

FOR THE SOUTH IS GOING DRY.

Lay the jest about the julep in the camphor balls at last, for the miracle has happened and the olden days are past. That which makes Milwaukee thirsty doesn't foam in Tennessee, and the lid in old Missouri is as tightlocked as can be. O, the comic-paper Colonel, and his comrades well may sigh, for the mint is waving gayly, but the South is going dry.

By the stillside on the hillside in Kentucky all is still. For the only damp refreshment must be dipped up from the rill; North Carolina's stately ruler gives sisoda glass a shove and discusses local option with the South Carolina Gov.

It is useless as the fountain to be winking of the eye, for the cocktail glass is dusty, and the South is going dry.

It is water, water, everywhere, and not a drop to drink; we no longer hear the music of the melow crystal clink when the Colonel and the Major and the Gen'l and the Judge meet to have a little nip to give their appetites an edge. For the eggnog now is noggless and the rye has gone awry, and the punchbowl holds carnations and the South is going dry.

All the nightcaps now have tassels and are worn upon the head—Not the nightcaps that were taken when nobody went to bed; and the breeze above the blue grass is as soft as in death, for it bears no pungent clove-twang on its odoriferous breath. And each man can walk a chalk line when the stars are in the sky, for the fizz-glass now is fizless, and the South is going dry.

Lay the jest about the julep 'neath the chestnut tree at last, for there's but one kind of moonshine and the olden days are past; now the water wagon rumbles through the Southland on its trip, and it helps no one to drop off to pick up the driver's whip. For the mint-beds make a pasture and the corkscrew hangeth high, all is still along the stillside, and the South is going dry.

CONSERVE YOUR HEALTH THROUGH YOUR FOOD? TO BE SURE.

According to the wisest of men, "better is a dinner of herbs where love is than a stalled ox and hatred therewith." And he didn't say it all at that. At two meals each day the vegetables and fruits may well take the place of meat. As a matter of fact, cooked vegetables and stewed fruits are practically medicine as well as food. And this is not to forget raw vegetables and fruits such as celery and lettuce, apples and oranges.

Now one person at least, on earth always eats an apple either for the first course at breakfast or the last at luncheon or at dinner. It's the ancient adage over again, "an apple a day keeps the doctor away." With such a habit the remark of a fair one at an Italian restaurant was very amusing, and especially as it was voiced very slowly and distinctly in the form of a question:

"A cold, raw apple for dessert?" She didn't know that they do these things better in Italy, to bring Sterne, in a revised form, to the rescue.

Naturally one trouble with vegetables in some households is the inability to cook them, the best part of them too often going down the drain. Spinach, for instance, is a tasteless waste to too many tables. Some put it in a kettle full of water to cook. After a thorough picking over and an even more thorough washing in several waters, it is simply put in the kettle with no water other than what clings to the leaves. When it is all wilted it is done (20 minutes about), and the small quantity of dark green liquid should be saved for soups and broths.

So is the much-abused onion. Its very pungent flavoring is due to a volatile oil rich in sulphur. A bit of onion juice improves nearly every meat dish and salad. Boiled onions are delicious, too. They should be cooked, uncovered, in salted boiling water, and be kept just at the boiling point for three-quarters of an hour, when they will be found rather easy of digestion and stimulating to the intestines. To serve with cream sauce drain the boiled onions in a colander and put them over the fire again and stew slowly until dry, say 15 minutes. Then pour the cream sauce over them. If they aren't dried off the sauce will be watery.

And always save the water in which onions have been boiled, for soup.

AS TO CABBAGE COOKERY.

Even the despised cabbage is full of virtues, this member of the mustard family being rich in hydrogen and sulphur. These are driven off by careless cooking. Badly cooked cabbage, turned pinkish, should be thrown away.

To boil cabbage, cut it into halves or quarters, according to size. Soak it in cold water for an hour. Then shake the cabbage and put it into a kettle of boiling water, enough to cover the cabbage. Add a teaspoonful of salt, bring to boil and boil slowly until the cabbage is perfectly tender and white, say, three-quarters of an hour to an hour and a quarter. Be sure it doesn't change color.

It may be served with cream sauce. For every dinner there should be at least two vegetables, one root, such as potatoes, and a green one, such as peas or spinach. A salad takes the place of the green if one does not wish to serve both.

Children ought to be taught to eat fruits, also that skins should be rejected in fruits such as grapes, apples, pears, plums, gooseberries. They are obstructive, and may lead to internal complaints. They always upset digestion.

The flesh or pulp of all fruits is good. Most valuable salts of magne-

sia, lime, potash, iron are contained in most fruits, together with a great deal of acid.

The salts vitalize and purify the blood, the acid corrects noxious acids and renders the blood not acid, but as it should be, alkaline.

Grapes have potash and tartaric acid, together with a great percentage of sugar. They act most beneficially on the blood, cleanse the system, make the skin pure and free from blemishes, and are very good for dyspeptics.

Bananas are nearly all nourishment, are free from fibre, and are recommended for use by those with delicate digestive powers.

Tomatoes are rich in potash, and are especially good for the blood, and with a marked action on digestive operations. They provide alkaline matter for the bile, and are wholesome for people who suffer from jaundice or sick headache.

Lemons are excellent for curing colds or allaying feverishness. Their citric acid supplies the blood with a cooling agent, making this fruit a febrifuge.

THOSE GOOD FRUITS.

Oranges act in the same way, but with slightly less strength.

The sugar of fruit is directly absorbable. Grapes, strawberries and cherries have the most.

Malic acid is particularly helpful to the body, and apples, pears, plums, peaches, cherries all contain it. Tomatoes also contain it. Strawberries are the richest of fruit, and their acid is a delicate blend of citric and malic acid mixed—quite new acid.

Red fruits are richest in iron. The valuable tartrate of potash is present naturally in grapes.

Cranberries are given to sufferers from erysipelas, over which disease the fruit has soothing power.

Blackberries have a tonic action, and they brace up the whole system. Black currants have also a curing power and have virtue over colds.

Apples are soothing to the nervous system, and are a specific, when taken in quantity, for indigestion. They act beneficially, too, in rheumatism.

Figs are excellent laxatives for children, and their sugar is the richest glucose. Pineapples contain a special peptogen, which mingles with the food eaten and aids digestion.

Seeds of fruit never digest, neither do skins.

Stones swallowed are dangerous, even at times necessitating operations. If swallowed, the person must immediately take a basin of thick gruel or bread and milk, so as to surround the stone and carry it away harmlessly.

Limes, as well as lemons, with their dash of strong citric acid, may be taken by the bad complexioned.

To come back to Solomon's saying about love being preferable to a stalled ox it is a fact that a too frugal meal eaten under happy circumstances is better digested than the best of repasts partaken of with anger in the heart.

Avoid, or convert the person who is pessimistic at table. You may eat food that is medicine from now till doomsday without great benefit if you cannot manage to be cheerful during the ceremony. One may smile at Pollyanna, but there's no better attitude at the family board, so be happy at mealtime if you can't manage all the rest of the 24 hours.

War Savings Certificates Payable Only to First Owners.

The Postoffice Department issues the following:

The following is quoted from a notice issued by the Secretary of the Treasury:

"My attention has been directed to numerous offers made by unscrupulous persons through advertisements and in other ways to buy war savings certificate stamps and, as a result of such offers, I am informed that owners of such securities have suffered material losses which could have been avoided by redemption of the war savings certificate stamps at postoffices, as provided by law."

"In order that the interests of owners of war savings certificate stamps of either series may be safeguarded, I hereby notify all persons who have been offered to buy war savings stamps or accept the same in trade."

In pursuance of the foregoing, postmasters are directed not to pay war savings certificates on which the names of the owners have not been entered or have been erased or changed, since, under the regulations, they are not transferable and are payable only to the original owners, except in case of death or disability.

Postmasters are further instructed not to pay any war savings certificates presented by persons or firms known to be buying or publicly offering to buy, war savings stamps or certificates from the owners, unless positive evidence is submitted that the certificates were originally issued to the persons or firms presenting them for payment.

When consulted by owners of war savings stamps in regard to offers to purchase such stamps at less than current value postmasters should invite their attention to the fact that war savings certificates may be cashed at money order postoffices after ten days' written notice, and that this is a privilege accorded by law. At the same time it should be pointed out that the need of the government for the proceeds of the war savings stamp issue is great, and the holders should be urged to retain their stamps until maturity as a patriotic act unless their necessities are urgent.

A. M. DOCKERY,
Third Assistant Postmaster General.

The Man From Sandy Mush.

"A feller from Sandy Mush shot out the front winders of the Palace drug store in Tumlerville yesterday," related Gap Johnson, of Rumpus Ridge, Ark., upon his return from a shopping expedition to the county seat. "Then he knocked the mayor down, kicked the constable into an alley, hopped his horse and rid out of town, singing 'Hirandy, dandy-oh!'"

"What was the matter with him?" asked a neighbor. "Drunk?"

"I reckon not. I talked with several fellers, and they said he didn't 'pear to be. Prob'ly he jest thought he was smart."—Kansas City Star.

—Subscribe for the "Watchman."

When Thoughts Turn Toward the Garden.

If you want flowers blooming all summer make your plans early, for it is no easy task to fill in the vacant places as one set of plants after another comes to maturity, blooms and dies away, leaving unsightly gaps.

It is especially difficult since good effects demand that you have not a great variety of flowers in a border, but masses of the same variety repeated.

The easiest way is to make a chart. Here is a way to do it: Use cross section paper and make as many squares as your border is feet in depth. Then do your planting on these strips of paper. You will want, of course, to put tall things at the back of the space; not in a row, but in clumps. It is always well to use some evergreens. They make a good background for flowers and look well in winter. Such shrubs as azalias, dentzias and spiraea are good in the border if it be of good size. Peonies should be generously used both for the splendor of their flowers and because their foliage remains beautiful throughout the summer. Put these things in circles on your chart, covering as many of the squares as you think would look well. Such tall flowers as delphiniums, hollyhocks and foxgloves must be put in clumps at the rear end of the border, like heuchera, coral bells, campanula carpatieca and alyssum, in the front.

A good time to plan your chart is from September back to June, as practically anything that blooms then will do so all through the season. Delphinium lasts until this month, but when it begins to be sparse, try the blue-violet, New England aster to go with it. The tall asters are somewhat thin and scraggy in their lower stems, so tuck them behind a clump of peonies. Place a patch of chrysanthemums to hide the delphiniums when they are cut down after their first bloom.

Work backward and take August next and put on the chart helianthus or sneeze-wood, with its numerous

yellow flowers, and lillium Henryi evergreens.

In front of the chrysanthemums plant the dwarf platycodens, with its blue-white, bell-shaped flowers, white phlox around one of the clumps of peonies and the little campanula carpatieca in the front of the border.

For variety put in a patch of pink "false dragon's head," and balance this with low growing henchera, or coral bells, toward the front of the border.

July is rich in bloom. Some of the plants on the August chart will be in bloom in July. To fill a possible gap, choose the pale buff digitalis ambigua and to knit the groups of the picture well together put in a clump of Japanese iris and another one of white peach-leaf campanula.

In June the peonies make a splendid showing. Also the digitalis, heuchera and phlox subulata.

The only spot left on the chart in May will be a spot along the front, where primroses, arabis and alyssum may be put in.

Spooning a Waste of Time, Says Professor.

"Spooning is a waste of time," Dr. Joel H. Hildebrand, chemistry professor at the University of California, told his Freshman class. Then he added:

"Physical attraction should be secondary. Men and women should meet on the common ground of intelligence and fellowship. Their interests should be genuine. To commence a friendship with spooning puts the relation on a false foundation. Both are concealing their better selves, their real interests behind the mask of conventional silliness."

"It is the beauty of the soul and not of the skin that a man should seek. No marriage founded on sense beguilement can be happy, for these charms are short lived. The bond should be such that a man could love his wife even though she became blind and her hair fell out, for these external beauties are the smallest part of the foundation upon which true love rests. A wife does not need to be a Venus."



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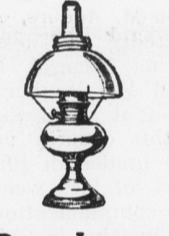
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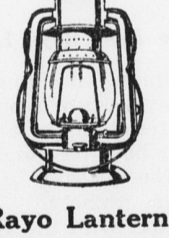
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