

**National Poultry Meet Comes to State College.**

Thirty-five States and all the provinces of Canada will be represented at the eighteenth annual meeting of the American Association of Teachers and Investigators in Poultry Husbandry which will be held this year at The Pennsylvania State College,

August 17 to 20. Fifteen committees of the Penn State faculty members are now busily engaged preparing for the entertainment of the several hundred delegates who are expected to attend.

—It's all in the "Watchman" and it's all true.

**FOR AND ABOUT WOMEN.**  
**DAILY THOUGHT.**

Lose an hour in the morning and you will be all day hunting for it.

Although the summer is full upon us, it is difficult to escape from black. A heat wave may partly banish it for the time being, but the first chilly wind brings it out in full force in about ten minutes.

In defiance of the sun even are some delightful dresses of black chiffon. A tucked and plaited one by Patou is as smart as can be and is effective worn with a light coat of marocain, smillar silk or satin. Molyneux makes a lovely rig of black marocain and beige fox for afternoon wear. Neither does he leave alone the black scheme for morning. Pictorial is a smart ensemble of black crepe trimmed only with lines of very narrow white braid. The belt of the frock is white in front.

A very good collection of smart and wearable clothes is shown by Premet. There are no great changes in the line, but many new details are very carefully worked out.

Coats are particularly handsome—they are straight and rather loose, but worn draped tightly around the figure, and the front panels are often cut on the cross. For morning and sports wear they are in heavy fancy woolen materials and have many insertions (points particularly). The insertions are often underlined by tucks or pleats. Afternoon coats in satin, velvet, crepe de Chine or moire, are also very simple of shape and trimmed with fur collars (there are very few fur borders and hardly any fur on the sleeves). Several of these models had a fancy border of matelasse embroidery, others had borders of narrow fringe or superposed flat flounces and tucks. A very attractive black moire coat was lined with pink kasha, with degrade stripes. It had a beige fox collar.

A number of the straight afternoon coats have boleros or effects of long jackets at the back or else short shaped capes.

Two-piece suits are again popular, and they have rather short straight sweaters, often worn with a narrow belt. Skirts are pleated in front or all around.

There is a whole series of navy-blue afternoon frocks, which are very pretty and of youthful aspect. Figured rep, with a very small regular design, is the most employed fabric for these frocks, but some were also in plain rep. White collars, neckbands, plastrons and cuffs, edged or trimmed with a band of color, are the most frequent trimmings, and very often small colored tassels are seen on the skirt, at the waist and perhaps at the bottom of the sleeves. Two colors, such as red and green, vivid blue and beige, etc., are the favorite combinations for these decorations. Neck lines are very small and generally rounded.

Straight lines are the rule for simpler frocks and the fullness is generally in front; it is obtained by rather deep pleats. The beltless straight bodices have complicated "decoupees," or trimmings of tiny tucks, forming slanting or rounded lines.

On one of the frocks in figured rep the front of the skirt had superposed flat flounces and the plain, straight

bodice gathered all around or have floating panels (pointed or shaped), giving an irregular hemline. They are made in chiffon over crepe georgette and have trimmings of embroideries very discreetly used. Some models were also trimmed with lace and fringes (silk or bead), and the newest ones have very important decorations of ostrich feathers. This is to be noted, as for several seasons ostrich feathers have been completely out of use. A very effective model in yellow chiffon had a wide border of ostrich feathers at the bottom of a much-gathered skirt. These feathers were graded from yellow to purple. On another black chiffon frock the feathers trimming the skirt were black and white.

Do you realize that the largest part of the income of an individual is spent in the purchase of food? In fact, the home manager, who is the purchasing agent of the home, spends 80 per cent. in buying food. If everyone knew this fact, food would be chosen with more discretion. Every housewife knows all children under 16 should have at least one quart of milk a day, and yet money which should be spent for this item is spent for some needless food. If the child is unable to drink this amount plain, there are a number of ways in which it may be used, such as cocoa, custards, puddings. Also use milk freely in seasoning vegetables.

In planning the family meals at least two vegetables should be served every day, and three if possible. One of these is the potato and the other one or two should be a succulent vegetable. Plants such as lettuce, cabbage, spinach and celery, which add roughage, are excellent and really put new life into our bodies. All foods which can be eaten raw should be served raw. It not only saves fuel and time, but none of the food value is lost during cooking.

**FOR THE DOUBTFUL AMATEUR COOK.**

- Two teaspoonfuls of packed soft butter, one pound.
- One and one-half cupfuls firm butter, one pound.
- Eight large or ten medium-sized eggs, one pound.
- Four heaping tablespoonfuls soft butter, one cupful.
- One pint well-packed soft butter, one pound.
- One white of egg, one ounce.
- One yolk of egg, one ounce.
- Four even teaspoonfuls make one even tablespoonful.
- Twelve tablespoonfuls dry materials, one cupful.
- Two cupfuls, one pint.

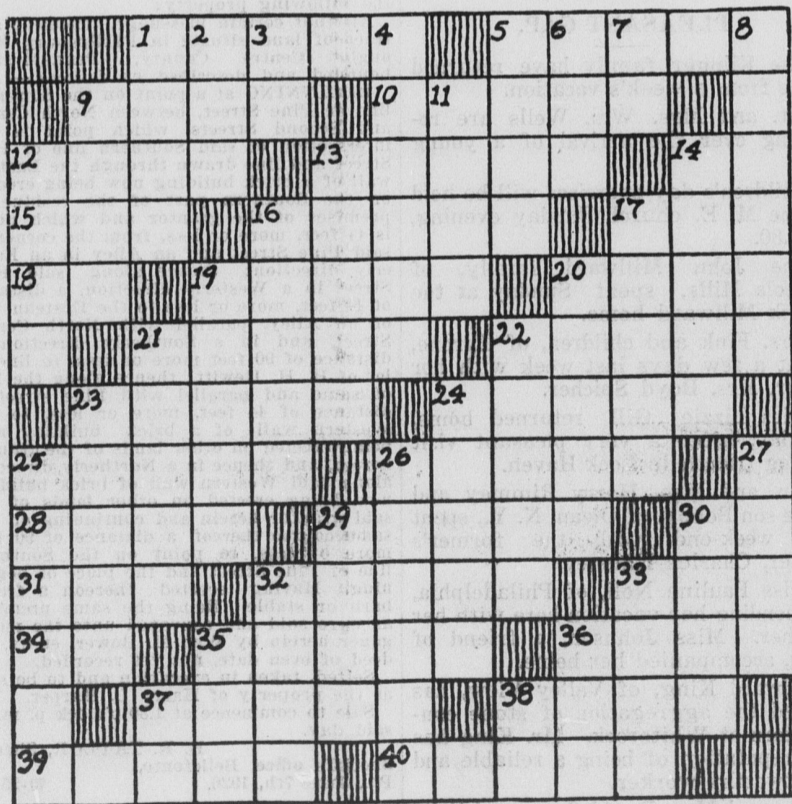
**Solution to Cross-word Puzzle No. 2.**



**HOW TO SOLVE A CROSS-WORD PUZZLE**

When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definitions listed below the puzzle. Thus No. 1 under the column headed "horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

**CROSS-WORD PUZZLE No. 3.**



**Horizontal.**

- 1—Tied
- 5—Minds
- 9—Musical instrument
- 10—A black bird
- 12—Painful
- 13—Conserved
- 14—Exclamation of hesitation
- 15—Heavy weight
- 16—Vehicle
- 17—Time past
- 18—Preposition
- 19—Large fruit
- 20—Naught
- 21—Burdened
- 22—German philosopher
- 23—Utters musical sounds
- 24—Customary action
- 25—To run after
- 26—Two of a kind (pl.)
- 28—Rabbit
- 29—Kind of lily
- 30—Proposition
- 31—Commercial announcements
- 32—Expenses
- 33—Distant
- 34—Note of scale
- 35—Harbors
- 36—Native of Turkey
- 37—Stringed instrument
- 38—Melodies
- 39—French authoress
- 40—Voluminous garments

**Vertical.**

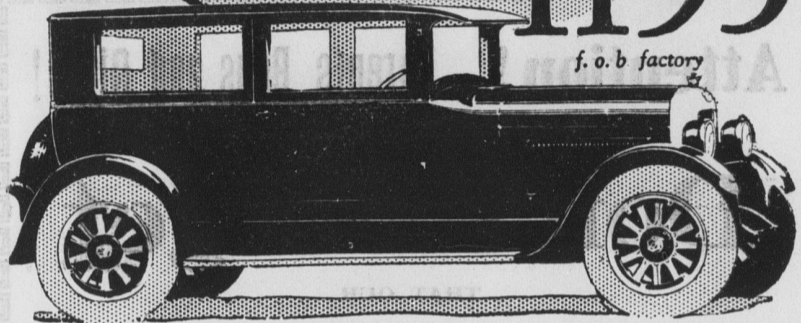
- 1—Stable
- 2—Native metal
- 3—Skyward
- 4—Mythical fire-breathing animal
- 5—Part of a stove
- 6—Couch
- 7—Printing measure
- 8—Institution of learning
- 9—Cry of an owl
- 11—River of England
- 12—Heavenly body
- 13—Sellings
- 14—An algerette
- 16—Tapering block of wood
- 17—A shield
- 19—A mansion
- 20—Striped animal of horse family
- 21—Falsifiers
- 22—Rains icy pellets
- 23—A spirit
- 24—Stops
- 25—Maps
- 26—A preacher
- 27—To labor
- 29—Salitors
- 30—Animals' coats
- 32—Pastry
- 34—To bind
- 37—Father
- 38—Month of Hebrew calendar

Solution will appear in next issue.

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If sickness or unemployment comes there is real distress.

How Foolish to Tie Ones Hands in This Way

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BELLEFONTE, PA.



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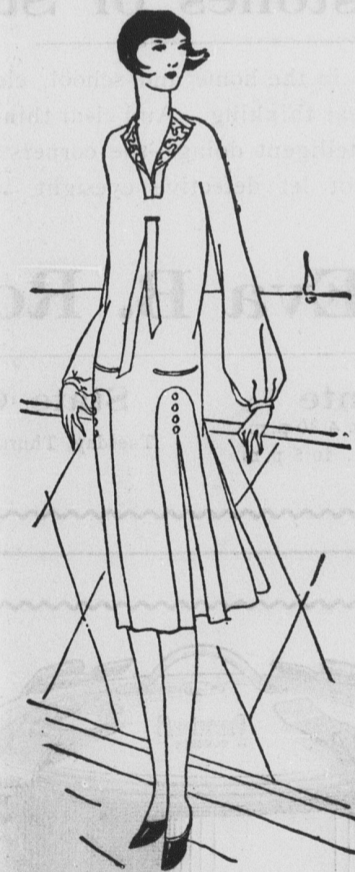
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