

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

He who from zone to zone Guides through the boundless sky thy certain flight, In the long way that I must tread alone, Will lead me steps aright.

—William Cullen Bryant.

Good butter is one of the natural foods which has an unusually excellent type of fat and contains much vitamin.

Butter fat has a very exceptional nutritional value, experiments have shown that life is prolonged wherever butter fat is used with other foods. The fat obtained from egg yolk has much the same reaction as butter fat upon growth, and it is generally believed from these experiments therefore that butter fat is a vital type of food for growing boys and girls. Butter is eaten more freely in cold climates than in warm climates. This is obviously due to the greater need by the human system for fats to guard against the cold elements. It is an ideal food for this purpose.

The fat of butter consists of free globules and is therefore easily acted upon by the digestive fluids. The fat of good, fresh butter is readily digested when taken into the system. If butter has become rancid, however, its ease of digestibility is lost. It should therefore be eaten always as fresh as possible. Rancid butter is injurious and will react unfavorably upon people with weak stomachs.

Renovating butter from old and rancid butter is sometimes practiced by dishonest manufacturers. This is done by taking old and rancid butter and melting it and removing the fat from the casein. Air is then blown through the fat to remove the disagreeable odors. The fat is then churned with milk, and from this a butter is produced. Needless to say, a product such as this is not fit to be used as food, although I have known of cases where it has been sold as first-class butter.

In order that butter be of the best quality it must possess a certain texture and grain and should neither be hard nor smeary. A good butter can easily be made by exercising the utmost care in its manufacture and by the use of only a high grade of cream and other ingredients. Butter that is made from "centralized" cream, that is, cream that comes from creameries that are grouped in central locations, is usually more uniform in quality than that made from cream that is obtained from scattered districts, because better control of the quality of the cream can be exercised at "centralized" dairies.

Good butter is yellow in color but in winter time vegetable color has to be added, because the cow does not obtain the green food that it gets during the rest of the year. Of course the manufacturers of good butter use only certified vegetable color, which does not greatly affect purity of the product.

The pasteurization of butter is an excellent precaution against ill health which may result from eating butter made from cream that has come from germ-infected cows. It is unfortunate that there is not more pasteurized butter on the market, for, as in the case with milk, great harm can be done by unscrupulous dairymen who sell milk and cream that is contaminated with the dreaded tubercular germ.

The vitamin content of butter, as has been mentioned, is one of its most important characteristics. Vitamin A is present in butter. This is the great growth promoting vitamin and has a great influence upon the prevention of malnutrition. Butter being one of the richest sources of this vitamin is, for that reason, as well as many others, a very valuable food for young people and in its vitamin content is equal to or superior to egg yolk, fat and cod liver oil.

Butter contains certain minerals, such as calcium, magnesium, potassium, sodium, phosphorus, chlorine, sulphur and iron. But the mineral content is not very high as compared with other foods.

It must be borne in mind that in speaking of the vitamin and mineral content of butter I refer only to a high grade of butter. That of an inferior quality has little to recommend it as a food; the vitamin content is small and the fat is less digestible in a low grade of butter.

Because butter is one of the most common of our daily food commodities and is used so extensively in large quantities, it is highly important that housewives buy only the best grades that are known to be of good quality. It is practically a waste of money for them to buy inferior butter, which may even cause harmful effects to those who eat it.

The difference between good and bad butter is not always easy to detect. At least it is not evident while the butter is inside the wrapper, and it is not at all difficult for frauds in the sale of butter to be imposed on an unsuspecting public. For these and other reasons already stated, I repeat that the consumer should protect himself by insisting on some well-known brand that is made by a manufacturer who has the reputation of producing an honest product of the highest grade, clean and wholesome and properly packed to keep it free from dust and dirt.

SEA-FOAM FUDGE.

Put over the fire in a clean saucepan one cupful of light brown sugar, a half cupful of water and a third of a cupful of grated chocolate and boil without stirring until it spins a thread from the point of a spoon. Having beaten stiff the white of an egg; pour the boiling mixture upon it and stir until it begins to stiffen. Drop from a spoon on waxed paper in little bonbons, or pour into a greased pan before it begins to stiffen and mark into squares with a buttered knife.

FARM NOTES.

When picking apples pay attention to the presence of red spider or injuries of other insects, such as leaf rollers, codling moth, curculio, and scale insects, so that orchard practices in the spring can be planned to control such pests.

Many flocks of pullets, raised this year, are found to be infested with worms. None of the many remedies are giving entirely satisfactory results. Kamala capsules for tape worms have proved the most satisfactory of any of the known remedies.

Financial results of feeding lambs and steers during the winter of 1925-26, have been released in a preliminary report by the department of economics and sociology, Colorado Agricultural college.

The figures upon which this report is based were secured from detailed farm records kept by 19 operators in the Greeley area. In making a four-year comparison of lamb feeding and a three-year comparison of cattle feeding it is shown that the man who handles 1,000 lambs per year and 100 steers per year would have \$550 total net income from lambs and \$170 from cattle, or a total of \$720, thus giving a return of approximately \$200 per year.

Upon the face of the returns this does not appear to be a very profitable business, but it should be remembered that during the four years each operator had a home market for his alfalfa, barley and other farm raised feeds at prices as high as the local market would offer. This enterprise also provided labor for the operator and his helper during the winter. It was also possible to provide some work for the horses during a slack season of the year.

In addition to these advantages the manure produced was available for soil improvement. No credit was given to either sheep or cattle in these reports for the value of the manure. It is certain that the systematic application of farm manure to the land will result in securing larger crop yields. Larger yields increase the farm income.

When a long-time point of view is taken, and losses are set against gains, the general opinion will tally with the results shown in this report, namely, that the farmer who feeds sheep or cattle, or both, will be ahead at the end of the period. His farm will be in better condition, his crop yields will be greater and his bank account in better shape than the man who relies upon crops for his income.

R. T. Burdick, Associate Economist, Colorado Agricultural College.

Sweet clover hay is a satisfactory substitute for alfalfa in the ration of the dairy cow, say dairy specialists of South Dakota State college. If it is well cured and not too coarse it supplies nutrients quite similar to alfalfa hay in quality and quantity. It is not as palatable a dairy feed as is alfalfa and because it is somewhat coarse and stemmy the high-producing milk cow should not be required to clean up all that she is fed. In localities where both legumes can be grown successfully the usual practice of dairymen is that of relying upon the alfalfa crop for hay and upon sweet clover for pasture.

With a few exceptions sweet clover seems to give excellent results as a pasture crop. While the number of trials to determine its value are limited in number several experiment stations report no ill effects on dairy cattle when pastured on sweet clover. Furthermore these reports show that milk flow was maintained satisfactorily and no complaints were received reporting the odor or flavor of the milk as being disagreeable. Occasionally the loss of a cow from bloat is reported when sweet clover is pastured. But bloat seems to occur more frequently on alfalfa pasture. Unless the crop is pastured closely the growth will become rank, coarse and unpalatable.

It is estimated that sweet clover makes equally as nutritious silage as alfalfa. The amount of moisture in the legumes as cut for hay is usually high and if silage is made of this green material it is advisable to let it become slightly more mature than when cut for hay. One South Dakota dairyman reported satisfactory results with sweet clover silage last summer. There is, however, not enough evidence in support of this practice to warrant more than a reference to it.

Under most conditions in Colorado the price of butter fat makes many dairymen hesitate to feed whole milk to their calves.

Whole milk is nature's food for the calf, but skim milk, properly supplemented will, in the light of many experiments, make a feed which is equally as good. Whole milk may make a better calf than skim milk, but not necessarily a better cow. Skim milk is the whole milk after the fat has been removed by the farm separator. It must be supplemented with feeds which are high in energy-giving nutrients called carbohydrates and fat. Such supplements are corn meal, kaffir meal, ground barley and like feeds. The following ration is one suggested in the feeding of skim milk to calves: ground oats, one part; ground barley, one part; wheat bran, one part; skim milk and hay.

Corn meal or kaffir meal may be substituted for the ground barley in the above grain mixture.—Extension Bulletin 236A. Colorado Agricultural College.

Knowing how to calculate good rations does not constitute all the skill in getting the most milk from a herd of cows at the least cost and with the least wear and tear on the cows. Knowing feeds and the calculation of rations and not knowing cows is much like the theoretical agricultural economist who knows the theories of cooperative marketing without knowing the American farmer and his agriculture. There are thousands of dairymen who are doing a good job of getting a lot of milk from a herd of cows who do not know the arithmetic of calculating good rations, but these are men who know cows.

The Great Gold Puzzle.

No effort is made to mine the great quantities of gold in the Black Hills, within sight of President Coolidge in his summer home, for the reason that gold is the one commodity that has not risen in price since 1914. In fact, as the price of other commodities measure in gold has risen 52 per cent., the value of gold has fallen in the same proportion. Depreciation of gold and appreciation of other commodities has raised the cost of producing gold, with the result that there is no profit in working low-grade deposits of small extent, or where combination with other metals makes extraction costly. "Good as gold" no longer expresses the truth.

One of the many paradoxes springing from the world war is the fact that, though gold is more than ever needed as a money metal in countries afflicted with depreciated paper currency, it remains pegged by law of the United States at the pre-war price of \$20.67 an ounce in face of the rise in the gold price of everything else. To the miner, gold is a metal which he cannot afford to produce at a price below cost—in other commodities. To the government, gold is a measure of value, which can serve as such only by being held at a fixed price, stated in dollars and cents. In normal times commodity value of gold fluctuates above and below this fixed price, fluctuations being recorded by the gold prices of other commodities, but remains reasonably constant. When the war drove up the price of things in general, gold stood still. Though prices in general have returned only halfway to the pre-war level, gold remains at that level.

Schemes have been proposed to levy an excise tax on gold consumed in industry and the arts, and from the fund thus established to pay a premium on gold newly produced, equal to the rise in price of other commodities. That would cause many mines in the Black Hills and other low-grade districts to be worked, would increase the supply of gold and should make its commodity price closely correspond to the pegged price at the mint.

Post-Office Department Now Using 6,982 Autos.

There are now 6,982 automobiles, government-owned and under contract for carrying mail, in the Post-Office department, figures made public show. Air-mail planes in 1925 flew 2,500,000 miles the figures also show, 14,145,640 letters being carried by the latest method of transportation.

There are in operation 45,314 rural routes, supplying 31,000,000 individuals. Rural carriers in 1925 traveled 1,234,153 miles daily and 337,650,871 miles during the year.

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Farm Electrification Shows Big Results.

A recent survey of 27 States shows that 228,000 farms in those States were receiving electric light and power service on January 1, 1927. In 1924, only 122,000 farms in these same States were receiving such service.

Studies of the rural electric service problem are now being made in Alabama, California, Idaho, Illinois, Indiana, Iowa, Kansas, Michigan, Minnesota, Nebraska, New Hampshire, New York, Ohio, Oklahoma, Pennsylvania, South Carolina, South Dakota, Texas, Virginia, Washington and Wisconsin.

Indiana has a traveling school on wheels and rails which carries and demonstrates the milking machine, cream separator, poultry house lighting system, incubator, water supply system, odd job motors for turning grindstones, running churn, fanning mill, washing machine, corn sheller, feed grinder, cider press and wood saw.

Ten cents spent for electricity will cook for two persons for one day; do the farm family washing for one week; run the vacuum cleaner for 10 hours; operate the milking machine one hour and 20 minutes; separate 1,500 pounds of milk; heat a 150 egg incubator for two days; pump 500 gallons of water; saw one and two-thirds cords of wood; run a fanning mill three hours; cool the refrigerator for 12 hours. The farmer will be one of the largest users of electricity once he realizes its advantages and can get the service.

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A RICH MAN'S GAME.

(Continued from page 2, Col. 6.)

I get enough money maybe marry me?"

"Yes," said Sybil. And then Tommy forgot all about Dutch and polo and international matches and everything in the world except the light in her eyes and the glory in his own soul.

"Mama," said Pat, "Sybil is kissing Tommy on our front porch." His mother sped a swift glance through the French doors. "Pat," she said, "you come here this minute and eat your oatmeal."

"Oh, all right," said Pat philosophically. "Anyway, if she kisses him so much maybe she won't be all the time wanting to kiss me."—By Adela Rogers.

Real Estate Transfers.

Emilia Gangerni to Fred Lovin, et ux, tract in Bellefonte; \$1925.

John Edward Walker, et ux, to Emma W. Walker, tract in Boggs Twp.; \$1.

John G. Strayer to Epper E. Rider tract in Ferguson Twp.; \$4500.

Joseph D. Thomas Adm., to C. Arthur Thomas, tract in Bellefonte Boro.; \$1.

Ellen Gettig, et abx, to Alfred Dunkelbarger, et ux, tract in Bellefonte Boro.; \$175.

Eleanor M. Lyon, et bar, to Grace D. Mitchell, tract in Bellefonte; \$1.

M. I. Gardner, Adm., to Rena Z. Diehl, tract in Howard Boro.; \$1180.

E. B. McMullen, et ux, to William J. McMullen, tract in Millheim Boro.; \$1.

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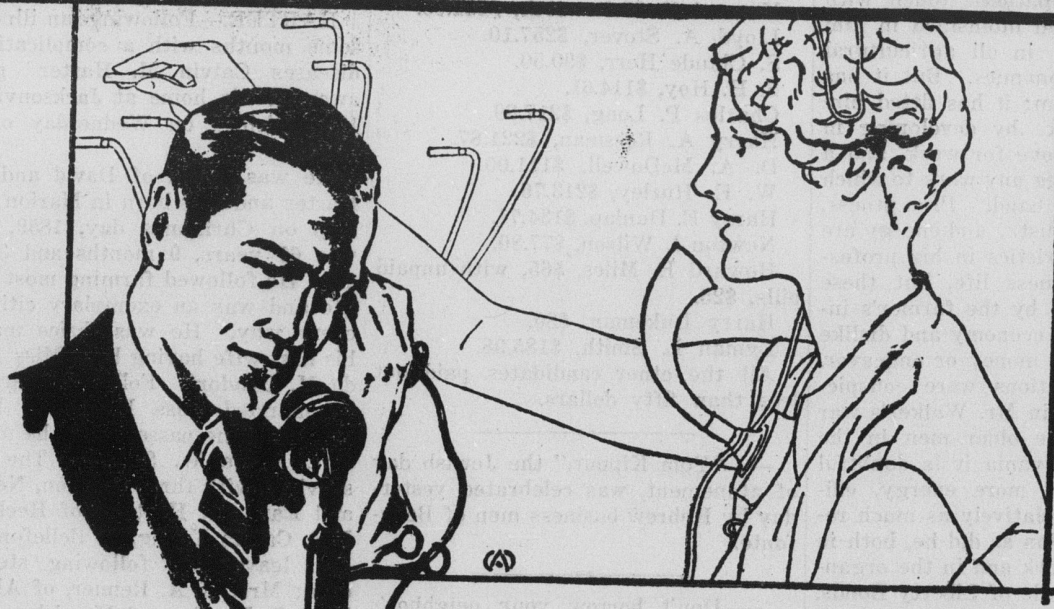
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