

APPETIZING DISHES

MADE FROM HAM.

Summer and early fall days are ham days. The weather is still warm and frequently uncomfortably hot as the dinner hour approaches, and any meat that lends itself to more than one day is doubly welcome.

Just now ham not only does this but it also has the advantage of having declined in price at wholesale from 15 to 20 per cent. in the last few weeks.

Naturally the cheapest way to buy ham is to buy it whole—or at least a half one. Getting it that way you can serve your family two or more good thick broiled slices out of the juicy centre and yet have plenty left for many delectable dishes.

The butt of the ham is best baked when this is done as it should be done, no meat is more delicious. And after the first good dinner is over there is sufficient left to insure a luncheon or two and at least one real dinner with it sliced cold and served temptingly on cool lettuce leaves with potato salad and sliced tomatoes.

The shank readily lends itself to cooking, either in the fireless cooker or the pressure cooker, with vegetables. Either way is good for summer, as there is a minimum of heat and a maximum of good food.

The recipes are all good and may be depended upon to cheer the men folk of the family:

BAKED PREMIUM HAM.

Use the butt of the ham for baking. Put it over the fire in a deep kettle with enough cold water to cover it. Add a dozen cloves, 1/2 cup vinegar, 1 minced onion, and simmer it slowly about 30 minutes to the pound.

Remove from water, peel off skin, and stud the soft fat with cloves. Cover with a mixture of 1/2 cup brown or granulated sugar, 1 tablespoon flour, 2 cups sweet cider, and 1 teaspoon mustard.

Bake until nicely browned, basting several times with the liquid. When baked, remove ham to a hot platter, and make a gravy from the liquid in the pan, adding flour and water.

BOILED PREMIUM HAM.

Cover the shank of a Premium ham with cold water. Bring to boil, then simmer until tender, about 30 minutes to the pound.

One hour before ham is done, add 1/2 dozen potatoes, a small head of cabbage, cut up in pieces, 4 carrots, cubed, 3 small onions, and 1 pint string beans in season.

Place the ham in the center of a hot platter, and arrange the vegetables around it.

PREMIUM HAM AND POACHED EGGS.

Make a white sauce, using 1 1/2 cups milk, 3 tablespoons flour, and 3 tablespoons butter or oleomargarine. Heat 1 or 2 cups finely chopped or ground cooked ham with the white sauce. Pour it over buttered toast.

Serve one piece of toast, with creamed ham on it, and one poached egg to each person.

BAKED SLICE OF PREMIUM HAM.

7 slice Premium ham, 1 1/2 to 2 inches thick, 1 teaspoon dry mustard, 1/2 cup brown sugar, 1/2 cup milk.

Combine mustard and sugar and rub over the surface of the ham. Put it in a casserole or baking dish, pour the milk over it, cover and bake it in quite a hot oven for 25 minutes.

FRIED PREMIUM HAM.

It is not necessary to par-boil Premium ham before broiling or frying. Caramelize 1 tablespoon sugar in a frying pan, add a slice of ham, cut about 1/2 inch thick, and brown it on both sides. Cover with milk and cook slowly, covered, for 10 minutes. Lift the ham out, thicken the gravy and serve with mashed potatoes or fried sweet potatoes. This gravy has a delicious flavor.

PREMIUM HAM SOUFFLE.

2 cups scalded milk, 3 tablespoons butter or oleomargarine, 3 tablespoons flour, 1/2 teaspoon salt, 1-3 cup bread crumbs, 2 cups cooked ham, ground; yolks of 3 eggs beaten stiff, grated cheese, buttered bread crumbs.

Make a sauce from the milk, fat, flour and salt, and add the bread crumbs. Cook a few minutes.

Remove from the heat, add the ham and the egg yolks, and fold the egg whites in carefully. Spread buttered bread crumbs over the top and sprinkle with grated cheese.

Bake in a well greased baking dish about half an hour in a moderate oven.

BROILED HAM AND SWEET POTATOES

It is not necessary to par-boil Premium ham before broiling or frying. Boil sweet potatoes until tender. Skin them and slice them lengthwise into a greased baking dish. Moisten with sugar syrup (1 cup sugar and 1/2 cup water boiled till thick).

Place a medium thick slice of ham on top of the sweet potatoes. Broil it on the top side. Turn the ham over when done and broil on the other side. Serve at once.

PLAIN BAKED HAM.

Put ham into a large pan. Cover with cold water and add 1/2 dozen cloves. Simmer the ham about thirty minutes to the pound, or until tender.

Cool it in the liquor and take off the rind. Sprinkle the fat with bread crumbs and brown sugar. Bake about 30 minutes in a hot oven to brown it.

State College Reaches 1600 in Extension Classes.

Over 1600 persons were enrolled in the educational extension work given by The Pennsylvania State College during the past year. The number of enrollments in these courses given outside the college was 3,067, each student on the average being enrolled in two courses.

Among the courses given were those in educational psychology, methods of teaching, educational measurements, socializing school activities, speech and voice improvement, and organization and administration of the junior high schools.

SUGAR VALLEY PIKE TO BE REPAIRED.

A meeting of the citizens of White Deer, Watsontown and vicinity was held on Monday evening to formulate plans for the rebuilding of the Old Sugar Valley pike that leads up along White Deer creek to Sugar valley.

This road has been in an almost impassable condition for years, particularly from the Water Dam on up, only being traveled by members and friends of the different hunting lodges, who go up to fish and hunt. At that it strains the best of automobiles to make the trip over the worst stretch of road in Pennsylvania, yet a state road.

An offer had been made by Judge Harbeson, the well known forest fire warden of White Deer, to build the road for so much per mile, which the officials of the State claimed was too low for a good, permanent road. To show that his plans can be made good, the hunters, fishers and citizens interested in the securing of a good road, have offered to personally make up the asked charge of Harbeson for a mile of road, the same to be started from the Water Dam and run up one mile. The result of this one mile is awaited with interest.

A committee was appointed to confer with the proper officials as to seeking State aid for the building of this road, which, if put in good condition, would make one of the prettiest drives in the country, while opening one of the best hunting and fishing districts. This road is the most direct route to Bellefonte, and with a good road to Sugar valley, as from there on the roads are all good, it would soon become the main highway for travel in that direction.

The object is being backed by the White Deer Mountain Water company, the forest fire wardens, members of the different hunting and fishing lodges, and citizens in the vicinity of the road.

No Longer Dread White Hairs.

One by one, all our old ideas are being turned topsy-turvy. We used to dread white hairs. Now, at the bidding of Dame Fashion, we want them, a writer in London Answers asserts.

The white hair craze seems to have started in Paris, and it is spreading to this country, where well-preserved young women with impressive white locks are being admired.

Most of the hair comes from the south of France (for it is not all come by naturally), and the lighter the shade, the higher the price. A face will show its age under gray hair, but under white it may take on fresh youth—that is the secret of the matter.

Many villages in southern France are holding periodic "hair markets." Women with more hair than they need attend these markets with their superfluous locks, and white hair of good length and strength is worth many times its weight in gold. The best qualities are said to fetch 30 pounds per ounce.

—Perhaps common sense will eventually come to the front in the government of the world. It is surely very badly and urgently needed.

BOIL YOUR SHAVING BRUSH.

If you buy a shaving brush, boil it. There is a good deal of a scare just now about "anthrax" in shaving brushes—particularly brushes made of horsehair, which the Public Health Service declares to be dangerous.

The horsehair used by manufacturers of shaving brushes is imported from China and Siberia, in which countries anthrax (a horse disease by origin) is very prevalent. During the last few years there has been a considerable spread of anthrax in this country, owing chiefly to infection carried by shaving brushes.

If the manufacturers took the proper precautions, by boiling or otherwise disinfecting the horsehair, there would be no danger. Some of them do this, but others do not.

The germ of anthrax is a bacillus, which, imported with the horsehair, dries up into a "spore." All that is needed is a little moisture and it "comes alive," ready to do mischief.

The first sign of the trouble is a pimple, which develops into a sore and a swelling. It is always a serious disease, and sometimes fatal. Among the American soldiers overseas many cases of it developed, and in nearly every instance they were traced to infected shaving brushes.

Anthrax is otherwise known as "malignant pustule;" it is believed to be of Oriental origin. Hides are sometimes infected with it, and, if the germs happen to be taken into the lungs, they produce a pulmonary form of the malady, known as "wool-sorter's disease," which is fatal within forty-eight hours.

Shaving brushes made of badger hair are safe; and they are the best, as well as the most expensive kind. But some manufacturers make badger hair brushes out of horsehair by a secret imitative process. So, when one buys a shaving brush, it is not easy to be sure just what one is getting. Hence, before using a new shaving brush it is a wise precaution to boil it. If it contains any anthrax spores, that will kill them.

Bells of History.

A fete celebrating the first American carillon to be dedicated to the victory won in the war was held at New Canaan, Conn., recently.

A matter of local interest, perhaps, and yet one which will eventually enlist the support of every school child in America if the dream of Mrs. Jane Wallace, founder of the Bells of History, that there shall one day be an American carillon, like the carillons of Bruges and Antwerp, comes true.

Mrs. Wallace hopes to have a set of forty-eight bells made from the pennies of the school children of our forty-eight States. Every one of the eighteen million boys and girls in schools throughout the land is to be asked for one penny each. Each bell is to bear the name and bas-relief image of the greatest historical figure of the State.

Connecticut's bell has been dedicated to the memory of Roger Sherman, a signer of the Declaration of Independence and one of the framers of the Constitution of the United States.

—Subscribe for the "Watchman."

ATLAS PORTLAND CEMENT

BUSINESS short cuts built the bridge. The need for permanence and economy made it concrete. Your building material dealer will tell you to consider any construction from a business angle. He can help you select the material best suited to your purpose. If, because of fire protection, health or permanence, your structure should be concrete—he will tell you Atlas Portland Cement is "the Standard by which all other makes are measured."

The Atlas Portland Cement Company
Sales Offices: New York—Boston—Phila.
Milwaukee—Northampton, Pa.
Hudson, N. Y.—Leeds, Ala.

"The Standard by which all other Makes are measured"

"I knew him when he was a boy"

What one is there of us that has not felt the glow of satisfaction over the outstanding success of a life-long friend! Often a surprise—seemingly "all of a sudden." Yet neither surprising nor sudden, when you stop to think back over each step of his progress.

THE United States Rubber Company—makers of U. S. Royal Cord—were first to conceive, make and announce the balanced tire. A tire in which there is such complete unity of action in tread and carcass that neither will give way before the other.

First to conceive, make and announce a complete line of tires—a tire for every need of price and use under one standard of quality.

First to tell the public about the good and bad in tire-retailing. (You remember the phrase "Go to a legitimate dealer and get a legitimate tire.")

First also to arouse industrial and trade minds to the need of a new kind of tire competition. (Competition for better and better values. Greater and greater public confidence.)

THESE high spots along the U. S. road to leadership indicate the intent—the will to win by the quality route in a price market.

Now that so many car-owners have given their verdict for quality tires in general, and U. S. Tires in particular—a number of dealers and car-owners whose vision has been clouded by "discounts," "sales" and what not, are beginning to remember that they "knew him when he was a boy."

United States Tires are Good Tires

Copyright U. S. Tire Co.

U. S. Royal Cord Tires
United States Rubber Company

Five-thirty Factories The Oldest and Largest Rubber Organization in the World Two hundred and thirty-five Branches

Where You Can Buy U. S. Tires:

Bellefonte, P. H. McGarvey.	Marengo, Rider Bros.
Blanchard, Blanchard Auto Service.	Orviston, Orviston Supply Company.
Fleming, J. C. & J. B. Stern.	Snow Shoe, Haywood Tire Serv. Sta.
Fleming, McQuigg Bros.	

School Shoes

The time is now here for School Shoes and it will pay you to look over our line before you purchase.

Quality the best and the price reasonable.

Yeager's Shoe Store

THE SHOE STORE FOR THE POOR MAN

Bush Arcade Building 58-27 BELLEFONTE, PA.

Come to the "Watchman" office for High Class Job work.

Lyon & Co. Lyon & Co.

We are now receiving new merchandise in all departments. Coats and Suits for the smart autumn apparel, finds us ready to outfit the family at the least cost.

SWEATERS.

The latest word in the modish Sweater for ladies, Misses and Children.

LADIES' FALL DRESSES.

Canton Crepes, Crepe de Chine, Charmeuse, Satin, Cantons, Taffetas and Poret Twills. All the new colors and black, with the fancy girdles, new side draped skirt with long panels.

DRESS FABRICS.

All wool cloths for sport togs; Tweeds, Cheviots and Serges—all the new wanted shades.

SPECIALS.

12 1/2 cent apron checks, 36 in. percales, light and dark, 18 cents.
White table damask 48 cents.
34 inch Cretonnes 18 cents.
27 inch very heavy unbleached Canton Flannel 18 cents.
36 inch unbleached Muslin 12 1/2 cents.
Heavy gray and white Toweling 10 cents.
Dark Dress Gingham only 25 cents.
Ladies' Silk Hose, black and white, \$1.00.

SHOES.

Men's and Ladies' Shoes in the new fall styles at wondrously low prices.
Children's School Shoes, exceptional values at lowest price.

Lyon & Co. 64-10 Lyon & Co.