

BOON TO MANKIND

Science of Canning Food of Immense Practical Value.

Few Discoveries or Inventions, It is Pointed Out, Have Been of Greater Benefit to Humanity.

Though less spectacular, the science of canning was a discovery only equaled in importance by such inventions as the telephone, the wireless and the airplane. When we stop to realize that food, shelter and clothing are man's most vital needs, and what a large proportion of our food is preserved for us today in canned form, we better understand the full significance of this important discovery.

Pickling or drying were the only methods of preserving foods that were known up until about a century ago. In 1795 the necessities of war prompted the French government to offer a reward of 12,000 francs for a better method of food preservation. The prize was awarded to Nicholas Appert, and his method stands today as the real basis of our present process of canning—namely, hermetic sealing and sterilization by heat.

This discovery has added immeasurably to the wealth of the world, because it has meant that at times of harvest the surplus crops, which it is impossible to get to market before they spoil, have not had to go to waste, but have been preserved for use at other periods of the year when Nature is producing less and when, but for the science of canning, we would have to subsist on much less attractive fare. This is conservation in the broadest and most economic sense of the word.

But the process of canning not only benefits the world at large; it has very definite advantages for each of us as individuals. For that much-talked-of Mr. Average-Man-in-the-Street and his Housewife-in-the-Kitchen, "canning" eliminates the seasons. In effect, it "makes summer last all the year 'round," and in midwinter brings us the crops of midsummer.

And canning also eliminates space or sectionalism, for those of us who live in the interior may still enjoy oysters, crabs, lobsters and other sea foods whenever we wish; and those of us who live in the eastern states may nevertheless have access to the delicious fruit crops of California and Hawaii. And so on the world over. The pioneer in Alaska, and miner in the mountains of South America, the explorer in the Antarctic, men and women everywhere on the fringes of civilization, all have at hand—thanks to the can—the same wholesome appetizing foods that are served to the most exacting guest in an exclusive New York hotel.

Because the science of canning has so done away with time and space—with respect to food—the can has come to be known as a modern genie of the home. The housewife whose pantry shelves are well stocked with canned foods is able to choose her meal from whatever corner of the world her whim suggests.

Sacrifice Worthy of the Name.

The word "sacrifice" gains new meaning when we think of the story that is told about the three hundred children of an Armenian orphanage.

So small amount of food had reached the American relief workers in charge of the orphanage that they could give almost nothing even to the three hundred. Each child got only a small piece of bread and a few walnuts twice a day. Of course the food did not nearly satisfy their hunger, but it was enough to keep them alive.

When the children learned that there were hundreds more in the nearby villages who could receive nothing at all they voluntarily gave up the walnuts. Before each meal they dropped their nuts into a sack in one corner of the room, and when it was full some one of them would carry it to the frantic crowd in the street. Could there be a more generous sacrifice than that?—Youth's Companion.

Airplanes' Good Record.

Probably the most remarkable thing about civil aviation in the past year has been that not one passenger has been killed, or even seriously injured, in a British airplane throughout 1921. And this, although during the summer, between 400 and 500 people a week were crossing the channel by air, and although well over 1,000 a week were being taken up for joy rides in this country. For this we have to thank not only the skill of the pilots and airplane mechanics, but the aeronautical inspection department and the controller of aerodromes and licenses, who have made sure that only first-class men and machines have been allowed to carry passengers.—London Opinion.

Easter Egg of Death.

The city of Paris, a few years before the war, presented the late czar of Russia with an Easter egg containing jewels to the value of \$10,000. The same year one of his revolutionary subjects sent him an egg stuffed with dynamite, timed to explode at a certain hour. The weight of the egg aroused suspicion, and a tragedy was averted by the secret police opening the egg and discovering its contents.

The best job work can be had at the "Watchman" office.

Daddy's Evening Fairy Tale

BY MARY GRAHAM BONNER

WINTER BEAUTY

"I know that the spring is very beautiful. I know that the Summer is very lovely. I know that the autumn is very gorgeous. And I think," Old Man Winter ended, "that there is a great deal of beauty about the winter."

"I agree with you," said the Fairy Queen, who had promised Old Man Winter that she and some of the fairies would take a winter trip with him.

They had visited country places and they had visited sea-shore places. They had visited some wonderful mountains and they had visited some lovely valleys.

They had seen the work Sir Freeze-the-Ponds had done and also the work of Mr. Freezing-is-Fun. They had seen all kinds of wonderful winter scenes in all kinds of places.

"But," said old Man Winter, "I have yet one place to take you to before your trip is over."

"We have certainly had a wonderful trip," the Fairy Queen said, "and we will never forget it. We are quite delighted to visit one more place."

So Old Man Winter took the Fairy Queen and the other fairies to a place where there were as wonderful and marvelous waterfalls to be seen as anywhere imaginable.

There the Fairy Queen and the fairies went about with Old Man Winter, and so that they wouldn't be seen, they wore robes of spray.

There were ice mountains which had been made out of spray, and between these mountains great waterfalls rushed down without stopping.

All about were huge icicles, and at night a crescent moon came out and the stars, too, and the water dashed and foamed, and the lights from the sky danced merrily as if to say how pleased they were to look down on so much beauty.

There were rainbows in front of the great waterfalls in the daytime, for the sun shone right through the spray which came from the falls, and the ice and the snow and the icicles and the branches of ice on the trees, all sparkled as though they were made of dazzling, wonderful jewels.

There were several great waterfalls and then there were rushing, hurrying rapids, rushing as though they had to get somewhere on time, and as though they would be late if they didn't hurry like anything!

But sometimes they found the time to twist about and have a game or so. Some of these rapids dashed on down over rocks, but some of them



"We Are Quite Delighted."

were frozen over and the ice and the dashing water talked together of the beauty of the winter.

There were falls which were opposite from several other falls, and these were in the shape of a horseshoe. All about them were icicles and they dashed down between great huge masses of beautiful ice.

The telegraph poles and the trees all about were covered with ice, and such beautiful shapes as they were. The trees were like fairyland, Old Man Winter told the Queen of the Fairies, which made her very much pleased.

All about were rainbows and marvelous colors and dazzling snow and ice and rushing green and blue water which changed its dress on a gray day to a wild gray green color while on the bright days wore a beautiful shade of blue green.

The Fairy Queen and the other fairies stood up on an ice mountain which looked up at the greatest of all the waterfalls, and the Fairy Queen said:

"Old Man Winter, I have seen the buds come out in the spring, and I have seen the flowers appear. I've seen the soft green moss and the new ferns and the lovely green grass. I've seen the splendor of mid-summer, and I've seen the glory of autumn."

"But never have I seen anything more wonderful than the work Winter has done here, whether on the fine days when the beauty almost dazzles me, or on the stormy days when the beauty is so wild and wonderful. I've never seen anything to equal this."

And Old Man Winter smiled and his smile was like a breath of fresh cold air.

"I'm glad you like some of the work we do. We get a good deal of abuse, but we do try to give a great deal of beauty to the world. We're glad that you think we have!"

Tree Naughty Boys Dislike.

What tree does a naughty boy dislike most of all? The birch.

ANCIENTS HAD WATER GAUGES

Egyptian River Surveyors Enabled to Foretell Hour of Inundation of the River Nile.

Nilometers were among the most ancient water gauges, and were used by the Egyptians many centuries B. C. Stone wells were constructed on the banks of the Nile, and water entered these through underground ditches. This water rose and fell in sympathy with the river, enabling river surveyors (government officers) to foretell the hour of inundation.

Marked columns on the sides of each well indicated the maximum, minimum and middle gauge: the inspectors patrolled the banks of the Nile and informed the people by means of bulletins in advance how high the Nile would rise and when the stream would probably overflow its banks.

Lake Moeris, in Lower Egypt, was connected with the Nile in ancient days by one of the many canals for which the ancient Babylonian and Egyptian engineers are now famous. This canal was equipped with sluices and gauges, so that the land around it was never flooded. If the Nile rose, all that happened was that the blue crystal mirror of the lake rose too. If the waters of the river fell, then the lake filled them up by careful manipulation of its sluices and its own waters.

Mining Methods.

In the construction of the Tieton dam of the Yakima project in Washington the United States reclamation service will have added another noteworthy achievement to its already long list. The dam itself will be one of the largest earth dams in the United States, having a visible height of 230 feet and a length along the crest of 900 feet, with a top width of twenty-five feet.

A heavy concrete corewall will extend through the full length of the dam and from its crest into the bedrock. The excavation for and placing of the corewall is one of the features of the work. The following method is being used: Three shafts are being sunk from the surface of the ground into the bedrock. Drifts six feet high and five feet wide are then driven in both directions along the line of the corewall. After the lower drive is completed, a second drift is driven immediately above it. The material from this second drift is broken down into nine cars placed in the lower drift, and from there is taken to the shaft and hoisted to the surface. After the two drifts are completed the lower drift is filled with concrete from cars running in the second drift. A third drift immediately above the second drift is then driven, and the process is repeated until the surface is reached.

MEDICAL.

Household Cares

Tax the Women of Bellefonte the Same as Elsewhere.

Hard to attend to household duties. With a constantly aching back. A woman should not have a bad back.

And she seldom would if the kidneys were well.

Doan's Kidney Pills are endorsed by thousands. Have been used in kidney trouble over 50 years. Ask your neighbor.

Read what this Bellefonte woman says:

Mrs. J. T. Gordon, 130 E. Beaver St., says: "My trouble was a dull, constant backache which kept me in misery. Mornings I was so sore and lame I dreaded to begin my household work, for it was a burden. Doan's Kidney Pills bought at Parrish's Drug store restored my kidneys to a normal condition. I have had no return of kidney disorder."

After four years, Mrs. Gordon said: "I gladly confirm my previous statement as I certainly have found Doan's to be all that is claimed for them. Doan's Kidney Pills cured me, for which I am very thankful."

60c. at all dealers. Foster-Milburn Co., Mfrs., Buffalo, N. Y. 67-15

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The Saving is Big; the Satisfaction you will have in owning a really good suit Still Bigger.

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Watch for our advertisement about the service we render in our Trust Department.

You haven't made your Will, but you intend to, may be put it off until it is too late.

We invite you to visit our new banking rooms.

Bellefonte Trust Company
BELLEFONTE, PA.

Does Your Budget Balance?

You read in the newspapers about the various European governments trying to make their budgets balance. A government cannot long expend more money than it receives, any more than an individual can. It is important to balance the household budget, and included in this budget should be a proper provision for saving.

The finances of the family must be placed on a business basis if proper provision is to be made for the time when earning power diminishes. Nine times out of ten the women are the money savers of the family. They have the real knack of saving. They know, too, how to make one dollar do the work of two in buying.

This bank welcomes the savings accounts of thrifty women and will be glad to assist them in business matters.

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