Democratic Watchman.

Bellefonte, Pa., August 13, 1920.

SOMETHING EACH DAY.

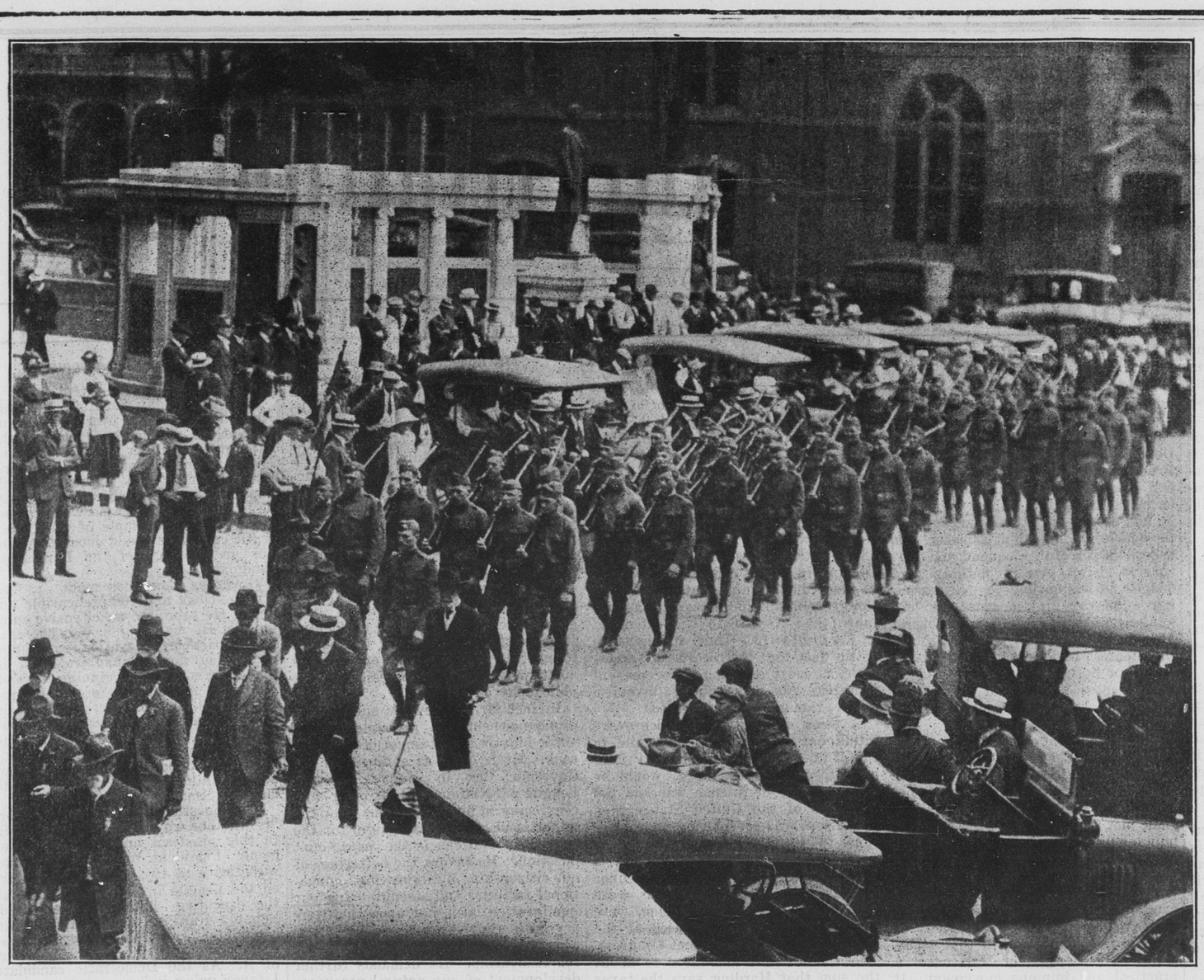
Something each day—a smile;
It is not much to give,
And the little gifts of life
Make sweet the days we live.
The world has weary hearts
That we can bless and cheer,
And a smile for every day
Makes sunshine all the year.

Something each day—a word;
We cannot know its power;
It grows in fruitfulness
As grows the gentle flower.
What comfort it may bring
Where all is dark and drear,
For a kind word every day
Makes pleasant all the year.

Something each day—a thought,
Unselfish, good and true,
That aids another's need
While we our way pursue.
That seeks to lighten hearts,
That leads to pathways clear,
For a helpful thought each day
Makes happy all the year.

Something each day—a deed
Of kindness and of good
To link in closer bonds
All human brotherhood.
Oh, thus the heavenly will
We all may do while here,
For a good deed every day
Makes blessed all the year.

—George Cooper.



Memorial Day Parade in Bellefonte Showing Well Known Grand Army Men in Advance of World War Veterans with Maj. Curtin and Capt. Reynolds in Command. Published by Courtesy of the Army and Navy Journal, of Philadelphia, the Picture Appearing in Its July issue.

CAMPING

Woolen underwear, for all seasons, is the best for campers, as it does not chill the wearer when it is wet, as cotton or silk does. Two suits are enough for a two weeks' trip. Woolen outer shirts are also desirable; they are cooler in warm weather because they permit evaporation, and they are warmer in cold weather.

A waistcoat is not necessary, but it provides pockets in which to carry matches, watch, compass, pencil and many other small articles.

Khaki is the best material for trousers, because it is strong and partly water proof. The trousers should be roomy and rather longer in the leg than those that you usually wear.

The shoepac, or cowhide moccasin, is good footwear for camping. Fold your trousers over tight at the ankle and lace the shoepac over them. If the trousers legs are long enough they will not pull out of the boot top when you bend your knee. Leggings of canvas or leather are good if you have to walk through thick brush or tall grass, but they are uncomfortably warm in summer, and they cramp the calf of the leg when you kneel in a canoe. If shoepacs are not available, an easy, low heeled, medium-weight shoe will serve the purpose.

CLOTHES

Do not take a coat in summer; you will not use it enough to make it worth while. If it rains enough to beat through a sweater, it is time to go in. Of course in the fall a coat is desirable for warmth, but not until then.

The best hat is a medium, broad-brimmed soft felt with a turned-up edge—preferably an old hat. The pack strap will not hurt it; it shades the eyes, keeps rain from running down your neck, and on a pinch serves as a water bucket.

A pair of buckskin or soft chrome-tanned gloves is a scource of much comfort. Gloves made of any oil-tanned leather, however soft, will be cold to the touch in cold weather and hot in warm weather.

For a canoeing trip of two weeks in a region where you cannot depend on getting game or fish to supplement your fare, the following quantities of food will be found suffcient for two persons: twenty-five pounds of flour, one pound of baking powder (preferably in two half-pound tins), fifteen pounds of bacon (smoked), three pounds of dried apples or peaches, one pound of salt, five pounds of sugar, (granulated) one pound of tea, two pounds of rice, three pounds of oatmeal, three pounds of raisins, three one-pound tins of preserved butter.

A loaf or two of ordinary bread should be taken along to be used until you get into the swing of camp baking.

Do not attempt to carry groceries in paper bags. Get some bags of suitable size made of paraffined cotton with tie strings fastened to the top. If you can get desiccated potatoes, put the contents of a five-pound tin into one of the bags.

RICE AND RAISINS

Rice is an excellent article of diet for camp; it is easily transported, easily cooked and very nutritious. A handful or two of raisins put into the rice while it is cooking make it a very palatable dish. If you come into camp too hungry to wait for a meal to be cooked, eat a few raisins. Preserved butter comes in one and two-pound round, flat tins. The one-pound size is the best for a party of two. You may take three or four tins of condensed cream if you wish, but they are very heavy in proportion to their value in the woods.

A reflector for baking consists of a pan about two inches deep, for the dough, resting on a support between oblique surfaces so placed, one above and one below, that heat coming from the front, or open, side, is reflected on the dough pan; a long-handled steel frying pan; three tin pails that nest one inside another; one tin pudding dish six or eight inches in diameter for mixing dough; two pie tins for plates; two tin cups and forks, and three large tablespoons—one for cooking—complete kitchen outfit. Use the smallest pail for tea, the next in size for other cooking and the largest for carrying water.

COOKING

To make bannock, or camp bread, put about a quart of flour into your mixing dish, mix well into it two or three teaspoonfuls of baking powder, a little salt and some shortening, if you have any, and add water enough to make a thin dough. Mould your dough into loaves or biscuits, or roll it out in one piece no more than an inch thick, and put it into a hot, well-greased bread pan. Place your reflector about a foot from a clear, bright fire. A little practice will soon teach you how best to adjust it. Your bread will be good if you have no shortening, provided that you use it before it gets too dry. You can bake pies and cakes, as well as meat and fish, in the reflector.

To cook rice, porridge or other cereals have about a quart of water boiling in your pail, add a little salt, then stir in four handfuls of rice or four large handfuls of oatmeal. Set the pail over the fire until it boils again, then swing it out of the fiercest heat to a point where it will just keep boiling. Do not stir it and do not cover it. When the water has boiled down to the surface of rice it is done, and you should take it off at once. Cook oatmeal about fifteen minutes.

Desiccated potatoes need only to be soaked in hot water and heated over the fire in your frying pan.

CAMP KIT

The camp kit should include a small tent, two or three pairs of blankets, a rubber sheet or poncho, fishing tackle, a camp axe weighing about two pounds, an oilstone or whetstone, plenty of matches, maps, a compass, soap, two or three towels, toothbrushes and pocket combs, hunting knives with belts and sheaths, six candles, a dish cloth and towels, two tumplines, about fifty feet of quarter-inch rope. If you are not to hunt, and especially if it is not the open season, do not carry firearms.

If it is the fly season, sew up the door of your tent and pitch the tent so that about a foot of the wall lies on the ground. Turn the edge in, make your bed so as to cover as much of the edge as possible, and where your bed does not reach pile your boots, gun, pack sacks, or anything else that is handy. If you have been careful to see that there are no twigs, stones or moss holding up the canvas, you can defy the most bloodthirsty and determined mosquitoes and have undisturbed rest. Of course you will have to swallow your dignity and crawl under the canvas to enter your tent, but that is better than fighting mosquitoes all night.

Your axe, which should weigh about two pounds, had better have a nearly full-length handle. Fill your match safes, of which there are many good makes on the market, and have a supply also in a handy pocket.

THE TUMPLINE

A tumpline is a long leather strap or thong, broader in the middle. When you have made up your bag, or tent pack, grasp the wide centre of the tumpline and draw it across the pack so that the two ends lie free. Wrap one half of the tumpline round one end of the pack and tie it to itself, where it comes round, close to the broad part. Tie the other end in the same way, so as to leave the broad part in a loop about eight inches acrosss. If you have enough line left, pass the ends over the ends of the pack, and tie them together at the back of the pack opposite the loop.

Place the pack on your shoulders with your head through the loop and the broad part of the tumpline bearing on the upper part of your forehead. You then have your pack in such a position that you do not have to bend your back to support it. It will not, perhaps, feel just right until you learn how to adjust everything, but you will soon find that you can carry almost double the weight in that way that you can carry with the pack harness; and if you are about to fall or want a rest, it is a simple thing to slip the strap off your head and drop the pack. When you become proficient you can carry two packs across a portage, one atop of the other.

The small rope will come in handy if you have to tow your canoe up rapids, or if you find the ridge rope of your tent too short.

If you go into the woods in the spring, you will need some good fly "dope." Equal parts of pine tar, vaseline and cold cream, thoroughly mixed make an effective "dope" that "wears well." For a candlestick a "palouser" which the Companion has described, will serve very well.

If you have occasion to refer frequently to your map, the edges and folds will become frayed and broken. To obviate that make an envelope of the linen tracing paper used by architects, large enough to contain your map folded so that the part you are using is on the outside. When you move away from the part of the country covered by the visible part of the map, take it out and refold it. The transparent envelope will keep it clean and whole.

MAKING CAMP

For your camp bed choose a place with a slightly concave shape, the head a little higher than the foot, and see that there are in it no hard projections, such as stones and roots. Make your bed and crawl in. Your hip bones will be sore the first night or two, but you will soon get to feel comfortable on your hard couch. Of course the soreness is likely only when you can get no evergreen for a bed.

If you want to use your frying pan do not make a big fire. If you need a big fire for warmth or other purposes, take a few coals or brands and make another, smaller, separate fire just the size of the pan. You can then work in comfort.

Cut a pole about six feet long and two inches in diameter at the big end. sharpen that end and stick it into the ground so that the small end is directly over the fire and about a foot above it. On it hang your tea pail or stew pail. If the pole lets it down on the fire, take off the pail, pull out the pole and jab it into the same hole again, but with more force. If the ground is hard and rocky, place a small log or rock under the pole and a large one over it at the end. When you want to cook more slowly, swing your pail off to one side, or raise it by pushing the under log or rock back toward the end of the pole. The article, The Art of Using Firewood, in The Companion for January 9, 1919, gives information about the kinds of wood that make the best fires.

Choose your camp site near dry wood and good water. The ideal camp is under a thick, branching clump of trees whose foliage will break the force of a heavy rain. The ground must be smooth and well drained. But as all those conditions are seldom found in one place, you must make the best of what there is.

To make a very serviceable table drive four stakes into the ground. Nail or tie crosspieces to the top of the stakes and lay the bark of a cedar or a spruce on the crosspieces, smooth side up. If you have no nails to hold the top down, lay other light pieces on top of the bark, and lash them to the crosspieces where the ends project past the bark top and also in the middle. This will prevent the bark from curling. Benches can be made of the half of a small log—cedar, spruce or balsam—with the split face smoothed off with your axe. Flatten the round side near each end, and set the rough-hewn log on two short, stout logs. The "spots," or flattened ends, will prevent the seat from rolling on the supporting logs.

PEGS FOR HOOKS

Find some hard, dry limbs near the base of large spruce trees or any small hardwood shrubs from one-half to three quarters of an inch in diameter. Cut them into four-inch lengths and sharpen one end to a wedge shape. With your axe make a vertical cut in a nearby tree and drive in your wooden pegs until they are firm enough to serve as hooks on which to hang towels and clothing.

The best container for your provisions and camp kit is a two-bushel grain bag of the best quality, waterproofed.

When you carry a camera on a shoulder strap it continually swings round in front. To prevent that, put your belt over the shoulder strap of your camera case. It will then stay wherever you want it to.

Do not leave your camp until every spark of your fire is out.

Do not leave your canoe in the water over night. Take it out and turn it bottom side up for the night. If you are to leave it for several days, put it in a shady place or cover it with a tarpaulin or with brush.

These suggestions are for the benefit of those whose camping trip is made by canoe and portage or by other methods that necessitate some carrying. But of course if a wagon or a steamer is to take you right to your camp ground, many luxuries can be added, such as camp cots, pillows, larger tents, awnings, tinned fruits and cream.

The outfit for a camping trip taken on foot differs only in some particulars from the outfit described here, but it must be the smallest and lightest that is possible without sacrificing its efficiency.

Unless you are going to be out more than a week the suit of underclothing you wear is the only one that you will really need. Even for a longer outing you can make shift to wash occasionally, and thus save carrying any extra clothing. But be sure you take a change of woolen socks. It is very important that your shoes fit comfortably, since a very little irritation will cause severe pain or lameness at the end of the day's tramp.

The list of provisions mentioned above should be divided between your pack loads.

An aluminum reflector with a cleated board to prevent its bending in the pack will not weigh much, but you can bake a very good camp bannock in the frying pan. Mix your dough a little stiffer and mould it into a cake the size of the bottom of the pan and one half inch thick. Rake some coals and hot sand from the heart of your fire into a little heap that will raise the pan to an angle of about forty-five degrees. That makes sufficient heat under the pan to bake the bottom of your bread, and the fire a foot or so away will do the rest. From twenty minutes to half an hour is the usual time required for baking a bannock; but if you want to bake two or more, just leave the first one in the pan until it has "set" enough to keep its shape, then take it out, lean it against a stick stuck in the ground the same distance away from the fire and turn it occasionally. It will bake very well. Meanwhile another bannock can bake in the pan. In that way a cook with only four or five pans will bake for a crew of eighteen boatmen.

Your utensils really can be cut down the following: one frying pan, two tin plates, two tin cups, two knives in a sheath, two large spoons, two tin pails, one-quart and two-quart.

EMERGENCY DEVICES

A sharpened stick makes a very good fork, both for cooking and for eating, and instead of a mixing pan you can use a piece of duck or heavy cotton eighteen inches square. In the ground or in a dry, rotten log dig a hole of the shape and size of a washbasin and two or three inches deep. Lay your cloth over it and press it down into the hole, and your mixing dish is ready. In using it see that there is always some flour between it and the water you put in, so that when you are through, all you need to do is to shake your cloth and it will be clean.

In the spring and fall, and even in winter, a piece of duck eight by ten

(Continued on page 7, Col. 1.)

The Bald Eagle Valley Cavalry.

Speaking of the organization of the cavalry branch of service in the Pennsylvania National Guard the Army and Navy Journal for July says:

"The late Charles Sullivan Worrell Jones, a distinguished soldier of the Civil war, had been consulted by the Governor as to the feasibility of organizing a troop of cavalry in the Bald Eagle valley. Accordingly Col. Jones was chosen to command the Sheridan troop of Tyrone, July 15th, 1871. This troop became quite famous throughout the Commonwealth for the long marches over the mountainous country of the Bald Eagle section and was generally known as the "Overland Riders." The remarkable feature of this organization was the maintenance of three armories one at Warriorsmark, one in Sinking Valley and the troop armory in Tyrone."

It might here be mentioned that on two occasions at least Sheridan troop made overland trips to Bellefonte, to form part of the military parade at the funeral of the Old War Governor, Andrew G. Curtin, and on the occasion of the celebration of the Bellefonte centennial. The troop served in the Spanish-American war and when peace was declared was immediately reorganized as a part of the National Guard.

In the shake-up of the National Guard in 1914 which resulted in the breaking up of the old Fifth regiment old company B, of Bellefonte, was reconstructed as a cavalry troop and assigned to the First Pennsylvania cavalry, William H. Brown being the captain in command at that time. When Troop L enlisted for service in the world war a machine gun company was organized here in command of First Lieut. Roy H. Grove. In the reorganization of the National Guard since the world war Bellefonte has been allotted a troop of cavalry and it has now been organized and sworn into the State service with W. Frederick Reynolds as captain and Roy H. Grove, first lieutenant. The organization was not completed in time to attend this year's encampment at Mt. Gretna but as soon as the troop receives its equipment regular drills will be held. In the new troop are a number of men who served in the world war.

Worlds Largest Farm.

What is probably the biggest farm in the whole world is located in Montana. This farm consists of two hundred thousand acres, the immense project is the immediate outcome of the Government's efforts to stimulate wheat growing during the past two years. The idea for the farm was conceived by Tom Campbell, a Montana farmer who is only thirty-six years old. He succeeded in interesting Franklin K. Lane, the Secretary of the Interior, in the project, and, with official consent gained persuaded J. P. Morgan to finance the venture for $5,000,000.

And so it was that the two-hundred thousand-acre wheat farm came into existence. The land was formerly unused Indian ground, and the Crow Indians are to be allowed a per cent. of the proceeds. Mr. Campbell himself is one of the Government's dollar-a-year men. He has divided the great farm up into units, and placed a competent farm manager in charge of each unit. The farm is horseless, all the work being done by tractors and other machinery.

Not Any, Thank You.

Maid—The old-clothes man is here, sir.

Professor (deep in thought)—Tell him we don't want any today.—Answers, London.

FARM NOTES.

—Commercial fertilizers are all right, and we must have them judiciously applied, but they can never take the place of lime and barnyard manure.

—Leguminous plants are the ones the farmer should aim to grow, for when he gets a good stand of clover or alfalfa half the battle is won. Yet eternal vigilance must be the slogan of the successful farmer.

—Every rotation should be planted so that one or more legumes will occupy the land one or more times during four years. The legume will enrich the soil in nitrogen and make it produce a larger crop of non-legumes such as corn, oats, wheat and grass.

—The federal government has prepared a bulletin on the growing and cutting of popcorn and recommends its use as a breakfast food. They claim it is more nutritious and healthful than many of the prepared breakfast foods now on the market, and much cheaper.

—The horse troubled with heaves should be fed a ration consisting largely of grain as hay by weight. The grain should be fairly laxative and the hay free from dust. Sometimes good results are obtained by sprinkling the hay with lime-water just before feeding to the horse.

—While eports show that the numbers of cattle, horses and sheep in the United States have decreased, the number of horses has increased. This is contrary to the usual belief often expressed that gasoline has driven the horse off the earth. This is perhaps true of the road horse, but drafters and medium-sized work horses are still in great demand and prices are much larger than at any other period.

—Skim milk is the most important by product of the dairy. It is valuable as a food for human beings. It is valuable for pigs and chickens. It has all the protein value and half the other value of whole milk. Its food elements equal those of meat.

Without a knowledge of the feeding value of the various feeds it is a very difficult matter to feed stock economically. In former times when animals were turned on the range where native grass was luxuriant they secured nature's balanced ration. But this is no longer possible. We must raise the feeds on expensive land, with expensive equipment and by high-priced labor. As a result it costs to feed animals. Failing to raise the feed we must buy it, and add the cost of transportation. This means that we cannot afford to feed indiscriminately. Where this has been done animal husbandry has been unprofitable.

At the Iowa experiment station lambs, fed on sweet clover, hay, corn and oil meal made an average gain of 30.7 pounds, while on the same ration, except the substitution of native grass hay in place of the sweet clover, the gains were 20.3 pounds. These results furnish more evidence that the farmer who can grow sweet clover, need not lack an abundance of good forage and hay.

Honey is looked upon too often as a luxury. It is true that honey, especially comb honey, is a delicacy in that it takes the place of jam and jelly. In Europe, however, honey is a household article and is used to a considerable extent to replace sugar in cookery. The claim is made that it is a comparatively simple matter to substitute honey for sugar or molasses in many recipes and that the resulting flavor is often novel and pleasing. Icing made with honey instead of sugar will keep soft and fresh for several months. The United States Department of Agriculture has made a rather extensive investigation concerning the uses of honey and has just published Farmers' Bulletin 653, "Honey and Its Uses in the Home," which may be secured for the asking. This bulletin not only contains much general information concerning honey, its forms, methods of making and keeping, but also many recipes in which it constitutes an important ingredient. Comb honey is practically certain to be pure because the processes by which it is adulterated cost more than they will save. Formerly there was a very prevalent idea that extracted honey, that is, honey removed from the comb, was often adulterated. However, recent legislation regarding adulterating food materials has been such that very little, if any, adulterated honey finds its way to market.

In every 100 pounds of corn silage will be found approximately 21 pounds of dry matter. There is a large amount of water conserved, which is lost by fodder during the curing process, thus giving the field-cured corn plant about 2 1-2 times as much dry matter. The main digestible nutrients in 100 pounds of silage consist of the following: Nine pounds protein, 11.3 pounds carbohydrates, seven pounds fat. While it will be seen at once that it is necessary to feed a good deal of silage in order to get much actual substance, it must be remembered that the outstanding value of this food is its succulence and laxative effect on the digestive system of the animal.

Almost without exception, the herd of cows that is fed on silage will be found to be in more sleek condition than the one that has had no silage, and has had to depend on dry forage. While animals may be supplied with all the water they care to drink, even in cold weather, there seems to be a much more beneficial effect when a considerable portion of the water needed to supply the system is taken in the form of plant juices. Herein lies the principal value of silage.

Sow some turnips in your corn or spare lots of land for fall stock feed.