

CORN OIL COMING INTO GENERAL USE.

Replacing Olive Oil for Salad Purposes. Better Than Animal Fats for Frying.

By Edwin F. Bowes, M. D. Author of "Alcohol, Its Influence on Mind and Body," and "Bathing for Health."

Ever since the Indians passed the information along to our old Puritan fathers and their equally puritanical wives we, in America, have acknowledged that corn is a wonderfully nutritious and sustaining food.

It is only within recent years, however, that we have come to realize that the oil in the germ of the corn, hitherto regarded as a by-product, is one of the most valuable of all the ingredients of the corn.

For recent experiments have proved that corn oil, pound for pound, is one of the most readily converted and assimilated of all fats, and that it has very high nutritive qualities by reason of this fact.

Corn oil is a true "made-in-America" product, inasmuch as its use has been confined largely to America—although it is quite conceivable that, before many years, there will be a very great demand created for it abroad—especially in the British Isles, in all the northern countries of Europe, and, perhaps, even in the olive-growing countries themselves.

BETTER THAN OLIVE OIL.

Corn oil has unique qualities, which give it a great advantage over olive oil in many respects. For one thing, its method of preparation preserves it from rancidity to which olive oil is so liable, for fermentation processes have been overcome in the preparation of corn oil.

Olive oil, as is generally known, is merely the oil pressed from ripe olives. It undergoes no process of refining or sterilization. So there is nothing, once the oil has been exposed to the air—or even before, for that matter—to prevent the action of bacteria responsible for the development of rancidity.

With corn oil, on the contrary, great care is taken to insure thorough sterilization. The crude, yellow oil, expressed from the corn germs, is purified by filtration and steaming. Then the water, protein substances, and glycerine elements, are removed. In the oil thus sterilized, any germs that may have dropped around, are killed. Further, the oil is deodorized, and the ferments which later on might cause rancidity, are completely destroyed.

The result is a limpid, clear, light yellow colored oil—odorless, and with a peculiar and agreeable sweet flavor that satisfies a natural taste. For, unlike the taste for olives or olive oil, the liking for corn oil does not have to be acquired. It comes right along, and makes itself "at home"—with American palates, anyhow.

In mixing salad dressing it has been found that corn oil is equal to the best olive oil, and very much better than ordinary olive oil—and at a cost not to exceed one-half the cost of the highest grade of imported olive oil. Indeed, many discriminating South-European, including Italians, now prefer the sweet blend oil to olive oil.

Corn oil blends perfectly with the various ingredients used in "building" a French or a mayonnaise dressing—making a perfectly smooth and homogeneous combination.

One interesting fact in connection with this use of corn oil is that corn oil does not congeal as readily as does olive oil. It remains fluid down to a temperature of fourteen degrees; whereas olive oil becomes cloudy and solidifies at a temperature of thirty-two degrees. This makes a very great difference, for crisp coldness is one of the first requisites of a salad.

But an even more desirable property in corn oil is its correspondingly higher burning point. While butter burns at about two hundred and fifty degrees, goose grease at four hundred degrees, lard at four hundred and twenty-five degrees, cottonseed oil at five hundred and thirty-five degrees, and olive oil at six hundred, corn oil does not burn until it is heated up to six hundred and fifty degrees Fahrenheit.

It is the low burning point of butter, lard, and other fats and oils, that fills the house with smoke and stench, and gives all the neighbors wireless information as to what the family is to have for dinner.

KEEPS THE FOOD-JUICES SEALED IN.

The great advantage of a higher burning point in frying steak, fish, onions, and other odoriferous foods, is that the higher temperature, used with corn oil, makes it possible to cook the food in a shorter space of time, and thereby prevents the toughening of the meat, the drying out of the fish, and the diffusion of the perfumes not of Araby from other comestibles.

Also, the use of corn oil at its unusually high temperature "seals in" immediately the surface juices of the food, retaining thereby the flavor, aroma, and succulence which would otherwise be lost, or else disseminated all over the neighborhood. The food is cooked in its own juice, instead of being saturated with burnt grease that would give the food a flavor and odor anything but desirable.

This makes it possible to fry doughnuts, fish, onions, or any food product in one pan, and at one time—if it were necessary—without any one product taking up the odors or flavors of any of the other products.

This is carrying American efficiency into the kitchen, with a vengeance—right into the heart of the frying pan. All of which makes for the conservation of life and health—also for the increase of happiness and the satisfaction of being alive.

Needed a Friend.

Mamma—"What is the matter, children? What are you crying for?"

Little Arthur—"Oh, mamma, I've got such a pain in my 'tummy'!"

Small Bill—"Nothin', only you didn't hear Arthur at first, so I just pitched in and helped him cry."

—For high class Job Work come to the "Watchman" Office.

THE A B C OF THE LEAGUE OF NATIONS

By DR. FRANK CRANE.

1. What is the League of Nations?
A. A union of the strongest civilized nations formed at the conclusion of the great war.

2. What is its object?
A. First, to promote the Peace of the World by agreeing not to resort to war. Second, to deal openly with each other, not by secret treaties. Third, to improve international law. Fourth, to co-operate in all matters of common concern.

3. Does it presume to end war?
A. No more than any government can end crime. It claims to reduce the liability of war.

4. What will be done to any nation that makes war?
A. It will be boycotted and otherwise penalized.

5. How else will the probability of war be lessened?

A. By voluntary, mutual and proportionate disarmament; by exchanging military information, by providing for arbitration, by protecting each nation's territorial integrity and by educating public opinion to see the folly of war.

6. What else does the League propose to do for Mankind?

- A. (1) Secure fair treatment for labor,
- (2) suppress the White Slave Traffic, the sale of dangerous Drugs, and the traffic in War Munitions,
- (3) control and prevent Disease,
- (4) promote the work of the Red Cross, and
- (5) establish International Bureaus for other Causes that concern the human race.

7. Who are to be Charter Members of the League?

A. The United States of America, Belgium, Bolivia, Brazil, British Empire, Canada, Australia, South Africa, New Zealand, India, China, Cuba, Czecho-Slovakia, Ecuador, France, Greece, Guatemala, Haiti, Hedjaz, Honduras, Italy, Japan, Liberia, Nicaragua, Panama, Peru, Poland, Portugal, Rumania, Serbia, Siam, Uruguay and the following states which are invited to accede to the covenant: Argentine Republic, Chili, Colombia, Denmark, Netherlands, Norway, Paraguay, Persia, Salvador, Spain, Sweden, Switzerland, Venezuela.

8. What other nations may join?

A. Any self-governing State which will agree to the rules of the League, provided the League accepts it.

9. What Agencies will the League have?

- A. (1) An Assembly, composed of representatives of all the member Nations,
- (2) a Council of Nine,
- (3) a Secretary-General,
- (4) a Mandatary Commission, to look after colonies, etc.,
- (5) a Permanent Commission, for military questions,
- (6) various International Bureaus; such as the Postal Union, etc.,
- (7) Mandataries.

10. What is a Mandatary?

A. Some one nation designated by the League to attend to the welfare of "backward peoples residing in colonies of the Central Empires, or in territories taken from them." This is to be a "sacred trust," and in selecting a mandatary the wishes of the people of the area in question shall be the principal consideration.

11. Does the League mean a Super-nation?

A. No. It interferes in no way with any Nation's Sovereignty, except to limit its power to attack other nations.

12. Can any Nation withdraw when it wishes?

A. Yes. The League is Advisory and Co-operative, not coercive.

13. Does the League put Peace above Justice and National Honor?

A. No. It puts Reason before Violence.

14. Does not the League take away the Constitutional right of Congress to declare war?

A. No. The League can advise war; Congress alone can Declare war.

15. Does it destroy the Monroe Doctrine?

A. Exactly the contrary. For the first time in history the other nations recognize the Monroe Doctrine; and extend it to all the world.

16. Does it not interfere with Treaty Making Powers of the United States?

A. No. It is a Treaty. We can make any Treaty we please.

17. Would we have had the Great War if we had had this League?

A. No. That War cost the world over 7,000,000 lives and 200,000,000,000 dollars.

18. Of what importance is the League?

A. It is the greatest deed of mankind in the history of the world.

19. Has not anyone a right to object to the League?

A. Yes. This is a free country. Any one has a right to any opinion he chooses.

20. Why is the League so bitterly opposed by a few?

A. Because, unfortunately, any Treaty or League must be made by the President, and a President is chosen by a political party and many members of the opposite Party think they must decry whatever he does.

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Baking Disease Away.

The healing value of heat plus electricity is a very modern discovery, but it now is possible for a patient suffering from rheumatism, sciatica, paralysis or other ills following wounds to virtually "cook the pain away," for there are electric baths in the hospitals, where a heat far beyond boiling point can be generated and that without discomfort to the patient.

A man suffering from rheumatism or other trouble in his legs has them first wrapped in cotton wool and then inserted in specially constructed ovens, a perforated asbestos covering lining the space. Electric current is then turned on, which passes through wires in the bath outside the asbestos, and the temperature is slowly but surely increased sometimes to 360 degrees Fahrenheit without discomfort to the patient, but with a decided effect upon pain or stiffness. Electricity is also passed through the body by a new type of generator to remove stiffness and paralysis, it having been proved possible to heat the flesh to almost any temperature by the new process without its proving painful or dangerous.

The Modern Way.

Teacher—"Joseph, can you tell me why Thomas Jefferson wrote the declaration of independence?"
Little Joseph—"Cause he couldn't afford to hire a stenographer, I suppose."

Distinction.

Parson—I'm surprised, boys, to see you in swimming on Sunday. Didn't you promise you wouldn't?
Jimmy—Yes, sir, but we ain't swimmin', we are only bathin'.

Experts or Theorists—Which?

The packing industry is intricate, complex—far more so than the railroads or the telegraph.

Every day multiplying needs of society increase its problems and multiplying responsibilities demand more of it.

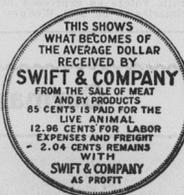
Highly trained experts, specialists of years' experience, thinkers and creative men, devote their lives, their energies, their activities, to solving the problems of the packing industry and meeting its widening duties.

Swift & Company is not a few dozen packing plants, a few hundred branch houses, a few thousand refrigerator cars, and a few million dollars of capital, but an organization of such men. It is the experience, intelligence, initiative and activity which operates this physical equipment.

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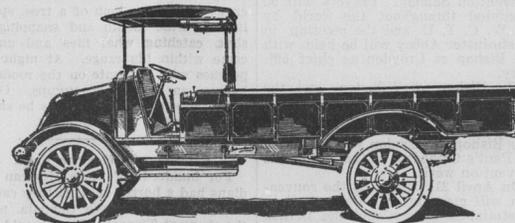
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