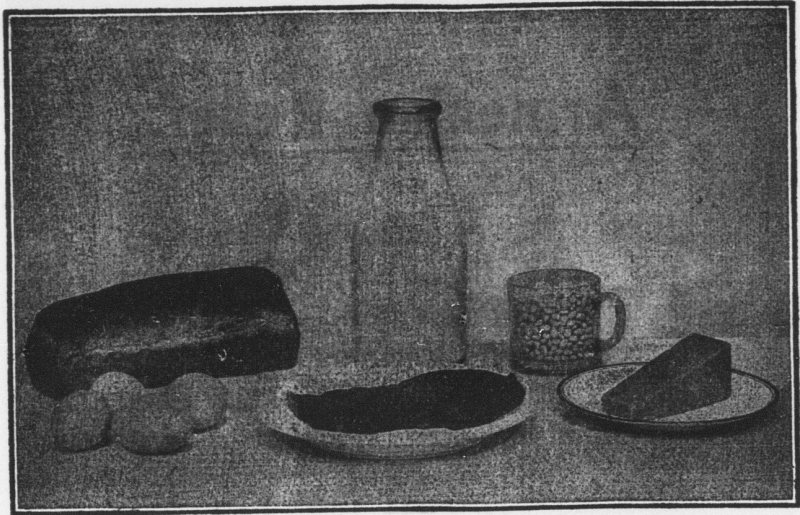


## War-Time Food Problems

Health and Happiness, Number 52

Prepared for the Literary Digest by the United States Food Administration.



This quart of milk contains as much protein (one ounce) as any of the other portions.

### MILK

There are still people in the world, and no small number of them, who look upon food as something that is eaten with a fork or spoon. They honestly believe that, because watermelon is solid and milk liquid, it gives them the right to class watermelon a food and milk a drink—excellent in its way, but still a mere beverage. You might just as well say that rock salt is a better food than cream cheese because it is more solid. Whether any substance is a food depends not upon whether it is solid or liquid, hard or soft, but upon its food value, that is, upon its ability to build the body and furnish energy to it. Capability to do those two things is what determines whether any particular substance is a food and how valuable a food.

The article on "Food Values" (which appeared in The Literary Digest, March 2, 1918) discussed this matter at greatest length. But the case was summarized there by the statement that the value of foods depends upon their power to accomplish three things: (1) The satisfying of the appetite, (2) the maintenance of the bodily health, and (3) the creation of energy which works out into action.

Moreover, it has been proved that the value of any food depends, for a final estimate, upon the way that food is combined with other foods. In fact, the most healthful and satisfactory diet depends upon a wise and complete combination of foods. A carpenter, in his work, at one time needs a hammer, and at another a chisel; but the well-equipped carpenter's shop must have both. In similar fashion, the human body needs the special service of proteins, of fats, of carbohydrates, mineral salts, and vitamins. But the well-equipped body must have all. That is what necessitates a well-balanced diet.

### THE PERFECTLY BALANCED FOOD.

Now, to follow out the comparison with the carpenter, many inventive minds have tried to simplify the carpenter's kit by making one tool which may serve for several uses. Thus different bits fit into one brace. The hammer and hatchet are frequently combined in one tool. But no one has ever invented a single contrivance which will include all the special properties of different groups of tools. Nature, however, has done somewhat better in the case of food. For there is one kind of food which includes in itself a valuable amount from each of those groups of food materials: proteins, fats, carbohydrates, mineral salts, and vitamins. Not because of any wave of popular taste, nor owing to any theorizing by scientists, but out of sheer, honest excellence it has won for itself the right to be ranked as the most nearly perfect single food. That food is milk.

This does not mean that any sane person should overlook or neglect the appetizing qualities and useful functions of other foods. No adult, other than an invalid under doctor's orders, should try to live entirely on milk. No adult, in fact, should fail to recognize the advantages of a mixed diet. But the food which is closest to being in itself a mixed diet is milk. It comes nearest to doing the work of all other foods combined.

This, of course, means whole milk, milk unskimmed and unchanged. And it means fluid milk.

### WHAT MILK CONTAINS.

First of all, milk furnishes an extensive supply of the most valuable proteins. Protein, you will recall, is the body-building material, indispensable also for body-repairing. It may be called structural. And that very fact indicates its importance to children. Nor is there any other food as good as milk for supplying protein to children. In spite of the fact that it is about seven-eighths water, a quart of milk contains an ounce of balanced protein—that is, an amount equal to what is found either in four eggs, from six to eight ounces of medium fat meat, four ounces of whole-milk cheese, six ounces of dried navy-beans, or a twelve-ounce loaf of white or whole-wheat bread.

Along with protein, milk also gives the body energy or fuel to burn. In addition to the plentiful supply of fat in its cream, milk contains carbohydrates in the shape of sugar. Thus, whole-milk is made up about as follows:

Water.....	87 per cent
Protein.....	3.3 per cent
Fat.....	4 per cent
Sugar.....	5 per cent

This analysis varies somewhat with the breed of cows.

The remaining fraction of 1 per cent. of the milk contains mineral salts which are of great importance for the structure of the bones and for regulating bodily processes. Milk contains little iron, but with that one exception it furnishes in the most perfect form all the salts, such as lime, which the body must have.

And, finally, milk provides those all-valuable substances termed vitamins, so necessary to promote growth and sustain life. The completeness of milk, the many-sidedness of its nutritious qualities, makes it an admirable substitute for other kinds of food.

### THE IDEAL FOOD FOR CHILDREN.

From such close examination of the materials which go to make up milk, it is easy to see why it is so valuable a food for growing children—in fact, the most valuable. It is not merely because of its structural proteins and mineral salts, its fuel fat and sugar, and its stimulating vitamins, but because of the balanced relations between these, and because of its easy digestibility, that milk is so essential to health and growth in childhood and youth. That is why every household in which there are children should be a household in which there is milk in abundance.

### THE MATTER OF COST.

To be sure, milk at present price-levels is a less cheap food than it was. But one should remember that the money spent for a quart of milk purchases a food-value—a variety and degree of value—which could not be gained from other foods except by a far larger expenditure.

Milk—in a manner in which no other food can exactly duplicate—preserves the health of the growing generation. And for that reason it is a food conducive to the nation's future welfare and present stability—a stability never more necessary than in war-time.



## First Aid Lessons FOR BOYS and GIRLS

By Ruth Plumly Thompson in Public Ledger.

**SUNBURN**—I know you are laughing, but did you ever have a very bad case of sunburn, 'cause if you did, you will know that it is no laughing matter.

You often hear people say, "My, what a healthy coat of sunburn you have." It is not true that it is particularly healthy, and it is much better to wear enough of a covering to

protect your skin from being burned. Talcum powder will keep the sun from burning too severely.

The best thing to do for a bad case is to mix one tablespoonful of lime water and three of olive oil. Put it on right after washing. If the skin is blistered, baking soda put on first will take out some of the sting. If the blisters break it is best to see a doctor, because the skin will need protection so that it will not scar or become infected.

### Priceless Platinum.

Platinum has been growing more scarce, and as a consequence more expensive, with each succeeding year. The present famine is due directly to the war.

Platinum is used in the making of munitions, according to Tit-Bits, and indirectly in all sorts of operations that are incidental to warlike operations. To cite just one example: In the manufacture of cordite, perfectly pure sulphuric acid has to be used, and sulphuric acid can be perfectly purified only in platinum retorts—each of which, by the way, represents a value of \$15,000.

Forty years ago platinum cost about \$5 an ounce. Today it is worth nearly \$100 an ounce—and very little of it is available, at that. In fact, so scarce is it, and so urgently is it needed by the British government, that dealing in it without a permit is now prohibited.

One result of this unprecedented increase in price is that many articles supposed by their owners to be of little value have "turned up trumps," so to speak.

For instance, many years ago a gentleman living near Hyde Park received a bad sovereign. He sold it a week or two back for about \$11.

Old discarded sets of artificial teeth, which at one time were fitted on plates of platinum, or of platinum alloy, have been rummaged out of forgotten corners, to bring in considerable sums to their lucky owners.

Platinum watch chains, bracelets, and other articles of jewelry are now worth five times as much as eighteen-carat gold.—Ex.

### Your Brain Must Have Pure Blood.

No more important physiological discovery has ever been made than that the brain requires a due supply of pure blood. It is estimated that this organ receives as much as one-tenth of all the blood that is sent from the heart—a great deal more than any other organ of the body. If the vitality of the blood is impaired, the blood then affords the brain an imperfect stimulus and there is mental and physical languor, sluggishness or inactivity.

Pure blood is blood that is free from humors, it is healthy blood, and the term pure blood as it is generally used means blood that is not only right in quality but also in quantity. Hood's Sarsaparilla makes pure, rich, red blood. This is one of the great truths about this great medicine.

—For high class job work come to the "Watchman" office.

## Remember the Operator— The "Soldier" of the Switchboard

THE operator is human; she makes mistakes, though not frequently. She has womanly feelings and qualities and is affected by kind or sharp words as any one of us. She has swung a tremendous war-made telephone traffic in a way to put many who boast of their war-time activities to blush—and she is still at it, holding down the job like a "man" or "woman," as you please.

This young woman, with her nimble fingers and keen mind, is weaving the talk threads so necessary in our present great National task; she is to be regarded as human and not as a machine.

The stress of these rush days, the wear and tear and grind, sometimes tell on our nerves and are reflected in our manner as we telephone. It should not be, for these are times, surely when the "voice with a smile wins."

Let us all remember the telephone operator and the part she is playing, and be gentle and courteous in our relations with her.

THE BELL TELEPHONE COMPANY OF PA.  
C. W. HEILHECKER, Local Mgr.  
BELLEFONTE, PA.



## The Potter-Hoy H'd'w Co.

Sell at the Right Price.

## We Have Six Oliver 2 Base Gang Plows

TO SELL AT \$100.00.

\$110.00 Three Month Note.

When these are gone the next lot will be \$135.00.

First Come First Served.

## The Potter-Hoy Hardware Co.,

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 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.

## SECHLER & COMPANY.

Bush House Block, 57-1 Bellefonte, Pa.

ESTABLISHED IN 1853.

# KODAKS

LEGETT'S  
GUTH'S  
JANSON'S } **Chocolates**

PERFUMES  
FINE LINE TOILET ARTICLES  
AND SUNDRIES

**Green's Pharmacy Co.,**

The largest and oldest Drug Store in Centre County

## KILL 'EM!

Of course we refer to Potato Bugs

and other pestiferous insects. A small investment in a preparation made purposely for the purpose intended will save days of toil and will most thoroughly exterminate the bugs.

**TUBER TONIC** is a combination of Insecticide and Fungicide put up in powder form. Will kill potato bugs and prevent Potato Blight.

**ARSENATE OF LEAD** will kill potato bugs as well as other insects to which growing garden truck is subject.

**INSECTO** is a combination of Insecticide and Fungicide for Garden and Tree Spraying.

**DRY BORDEAUX MIXTURE CONCENTRATE** for Fungicide and can be used in connection with our Dry Arsenate of Lead.

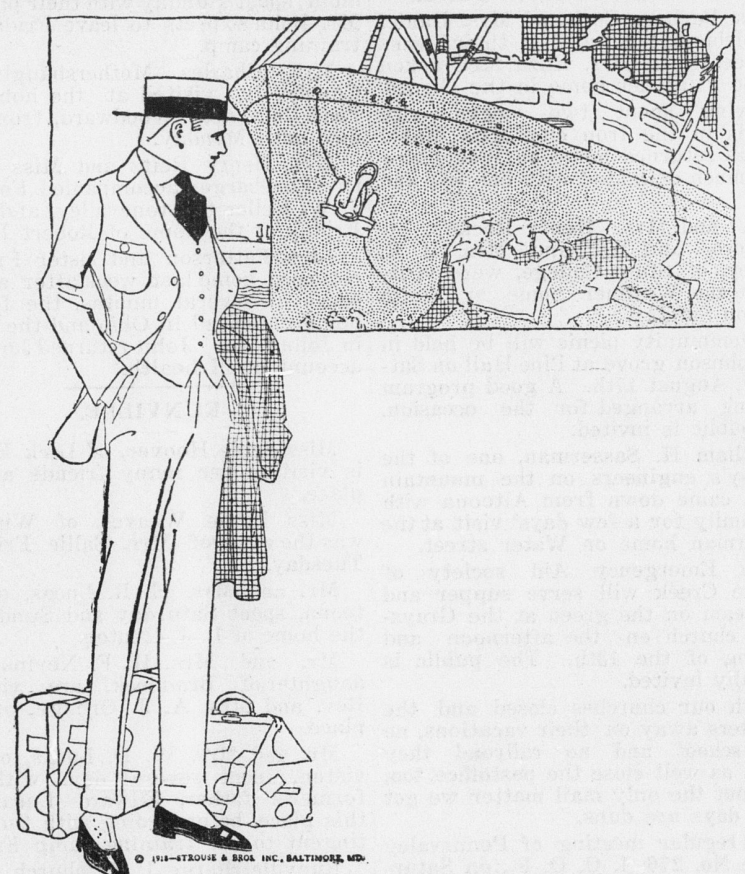
All these preparations are put up in dry powdered form. One to three pounds will make 50 gallon spraying solution. We also handle a full line of Spraying Machines in prices from 50 cents to \$25.00.

### HEADQUARTERS FOR ROYAL ROOFING.

1-ply guaranteed for 10 years.....\$1.65 the roll  
2-ply guaranteed for 15 years.....\$2.15 the roll  
3-ply guaranteed for 20 years.....\$2.65 the roll

## Dubbs' Implement and Seed Store,

DUNLOP STREET 62-47 BELLEFONTE, PA.



## Delightfully Cool!

NOT to have worn a Palm Beach suit for hot weather is not to have enjoyed one of the least expensive luxuries of summer attire.

All colors from light tan to dark blue—stripes and checks—in genuine Palm Beach cloth.

### HIGH ART CLOTHES

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

reach the peak of their effectiveness for mid-summer.

Do yourself a good turn—see these delightfully cool clothes now!

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