. Have TWO PORKLESS DAYS (Tuesday and Saturday) in every week.

Explanation—"Meatless" means without any cattle, hog or sheep products. On other days use mutton and lamb in preference to beef or pork. "Porkless" means without pork, bacon, ham, lard or pork products, fresh or preserved. Use fish, poultry and eggs. As a nation we eat and waste nearly twice as much meat as we need.

Make every day a FAT SAVING DAY (Butter, lard, lard-substitutes, etc.)

Explanation—Fry less: bake, broil, boil or stew foods instead. Save meat drippings; use these and vegetable oils for cooking instead of butter. Butter has food values vital to children; therefore, give it to them. Use it only on the table. Waste no soap; it is made from fat. Be careful of all fats. We use and waste two and a half times as much fat as we need.

Make every day a SUGAR-SAVING DAY.

Explanation—Use less sugar. Less sweet drinks and candy containing sugar should be used in war time. As a nation we have used twice as much sugar as we need.

Use FRUITS, VEGETABLES and POTATOES abundantly.

Explanation—These foods are healthful and plentiful, and, at the same time, partly take the place of other foods which we must save. Raise all you can for home use.

Use MILK wisely.

Explanation—Use all of the milk; waste no part of it. The children must have whole milk. Use sour and skim milk in cooking and for cottage cheese.

HOARDING FOOD. Any one buying and holding a larger supply of food now than in peace time, except foods canned, dried or preserved in the home, is helping to defeat the Food Administration in its attempt to secure a just distribution of food and the establishment of fair prices. The food hoarder is working against the common good and even against the very safety of the country.

Hoarding food in households is both selfish and unnecessary; the Government is protecting the food supply of its people.

Loyalty in little things is the foundation of the national strength. DISLOYALTY IN LITTLE THINGS GIVES AID TO THE ENEMY. KEEP THE PLEDGE.

Do not limit the food of growing children.

Preach and practice the "gospel of the clean plate."

Eat sufficient food to maintain health; the nation needs strong people.

Housekeepers should help the stores to cut down deliveries.

Co-operate with your local and federal food administrators. Take their advice.

Use local supplies; this saves railroad transportation.

Report to the nearest food administration officer the name and address of any person discouraging the production or saving of food.

WHY WE MUST SAVE FOOD

To the Members of the United States Food Administration: The men of the Allied Nations are fighting; they are not on the farms. Even the men of the European neutral countries are under arms. The fields of both Allies and neutrals lack man-power, fertilizer and machinery. Hence the production of food by these countries has steadily lessened ever since the beginning of the war, while, at the same time, the shortage of shipping has grown more and more serious, with the consequent, steady increase of difficulties in bringing food from the faraway markets of India, Australia and the Argentine.

The situation has become critical. There is simply not enough food in Europe, yet the soldiers of the Allies must be maintained in full strength; their wives and children at home must not face famine; the friendly neutrals must not be starved; and, finally, our own army in France must never lack a needed ounce of food.

There is just one way in which all these requirements can be met. North America must furnish the food. And we must furnish it from our savings because we have already sent our normal surplus.

We do not need to starve our own people. We have plenty for ourselves, and it is the firm policy of the Food Administration to retain for our people, by its control of exports, a sufficient supply of every essential foodstuff. We want nobody in our country to eat less than is necessary for good health and full strength, for America needs the full productive power of all its people. Much of the needed saving can be effected by substituting one kind of food for another. But the time has come to put aside all selfishness and disloyalty. The time has come for sacrifice.

The Allies ask us to meet only their absolutely imperative needs. They are restricting the consumption of their own people to the minimum necessary for health and strength. They are controlling their food by drastic government regulation. There is even actual privation among their women and children; there is starvation in Belgium.

The Allies need wheat and meat and fats and sugar. They must have more of all of these than we have been sending, more than we shall be able to send unless we restrict our own consumption. We can do it without harm, for as a nation, we are today eating and wasting much more food than we need.

The whole great problem of winning the war rests primarily on one thing; the loyalty and sacrifice of the American people in the matter of food. It is not a government responsibility, it is the responsibility of each individual. Each pound of food saved by each American citizen is a pound given to the support of our army, the Allies and the friendly neutrals. Each pound wasted or eaten unnecessarily is a pound withheld from them. It is a direct personal obligation on the part of each of us to some one in Europe whom we are bound to help.

If we are selfish or even careless, we are disloyal, we are the enemy at home. Now is the hour of our testing. Let us make it the hour of our victory; victory over ourselves; victory over the Enemy of Freedom.

HOWARD HEINZ, Federal Food Administrator for Pennsylvania. HERBERT C. HOOVER, United States Food Administrator

FEBRUARY SHOE SALE YEAGER'S SHOE STORE

DURING the month of February I will reduce the prices on all shoes. This is not a sale of another store's stock, but a sale of my own good quality of shoes at Reduced Prices.

NOW IS YOUR TIME to purchase your needs in the shoe line, even though you may not need them for months to come. Girls \$7.00 Tan, High Top, Low Heel Shoes Reduced to \$5.00.

YEAGER'S SHOE STORE THE SHOE STORE FOR THE POOR MAN

Bush Arcade Building 58-27 BELLEFONTE, PA.

Come to the "Watchman" office for High Class Job work.

LYON & COMPANY.

We have just received 1400 yds. Dress Gingham in stripes and plaids, dark and medium light, all colors, that are worth to-day 30 cents per yard; while they last our price 20 cents.

A large assortment of new Voiles in stripes, plaids and dotted, also embroidered from 10 cents to 50 cents per yard.

Costumes Crepes in the floral designs, all colors that do not need ironing, special 35 cents.

A full assortment of Ramie Linens, all colors, 44 inches wide at 75 cents.

Special Cloth, a beautiful line of colors, old rose Copenhagen and tan, looks like linen, 36 inches wide, only 35 cents.

SILKS. Our new Silks for Spring are ready for inspection. Satins in the new Spring shades, plaids and stripes in all colors, taffetas and Georgette Crepes to match.

COATS AND SUITS. All our winter Coats and Suits at cost, which means manufacturers prices, a big saving and plenty of cold weather to get good wear this season.

At Special Request we are continuing our White Sale until February 16th.

Lyon & Co. Bellefonte.