

MISS JOSEPHINE GIBSON TALKS ON WINTER SALADS.

Not only because most women are interested in dainty salads that so often perfectly act as a pinch hitter at meal time or for parties in the home, but because the author of the receipts below is an authority, with a Centre county background, we feel that our readers will be specially interested in the following:

At the request of the Westinghouse Electric and Manufacturing Company Miss Josephine B. Gibson, head of the home economics department of H. J. Heinz Co., of Pittsburgh, recently broadcasted a talk on "Salads and Salad Making" over K D K A. Miss Gibson is a daughter of N. J. Gibson, of Crafton, and is a grand-daughter of the late Dr. William Gibson, pioneer in the Presbyterian ministry in the western end of Centre county.

Miss Gibson's talk was, in part, as follows: "We are going to talk on the subject of "Salads and Salad Making," for we feel that it is of very great interest to home-makers.

"Every day salads are becoming better appreciated in American homes, and are filling a more definite place in our diets. Figures show that in the past few years, the amount of lettuce used in this country has increased 400 per cent. This shows that we are using a great many more salads and they are indeed an excellent addition to our diets, because they are not only attractive in appearance, but are nutritious and supply the roughage, minerals and vitamins which are so necessary for our well being.

"Salads range all the way from the light ones of lettuce or other greens, which should be served with the dinner, to the substantial combinations of meat, fish or vegetables which may form the main dish of the luncheon or supper. Fancy salads may be used as desserts or as refreshments for entertainments. So we see that salads play a varied and important role in our meals.

"This morning we are going to give you receipts in which, we believe, you will be interested. As we use more salads, we must consider some which do not require much time in preparation, and several of these which I am going to give you are very easily prepared.

"First, Tomato and Cheese Salad: "At this season of the year, we are using a great many tomatoes, and I am going to give you a recipe for a tomato salad that is just a little out of the ordinary. It is called Tomato and Cheese Salad, and it is prepared by cutting scalded and peeled tomatoes in halves crosswise and inserting between the halves, sandwich fashion, a rough layer of Philadelphia cream cheese which has been mixed with either one tablespoonful of Heinz Spanish Queen Olives, chopped finely, or one tablespoonful of Heinz Sandwich Relish, which is a creamy dressing filled with chopped vegetables, and furnishes the flavor of both olive and pickle without opening several jars. After placing the layer of filling between the halves of the tomato, with a sharp knife make an incision in the top of the tomato and garnish it by slipping in a sprig of parsley. Serve in a bed of lettuce with a spoonful of Heinz Salad Cream Dressing.

"In summer time when we have a variety of fresh fruits and vegetables it is not difficult to serve interesting salads, but in the winter it is a greater problem, and I am going to give you a recipe for an excellent winter luncheon or supper salad. It is called Luncheon Salad and the recipe is as follows: "Heat one medium can of Heinz Tomato Soup, add one tablespoonful plain gelatin which has been soaked in one-half cup cold water, two packages of Philadelphia cream cheese, and one cupful Heinz Mayonnaise Salad Dressing. As the salad begins to thicken, add one green pepper chopped; one-half cup chopped celery, and one-fourth cup Heinz Spanish Stuffed Olives chopped. Pour into a large mold or individual molds, chill and serve in nests of crisp lettuce. Garnish with a spoonful of Heinz Mayonnaise Salad Dressing and a sliced olive. This salad serves eight persons and is delicious with brown bread and butter sandwiches.

"I am going to give a recipe for a fancy fruit salad which is one of the best, we believe, that one can prepare. It is called Frozen Fruit Salad, and the recipe serves eight persons. The recipe is as follows. Two slices canned pineapple, diced; one orange, diced; one banana, sliced; one-fourth cup maraschino cherries, whole. Mix fruit together and moisten with one-half cup Heinz Mayonnaise Salad Dressing. Fold in one cupful sweetened whipped cream and freeze in the trays of an iceless refrigerator, or place the salad in a mold or in empty baking powder cans and pack the cans in a pan or freezer of ice and salt for three hours. Before packing the cans in the ice and salt, however, they must be sealed to prevent the salt water from reaching the salad, and this may be done quite easily by wrapping an inch wide strip of cloth, which has been dipped in melted fat, around the lid of the can. In this way the cans may be tightly sealed. Then pack the cans in ice and salt for three hours. Remove the salad from the can by running a knife around the inside of the can and cut the cylinder of frozen fruit into slices. Serve in a nest of crisp lettuce garnished with one teaspoonful of Heinz Mayonnaise Salad Dressing and a whole cherry.

"This is an excellent salad to use as the last course of dinner and allow it to take the place of both salad and dessert, or it is a very beautiful party salad and may be served with nut bread and cream cheese sandwiches. We hope you will try this at your next party.

"We will give you just one more recipe this morning, and it is for a salad that is suitable to serve during

the Hallow-eeen season. One cupful chopped apple, one cupful chopped celery. Moisten these ingredients with Heinz Mayonnaise Salad Dressing and place a mound of the salad in a bed of lettuce. Over the mound of salad, place half of a canned peach. In this peach insert two whole cloves to represent eyes, a whole clove crosswise to represent a nose, and a thin strip of pimento to represent a mouth. This is not at all difficult, and makes a fine Hallow-eeen salad.

"Attractive sandwiches to serve with this salad are made by cutting with a sharp knife, eyes, nose and mouth in a round of bread and placing these cut rounds of bread over another round of bread spread with a Philadelphia cream cheese and then with Heinz Currant Jelly. In this way the eyes, nose and mouth appear red."

When Miss Gibson, Home Economics Department, talked over the radio on Thursday, September 27, she stated that the Company would be pleased to mail copies of Heinz Book of Salads to those who asked for them by mail and one will be mailed to you if you write for it.

ALIENISTS TO DICTATE WHO SHALL MARRY.

Shall the cold voice of science strive to dictate to the old passion of love?

Dr. Bernard Hollander, famous alienist, and President of the Ethnological Society, put this question to members of the Society in an address on "Psychology of Love." He supplied his own answer: "Assuredly, yes."

Marriage was not a matter of a lover's evening out, said Dr. Hollander. It was an intimate association day in and day out which only compatible could face without disaster. Yet man still allows the almost unallowed primal instinct to guide him in this essential matter.

Success in marriage cannot be guaranteed even if selections are made by experts, says Dr. Hollander. "Still, we know enough at least to rob this most popular of all lotteries of its worst lottery characteristics."

"Nature," he continued, "has everywhere set the model. Civilized man, in proportion to his advancing culture, has to improve upon the model.

"As man the barbarian came to apply rules culled from the school of experience, so he became civilized, cultured, intellectual and moral. Scarcely in any other field has he allowed the primal instinct to hold sway, so little influenced by the rules of organized knowledge, as in this all-essential matter of the union of the sexes.

"That men are not guided in choosing a wife by reason, appropriateness, a common-sense, good judgment, or any of the other evidences of sanity that they display in deciding the other problems of life is illustrated daily by the unsuitable matches all about.

"A man may praise domesticity and economy in theory, yet in practice it is not the girl able to manage a household who gets her hand held, but the maiden who has kept her fingers soft and white.

"Everybody is more or less led by the delusion that he can avoid the blunders of other people, and the stream flows steadily on.

"Even the most perfect man and the loveliest good woman have their defects; but sensible husbands and wives look the other way. Where they remain lovers throughout life, their conjugal good fortune owes much to a cultivated and happy blindness, on both sides.

"There is much opposition to making divorce easier, but none of the present system of allowing anybody capable of asking for a license, in person or by proxy, to marry. Until marriage is made more difficult and properly regulated, altruism would appear to lie in the direction of making divorce easier.

"If we were to stop the marriage of persons whose family records show the history of serious or bodily disease, a few people would be allowed to marry. On the other hand, by allowing, as we do, chronic lunatics, imbeciles, epileptics and habitual drunkards to get married, the contamination of the race has become so great and the care of the useless offspring so heavy a charge on the community that some effort should be made to slay this curse on the land.

ADVERTISING

A hen is not supposed to have much common sense or tact, yet every time she lays an egg she cackles forth the fact.

A rooster hasn't got a lot of common sense to show, but none the less, most roosters have enough good sense to crow.

The mule, the most despised of beasts, has a persistent way of letting folks know he's around by his insistent bray.

The busy little bees buzz; bulls bellow and cows moo; the watch dog barks; ganders quack; doves and pigeons coo.

The peacock spreads his tail and squawks; pigs squeal and robins sing, and even snakes have got the sense to hiss before they sting.

But man, the greatest masterpiece that nature could devise, will often stop and hesitate before he'll advertise.

Edition of Highway Maps Exhausted.

The total edition of 150,000 tourist maps issued during the current year by the Pennsylvania Department of Highways has been exhausted, that Department announced. No more maps will be printed until revision is completed and preparations made for the 1929 touring season.

"Pennsylvania Highways," the tourist booklet issued by the Department is still available at a cost of 4 cents to cover postage. This booklet contains a map which is suitable for all practical purposes outlining the entire State highway system and distinguishing between improved and unimproved roads as well as State and Federal route numbers.

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FOR AND ABOUT WOMEN.

DAILY THOUGHT

A rose to the living is more Than sumptuous wreaths to the dead; A rose to the living is more. In filling love's infinite store, If graciously given before.

The hungering spirit is fed— A rose to the living is more Than sumptuous wreaths to the dead. —Nixon Waterman.

Flowers are sometimes worn tucked under a jeweled bracelet by women who pride themselves on being just a bit ahead of the mode. A small posy of mixed flowers, or a gardenia or camelia, is the smartest choice. Sometimes both flower an chiffon handkerchief are worn under a bracelet, or an artificial flower is knotted in a handkerchief tied around the wrist.

A bony neck eliminates the look of youth quite as successfully as a large girth and heavy shoulders and women should therefore do all they can to restore and preserve the youthful contours of the neck, points out Eileen Bourne in Liberty magazine.

An excellent exercise for filling in the hollows around the collar bone, according to the writer, is to "stretch the arms at full length at the sides, even with the shoulders. First rotate them about 20 times at the sides, then clap them alternately in front and back without bending the elbows. If in doing this you keep your shoulders absolutely even and your head up, you will gradually develop firm flesh to conceal all neck and shoulder bones. No treatment is more certain than this.

"Of course, there is a slight benefit to be had from massage," continues Miss Bourne. "Rub in cold cream with a very vigorous rotary motion. Neck and shoulders can take a good drubbing."

The ideal cellar is one which is so divided that coal and wood may be kept in one part, vegetables in another, a closet for food. If raw or cooked foods are to be clean, dry cellar, that part must be clean, dry and light. As milk is a great conveyor of disease producing "germs," it requires strict and absolute cleanliness and should never be kept without a covering. Keep it in capped bottles if possible.

Lime is the best of all disinfectants and should be used freely in the cellar in the form of white-wash. Where the cellar is in constant use, for foods in summer and winter, it should be whitewashed twice a year; air the cellar at night and close it during the day. The opposite method will cause the walls to sweat and the cellar will be damp. Do not "stop" up the cellar windows in the fall. In this way the house becomes contaminated with vegetable odors and furnace dust. Colds and other ailments are common.

In caring for the furnace arrange with the caretakers to have once a day, sufficient, for a general raking, see then that chimney drafts and cellar windows are opened until the dust is blown out. Many persons look upon this dust as simply ashes, but if you stop to think you must realize that it frequently carries with it much foreign matter.

Stand in a room and watch the swaying of a sunbeam and you will see a stream of particles of all shapes floating in the room, each carrying with it some microscopic friend. Rubbish should be burned, never allowed to accumulate in the cellar, all decomposing vegetable matter should be quickly removed. Many odors are unpleasant, but not harmful, such as the odors from carelessly cooking cabbage, onions or turnips, or rapidly boiling in covered vessels. A substance important for the digestion of the vegetable, dissolves in the water and is thrown off in the steam. Passing upwards, it scents the whole house with a very disagreeable odor. This is not necessary. Cabbage has no odor when well cooked.

The odor from heating fats and fish are also preventable. Cook fish in the oven, and open transoms or windows at the top when frying. Keep doors shut that lead to other parts of the house. When frying is finished, stand the frying pan or kettle outside to cool, or cover it closely. A little thought and care on the part of the cook, will prevent the steam or odors of the kitchen from going to other parts of the house.

To ventilate an ordinary house properly, one should have ventilators near the ceiling. A window open at the top will answer. My way is to open the windows in the morning while the upstairs work is being done, then close them for the day. If the house is super-heated, as most of our modern houses are, open a window or two a few inches at the top. Do not open both top and bottom. The air simply forms a current, coming in at the bottom and going out at the top. In this way the air of the room is not materially changed.

If, however, the lower part of the window is opened and the space is covered with a strong cloth or paper, tacked down at the sides and across the bottom of the window, the cold air will be drawn up, and striking the ceiling will drive the warm air and floating dust out of the upper portion of the lower sash, making perfect ventilation. This is an excellent way to ventilate a sickroom when the bed is near a window, for the air cannot strike the bed. Cold air is not necessarily pure air any more than cold water is pure water. The vacuum has made our houses much more sanitary. The old-fashioned way of sweeping and dusting was responsible for many of our ills. Dust is dangerous.

Bunions are usually caused by narrow-toed shoes that force out the joint. Get broad, very broad, shoes and wear a pad of cotton between the big toe and the next one, which will straighten the joint. As long as the toe turns toward the foot it will be painful.

When the feet pain, rub them with cold cream, dust with almond meal and cover with big towels wrung out of hot water. Afterward rinse with cold water. You will be surprised at the relief this will bring.

—Subscribe for the Watchman.

DR. FRANK CRANE DISSERTATES ON MILK.

Milk is perhaps the most ideal food for a human being. It is our only food in infancy and a food too little used by adults. It has been called "the perfect food."

It is a food, however, that is hard to keep, for it readily spoils at too great a temperature.

We have preserved all other kinds of foods, we have salted fish, canned vegetables and fruit, canned meat and smoked ham.

In 1851 a man went to England with a meat biscuit he had invented. On the ship on which he traveled there were cows to give fresh milk. At that time most vessels resembled floating barnyards, that is, most vessels that pretended to give human comfort. The inventor observed on his return trip home in the summer that the cows were sea sick, the milk was bad and many babies died.

Coming home he devised a process of drying milk and canning it. After much difficulty the enterprise was successful.

It grew to great proportions during the Civil War, when the government bought the entire output of his factories.

Since then preserved milk has been a boon to all explorers whether in the frozen regions of the north or in darkest Africa.

Herbert Hoover preserved the lives and health of some 1,200,000 Belgian children by condensed milk.

Our own Mr. Strauss has proved himself a public benefactor by supplying more milk for babies.

Any traveler in Europe is familiar with the dirty milk that is supplied everywhere from milkmen's cans. These have been replaced almost entirely in America by the bottle.

Still about 6,000,000 children in the United States between the ages of two and fourteen are undernourished. They are stunted for lack of proper food, usually for lack of milk. The various companies handling milk have done much good by disseminating knowledge as to the value of pure milk. Pure milk has as much to do with preventing infant mortality as any other one thing. In China, years ago, when they had plenty of cows, they created a great civilization, now that they have cut down their supply and eaten their cows, they kill as many babies as they raise. You cannot bring up a child, with success, on tea.

Those health departments in the various cities which are insisting on pure milk, and the companies which contribute their success to the distribution of pure milk, deserve all encouragement. Nothing could be of more importance to the public health than the maintenance of a supply of pure milk.

Black Walnut Stand Shows Rapid Growth.

Harrisburg—That black walnut is one of the most valuable timber trees native to Pennsylvania, and grows rapidly when planted on suitable sites is shown by the result of a planting made by M. W. Nace, of McConnellsburg, Fulton county, according to special forest tree plantation studies now in progress by the Pennsylvania Department of Forest and Waters. Mr. Nace purchased 200 black walnut seedlings in the spring of 1921, which he planted in an old field. These trees were spaced seven by seven feet, and covered an area of about a quarter acre. The soil was covered with sod and had a western slope. An examination of this plantation, recently made, shows that 95 per cent. of the trees are living and growing rapidly, and that the maximum diameter at breast is 2.5 inches, with a maximum height of 16 feet. The maximum height growth in 1928 was eight feet, while the average for the entire stand shows a diameter growth in 1928 of 1.2 inches, and an average height growth of 8.9 feet. This data proves conclusively that black walnut, when planted in deep, moist soil, rich in lime and decayed vegetable material, makes exceedingly rapid height and diameter growth, Department officials said.

Mayo Gives Big Honors as Part of New Clinic to Honor Legionnaires.

A great carillon tower with some of the finest chimes in the world, were dedicated here as part of a large new clinic in honor of the American Legion and other patriotic organizations by Brig. Gen. W. J. Mayo.

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Merry Christmas! LAST Saturday, we mailed checks to those whose wise forethought provided for holiday expense through our Christmas Savings Fund. What a relief to know that the inevitable expense attending Christmas can be met without further thought. Now we are starting a new club. You may save any amount from twenty-five cents a week, up. You will be happier next Christmas, if you join. The First National Bank BELLEFONTE, PA.

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