

# Democratic Watchman

Bellefonte, Pa., November 25, 1921.

## THE LITTLE HOME PAPER.

By Charles Hanson Towne, in American Magazine.

The little home paper comes to me. As badly printed as it can be. It's ungrammatical, cheap, absurd—Yet how I love each intimate word! For here am I in the teeming town, Where the sad, mad people rush up and down, And it's good to get back to the old lost place, And gossip and smile for a little space.

The weather is hot; the corn crop's good; They've had a picnic in Sheldon's Wood. And Aunt Maria was sick last week; Ike Morrison's got a swollen cheek. And the Squire was hurt in a runaway—More shocked than bruised, I'm glad to say.

Bert Willis—I used to play ball with him Is working on a farm with his Uncle Jim. The Red Cross ladies gave a tea, And raised quite a bit. Old Sol MacPhee Has sold his house on Lincoln Road—He couldn't carry so big a load.

The Methodist minister's had a call From a wealthy parish near St. Paul. And old Herb Sweet is married at last—He was forty-two. How the years rush past!

But here's an item that makes me see "Ed Stokes," it reads, "was killed in France. When the Allies made their last advance," Ed Stokes! That boy with the laughing eyes

As blue as the early summer skies! He wouldn't have killed a fly—and yet, Without a murmur, without a regret, He left the peace of our little place, And went away with a light in his face; For out in the world was a job to do, And he wouldn't come home until it was through!

Four thousand miles from our tiny town And its hardware store, this boy went down. Such a quiet lad, such a simple chap—But he's put East Dunkirk on the map!

## FOR AND ABOUT WOMEN.

### DAILY THOUGHT.

You must not only be cheerful, but stay cheerful, too. Don't be like the revolving light, flashing out one minute and submerged in darkness the next. Send a steady ray of cheer throughout the year.

The deft, swift-moving fingers of the oriental rug mender can fill in holes and reinforce worn places so skillfully that they can scarcely be detected. Such repair work is expensive; however, and almost any person who has the time can do it at home with little or no outlay for materials. Housekeepers have repaired oriental rugs of intricate design as well as machine-made Brussels and Wilton.

Several methods of home mending of rugs and carpets have been tested in the United States Department of Agriculture, which gives the following suggestions:

Select wools for mending to match those of the rug in color and texture, if possible. These may be raveled from scraps of carpet, or bought from carpet dealers, or if necessary heavy knitting yarns may be dyed to match. Carpet yarns are stiffer and more durable than ordinary wools and should be used if obtainable. A stout needle with a large eye will, of course, be needed, and curved scissors are particularly convenient for clipping the threads when mending a rug or carpet with velvety pile.

Darn ingrain carpet with the over-and-under stitch used in mending stockings, and work in the design on this background.

In pile rugs, such as Brussels, Wilton, and some kinds of oriental weaves, replace the linen, jute, or cotton backing first and then work in the pile with colored yarn. Just how to make the pile stitch depends on the texture of the rug, but a good method can quickly be developed by experimenting. It is generally made by knotting the yarn around the warp in such a way that it holds firmly and the ends stick up to form the velvety surface of the rug. These ends can be clipped off after each stitch is taken, or they can all be sheared at once after the entire hole is filled.

Ragged edges make otherwise good rugs look shabby and are not difficult to repair. Sometimes they can be bound or blanket stitched or overcast with stitches run into the rug at least a half inch or, what is much better looking, an excellent selvage similar to that on oriental rugs can be made. Lay one, two, or three cords along the edge and with black of neutral-colored wool darn them to the rug with over-and-under stitches set close together. Choose cords of such size that when covered with the wool a durable, flat strip about the thickness of the rug is formed and use hard-twisted wool or regular carpet wool if it can be obtained. If the edge is very ragged reinforce it first with braid on the under side so as to give a firm material into which to weave.

Rag and light-weight cotton rugs can be washed in the tub or the washing machine in lukewarm soapsuds like any other heavy colored material, but they must be rinsed thoroughly to prevent them from looking grimy. Spreading the wet rug on the grass and turning the hose on it or dashing pails of water over it is sometimes the easiest and best way of rinsing.

Woolen rugs may also be cleaned at home successfully if there are good facilities for drying. Spread the rug on a table or other flat surface of convenient height and scrub with a heavy lather of mild soap, using a soft brush or a sponge. As soon as a section is scrubbed clean rinse it with water, change as soon as it becomes discolored. This is a very thorough method of cleaning, but must be used with caution on rugs that are likely to shrink or change color, or which have a thick pile. If moisture remains at the bottom of the pile for any length of time the threads may be rotted. In the case of valuable rugs, it is safer to send them to a professional cleaner who has special apparatus for washing and drying them.

Aside from its value in furnishing body-building, growing and energy material in an easily digested form, milk contains certain substances which tend to build up the resistive power of the body and so maintain general well being. In the case of children this favors normal growth. One of these substances—sometimes called vitamins—is found in butter fat, in the fat of egg yolk, in spinach, Swiss chard, lettuce, kale and other leafy vegetables used for greens. It is also found in animal organs where active cell work is going on, as in the liver and kidneys. The second protective substance occurs in skim milk, eggs, fruits and vegetables, also in grain products from which the outer coats have been removed. The third has not been known for a long time. Fresh fruit and leafy vegetables, such as lettuce, are rich in it.

If any or all of these substances are lacking in a diet the general health of the individual is affected, according to best authorities on the subject. In children growth will not proceed at a normal rate. In time disease may result. The second and third protective substances are more widely distributed in food materials and are not likely to be deficient in the average diet. The first, however, may be lacking unless care is taken to provide it, according to information from the home economic extension division of The Pennsylvania State College. Generous amounts of whole milk and other fat-rich products, supplemented with eggs and leafy vegetables, will insure against any lack. Whole milk is especially valuable in this respect. It is cheaper than eggs, while a sufficient amount of some of these essential substances is not furnished by the amount of vegetables commonly consumed.

Johnny Cakes.—Put two cupfuls of white cornmeal into a bowl and pour on slowly two cupfuls of boiling water. Add one-quarter cupful of butter, one rounding tablespoonful of sugar, a level teaspoonful salt and beat. Add two cupfuls of milk, the yolks of 3 eggs beaten, 3 cups of flour sifted with 3 teaspoonfuls of baking powder, and the beaten whites of 3 eggs.

## In Europe You Wait Your Turn.

Americans traveling abroad and having occasion to make long distance telephone calls frequently encounter unfamiliar and rather disconcerting methods of procedure. For example, they discover that the traffic congestion on the government lines is sometimes so great that it is necessary to make out an application to talk several hours ahead of time and then wait until their turn comes. As it is often not possible to predict just when this will be, travelers are unable to make appointments and are otherwise embarrassed. Another peculiarity of the European service is that on busy circuits conversations in the majority of cases are limited to a specified time, from 3 to 6 minutes. At the end of that time the call is interrupted by the operator and the conversation can be resumed only by renewing the application and waiting perhaps for several additional hours.

Your words, your actions, even your silences, may start influences for good or evil that will continue so long as the world stands.

## Suggestive Reading.

You will hear it said that such and such a magazine prints suggestive stories, meaning that they present corrupting ideas in an attractive dress. But there is a suggestiveness also of quite a different sort—the suggestiveness that quickens the reader's sense of duty, stimulates ambition, gives courage to face adversity, fortifies against yielding easily to temptation. It is this better kind of suggestiveness that you will find on almost every page of The Youth's Companion. Which of these two kinds of suggestiveness would you wish to have exert an influence in your family life?

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THERE is hardly a greater pleasure than knowing and feeling that you are well gowned. What downright solid satisfaction to know that there isn't a single fault in your appearance! and to know that your clothes are even more than perfect—that you can pass any inspection.

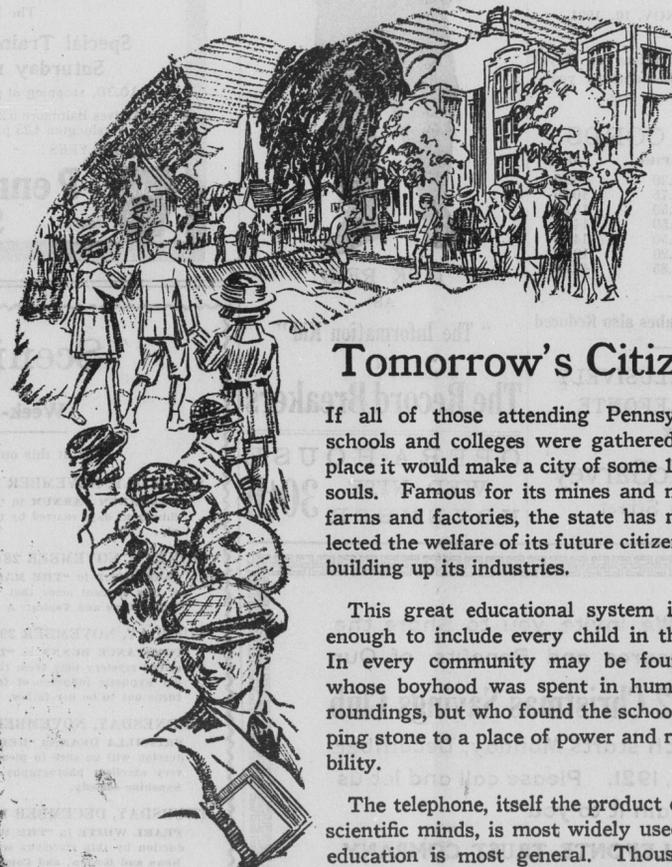
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