

Your Health

THE FIRST CONCERN.



The effect of cooking on vegetables has been thoroughly studied by a number of investigators...

The method of cooking, the amount of surface exposed during cooking, the care observed in cooking and serving and the manner in which vegetables are cut for cooking...

Baking is the best method of cooking to preserve all the minerals. Next come steaming or pressure cooking. The method which takes the skill of the cook is the one of cooking in as small an amount of water as is possible...

Both flavor and mineral content are retained if vegetables are cooked whole and in their "jackets" when ever it's at all possible. The more cut surface that is exposed during cooking, the greater the loss of flavor and minerals.

If vegetables are allowed to "soak" in water for some time before cooking, both flavor and minerals are lost. Putting vegetables on to cook in cold water also is detrimental.

The custom of adding soda to preserve the color of vegetables is not wise, for its presence has a destructive vitamin C—and it tends to break the cells of vegetables, making them mushy and causing loss of fuel value.

The value of the vitamin content of vegetables is closely related to the cooking question. As all the vitamins are soluble in water the same principles of cooking apply for their preservation. Prolonged cooking often is the cause of unnecessary loss of vitamins. Vegetables that are not over-cooked and are served as soon as they are cooked and seasoned, will be more palatable and suffer less loss of vitamins.

There are certain foods which are admirably suited for use in their natural state.

Many vegetables, most of the fruits and nuts are palatable and are generally preferred uncooked. The so-called "starchy" vegetables require cooking to make them easily digested, but there's a wide variety of other vegetables that are as appetizing raw as cooked.

There are many points in favor of the eating of raw foods whenever it's at all possible. Heat has a tendency to destroy vitamin C, that substance so effective in preventing scurvy and so necessary for health and growth. Valuable mineral salts are lost in the water in which vegetables are cooked. The crispness of raw foods helps to develop the teeth. It is a decided saving in time and effort to serve foods uncooked whenever possible.

Vitamin C is not stored in the body, so daily supplies are needed. Raw fruits and vegetables give this vitamin to their fullest extent, for none is lost in cooking.

Although the raw fruits and vegetables have little value as a source of energy, they contain certain mineral salts which are effective in the processes of elimination. Their bulk adds another important element to the diet.

Nuts are a nutritious food supplying some fuel value and when added to a fruit or vegetable salad do much to increase its nutritive value. Grated or finely chopped raw vegetables make excellent salads and sandwiches for children. Even quite small children may have grated vegetables between thin slices of bread and butter and as they grow older they should have them in salads as well. New, tender vegetables that have not matured and developed hard, woody fibers should be chosen.

Infinitesimal care is necessary in preparing foods that are to be served "au naturel." Thorough washing to insure perfect cleanliness is imperative. Careful trimming and crisping to make them attractive and appetizing adds to their value. Some fruits and vegetables are covered with an inedible skin which protects the pulp beneath. Others are covered with a very thin skin that should be eaten if scrubbed and washed until perfectly clean.

Genuine rheumatism is caused by infection, by bacteria that travel through the tissues. Rheumatism is not due to uric acid. The source of the infection should be sought, whether in the tonsils, tooth sockets, ears, nose, etc., and the focus of infection removed.

RECEIVES GIFT OF SCOTCH PINE SEED.

A quantity of valuable Scotch pine seed has been given to the Pennsylvania department of forest and waters by the American Tree Association, in Washington, D. C., State Forester Joseph S. Illick announced. The seed is of the valuable Riga variety and was received from Charles Lathrop Pack, president of the association.

Research investigations by foresters have shown that the quality of tree seed is an important factor in producing straight and thrifty trees that yield high quality lumber. At least twelve varieties of Scotch pine have been recognized in Europe and most of them produce trees of inferior quality.

In traveling through the forests of Europe one is impressed with the wide range of quality in forest stands, particularly of pitch pine, Illick asserted. One of the forest authorities there says that in Germany there were at least 750,000 acres of Scotch pine trees developed from trees of unknown origin and poor quality.

The importance of the source of Scotch pine seed to Pennsylvania tree planters is apparent because more than 16,000,000 Scotch pine seedlings have already been used for reforestation in the State and the tree is still one of the leading species being used. Seed of the Riga variety is the most valuable and the most difficult to obtain. The gift of certified seed from the American Tree Association is therefore greatly appreciated by forestry officials.

Scotch pine grows in a wide range of soil and climatic conditions in its native land and is considered a promising tree in Pennsylvania provided that trees are grown from seed of approved origin. The wood is used extensively for general construction, ties and mine timbers. The seed has been planted in large numbers by the mining companies of the State. It has been planted extensively on the State forests since 1909.

Other foreign tree seeds recently received by the department were several pounds each of Japanese cypress and Cryptomeria. These trees are native to Japan and are among their best timber trees. The seeds were received from the United States department of agriculture and planted in the Mont Alto forest tree nursery. Japanese foresters, says Dr. Illick, have been planting these trees on a large scale and the trees raised at Mont Alto will be used for experimental plantings on the state forests.

FORESTER AND BEAR IN SAME WATER HOLE.

"A number of unique experiences in fighting forest fires have been reported following the recent spring fire season."

District Forester T. I. Shirey with headquarters at Johnstown, reports an unusual experience in which one of his fire wardens was caught in a forest fire and had to take refuge with a live bear in a water-hole.

Warden Alfred A. Bathurst, of Bellwood, received the call that assistance was needed on a forest fire spreading rapidly in the vicinity of Dougherty in Dean township, Cambria county. On joining with other fire fighting crews directed by Forest Inspector Chamberlain, he was assigned to a particular section of the fire with his spray tank. The tank needed refilling while the fire was at its height and Bathurst started for a trusty water hole familiar to the local forest protection forces.

On filling his spray tank the warden began his return trip to the point of attack which led through a scrub-oak thicket. The scrub oak not only retarded his progress but added fuel to the flames, assisting the quick sweep of the fire. Bathurst was forced to turn back and sought refuge in the water-hole. This time he found a large bear lying in the water with its tongue out and panting.

"The bear did not offer to molest me nor did I try to run away until after the flames had passed," concluded Bathurst. "We stayed in the water-hole together for possibly fifteen minutes. When Mr. Bruin got up it seemed as if he was nearly exhausted as he staggered out and up the bank. Then he slowly walked off through the woods, headed away from where the fire was still burning."

"Another peculiar angle to the incident," relates District Forester Shirley "is that when Warden Bathurst had been missing for some time he was given up for lost and reported burned to death by both the inspector and his fellow wardens. One of the wardens, who claimed that the flames leaped fully 100 feet in the air, said that it was impossible for Bathurst still to be alive under the conditions the fire assumed."

PENNA. STATE COLLEGE NEVER CLOSES ITS DOORS.

With the opening of a two-weeks inter-session at the Pennsylvania State College on Monday a new educational feature was started and emphasis was given the college claim that its doors are never closed. In the new feature the college has taken advantage of the two-weeks period between the close of the regular session and the opening of the summer session to offer facilities of the institution to public school teachers and others who desire intensive courses within a short space of time.

Approximately 200 have enrolled for the inter-session. Most of them are mature men and women who have returned to the role of student to improve their technique as teachers. A majority of them plan to remain for the six weeks' summer session which opens on July 1, with an expected enrollment of 3000.

BATTLE OF BUNKER HILL.

Many people think that the Battle of Bunker Hill consisted of an assault by British troops upon an earthwork on top of the hill in Charlestown, where the monument now stands. That is not true; or rather, it is only partly true according to Willard De Lue in the Boston Globe. There was an earthwork on the green plot now a park, on the crest of Breed's hill—the monument grounds—and there were attacks made upon it by the British. But much of the fighting was done to the northward of the monument, on ground now covered by city streets, dwelling houses, schools and wharves.

One must walk several blocks northward to reach the scene of the other and equally important fighting of that historic day. When the British troops landed at Moulton's point, close to the present Chelsea bridge, it was clear that an attempt would be made to march up the Mystic shore and thus reach the rear of the redoubt on the hill, rendering it untenable.

To prevent this about 700 New Hampshire troops, under Colonels Stark and Reed, and 120 Connecticut men took position behind a two-rail fence that ran down hill to the rear of the earth wall on the hill. Recent surveys showed this wall to have started near the north corner of Green and Bunker Hill streets today, and to have run thence down to the beach. Before the fighting began some of Stark's men continued it clear across the beach to the water's edge; and there it was that the first attack, that of the British light infantry column, was made and repelled by the gallant men of Amoskeag.

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WATER WHEEL COMES BACK AS POWER UNIT.

The old-fashioned water wheel, the same that ground the grain and did the other mill work for our great grandfathers, is coming back to usefulness in this mechanistic year of 1930!

On many eastern country estates quaint little stone mill buildings have begun to appear beside the streams, and power derived from the water wheel, transformed into electricity, is being used to provide light, refrigeration, the pumping of water, heat for cooking and, in emergencies, even household heating, reports Home & Field magazine in its current issue.

Not only on elaborate estates, but on large farms where economy of operation is a factor, the combination of water wheel and electric generator is coming into popularity with owners, says the article, which continues:

"There are few country places which do not have a brook large enough to furnish sufficient power for electric light and small appliances, or at least to pump water, and many have streams large enough for an electric range, while a few have sufficient power to supply some heat. To illustrate that many small streams are overlooked

a stream three feet wide and one foot deep flowing at a velocity of 30 feet a minute will produce enough electricity at 10 foot head to supply 20 25 watt lamps continuously, or 30 such lamps for six hours out of the 24.

MEN OUT-NUMBER WOMEN AS WARDS IN COUNTY HOMES.

A survey of the eighty one county homes in the State shows that exactly two thirds of the inmates are men while women comprise only one third of the population. This ratio made public today by the State department of welfare in a report from Mrs. E. S. H. McCaulley, state secretary of welfare, held throughout the State with virtually no deviation to such an extent that plans for rebuilding new buildings now carry provision for men and women in that ratio.

Formerly the homes were divided in half but it was found that in all of them, the men's quarters were overcrowded while there was vacant space in the women's quarters.

The reasons contained in the report indicate that there are more homes and institutions provided for women only and that more women are taken into private homes than men.

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After the First Twenty-five Thousand Miles

THE VALUE of sound design, good materials and careful craftsmanship is especially apparent in the new Ford after the first twenty-five thousand miles. Long, continuous service emphasizes its mechanical reliability and economy of operation and up-keep.

As you drive the Ford through many months and years you will develop an increasing pride in its appearance and a growing respect for the substantial worth that has been built into it. From every standpoint—in everything that goes to make a good automobile—you will know that you have made a far-seeing, satisfactory purchase.

Wherever you go, you hear enthusiastic praise of the car and this significant, oft-repeated phrase—"I'm glad I bought a Ford."

A FORD owner in New York tells of a 13,000-mile trip across the United States and back in sixty days and says "the car was extremely economical to operate, comfortable and speedy." A grateful father tells how the Triplex shatter-proof glass windshield saved his wife and children from serious injury.

To test tires, a large company drove a new Ford day and night, for an average of 500 miles every twenty-four hours. It was still giving satisfactory service after 105,000 miles.

A Ford car that had fallen into Fernan Lake was submerged for twelve days before being raised. After a new battery and carburetor bowl were installed, it was driven back to Spokane under its own power.

Many police departments have written of the special advantages of the Ford in crowded traffic because of its alert speed, acceleration, and ease of control. An increasing number of fleet owners are also purchasing the Ford because their cost figures have given conclusive proof of its economy of operation and up-keep.

In addition to important triumphs in Germany, France and Italy, the Ford won six out of seven leading places in a contest in Finland, first and second in the Rafaela races in Argentina, first and second in the

run from Copenhagen-to-Paris-to-Copenhagen, three gold medals in England, first ranking in the durability test over the tortuous Amancaes road in Peru, and first place in the 1930 reliability run conducted by the Royal Automobile Club of Sweden.

This contest was an exceptionally severe test of endurance and sturdy construction because it was held in the dead of winter and covered 600 miles of steady running over snow-covered country roads and mountainous hills.



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