College.

Mrs. Pankhurst to Lecture at State

Mrs. Emeline Pankhurst, the famous English suffragette leader, will deliver a lecture in the Schwab Auditorium at State College on the evening of March 20th. She goes there under the auspices of the Phi Kappa Phi honorary scholarship fraternity, which has been instrumental in bringing some of the best speakers in the country to Penn State this win-

Previous to 1914 Mrs. Pankhurst was a prominent figure in world affairs due to the vigorous fight she made in England for woman's rights. During the war she with her daughter Christabel were active and effective workers in mobilizing the army of women in industry and encouraging the thousands of "land girls" who left their homes and did the work of men on English farms to produce food. Due to her knowledge of labor conditions she was able to avert threatened strikes in many places and helped keep factories going at full speed for

four desperate years.

She traveled in Russia during the early part of the Bolshevist regime and has some interesting things to say of the workings of this form of government which she saw at first

Application Approved for New Railroad Through Pennsylvania.

On January 29th the New York, Pittsburgh and Chicago Railway corporation presented an application to the Public Service Commission of Pennsylvania for permission to build a railroad from Harmony, Butler county, to a point near Allentown, and the Commission last week accepted the plans and approved the application. The route of the proposed road is what is known as the Ramsey air line, by which it is proposed to shorten the distance about eighty miles between New York and Pittsburgh, and points west. Centre countians will naturally be interested in this road as the old Ramsey survey runs through Centre county. The route runs through Houtzdale, Clearfield county, crosses upper Bald Eagle valley and by tunnelling Bald Eagle mountain enters Centre county in Halfmoon township. Crossing through the western end of the county the route eastward is by way of Pine Grove Mills and Boalsburg and on down through Pennsvalley. According to reports surveyors will be at work on the route just as soon as the snow disappears.

Milk is Valuable Food for Both Young

A child should have a quart of milk a day and a grown person at least a pint, according to Miss Pearl Mac-Donald, head of the home economics extension service of The Pennsylvania State College. This does not all have to be drunk, but may be supplied in various ways, as in cream soups, in creamed and scalloped dishes, in custards, junket and in dessert made with

Cottage cheese, pound for pound, contains more protein than most cuts of meats and costs much less. Proteins, or building and repair matterials, are essential to the diet. As a class they are more expensive than the foods that supply fuel or energy. Fuel foods are comparatively cheaply supplied in the grain products, fruits, vegetables and fats. Less of other protein foods and more milk and dairy products can be used to make a cheaper as well as a more nourishing

There are four groups of materials in food necessary to the proper nour-ishment of the body. These are build-

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and repair material for bones, muscles, nerves and tissues, fuel or energy furnishing substances, materials for regulating the body processes, and those that tend to create a disease resisting power in the body. When the value of all foods is judged on the basis of what they supply of on the basis of what they supply of these four groups, it is apparent that no other single food meets the needs of the body so efficiently as does milk. It is readily assimilated and furnishes the things which the growing body needs. Health and normal growth of children depend on giving milk an important please in the diet while that of

portant place in the diet, while that of

adults is benefited by a generous use

of dairy products.

A. E. Roberts to Wm. F. Gibbons, tract in College township; \$5000. Emanuel Wetzel's heirs, Exr., to W. E. Boob, tract in Haines township;

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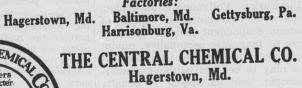


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