

THE FISH STORY.

The river was a-chatterin' round the bend, and scatterin' a wreath of white foam flowers where the old gray rock hunched out. Like some gait' brute a-wallerin' with forty furies follerin'— The minute that I seen it, why, I knowed 'twas made for trout!

The Lord sure loved the rivers when he first turned back the kivers And looked upon the little world, like one who's had his wish: Says He: "They're fine for boatin', and they'll save a lot of toin'— And they'll ramble mighty pleasant for the sons of men to fish."

So one-half of me was dreamin' while the other half was schemin', And a-choosin' of a leader, and a-pickin' of a fly, As I marked a fish hawk wheelin' like he reckons I was stealin'; And I seen a cloud go reelin' in the mirror of the sky.

Shucks! I ain't much good at workin' and Old Trouble's allus lurkin' When I open up my ledger and attempts to beat the "red"; But I knows the merry water like a mother knows her daughter— And I dunno as I'm sorry that I has my gift, instead.

So I limbered up my tackle, and I hitched a single hackle, With the dust of moth wings on it, to the leader, and the line Slips the eager tip and, swingin', send the gray fly softly wingin' To a swirl your hand might kiver—Lord, your river's pretty fine!

Like it happens in a story, up he flashed—a streak of glory! And the reel hums like a hornet, and he leaps to mock the sun, And the line goes quiver-quiver in the shadders of the river— And he grabs the slack and takes it like a filly on the run!

As for them that has their fishin' in an office, sittin' tight— Well, I wishes they was with me when I leads them careful-out! And I wishes that the mopish and the sluggish and the dophish Might have seen the sunset tingle on a five-pound fightin' trout.

The Lord sure loved the rivers when he first turned back the kivers And smiled upon his little world, and set the trees a-ling, And watched the trout a-larkin' where the foam flecks and dance and darken— And I think he leaned to hearken to the whole beguillin' song.

—Ben Hur Lampman.

Camp for Schoolboy Farm Workers.

Forty standardized farm camps to house 960 schoolboy farm workers will be established in a short time by the Pennsylvania committee of Public Safety. Necessary tents, equipment and uniforms for the farm volunteers are immediately available.

These are camps for boys who will work out on the day on surrounding farms. Large instruction camps through which thousands of boys will be passed, after preliminary training, direct to the farms are also in projection.

The committee's farm camp plan has been greatly facilitated by the cooperation of Adjutant General Beary, who has placed the resources of the State Arsenal at the committee's disposal. Splendid canvas, camp equipment, and uniforms, formerly used by the National Guard will be furnished.

The State has 5000 khaki uniforms, 1000 sleeping tents, cook-stoves, officers' tents, mess-tents and other equipment of a slightly obsolete type which are splendidly adapted for farm camp purposes.

Arrangements for equipping forty standard camps were made at a recent conference between Adjutant General Beary, Col. Lewis E. Beiler, Secretary of the committee, and Dr. Henry V. Gummere, in charge of farm camp organization. Each camp will include 16 tents, 12 of them being 7x7 wall tents, housing two boys; the others being leaders, mess, cook and supply tents. Three gasoline flare lamps for illuminating purposes and one military cook-stove will also be furnished to each camp.

Knock-down mess tables will be made by manual training school pupils after designs furnished by the Adjutant General. Camp pennants will be made by high school girls. The State Arsenal will supply national flags.

Each boy will be provided free of charge with a khaki uniform and one pair of canvas working trousers, these being loaned for the period of service. Volunteers will be required to provide only their shirts, hats and leggings. There will be 24 boys, a leader, and cook at each camp. The committee's appropriation will take care of the expense of securing the tents and equipment. Mess equipment and cots will be purchased by the committee through the Adjutant General's office at special rates. As standard equipment will be obtained it can be turned back to the State when no longer needed.

A number of Camp sites in various parts of the State are being given consideration. Boys now enrolling in the U. S. Boys' Working Reserve will be eligible for placement. The Camps will be erected and conducted on a military basis and under Y. M. C. A. supervision.

The European war and consequent cessation of imports of German aniline dyes is bringing about a revival of China's ancient industry of indigo making. China's fondness for this color has earned for her the name of the Land of the Blue Gown. Indigo growing is especially adapted to the Yangtze Valley and Southern China. The color is extracted by soaking the leaves in hot water and beating the pulp.

More enlistments from Wall street families are recorded in the war office than from any other class of families in the country.

FARM NOTES.

The importation of nitrate of soda by the government as a means of increasing food production makes the use of this fertilizing material of especial interest at this time. It should be used in such a way as to give a maximum increase in crop yields. So far as possible its use should be confined to crops used directly as food.

As the dairy cow is one of the hardest worked farm animals she should be dried off from six weeks to two months previous to freshening, during which time her ration should consist of light, laxative feeds that rest and cool the digestive tract. Records show conclusively that increased yearly production results from such management.

A good ration to feed during the dry period is as follows: Twenty to twenty-five pounds of corn silage, legume hay, and a grain mixture of three parts ground oats, two parts wheat bran, one part oil meal. Corn is too heating, and timothy and cottonseed meal should be avoided because they are too constipating.

Immediately before parturition the grain ration should be changed gradually to a mixture consisting of two parts wheat bran and one part oil meal as this mixture is somewhat more laxative than the one previously given. If such a scheme of feeding is carried out there will be little trouble in parturition and the cow will be in condition to yield a maximum quantity of milk.

Experiments at The Pennsylvania State College conducted for thirty-five years give definite information relative to the value of nitrate of soda on corn and wheat grown in the common four-year rotation of corn, oats, wheat and grass. These results show that even at present high prices of grain crops, little profit will result from the use of nitrate of soda on corn and wheat. Of the other two crops, wheat gives greater assurance of profit than corn.

Figuring corn at \$1.25 a bushel in the field, nitrate of soda as an average for a period of thirty-five years has been worth, when applied to this crop, \$44.75 a ton. Valuing wheat at \$2 a bushel, unharvested, which is more than the 1918 guaranteed price, nitrate has been worth \$95.04 a ton. The residual effect of the nitrate applied to corn and wheat on the following oat and grass crops has been of some additional value.

Acid phosphate has given far greater increases and much more profit on these crops than has nitrate of soda. For any assurance of profitable increases in yields of corn and wheat from nitrate of soda, phosphoric acid must first be supplied in liberal amounts. Where the grain crops are manured or where they follow a heavy clover sod, there would be little chance of profit from nitrate at present prices.

Tying Up the Fleece.—The fleece should be tied up neatly to the buyer and to bring the highest price. After the fleece has been removed from the sheep in one place, it should be placed on a clean surface with the side down that was next to the sheep's skin. The fleece should then be gently compacted so that all fibers are close together. From this point there are two systems that may be followed to get a neat, attractive fleece.

The first method is to simply turn in the sides so that a width of twelve to fifteen inches results and then roll the fleece from the tail end to the neck end. Care should be taken not to roll the fleece too tightly or it will break and expose the dark outside of the fleece, and thus detract from its appearance.

The second method is to tear off the belly of the fleece, the neck and the four legs. This leaves the back and sides of the best fleece in one piece. Then place the neck on top of the first piece with the skin side down. The belly strip and legs are then placed on top in like manner.

The fleece is then rolled as in the preceding method and tied. The advantage of this system is that in case the fleece does break, the next best wool always shows through.

Sisal, a binding twine, should never be used in tying the fleece. Buyers object to this type of twine because its fibers come off and mix in the fleece. These fibers must all be picked out by hand because they will not take the dye in the same manner as the wool and will show up in the cloth, according to C. W. McDonald, of The Pennsylvania State College.

This country is greatly in need of more pork, for pork furnishes the animal oil or fat so necessary at this time. To meet this need we must increase the production by eliminating all unnecessary loss. Just now, when the sow is farrowing her spring litter, is the time to observe care if all the pigs are to be saved, urges the Pennsylvania State College.

Dry, well-ventilated farrowing pens free from draughts should be provided. The air of a central type house where many hogs are kept may prove poisonous to young pigs unless plenty of fresh air is provided.

Farrowing in colony houses is probably the most healthful when the houses are tightly covered with paper and are provided with a ventilator. On very cold days a lantern suspended from the roof will take away the chill from the atmosphere and may save the lives of some of the small porkers. Do not provide too much bedding for large, fat sows as they are apt to be extremely awkward and too much straw will hinder the young pigs in getting out of the way.

For twenty-four hours after farrowing the sow should have nothing but warm water with perhaps a handful of wheat middlings thrown into it. It is not well to excite a heavy milk flow before the pigs are able to utilize the milk, for the sow's udder will become inflamed and sore. If such a condition exists, bathe the udder with hot water and apply lard and turpentine.

Increase the feed gradually until after four or five days the sow is on full feed which may consist of corn two parts and tankage one part—or of oil meal one and one-half parts.

These suggestions are made by F. S. Hultz, of the animal husbandry department of the Pennsylvania State College.

Health and Happiness

"Mens sana in corpore sano"

Number 39.

Waiter—What will you have, sir?
Diner—O, bring me an assortment of proteins, fats and carbohydrates—I leave it to you, Henry—say about eight hundred calories.—Boston Transcript.

Amount of Food Required by an Individual

How much food is required by an individual has up to the recent times been one of the most difficult questions to answer. Authorities differ greatly. The experiments of Professor Chittenden and Mendel, of Yale, have established a new standard. Professor Chittenden has found himself able to do hard work on a ration scarcely half that recognized by Voit. Atwater and other authorities as necessary. When Professor Chittenden's views were first published there was much dissent and many doubts were expressed but his standard, generally known as the low-protein standard, is no longer experimental. Dr. Kellogg, at the Battle Creek Sanitarium, has demonstrated the safety and the advantage of the Chittenden standard upon many thousands of persons. Thousands of others elsewhere have done the same.

People are much more apt to eat too much than too little and one reason is, as Professor Irving Fisher says,

"The common delusion that many articles such as candy, fruit, nuts, peanuts, popcorn, often eaten between meals, do not count. Another common oversight is to overlook accessories such as butter and cream, which may contain more actual food value than all the rest of the meal put together. Ice cream and other desserts also have more food value than is usually realized. Nature counts every calory very carefully. If the number of calories taken in exceeds the number used by the body (or excreted unused), the excess accumulates in fat deposits. Thus, if some 3,000 calories are taken in each day and the calories used up or excreted are only 2,800, then 200 must be retained and accumulated in the body."

FAVORABLE WEIGHT.
It is essential that the exact food requirements of an individual to maintain a correct weight be understood as life insurance experience has clearly shown that weight, especially in relation to age, is an important factor in influencing longevity. To again quote Professor Fisher:

"Except in the earlier ages of life, overweight (reckoned relatively to the average for that age) is a more unfavorable condition, in its influence on longevity, than underweight. The mortality experience on youthful underweights has been unfavorable, and the mortality experience on middle aged and elderly overweight has been decidedly unfavorable. The lowest mortality is found among those who average, as a group, a few pounds over the average weight before the age of 35, and a few pounds under the average weight after the age of 35. That is, after the age of 35, overweight is associated with an increasingly high death rate, and at middle life it becomes a real menace to health, either by reason of its mere presence as a physical handicap or because of the faulty living habits that are often responsible for its development. After the age of 35, 15 to 20 pounds over the average weight

should prompt one to take careful measures for reducing weight. Habits should be formed that will keep the weight down automatically, instead of relying upon intermittent attempts that are more than likely to fail. No matter how well one feels, one should take steps to keep out of the class that life insurance companies have found to be undesirable risks."

WHAT IS CORRECT WEIGHT?
Tables of height and weight of women and men, as prepared by the Association of Life Insurance Medical Directors, were published in the "Watchman" July 25, 1917, under "How to Regulate Your Weight." In this article Dr. Rose gave specific directions for correcting overweight and underweight. It is not possible to repeat Dr. Rose's directions but a short quotation from "How To Live" (Fisher and Fisk) is quite to the point:

"In general we should endeavor to keep our weight at approximately the average weight for age 30, the period of full maturity as experience shows that those so proportioned exhibit the most favorable mortality. This weight (with coat and vest, or waist removed) for the various heights, is shown in the following table:

AGE 30—MEN					
Ht.	Lbs.	Ht.	Lbs.	Ht.	Lbs.
5 1	126	5 2	148	6 1	178
5 2	128	5 3	152	6 2	184
5 3	133	5 4	156	6 3	190
5 4	136	5 5	161	6 4	196
5 5	139	5 6	166	6 5	201
5 6	144		172		

AGE 30—WOMEN					
Ht.	Lbs.	Ht.	Lbs.	Ht.	Lbs.
4 8	112	5 2	124	5 8	146
4 9	114	5 3	127	5 9	150
4 10	116	5 4	131	5 10	154
4 11	118	5 5	134	5 11	157
5 1	122	5 6	138	6	161
5 2	125	5 7	142		

The reduction of weight is really a very simple matter. No mysterious or elaborate "systems" or drugs are needed.

If a sufficient reduction in the amount of energy food and an increase in the amount of exercise are made, no power on earth can prevent a reduction in weight.

Even a sedentary work uses up about 2,500 calories a day. By reducing the food to 1200 calories (this can be done without decreasing its bulk) and increasing the exercise to the point of burning up 3000 calories, the tissues are drawn upon for the difference, and a reduction in weight must be experienced just as surely as a reduction in a bank account is made by drawing checks on it.

It is just the contrary with thin people who lose heat more readily than stout people, as they have a larger percentage of actual tissues and expose more surface in proportion to the body weight. They require therefore an abundant supply of energy food, or fuel foods, fats, starch and sugar. With them, over-fatigue and exhausting physical exercise should be avoided.

Next week—"Foods Necessary to Body Nutrition."

For Dyeing Waists Yellow.
For dyeing a crepe de chine or any silk waist yellow, take a thimbleful of saffron tea, steep as you would an ordinary tea, remove from stove and strain through a piece of cheesecloth; add enough boiling water to get the shade of yellow desired; then put in the article to be colored and let stand for a few minutes. Do not boil. This colors the article a soft, pretty yellow, and no matter how deep a yellow you desire, it will not be bright or vivid. Ten cents' worth of this tea is sufficient to color about three waists and can be obtained at any drug store.

Heredity.
Vincent was altogether too garrulous in school to please his teachers. Such punishments as the institution allowed to be meted out were without any apparent effect upon the boy, until at last the head master decided to mention the lad's fault upon his monthly report.
So the next report to his father had these words:
"Vincent talks a great deal."
Back came the report by mail duly signed, but with this written in red ink under the comment: "You ought to hear his mother."

Farmers, Gardeners

No matter whether you contemplate planting a thousand acres or the corner of your lot, you will want

SUITABLE FERTILIZERS.

We have them in any grade and quantity.

Ward Plows (Walking and Riding) Disc Harrows
Perry Spring Tooth Harrows Cultivators (Riding and Walking)
Spike Tooth Harrows Hand Cultivators

Brookville Wagons, All Sizes.

Tested Seed Corn. Seed Potatoes.

FIELD SEEDS OF EVERY DESCRIPTION.
Garden and Flower Seeds, 9 Cents the Package.

LET US KNOW YOUR WANTS
We Can Save You Money.

Dubbs' Implement and Seed Store,
DUNLOP STREET BELLEFONTE, PA.



TIME FLIES.

WHY put off buying your new Spring Suit—why not enjoy the full season's service which your new Spring Suit will give you? Men are prone to delay replenishing their wardrobe each season, losing the opportunity to select from widest assortments, foregoing the pleasure of appearing in new clothes when even Spring appears freshly garbed.

"HIGH-ART CLOTHES"
Made by Strouse & Brothers, Inc., Baltimore, Md.

simplify the process of selection. We show them at prices from \$20.00 to \$35.00.

FAUBLE'S.
Allegheny St. 58-4 BELLEFONTE, PA.

FINE GROCERIES

ALL GOODS in our line are thirty to sixty days late this season. Prices are somewhat, but not strongly above the level at this time last season. It is not safe to predict, but it does seem that prices are just now "passing over the top" and may be somewhat more reasonable in the near future.

We Have Received

New Evaporated Apricots at 25c and 30c a lb. Fancy Peaches 20c and 22c a lb. Very Fancy Evaporated Corn at 35c a lb. or 3 cans for \$1.00. Fancy Selected Sweet Potatoes 5c a lb.—some grades at 3c to 4c a lb. Very Fancy Cranberries at 18c per quart or pound. Almerin White Grapes, Celery, New Paper-shell Almonds, California Walnuts, Finest Quality Cheese.

INCLUDE OYSTERS IN YOUR ORDERS
We will deliver fresh opened, solid measure at cost with other goods.

WE MAKE OUR OWN MINCE MEAT.
No item is cut out or cut short on account of cost—it is just THE BEST WE CAN MAKE and is highly recommended by all those who have tried it. If you have used it you already know—or try it just now.

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THE CENTRE COUNTY BANK,
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