

WHAT HAPPENS WHEN WE TRY IT.

Oh, say, can you sing from the start to the end.
 What so proudly you stand for when orchestras play it;
 When the whole congregation, in voices that blend,
 Strike up the grand hymn, and then torture and slay it?
 How they bellow and shout when they're first starting out,
 But "the dawn's early light" finds them floundering about,
 'Tis "The Star-Spangled Banner" they're trying to sing,
 But they don't know the words of the precious old thing.
 Hark! The "twilight's last gleaming" has some of them stopped,
 But the valiant survivors press forward serenely
 To "the ramparts we watched," where some others are dropped.
 And the loss of the leaders is manifest keenly,
 Then "the rockets' red glare" gives the bravest a scare,
 And there's a few left to face the "bombs bursting in air"—
 'Tis a thin line of heroes that manage to save
 The last of the verse and "the home of the brave."
 —John Rodenheyer.

Dipping Insures Greater Profits in Sheep Raising.

The sheep tick has become one of the greatest handicaps of the sheep industry. Ticks reduce the strength of the sheep, drain heavily upon the food nutrients which should nourish the body, and interfere very seriously in growing the best quality of wool. Sheep should be dipped about three or four weeks after shearing. Any of the standard coal tar dips if properly applied will kill the ticks. The dipping can be done in a number of different ways. For the man who owns thirty sheep or more it is advisable for him to purchase a regular dipping vat. This vat should be installed so that the entrance to the vat is level with the top of the ground. At the other end of the vat a dripping board should be placed so that the sheep may stand here to drip before being released. This board must be tight so that the solution will run back into the vat. One gallon of the dip to 75 gallons of water will make the right strength solution. Enough liquid should be added to the vat to float the sheep. Just before letting them leave the vat, place the hand over the mouth and nose and push their head under the solution only for a short time. The man who owns a small flock can dip in a barrel or watering trough. If a trough is used the sheep must be placed on their back in the trough and care being taken to see that the sheep and lambs are well saturated with the solution. It has been found very agreeable for a number of men owning small flocks in a community to purchase a vat together and install it at a central point and all use the same vat. If these men all dip on the same day the question of labor is very nicely met in this way. In ten days or two weeks after the first dipping they should be dipped again. This is especially important if the sheep have not been dipped the previous year. Dip the lambs as well as the ewes. The dipping question is of more importance this year than ever before because of the great need for increased production. If the sheep are dipped this spring a great deal of high priced grain will be saved and in addition the breeding flock will go through the coming winter in a much more vigorous and healthy condition.
 R. H. OLMSTEAD, County Agent.

Big Air Dragons.

The fighting airplanes of the future will grow larger and larger. They will soon become the dreadnaught of the air. The development, writes a Washington correspondent, will be much the same as that of naval construction. This is the prediction of a government expert. It is based on the brief report from London telling of the construction by Germany of metal-enclosed battleplanes, which Germany is building to meet Americans in the air. "From the outset I have been convinced that the United States should devote much of its genius and constructive ability to the development of a powerful fighting airplane," he said. "Germany may be building a sort of aerial armor-clad, but the Kaiser will have no monopoly in this respect. My judgment is that development of an effective fighting force in the air will follow much the same line as naval construction. In modern navies, in fact, in all navies of history, the heavy ship of the line, which could take and give the most punishment was the backbone of the fleet. This will be true of the airplane flotilla of the future." "All of the allied nations now are building much heavier battleplanes. This tendency will increase. At all times there must be light and exceptionally fast scout machines, just as we must have scout cruisers also. Large and speedy battle cruisers also may be a development of the immediate future, but the slower and more stable machine with a real punch, the airplane that can give and receive a maximum of punishment and still remain aloft must be the backbone of the aerial fighting forces of the future." The most powerful airplanes which have been seen in this country are the Caproni biplanes and triplanes at the Langley flying field, Newport News, Va. The big Handley Paige battle planes turned out by Great Britain also have great carrying power and are capable of a large measure of destructive work. It is predicted that these powerful flying machines will soon give place to planes of far greater capacity and capable of withstanding a veritable broadside in the sky battle.

Health and Happiness, Number 49.
Foods Rich in Protein.

The text and illustration of this article are from Farmers Bulletin 824, "Foods Rich in Protein," United States Department of Agriculture.

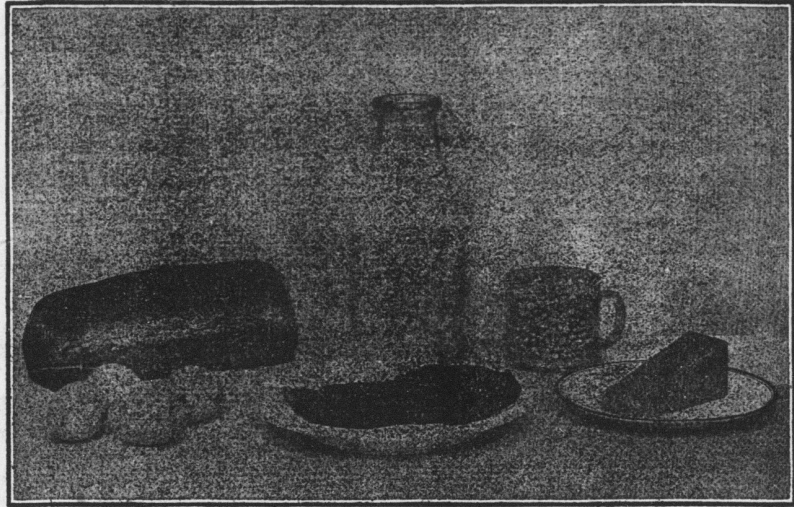


Fig. 5.—How some of the common food materials compare in the amount of protein they contain. There is about 1 ounce of protein in each of the foods shown in this figure, that is in 1 quart of milk, in 4 eggs, in 6 to 8 ounces medium fat meat, in 4 ounces whole-milk cheese, in 6 ounces dried navy beans, in 1 small loaf bread, either white or whole-wheat (12 ounces).

HOW MUCH PROTEIN DIFFERENT FOODS SUPPLY.

Because protein is so important to the health of the body, it is not considered desirable in diets consisting of the ordinary combinations of food materials to cut down the quantity in the daily food below that suggested in last week's article. How then can the housekeeper reduce the cost of food and still provide enough of this necessary but expensive material? The best way is to learn how much protein is provided by different kinds of food and then choose the kinds which will furnish what the family needs for the lowest cost and with the least waste. This task will be easier if the housewife will group in her mind the foods which are rich in protein and then consider ways of substituting less expensive for more expensive ones.

The lists given below include some of the more common foods in which protein is abundant and show in a general way the amounts and proportion of protein in the different kinds as they are purchased; that is, including refuse, such as bones and gristle, egg shells, etc.

APPROXIMATE AMOUNTS OF PROTEIN IN COMMON FOOD MATERIALS.

- Fresh meats:**
 Beef contains from 2 to 3 ounces of protein per pound.
 Veal contains from 2 to 3 ounces of protein per pound.
 Mutton contains from 2 to 2 1/4 ounces of protein per pound.
 Lamb contains about 2 1/4 ounces of protein per pound.
 Pork contains about 2 ounces of protein per pound.
 Poultry—chicken, duck, goose, turkey, etc.—contains from 2 to 2 1/4 ounces of protein per pound.
 Game—squirrel, rabbit, wild birds, etc.—contains from 2 to 2 1/4 ounces of protein per pound.
- Prepared meats:**
 Corned beef contains 2 1/4 ounces of protein per pound.
 Dried beef contains 4 ounces of protein per pound.
 Pork sausage contains 2 ounces of protein per pound.
 Canned chicken contains 4 ounces of protein per pound.
- Fresh fish—cod, haddock, halibut, mackerel, perch, salmon, shad, etc.—contains from 1 1/2 to 2 1/2 ounces of protein per pound.**
 Dried fish contains from 2 1/2 to 3 ounces of protein per pound.
 Eggs contain 2 ounces of protein per pound.
- Dairy products:**
 Whole milk contains about 1 ounce of protein per quart.
 Skim milk contains about 1 ounce of protein per quart.
 Buttermilk contains about 1 ounce of protein per quart.
 Condensed milk contains about 1 ounce of protein per 12-ounce can.
 Whole-milk cheese contains about 4 ounces of protein per pound.
 Cottage cheese contains about 3 ounces of protein per pound.
- Dried legumes:**
 Beans contains 3 ounces of protein per pound.
 Cowpeas contain 3 ounces of protein per pound.
 Peas contain 4 ounces of protein per pound.
 Peanuts contain 3 ounces of protein per pound.
- Nuts:**
 Almonds contain nearly 2 ounces of protein per pound.
 Walnuts contain a little over 1 ounce of protein per pound.
- Cereal foods:**
 Wheat flour contains 2 ounces of protein per pound.
 Corn meal contains 1 1/2 ounces of protein per pound.
 Oat meal contains 2-3 ounces of protein per pound.
 Bread contains 1 1/2 ounces of protein per pound.

In considering the amount of protein supplied by certain foods, one must make a distinction between the cooked and the uncooked state. Dried legumes and cereals, for example, usually take up considerable water during cooking, and thus become more bulky and dilute. A pound of baked beans supplies the body with about one-third as much protein as a pound of raw beans. Oatmeal takes up so much water in cooking that a pound of boiled oatmeal has only about one-eighth the food value of a pound of raw. A pound of raw beans or oatmeal would have practically the same total food value after cooking as before, but their weight would be greater. In the same way, a cupful of raw beans or oatmeal would make several cupfuls when cooked.

When eggs are beaten, as in making omelets and meringues, air is forced into them and they become more bulky. In this way a given number of eggs can often be made to serve more persons than if they are prepared without beating; but each person gets less egg. If meat is made into stew, it goes farther, because the water adds to the bulk of the dish; but the finished dish has much lower protein and fuel value than the original meat. When meat is cooked without water, as in roasting, broiling, or frying, there is not much change in its composition.

A housekeeper in choosing foods at market rightly compares them in their raw state; but when she is considering them as they are actually served at meals, she must remember these differences in cooking. They should also be considered in choosing dishes at restaurants.



First Aid Lessons
 FOR
BOYS and GIRLS

By Ruth Plumly Thompson in Public Ledger.

Are you very tired of hearing about burns? Because there are other burns than the ones caused by fire and water.

Suppose your dolly or your baby sister pulled a bottle of strong acid or ammonia over on them, you would want to know what to do, I know.

First, wash off as quickly as possible, under running water, if you can. Then—if it be an acid burn—lime-water or baking soda and water or soapuds will help. If the acid has

got into the eye, wash quickly with water and then with lime water. If the burn was caused by carbolic acid, pour alcohol over it.

For alkali burns (and ammonia, potash, lime, lithia and soda are alkalies), wash in clear running water and then pour vinegar, lemon juice or hard cider on them. For lime burns of the eye, wash with olive oil or a weak solution of vinegar and water. Always call a doctor when either acids or alkalies get in the eye; but give first aid while you are waiting, for sometimes quick action will save the sight.

An Arch Thief.

Betty—Do you think Jack will steal another kiss?
 Marie—Well, my dear, they say a criminal always returns to the scene of his crime.

—Subscribe for the "Watchman."

Overheard.
 Jack—You can't judge a man by the way he dresses.
 Edith—Oh, I don't know, I can tell a gentleman by his get-up—in the crowded street car.
 —It is not necessary to be a graduate of West Point to become a general. The late Frederick Funston was not a graduate of West Point. He achieved the rank of major general. Lieutenant General Chaffee rose from the ranks. Major General Wood is another example. All, however, who

have held the full rank of general since Washington have been West Point graduates.
A Mistake.
 Tommy Atkins—Ere, I say, orderly, I've got pains all over me an' I'm gettin' is two or three little tablets a day.
 Orderly—That's all right, my man; the medical officer is treating you for gastritis.
 Tommy—Gastritis! I bloomin' well knew something was wrong. Why, I ain't been gassed.

Served Him Right.
 "Do you think that the things one eats influences one's dreams?"
 "Undoubtedly. I ate a porterhouse steak the other evening and dreamed about bankruptcy all night."
How They Would Enjoy It.
 Moving Theatre Placard: "Coming—A Doll's House, by Henrik Ibsen. Bring the Kiddies."
 —Subscribe for the "Watchman."

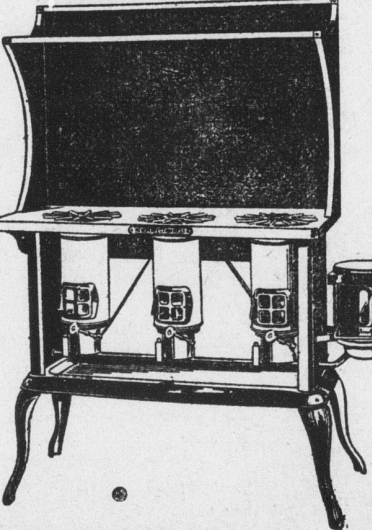
Save Coal

Uncle Sam needs it for war purposes. Every ton you save this summer can be used to heat your home next winter. Save it.

One way is to use an oil cook stove instead of the coal range. That won't be a hardship, but a big advantage. That is if you buy the *right* oil cook stove.

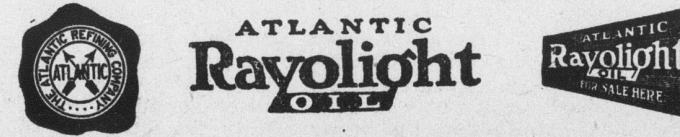
NEW PERFECTION
OIL COOK-STOVES

are now giving satisfactory service in millions of American homes. A New Perfection will give you this same satisfactory service—a really better service (especially in hot weather) than your coal range ever has or ever will. You don't have coal or wood to carry—no dusty ashes to fly all over. And a New Perfection does *not* make the kitchen almost unbearably hot like a range does. But it *will* boil and fry and bake things just as you like them. It's always ready at the scratch of a match. You'll be delighted with the splendid results.



Besides, it burns a most economical fuel—kerosene. But the *kind* of kerosene you use makes a big difference. All kerosenes are not alike in quality. To be sure of *always* getting *best* results use Atlantic Rayolight Oil. Buy it at the store that displays this sign "Atlantic Rayolight Oil For Sale Here." It costs no more than ordinary kinds but it's *worth* more. Go to your nearest dealer now and select your New Perfection Oil Cook Stove.

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