

Democratic Watchman

Bellefonte, Pa., July 30, 1920.

FOR AND ABOUT WOMEN

DAILY THOUGHT.

He is the best scholar who has learned to live well.—Dumas.

TEACHING CHILDREN MUSIC.

Descriptive music, music which is imitative or which tells a definite story, helps to develop the power of attention in little children.

An excellent record of descriptive music is "In a Clock Store" Victor (35324). Tell the following story: "In a small shop on a busy street are kept ever so many kinds of clocks—cuckoo clocks, grandfather clocks, alarm clocks, small clocks and ordinary sized clocks. A very happy boy works in this shop. He comes early in the morning, and as he sweeps and dusts, the people passing by hear him whistle a merry tune.

"Sometimes the clatter of his wooden shoes is heard above the ticking and the striking of the clocks on the shelves. The clocks in this store are real clocks—they tick and strike, they run down and need to be wound up; the cuckoo clock tells the hour of the day; even the alarm clocks are not silent.

"The little boy works all day long until the clocks strike four. Then he locks the store, runs home to play, and doesn't return until the next day."

Play the record and ask the children to listen for the story, but do not expect them to get it all the first time they hear it. Little people enjoy telling this story in their own words, to family friends not familiar with the music.

The "Toy Maker's Shop," Victor (55954) and "The Whistler and His Dog" (A 2654 C or Vic. 17380) are other records which necessitate careful listening in order to recognize all the sounds imitative of the toys kept in the shop. Let the children imagine their own pictures this time, and after the record is played let them tell which toys and animals they heard.

Little people are interested in Teddy Bears, so naturally, "Of a Tailor and a Bear" (Victor 18598) a selection with bear growls, appeals to their imagination. After playing the record, the children may tell the story which the music suggests to them; or they may tell it through paper cutting, drawing or crayon work.

Whistling records are excellent because the melody is so distinct. "Birds of the Forest and Spring Voices" (both on Victor 16835) are good imitations of the sounds of nature. The bird songs will be recognized immediately.

"The Bee" (Victor 64197 or 77899—Columbia) should be familiar to every child. It represents the buzzing from flower to flower in search of the busy little bee as she hurries home. Ask the children how the bee music tells the bee story.

Another descriptive record which appeals to the imagination is "Dance of the Wood Nymphs" (Victor 16891). It suggests a lovely forest in fairyland. Let the children imagine their own pictures of this record.

Contrast "Happy Days March" (Victor 17254), and "Dance of the Wood March" (Victor 17164.) Play these records and let the children discover the differences in the music.

The habit of playing a little music at the bedtime hour is a happy solution for many problems; it quiets children, forestalls the naughty pranks which are generally caused by overexcitement and prevents consequent scolding. "Music hath charms," and the little people should have a happy ending to their day. There are many beautiful bedtime songs, such as "The Traumerer" (Victor 18049). Two beautiful lullabies are "Sleep, Little Baby of Mine" and "Slumber Sea," both on Victor (17212). Eugene Field's "Wynken, Blynken and Nod" (Victor 64219) is another. Two others, "Mammy's Song" and "Pickaninny's Lullaby" (both on Victor 17039) will be enjoyed more if the children know the Uncle Remus stories by Joel C. Harris.

With the use of such songs and instrumental phonographic music as is suggested above, the home lessons in music can be no other than delightful and educative. Parents will become acquainted with the musical tendencies of their children; a new world of beauty will be opened to the impressionable young minds so eager for musical experiences, and family life will become more intimate and beautiful through the socializing influences of good music.

This is the season of plenty for ripening fruit, wild cultivated in orchard, garden, field and forest. Nature spreads her abundance with lavish hand for the sons of men to gather and consume. These hot days nothing is more conducive to good health than to keep our tables well supplied at every meal with fresh, ripe fruits that do not need to be cooked to make them fit for use and palatable.

Put a few drops of turpentine on the wrapping paper in which you put your furs for the summer and you will not be troubled with moths.

Do not have too much heavy food at one meal. A heavy meal should not be followed by a heavy dessert, but rather by a light one, and vice versa.

Do not repeat the same flavor in the same meal. Example: If you have tomato soup, do not have tomatoes served in any other way for that meal.

Do not repeat too often the same food prepared in the same way. For instance do not have mashed potatoes every day. Prepare them in some other way the second day, and so on, more frequently if they are prepared the same food materials may be used in various ways.

Compared with meat it has the advantage of being able to keep long in storage and contains much food in a small volume. A pound of cheese supplies more than twice as much energy as a pound of fowl or round steak, and almost twice as much protein as the same amount of fowl or ham. Cheese, therefore, is usually

a cheaper food than the meats.

BAKED TOMATOES
Mix one cup cooked rice with 1-2 cup bread crumbs, season with salt, pepper and butter, cut out the centers of tomatoes (use for soup), and fill with the rice. Bake twenty minutes.

COCONUT PIE.
Put two even tablespoonfuls of grated cocoanut in a pint of milk. Add three even tablespoonfuls of sugar, yolks of two well beaten eggs and two even tablespoonfuls of corn starch stirred to a paste with a little cold milk.

Add butter the size of a walnut and cook until thick and smooth.

Line pie plate with crust, pierce in several places and bake in hot oven. Then fill with cocoanut mixture and spread with meringue made from whites of the eggs beaten to a stiff froth with two tablespoonfuls of sugar. Sprinkle with cocoanut and set in coolish oven and brown slightly.

ORVISTON.

Mrs. John Hume, Sr., who has been visiting relatives in New York State, was called home by the death of her son's mother-in-law, Mrs. Mary V. Shearer, who has long been a beloved friend. Mrs. Hume has made four different trips to her native State in the last seven years, and has found a friend or relative gone each time she returns. She says she will stay away the next time.

Victor Graydon and Mrs. R. Isabella Croll were united in marriage July 17th, 1920, at Williamsport. The wedding was quiet, owing to the recent demise of Mrs. Graydon's mother, Mrs. Mary V. Shearer. Mr. Graydon is a sterling young man and quite deserving the splendid woman who has become his bride. Their many friends are united in wishing them a long and happy married life. May all their trials be "little ones," with no dark clouds to mar their joy.

The friends of Mr. and Mrs. Delbert P. Barnhart met at the home of Mrs. Barnhart's parents, Mr. and Mrs. Alfred Shawley, Monday evening and tendered their respects in the form of a miscellaneous shower. The gifts were many and useful, and in several instances of value. Relda says it seems her friends are bound she shall work, for nearly all the appliances of an up-to-date home laundry were in evidence. She was the recipient of three rolling pins, and assured Delbert he would have to be good or she would play Maria Pickleweight to his Enoch. As Delbert is a big chap, and his wife is not at all large, we are wondering if he will be at all alarmed. Those present were Mr. and Mrs. Shawley, parents of the young wife, and Mr. and Mrs. William Barnhart, parents of the young husband; Mr. and Mrs. Ola Cyphert, Mr. and Mrs. Blair Shawley, Mr. and Mrs. Harry Herr, Mr. and Mrs. Alva Confer, Mr. and Mrs. James Heverly, Mr. and Mrs. Maines Bowes, Mr. and Mrs. Eldon Leathers, Mr. and Mrs. Mitchell Kephart, Mr. and Mrs. Milford Cox, Mr. and Mrs. William Lucas, Mr. and Mrs. William Gray, Mrs. William Heaton, Mrs. Lucy Poorman, Mrs. George Walker, Mrs. Verda Ganeau, Mrs. David Confer, Mrs. Robert Confer, Mrs. Wilson Miller, Mrs. Ammon Miller, Mrs. William Poorman, Mrs. Bion Nelson, Mrs. John Hume, Sr., Mrs. Roland Felmlee, the Misses Relda Heaton, Gladys Marshall, Laurabelle Confer, Lois and Doris Young, Velma Poorman, Velma Shawley, Velma and Encie Heverly, Theima Nelson, Thelma and Charlotte Higin, Emma Lomison, Cora Moore, Marian Daley, Anna Dietz, Anna and Mary Ganeau, Verna and Bessie Shank, Jessie Herr, Nellie Confer, Irene Barnhart, Kathryn Miller, Nora Jodon, Mildred Walker, Laura Shawley, Lois Confer, Sara Heverly, Leonie Croll, Mary Virginia Kephart, Cloda Herr, Roberta and Aletha Herr, and quite a few tiny girls, who preferred sleeping to being "company." The Messrs. William Barnhart, Raymond and Walter Shawley, William and Edward McCaslin, Merrill, Edward, Kerlin and Leo Condo, James DeLaney, Miles and Charles Lucas, Clair Poorman, George Hahn, George Moyer, Fred Heikle, Guy Powell, Fred Miller, Walter and Clark Barnhart, Lester and Harold Poorman, Willis Thompson, Walter Shank, Boyd Young, Walter Crozner, Frank Schwarm, Sherman Confer, Hugh Croft, Roy and Billie Cyphert, Grant Ganeau, Sterling Heverly, three little Heaton's, two little Kephart's, and several others too small to classify. The evening was spent in games and conversation, followed by a nice lunch. The guests on departing wished the happy young couple much happiness and prosperity in their new home, which they will occupy in a short time.

LEMONT.

James Wagner and family spent Sunday with his parents.

John Fishel and wife, who are both ill, are improving very slowly.

A great big boy came to the home of William Coble last Thursday.

Mrs. James Thorpe has been ill for a week or more and is little, if any, improved.

Ralph Kerns and Guy Schreffler made a trip to Lock Haven and Williamsport on Saturday.

Harry Grove and family spent a fortnight here with his parents, Mr. and Mrs. William E. Grove.

Mrs. C. D. Houtz, who has been confined to her bed for more than two weeks, is slowly improving.

The festival held by the Presbyterians on Saturday evening attracted a large crowd and everybody had a good time.

The farmers are about through harvesting and most of them have their wheat in the barn. The crop was fair in this part of the county. The corn and oats look very promising at this writing.

The school board of College township has selected the following teachers for the ensuing school year.

Oak Hall—Stella Bathgate.
Houserville—Margaret Williams.
Lemont Grammar—Miriam Glenn.
Lemont Primary—Margaret Glenn.
Centre Furnace—G. W. R. Williams.
Branch—Raymond Dale.
Dale and Pleasant View to be supplied.

A Gift selected with care for the occasion for which it is intended is a joy both to the donor and receiver. This store can surely help you.



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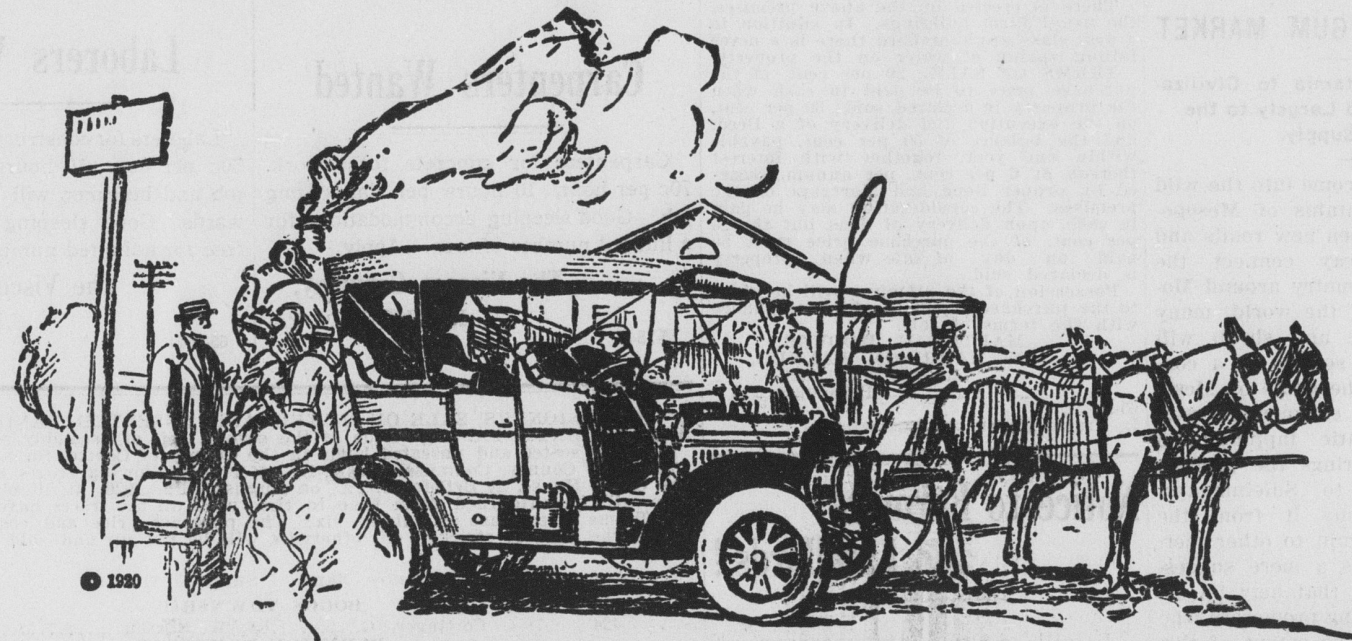
Does each year find you wishing and hoping for better things in the future—and regretting lack of accomplishment in the past?

There is one sure way to fill your horn of plenty to the brim with all the good things of life. It entails no sacrifice now. It merely means the forming of a good habit.

Save! That good old formula for success is as true now as when it helped build the fortunes of our pioneer railroad builders, manufacturers and promoters.

Applying it on a small scale in your own way will bring you results in proportion. Open a bank account with us and we will help you save.

CENTRE COUNTY BANKING CO
60-4 BELLEFONTE, PA.



When the train came in back in 1910

TEN years ago you might have seen one or two automobiles waiting outside the station, when the weather was pleasant.

Today the square is crowded with them. And most of the cars you generally see there are moderate-price cars.

Anybody who tells you that owners of moderate-price cars are not interested in the quality of their tires has never met very many of them.

We come in contact with the small car owner every day and we have found that he is just as much interested as the big car owner.

There is one tire, at least, that makes no distinction between small cars and large cars so far as quality is concerned—the U. S. Tire.

Every U. S. Tire is just like every other in quality—the best its builders know how to build.

Whatever the size of your car, the service you get out of U. S. Tires is the same. It isn't the car, but the man who owns the car, that sets the standard to which U. S. tires are made.

We feel the same way about it. That's why we represent U. S. Tires in this community.

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