

Grouping Foods to Show Their Uses.

Health and Happiness. Number 42.

What has been said in the preceding articles of this series on "Foods" will be more easily understood by noting the following grouping as given in "Food Requirements and The Menu," Extension Circular No. 65, The Pennsylvania State College:

"Foods are needed in the body for three purposes—

I. Building material for blood, bone, muscle, nerve and other tissues

The building foods are:
Proteins
Mineral salts or ash.

II. Fuel or energy for heat and physical work
The fuel foods are:
Carbohydrates
Fats
Proteins.

III. Regulating the body processes, such as the processes of secretion, digestion, absorption, elimination, and the like, keeping the blood and other fluids normal, etc.

The regulating materials are:
Water
Mineral salts
Organic acids
Cellulose or fiber."

Another quotation from page 14 of this same circular gives a list of foods properly classified as follows:

FOOD CLASSIFICATION.

I. Foods characterized by protein—

Lean meats of all kinds, poultry, fish
Shell fish
Oyster, clam, lobster
Eggs, cheese, milk, nuts
Dried legumes
Peas, beans, lentils
Cereals to some extent.

II. Foods characterized by carbohydrates—

(a) Starch
Potatoes, bananas, bread, crackers, macaroni
Tapioca, sago, rice, other cereals in the form of meals, flours, breakfast foods, etc.

(b) Sugars
Cane sugar, syrup, molasses, honey, preserves, candies and other sweets

III. Foods characterized by fats—

Cream, butter, lard and other culinary fats, bacon, salt pork, olive and other oils, nuts, chocolate

IV. Sources of mineral salts or ash; organic acids; bulk as supplied by fiber—

All vegetables, particularly green ones, as spinach, lettuce, and other leaf-green vegetables, string beans, peas and others
All fruits, as apples, oranges, berries, grapes, etc.
Outer coats of grains

V. Water—

As supplied in fresh fruits and vegetables
In drinking water and other beverages

Foods in the same group if wisely chosen, may be substituted for each other.

All five of the above groups should be represented in the diet in at least two meals each day. In selecting from the carbohydrate group, both the starches and sugars must be represented. The starches, however, should predominate.

If the menu is thus planned the body will be supplied with all of the various food materials required for its needs. In the case of children, milk and eggs must be generously provided both because of the mineral matter and the protein which are present in very desirable forms for growth.

It is well to keep in mind that many foods are valued for more than the one most important food nutrient as given above. For example, milk is an excellent source of fat and of carbohydrate (in the form of sugar) as well as of protein; dried legumes also supply ash and considerable carbohydrate in the form of starch as well as protein; eggs furnish fat in a desirable form as well as ash and protein; macaroni, though classed as starch, also supplies considerable protein."



First Aid Lessons FOR BOYS and GIRLS

LESSON II

I wonder dears, and ducks, if you know what shock means! I'm pretty sure you know how it feels. S'pose Sarah Elizabeth China Doll were to fall out of an upstairs window and come crashing down on the hard pavement. You would be shocked, wouldn't you—and I'm quite positive SHE would be.

Well, nearly always when a person has an accident their nerves are shocked—hm! I should say so. Just think, if you went over to pick up Sarah Elizabeth China Doll and cut your finger on her poor smashed head, what would happen? Why, all the little tiny nerves in your finger would telephone to the big nerves in the brain, "Hurry up and send the repair men—this finger we have charge of is cut." And suddenly you look down at your

finger and find that it is bleeding and you get a "shock" and then, maybe, you cry—and that makes you miserable. It's always better not to let a person see how badly he is hurt. Remember that!

But s'pose some one was hurt badly and when you looked at him he just lay perfectly quiet and his skin was cold and he breathed very lightly. What would you do? First send for the doctor and then lay him flat on his back so that the heart can pump the blood faster—and if he can swallow, hot coffee or hot tea or one-half teaspoon aromatic spirits of ammonia in a little water will make him feel better. A hot-water bag and warm cloths will help, too, and when the doctor arrives he'll be surprised to see what a help you've been—a real first aider!

Special Course in Agricultural Chemistry.

To meet the ever increasing demand for scientifically trained women, the department of agricultural chemistry in the school of agriculture of The Pennsylvania State College, Pa., offers an intensive course in the chemistry of agriculture, from May 1 to August 1, 1918. The subjects covered will include a survey of general agricultural chemistry together with lectures and laboratory work in the chemistry and analysis of foods, soils, fertilizers, spray materials, and farm and dairy products. Regular college credit amounting to 20 semester units or hours will be given. The course is open to women holding a baccalaureate degree or its equivalent from any accredited college and who have a knowledge of general chemistry, and qualitative analysis.

For women who are interested in applied chemistry, and who have the necessary preliminary education, this course provides a most excellent opportunity to obtain training in a subject which is of great importance to the agricultural colleges and experiment stations. It will fit college women for special scientific work in a short time. As the war goes on, it becomes increasingly difficult to fill positions vacated by men going into the government service. The kind of work—official control analysis, routine work of an investigational nature, and teaching—is such that women can carry it on very effectively. There are openings now for such women and more will be available in the fall.

Trial List for May Court.

Catharine A. Mulholland vs. M. D. Kelley and Matthew Shaddock. Trespass.

Burdine Butler vs. The P. R. R. Co. Trespass.

Kelley Bros. vs. Nathan Ichkowitz Abram Abelson. Replevin.

Gordon Bros. vs. Kelley Bros. Assumpsit.

Kelley Bros. vs. R. B. Taylor. Appeal.

Charles D. Bartholomew vs. Adams Express Co. Appeal.

E. C. Henderson vs. The P. R. R. Co. Trespass.

W. W. Conwell, M. D. Kelley, E. W. O'Neil, J. C. Zeigler and E. D. Thomp-

son, trustees for the benefit of creditors of the Latta & Tern Construction Co. vs. Nathan Ichkowitz and Abram Abelson. Replevin.

George E. Harper vs. W. E. Mayes. Appeal.

Clyde G. Geary vs. The P. R. R. Co. Trespass.

Joseph Stocck vs. Adams Express Co. Appeal.

Leo Kelley and P. C. McCroarty, trading and doing business as Keystone Garage vs. Roy C. Shenk.

The Spying Airplanes.

The first war use of airplanes was for spying upon the enemy. Mounted patrols used to do this work, writes A. Russell Bond, in St. Nicholas. They would try to gain some height from which they could look down upon the opposing army and size up its forces. But the airplane proved far superior to any other form of scouting, because it gave the scout an unobstructed view of the surrounding country for miles and he could see just what the enemy was doing. He could see whether large forces of men were collecting anywhere for a drive at some particular point. He could locate the artillery of the enemy and discover his weak spots. And so it came about that there was a complete change in warfare. The surprise movements that used to play such an important part in former days are a thing of the past. No General of today can expect to spring a surprise on the enemy as long as there are enemy eyes in the sky.

Modern long-range guns are placed far behind the battle-line. They may be as much as five or six miles behind their own lines, well concealed in some wood or back of a hill. The gunners cannot see what they are firing upon, but their aim is directed by a spotter in some observation post, such as a captive balloon or a tall tree. But the best observation post is one that can take wing and soar over the enemy during a bombardment. From such a post the spotter can see just what his own artillery are doing, and he can signal back when a shell goes beyond or falls short of the mark. Such airplanes are constantly prowling around in search of suspicious objects for the big guns to shoot at.

A Hard Shell Pie.

Lady of House—You can eat your pie here in the kitchen if you like.
Tramp—Tanks, lady, but I prides myself on bein' a diner-out.

Force of Habit.
Sergeant (to soldier climbing out of trench)—Hey, there, where are you going?
Absent minded Beggar (coming to)

—Jimminy! When that bloomin' shell whistled overhead I thought it was twelve o'clock.
the "Watchman" is always the best.
—They are all good enough, but

Read What This Man Says.

Had Heart, Stomach and Kidney Trouble for Ten or Twelve Years. Mr. Joseph Grossman, a Local Carpenter, Finds He is Greatly Relieved by Using Goldine.

Goldine Man,
Green's Pharmacy,
Bellefonte Pa.

Dear Sir:—I suffered a great deal with the rheumatism, had trouble with my heart, and my kidneys caused a constant pain in my back. I could seldom sleep at night as I had to get up three or four times and was sore in my muscles and joints. I heard about Goldine and I thought I would try it and I noticed an improvement and felt better after taking one bottle. My appetite is better, I can

sleep good now at night and am feeling better all over. I am only too glad to pass the good work along as your medicine surely helped me.

JOSEPH GROSSMAN,
50 Reynolds Ave., Bellefonte, Pa.

Every day someone offers words of praise for Goldine. Your condition, too, will improve after using this family remedy. See the Goldine man at Green's Pharmacy today.

Goldine, \$1.00 bottle. Goldine Alterac, \$1.00 bottle.

The Goldine Remedies can be purchased at Cramer's Drugstore, Lock Haven, and Bowersox's, Millheim.



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Select that new Spring Suit with a sense of the appropriate.

We have seen everything that America's leading designing genius has produced for this season.

Now we invite you to review what our sense of the appropriate has moved us to select for your special purposes.

"HIGH-ART CLOTHES"

Made by Strouse & Brothers, Inc., Baltimore, Md.

are well represented at prices within reach of most men and young men and offer as additional attraction, the surety of service that comes from having pleased American men for fifty years.

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Allegheny St. 58-4 BELLEFONTE, PA.

ESTABLISHED IN 1853.

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GUTH'S } Chocolates
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PERFUMES
FINE LINE TOILET ARTICLES
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Green's Pharmacy Co.,
62-35 The largest and oldest Drug Store in Centre County

Shoes.

Shoes.

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MEN'S
Dress Shoes
\$5.00

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

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.

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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.

Women's Fashionable Apparel and Spring Dress Goods

At Special Low Prices.

The continued cold weather compels us to make special reductions on Spring Coats and Suits.

GROUP 1—Blue and Black Serge Coats, all sizes including 46, trimmed in pearl buttons, silk inlaid collar, real value \$19.50, our price \$15.00.

GROUP 2—Coats in wool, velour, poplins, chevots in the new shades—Copen, Pekin and navy, 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.

FILET LACE SALE—743 yards fine Filet Lace Edge, 2 1/2 inches wide; real value 25c., sale price 10c.

LADIES' FINE DRESS SKIRTS—Just received a large assortment of fine Dress Skirts in the new fabrics. All colors in checks and large plaids, also the new Radium Cloths. In addition to these we have now the extra sizes from 31 to 36 waist measure in navy blues and blacks.

SPECIAL HOSIERY SALE.

1st Lot—Men's mixed Half Hose, extra quality, 25c. value; sale price 2 pairs for 25c.

2nd Lot—Women's Black Cotton Hose, fine gauge, 25c. quality; sale price 2 pairs for 25c.

GINGHAM SALE—Another lot of fine Dress Gingham, all colors—plaids, checks, and stripes; real value 35c., our price 20 cents.

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.

Rugs, Carpets, Linoleums, Lace and Heavy Draperies at prices that will be a big saving to the economical buyer. See our line and qualities before you buy, and be convinced that they will save money for you.

Lyons & Co. 60-10-17 Bellefonte.