

Carbohydrate Foods

These cuts are copied from Farmers Bulletin 817, "How to Select Foods," United States Department of Agriculture. They have been fully explained in the series of articles on Scientific Nutrition published in the "Watchman," March, 22—August 2, 1918. This bulletin may be secured by postal card request to U. S. Dept. Agr.

The Sources of Energy.—The work of the world is accomplished in largest part by the oxidation of carbohydrates, that is to say, of sugars and starches. Bread, corn, rice, macaroni, cane sugar, these are par excellence the food fuels of the human machine. In the dinner pail of the laborer they testify as to the source of his power. They are convertible into glucose in the body, which glucose gives power to the human machine. They may be used for the production of work without of themselves increasing the heat production of the worker, as happens after meat ingestion.

Lusk, Food in War Time.

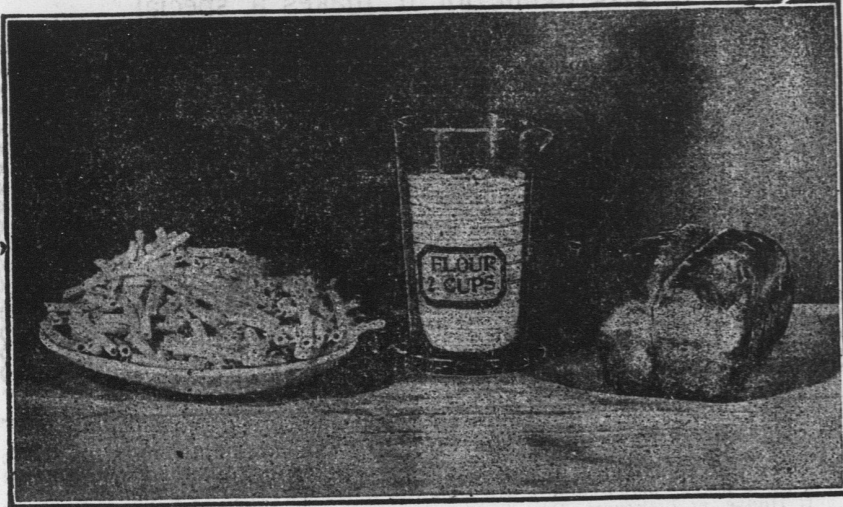


Fig. 2—Flour, bread, and macaroni in quantities having the same general food value.

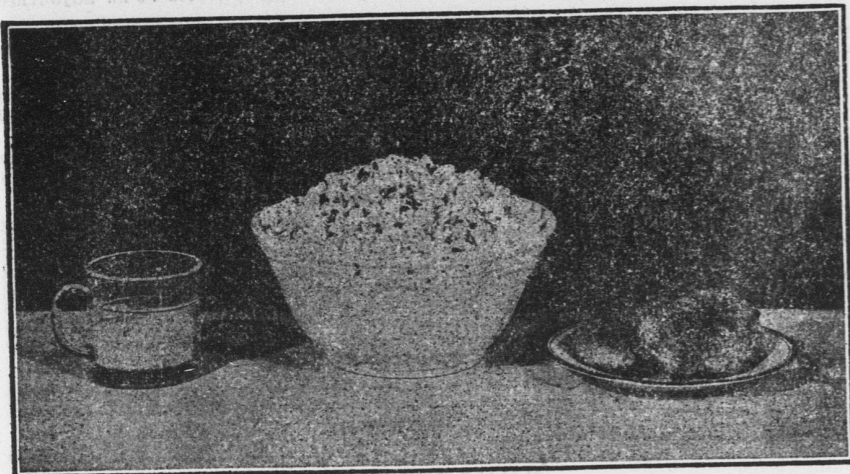


Fig. 3—Corn meal, pop corn, and corn pone in amounts having the same general food value.

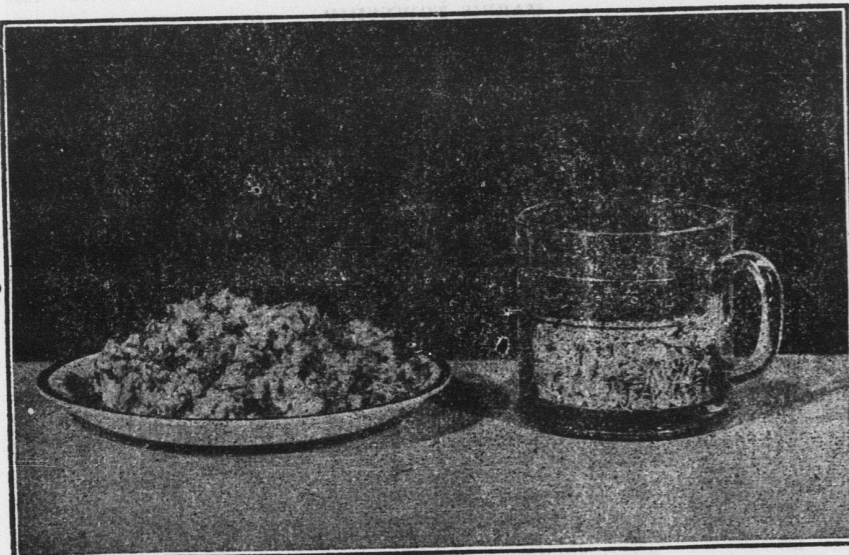


Fig. 4—Half a cup of oatmeal before and after cooking.



First Aid Lessons FOR BOYS and GIRLS

By Ruth Plumly Thompson in Public Ledger.

PRICKLY HEAT—I think you all know what that is—a reddish outbreaking of the skin caused by the heat. A great many times it comes from wearing too many clothes, and can almost always be prevented by not running or exercising in very hot weather and by not having heating things to drink. Also be sure to use a good talcum powder—sprinkle it all over you.

If you do have to treat a bad case

of prickly heat, mix one cup of alcohol to three cups of water and bathe the skin carefully, afterward dusting with the talcum powder.

Lime water with two drops of carbolic acid to the ounce is good, too. Either the lime water or the alcohol and water should be used after bathing.

So, if you do not want to use first-aid measures on yourselves, dears, do not pick out a warm day to play prisoner's base or run, sheepy, run or Chinese tag. Leave those games for the cooler days!

Supplementing Short Pastures for Dairy Cows.

During the period from August 1st until winter feeding begins even the best of pastures usually become short and insufficient to maintain a full flow of milk.

For the cows which freshen in the spring or are still making a good flow of milk it is very important that some supplementary feed be given, in order to maintain the yield of milk into the winter period, because if the short feed, heat and flies cause the yield to shrink a great deal it is impossible to restore the cow to a good profitable production again and she passes the whole winter as a poor producer. The failure to hold up the milk flow in the summer is responsible for a large number of the unprofitable cows in many herds.

It is to be recommended that the supplementary feed be very largely roughage. The very best feed from all standpoints, especially in economy is corn silage. Green crops, such as corn, clover or alfalfa are equally palatable and answer very well.

In addition to roughage many high producing cows will require extra grain. The amount of this must be determined by the cost of the grain and the judgment of the feeder as to the cows yield and shrink. No definite nutritive ratio can be set for the grain mixture to be used in this case because pastures vary so much from season to season and from farm to farm. One definite point to remem-

ber is that grass in early spring is rich in protein while in late summer it is low in protein because of ripening and storing starches. This means that the grain should be rich in protein for late feeding and especially so if silage or green corn is also fed.

The following mixture has given very good results:

100 pounds bran, oats or corn distillers grain.
150 pounds cottonseed meal.
100 pounds of gluton feed.
50 pounds linseed meal.
100 pounds bran.
100 pounds corn and oat chop.
150 pounds cottonseed meal.
100 pounds linseed meal.

It is also highly important that calves and heifers be given a small amount of grain at this time to keep them thrifty and growing. Too many of our undersized cows are produced because of being stunted by insufficient feed, and every man who raises heifers should see to it that they are not allowed to shrink in weight or stop growing at this time. Their growth and development at a young age determines to a great extent their capacity and ability as cows.—R. H. Olmshead, County Agent.

Neither One Good Enough.

"Too bad about Tom and the girl he's engaged to. Neither one of them is good enough for the other."
"Where did you get that idea?"
"I've been talking the matter over with both families."

Shoes.

Shoes.

YEAGER'S SHOE STORE

Shoes Shoes
Reduced Reduced

All my stock of Ladies' Low Shoes at cost and less than cost.

On account of labor shortage and other conditions the firm from whom I purchase my stock of Ladies' Low Shoes for spring could not deliver the shoes until this last week—they should have reached me on March 1st.

Realizing that the season is far advanced I am going to sell these shoes at cost and less than cost. These shoes were purchased to sell for \$6 and \$7. They are made of the very best leather that can be put in shoes and in the very latest styles. These shoes will be put on sale at once for

\$4.85 Per Pair.

Here is an opportunity to purchase your needs in low shoes at a saving of over \$2 per pair.

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THE SHOE STORE FOR THE POOR MAN

Bush Arcade Building 58-27 BELLEFONTE, PA.

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FOR FALL AND WINTER

The most complete line of Coats and Suits for Fall and Winter is now open for your inspection.

RUGS RUGS

Save money on your fall Rugs by buying them now. We have just received a complete line.

SHOES SHOES

Special prices on Men's, Women's and Children's Shoes.

Sacrifice Sale
of All Summer Goods.

Lyons & Co. Bellefonte.

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

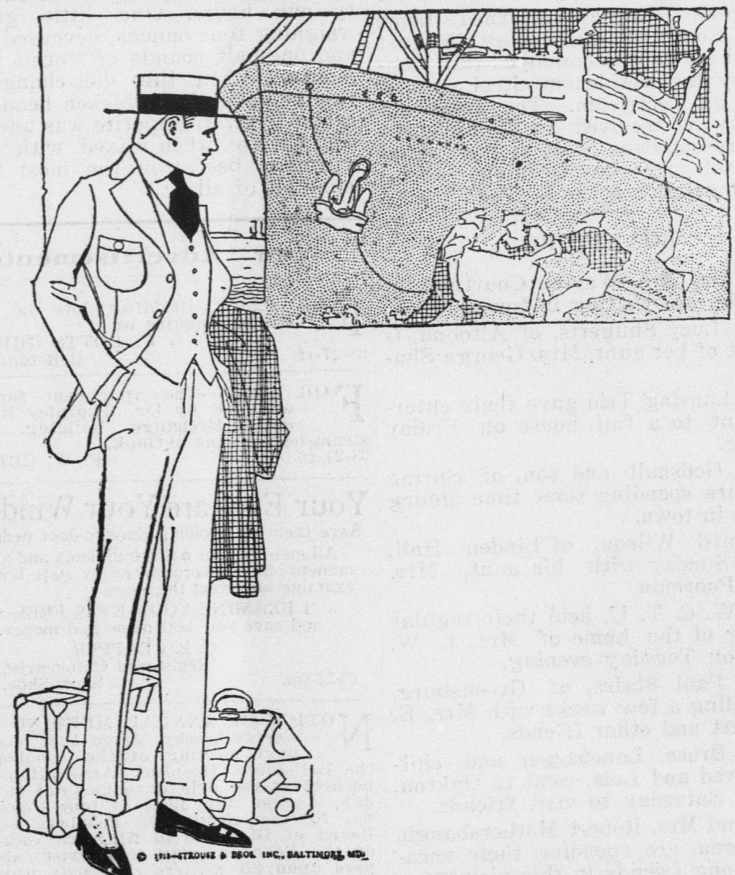
We will deliver fresh opened, solid measure at cost with other goods.

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.



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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.

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