The Daily Ration--the Amount of Food Required Each Twenty-Four Hours.

Health and Happiness. Number 41.

The amount of food required de- | room at any season, requires practicpends primarily upon the amount of skin surface, as food is principally needed to maintain animal heat, which heat carried off from the body by the evaporation of perspiration from the is chiefly lost through the skin. A child has a much larger skin surface in proportion to its weight than has a skin

larger person. For example, a child weighing ten pounds has a skin sur-face of three square feet, while a man weighing 180 pounds, or eighteen times as much, has a skin area of about 21 square feet, only seven times greater. The child of ten pounds re-

then, about one-seventh as quires, much food as a man weighing 180 pounds, instead of only one-eighteenth as much

Adults require food chiefly to re pair waste and losses. Growing chil-dren require, in addition, material for tissue building. According to the best authorities upon the diet of children, the growing infant utilizes fully one-third of its total intake of food in tissue building.

An emaciated adult who requires to gain in tissue has the same nutritive needs as the growing child.

The total number of calories or energy units required by a person in a day depends upon several factors muscular activity, size, age, build, sex, season, climate. The most important factors, however, are muscular activ-ity, size and age. Hard, physical work and exposure to low tempera-ture demand the largest food supply. It should be stated, however, that a person whose occupation is indoors in an atmosphere the temperature of which is practically the same as that of average summer temperature, does not require more food in the winter Excavator than in the summer season, since his loss of heat is no greater. A person who perspires very freely, however, erage woman in some of her common either when at work during the hot occupations as given by Dr. Mary season out of doors or in a heated

THE EFFECT OF MUSCULAR AC-

TIVITY. In her new book "Feeding the Fam-ily," published by the Macmillan Co., Dr. Mary Swartz Rose gives the calories per hour per pound of body weight as follows:

Calories per pound Kind of Activity per hour Kind of Activity Sleeping Sitting quietly Standing Light exercise Moderate exercise Active exercise Severe exercise .6 .75 1.25—1.5 1.75—2 3 or more

Applying this as seen in "Food Requirements and the Menu," Extension Circular No. 65, The Pennsylvania State College, pages 5 to 7: A person weighing 140 pounds

would require-

EFFECT OF OCCUPATION UPON TO-TAL FOOD REQUIREMENTS.

According to Tigerstedt's estimates, the requirements for occupations of different degrees of muscular activity are as follows:

. 2200 Calories per day ...2550 Calories per day ...3650 Calories per day ...4550 Calories per day ...4550 Calories per day Lumberman The daily requirement for the av-Rose is:

At rest		oer day
Sedentary occupations		per day
Milliners	Teachers	
Bookkeepers	Seamstresses	
Stenographers	Machine operators	
Occupations involving standing, wa	lking or manual labor	
occupations intoining standing, at		per dav
Cooks in family groups	Chambermaids	90000
General housekeepers	Waitresses	
Occupations developing muscular st Laundresses		per day
Cooks for large groups		

Next week-"Grouping Foods to Show Their Uses."

"UNCLE SAM'S" DRUNKARD."

O yes, I love you just the same As other fathers do: Altho' I haven't much to prove Such boasting to be true.

Your mother washes, scrubs and scours To keep us all in food; While you sell papers on the street,

. You're doing mighty good! You see I haven't time to work While I can play a tune; For I am helping "Uncle Sam," To run a good salloon.

For I am not the only drunk. It takes a lot like me, To keep them busy at the bar.

And pay the license fee.

the Department and the public if they will adopt the practice of depositing their mail in the postoffice or street collection boxes not only earlier in the day but as frequently as may be feas-ible. It would also tend to relieve the congestion and facilitate the handling and dispatch of the mails if heavy mailers would make it a regular practice to have all letter and circular mail, as well as catalogues, pamph-lets, etc., bearing uncancelled stamps, properly faced for cancellation, with the short and long letters separated. The Department desires to emphasize the fact that it is not urging this action as an economical measure, but

great advantage to be gained by both

for the purpose of meeting, as far as possible, the present complicated situation incident to war activities.

Democrats Come Out for Suffrage. A proposal to act on the suffrage

Monitor

By a vote of 5 to 2, the executive committee of the Democratic Nationamendment and urging the Senate to pass it.

The resolution adopted by the Executive committee reads

"Resolved, That the Executive com-mittee of the Democratic National committee, after a referendum vote mittee representing the 48 States, and in pursuance thereof, does hereby indorse the Susan B. Anthony amendto the Federal Constitution ment providing for woman suffrage, and urges favorable action thereon by the United States Senate."

CASTORIA.

amendment, which has been approved by President Wilson, has passed the committee of the Democratic Nation-al committee adopted a resolution in-Senate, was considered by the Execudorsing the federal woman suffrage tive committee at a meeting last week. It was agreed, however, that a referendum vote of the 48 national committeemen in the States which will be called upon to ratify the amendment if it should pass the Sen-ate, should be taken before any deci-sive action by the executive commit-tee Accordingly tolegroups were sent tee. Accordingly, telegrams were sent of the members of the National com-to the 48 members apprising them of mittee representing the 48 States, and the nature of the resolution that had been offered and asking them to vote upon it. The answers received, indicated the overwhelming sentiment of the National committeemen in favor





The Kind You Have Always Bought, and which has been in use for over over 30 years, has borne the signature of and has been made under his per-

Charff Hitchers: sonal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

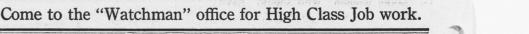
What is CASTORIA Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is pleasant. It contains neither Opium, Morphine nor other narcotic substance. Its age is its guarantee. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic and Diarrhoea; allaying Feverishness arising therefrom, and by regulating the Stomach and Bowels, aids the assimilation of Food; giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

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BELLEFONTE, PA.

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of the amendment .-- Christian Science



Five Dollars to-day will not purchase a pair of Men's Dress Shoes that can be guaranteed to give satisfaction.

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Shoes

I have been very fortunate to secure a limited amount of Men's Dress Shoes, made of a good quality of calf leather, with a top of the same kind, the soles are NEOLIN with Wing-Foot rubber heels. If you are in need of a pair of Dress Shoes, here is an opportunity to purchase a good pair at the price of a poor pair.

MEN'S

\$5.00

Shoes.



Have mercy, Lord, on those who fight, And pity the men who die, And the wounded who lie in the battle light

With no one to heed their cry.

Comfort, Lord, the people at home, Who toil neath a heavy load, For Thou, too, forsaken, a wand'rer didst

roam Traveling alone on life's road. T. L. H., Stormstown.

For Better Mail Service.

opposition to any curtailment or reopposition to any curtainment or re-striction of the postal service, and in the face of adverse conditions has en-deavored to maintain this policy. The disarrangement of traffic conditions throughout the country incident to a satisfactory beef maker. This feed function of the postal service, and in profit per steer of \$18.89 greater than the dry-fed group. Corn silage alone, however, is not a satisfactory beef maker. This feed function of the postal service and the service and the function of the postal service and the service and the devored to maintain this policy. The disarrangement of traffic conditions disarrangement of traffic conditions throughout the country incident to war is no doubt generally recognized, but it is felt that if one feature is brought clearly to the attention of the business world much benefit will result to all.

Rearrangements effected, from time to time, with a view to expediting ship-ments of war material have brought about a large reduction in facilities available for transportation of the mails. This, in connection with the abnormal increase in bulk of mailings, has resulted in greatly overburdening the service during some portions of the day and in delay and congestion at some points.

At present it is the practice of many business men and firms to hold prac-tically all outgoing mail until the late afternoon or early evening hours. This necessitates the facing, cancellaof three or four hours. It is apparent that if this work could be distributed over twelve or fourteen hours not only would it be handled with greater fa-cility but its dispatch would be hast-

cility but its dispatch would be nast-ened many hours. Realizing fully the losses and in-conveniences which may result to business men and other patrons be-cause of delayed mails, the Depart-ment is utilizing every available fa-cility and straining every nerve to render the best service possible in the circumstances. It is believed that the business men of the country can be of business men of the country can be of invaluable assistance in meeting the situation, with little or no additional expense to themselves, by making some slight changes in their daily routine. Obviously it is of the utmost importance that letters be posted promptly, to secure their dispatch on the first scheduled train, as failure to make a connection is now more serious than in normal times and might result in a delay in delivery of twenty-four hours or more

Attention is invited to the advisability of signing and preparing for dispatch of all letters and other mail accumulating up to noon, and of mailing them at that time; thus a considerable quantity would be in transit to destination before the close of the business day.

In the view of the foregoing, it is urgently requested that your organi-zation impress upon business men the ploy of a railroad.

Silage a Satisfactory Beef-Maker.

That the use of a maximum amount of corn silage in the feeding of steers has been an extremely profitable practice has been demonstrated by seven years of experimental steer feeding at The Pensylvania State College. In every instance where the feeding of corn silage was compared to dry feeding in the making of beef, the steer fed the silage ration return-

At the beginning of the war the Postoffice Department announced its opposition to any curtailment or re-

furnishes plenty of fat-forming mate-rial as well as energy and heat for the body, but is lacking in material necessary for tissue growth and in bonebuilding substances. A rich protein feed, such as cottonseed meal, soy-bean meal, linseed oil meal, alfalfa hay, clover hay, or oat and pea hay will furnish the necessary growing material for body development. Experiments have shown that a

eguminous hay cannot replace entirely a concentrated protein feed like cottonseed meal. Even if alfalfa or clover hay is fed, it is necessary to inlude in the ration not less than 11 to 2 pounds of cottonseed meal per 1000 pounds live weight of steer daily. That hay is not absolutely essential

afternoon or early evening hours. This necessitates the facing, cancella-tion, distribution, pouching and dis-patching of from 60 to 80 per cent. of all outgoing matter within a period of three or four hours. It is appeared to appear according to appetites morning and evening, corn stover at noon, and 2½ pounds of cottonseed meal was divided in two feeds and sprinkled over the silage. Farmers feeding steers this winter

should have in mind the following conclusions:

1. The feeding of a maximum amount of corn silage is desirable for fattening steers. This practice will

reduce the amount of hay and save heavy grain feeding. 2. A concentrated protein feed, like cottonseed meal should be added to

properly balance the ration. 3. Some dry feed can well be offer-ed but not as a sacrifice to a maximum corn silage consumption. A leguminous hay can be used for its pro-tein content and for the small amount of dry feed that is required. If the hay is not available or can be used for other livestock, corn stover can be substituted providing not less than 2¹/₂ to 3 pounds of cottonseed meal is fed per 1000 pounds live weight daily of steer throughout the feeding pe-

riod 4. Steers showing a predominance of beef blood make the most profitable gains.

R. H. OLMSTEAD, County Agent.

-The man who is connected with



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- The continued cold weather compels us to make special reductions on Spring Coats and Suits.
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- GROUP 2-Coats in wool, velour, poplins, cheviots in the new shades-Pekin, gray, burgundy, sand, taupe; real value \$28.00, our price \$22.50.
- GROUP 3-Ladies' Suits in black and white check; only a few sizes left; real value \$22.50, special sale price \$12.50.
- GROUP 4-Ladies' Suits in copen, tan, navy and black; real value \$25.00, our price \$18.50. Special priced Coats. One lot of Serge Coats in the new light shades-Copen, Pekin and navy, sizes 15 to 42 included; only \$12.50.

Special Wash Dress Goods. Wash Goods in plaid voiles in white ground and floral sprays, in all the new colors-blue, pink, green and yellow. Beautiful quality for hot weather dresses, 39 inches wide only 35c. We show a full line of Voiles from 10c. to 50c. in plaids, dots, floral designs in all colors.

- SHIRT WAISTS-A large assortment of new Shirt Waists in white, striped and plaid tub silks; also Georgette crepe and flesh colors; from 98c to \$6.50
- SILK GLOVES-All sizes, 2-clasp, black, white, navy and tan, at the old price 75c.
- CORSETS-Royal Worcester and Bon Ton Corsets. New models from \$1.00 up.
- LACES-A full assortment of our special line of Laces and Insertions, only 5c.
- SHOES-Men's, Women's and Children's Shoes for dress or everyday, in high or low cut, at prices less than manufacturer's cost today.

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