

**Your Health**  
THE FIRST CONCERN.



**THE ECONOMICS OF DIET**

Dr. Helen Mitchell, head of the Nutrition Laboratory of Battle Creek College and Sanatorium, gives the following practical information on reducing the cost of food to a minimum:

Let me tell you briefly how to divide your food dollar effectively.

"Twenty-five cents of that dollar should be spent for fruits and vegetables. The vegetables, such as potatoes, cabbage, carrots, onions and others in season, as well as some dried beans and peas. Apples are one of the cheapest fruits at present, although oranges purchased in bulk are not too expensive right now. If there are small children in the family certainly some oranges should be afforded, or in place of them, canned tomatoes, which are an excellent substitute. Prunes and other dried fruits may take the place of more expensive fresh fruits.

Another twenty-five cents from our food dollar should go for bread and cereals. These foods are the cheapest source of fuel and must be used more extensively on a lower-cost plan than is usually recommended when more money is available. When this much of the dollar is spent for bread and cereals, it is most important that a large proportion of these be made from whole grains, which supply in addition to fuel some very necessary minerals and vitamins.

"Thus one-half of our dollar has been spent for vegetables, fruits, bread and cereals. Of the remainder, at least twenty-five cents should go for milk, or more if there are small children in the family. How can we make this twenty cents buy the most possible milk? Fresh whole milk is the most desirable, but it is possible to use skim milk at two cents a quart for about one-fourth to one third of the milk supply. This can be used in the cooking of a beverage and has fuel value of about one half that of whole milk. "Another means of saving is to use evaporated milk. Not the sweetened variety, but the unsweetened, which is concentrated, fresh whole milk and can be diluted to double its volume with water and at present it is cheaper than fresh milk.

"Of the remaining thirty cents out of our dollar, fifteen cents should go for more concentrated body-building foods, such as eggs, cheese, peanut butter, and meats, if used. (Meats may be safely discarded when milk is used.) These are some of our most expensive foods, important to be sure, but they are not needed in as large quantities as the average American diet provides. We can afford to reduce our expenditures for this group of foods to quite an extent, especially when cost is an item.

"The remaining fifteen cents should be used for butter and other fats, such as butter substitutes—the best of which have the vitamin A content of butter—sugar, molasses and such extras as flavorings.

"On this basis, the weekly grocery order for a family of three or four should total about five dollars and forty cents.

"For some of you who might feel that these quantities sound like starvation rations, let me give you a few figures. The average man who is not very active needs about twenty-five hundred calories a day, a woman slightly less. The average for four adults in a family would not often be more than twenty-five hundred calories each, or ten thousand calories a day. For seven days, seventy thousand calories. The foods in our market list provide seventy-five thousand calories, allowing a margin of five thousand for possible waste, etc. Certainly one could not starve on such a food supply.

"But you ask, what change should I make in this budget if there are small children in the family? Our aim should be for every child every day—one pint of milk or more if possible, and plenty of whole wheat bread or whole grain cereals. If he is less than two years old a daily dose of cod-liver oil at this time of the year is a protection against colds, infections and rickets. Two teaspoons a day should be sufficient, although more is sometimes desirable. If we lived further south where we could have lots of sunshine, the cod-liver oil might not be essential, but for the next two or three months in this climate children cannot get enough sunshine, even if they play out of doors and we have to depend upon cod-liver oil, sometimes called bottled sunshine. Day old bread costs less than fresh bread and is also more healthful. Dried fruits of cheaper grades and in bulk have just as good food value and cost less than fancy varieties. Meats are expensive and supply essentially but one food principle, protein, and some small amount of minerals. Cheese, eggs, peanut butter, dried beans and peas are more than meat substitutes, because they supply not only good protein but also essential minerals and vitamins for regulating body functions. Always reduce or exclude meats, fish and fats before cutting down milk or vegetables. Eat some raw fruit or vegetable every day. Try chopped raw cabbage and grated carrot as salad.

"When the income allows more money for food, increase the amount spent for fruits, vegetables, butter,

**BEAVERS BECOMING NUISANCE AND HAVE TO BE "DEPORTED"**

Pennsylvania may be in the heart of the most popular part of the United States but it is the greatest game State in the Union. It is a recognized hunters' and fishers' paradise.

Nothing better proves what Pennsylvania game conservationists have been doing than our experience with beaver. So far as Pennsylvania was concerned the species were extinct when in 1917, the State of Wisconsin presented us with a pair. In 1920 we bought twenty-four from Canada. Now the game commission estimates the beaver population as 4890 and they live in 988 dams of their own construction.

Trapping experts of the game commission have had their hands full the last two weeks because of beaver damage complaints. So far in 1932 the commission has received sixty-two complaints, and thirty-six have been remedied. Since the beginning of the year sixty-seven animals have been live-trapped. Some were exchanged with other States for different kinds of game. The others were restocked in more desirable areas.

Complaints come because beaver damages commercially valuable trees on private property and important highways, appropriate man-made reservoirs or retard the operation of mills.

Last year the situation became acute. Sixty-three damage complaints came in and as a result 178 dams were destroyed and 220 beavers removed.

A survey last fall revealed the following: Occupied beaver dams, 988; beaver homes located in banks of streams, 137; near roads, 489; isolated dams, 362; estimated number of beavers, 4890.

**PLANS TO STUDY CRIME BY AREAS**

Do definite crime areas exist in Pennsylvania? The state department of welfare will seek the answer to this question this summer, during an intensive study to be carried on by advanced students of penology and criminology at the Pennsylvania Industrial School at Huntingdon and in a selected population sector chosen as a result of the findings at Huntingdon.

Everett A. Solway, of the institute of criminal law of the Harvard Law School, will spend ten weeks in Pennsylvania, making a study of a selected group of young men sent to the industrial school from one small sector of the State. This area will also be intensively analyzed in order to more intimately relate the social background of the young men with their careers of crime. Solway's work will be supervised by the bureau of research and statistics and the bureau of restoration of the department of welfare.

The study is prompted by the gradual increase in juvenile offenders throughout the State as shown by recent surveys. The sector to be chosen for the study will be located by means of spot maps showing the areas in particular cities where crime appears to have become a fixed institution.

Solway will live at the school during the early weeks of the survey in order to obtain an intimate understanding of the situation. After a definite "crime sector" has been chosen for further investigation, he will continue his study in this community, noting the background of each of the young men in the chosen group.

Graduate students of the department of psychology of the University of Pittsburgh, under Drs. Root and Giardini, will aid in the field survey. An exhaustive analysis will be made of the home life, social environment and schooling of each member of the group, in an attempt to show the causal factors leading to delinquency and crime in the community and enable the launching of a preventive program to eradicate the "crime area."

**BRUSH BURNING CAUSES MOST FOREST FIRES**

Carelessness in burning brush causes ten per cent of all the forest fires in the State, according to the records of the department of forests and waters.

Spring is the time of the year when trees and shrubbery are pruned, gardens cleaned preparatory to planting, and house and yard cleaning are in order. It so happens that at the very time this human desire for the disposal of rubbish is most acute, conditions in the forest are most favorable for the starting and spread of fire.

No one can tell a moment in advance what the wind will do, or from what direction it will blow. People are cautioned to beware of a quiet day in spring when they desire to burn anything in the open. The starting of even a small fire creates currents of heat and air, sparks carry great distances, and a fire may be beyond control almost instantly. The recommended manner is to burn brush in small piles, and the only safe time for spring brush burning is on wet days or at night. Always burn down hill and against the wind.

**FINGERPRINT RECORDS**

The State Bureau of Criminal Identification, conducted by the Pennsylvania State police received the fingerprints of 2070 persons arrested during April. Of that total, 462 were identified, from their fingerprints, as having previous criminal records.

—If you see it in the Watchman you know it's true.

eggs and cheese and cut down proportionately on the bread and cereals. Do not spend the extra for luxuries, such as fancy desserts, fruits out of season, or expensive meats.

**HOW**

**ELECTRIC EYE WILL BE USED IN SORTING MAIL.**

Postal employees about railroad terminals will be relieved of considerable work and time saved by the recent development of the photoelectric cell or "electric eye," as the device is frequently referred to.

It has now been assigned to the work of routing mail sacks. Each sack is loaded with mail for one city. When the sack is full it is placed in a tray container, which travels on an automatic conveyor system of the overhead monorail type. The containers are made up into "trains" pulled along at about five miles an hour by a motor-driven carrier, as many as 50 containers making up a train. As the train goes by the mail sacks are automatically sorted and dropped on the proper railway cars. In a demonstration arrangement in Cincinnati there were 34 possible destinations for the mail trays.

The light source (which actuates the photoelectric relay) at each railway mail car was arranged to shine its beam on a different plane from all the others and at one of the other of two angles. In order to cause delivery of any given sack of mail at a particular destination it is merely necessary to set the photoelectric tube on a suitable plane and at the proper angle to intercept a particular light beam, and no other. Thus only those mail sacks whose photoelectric tubes are correctly set are delivered. If the tubes are set correctly the mail is automatically delivered.

**WHY**

**Bessemer's Fame Belongs to America**

Failure to apply for a patent on a process which revolutionized the industry of the world cost the inventor the fame, if not the financial return, which his invention entitled him.

William Kelly, an iron manufacturer of Pittsburgh, discovered and worked out the process of steel manufacture known as the Bessemer process, but because he was slow in filing his claim for a patent, Bessemer, an English manufacturer, acquired the patent for the process. Kelly was later able to obtain the patent by proving that he was first, but nevertheless the name Bessemer has since continued for the process which Kelly worked out.

Much has been said and written of how inventors reaped small reward from their ideas and comparatively speaking, this held true with Kelly. He did receive royalties of \$450,000 for his steel-making process, but this sum is only a drop in the bucket of steel revenues.

Kelly's discovery came by chance. He noticed in a pot of molten iron one spot which glowed with incandescence, although no heat was being employed at the point. Investigation disclosed that a draft of air was being forced through at that particular point and he was quick to deduce that the oxygen of the air was burning the carbon in the iron ore, producing the intense heat and the resultant product which came to be known as Bessemer steel.

The first converter involving this process of blowing air through the molten iron was constructed in 1851 and the modern steel-making was launched.—Washington Star.

**Why Term "High Seas" Is Applied to Waterways**

"Why are the oceans called 'high seas'? Where did we get that term as applied to the ocean?"

One of the definitions of the word "high" is this: "Of relatively great importance; chief; main; principal."

The high seas are the main sea, just as a high road is a main thoroughfare. The term is applied to waters which do not lie within the body of a country, and are beyond the territorial jurisdiction of any government.

The United States Supreme court, through a division of opinion, has held that the uninclosed part of the Great Lakes is included in the term "high seas," as having the general characteristics of seas and being open to the largest vessels and international trade.—Cleveland Plain Dealer.

**Why Nicknamed "Bluenoses"**

Nova Scotians got their nickname from a variety of potato, known as the bluenose potato, which at one time was exported in great quantities from Nova Scotia to New England. The potato was so called from the fact that one end was usually bluish in color and the Yankees gave the name of the potato to the people who raised them. It is sometimes said humorously that Nova Scotians are called Bluenoses because Jack Frost bestows blue noses upon most of them.—Pathfinder Magazine.

**Why "Clocks" on Stockings**

The narrow strips of openwork pattern which run up the sides of silk stockings are a reminder of the times—as late as Queen Elizabeth's reign—when stockings were made of cloth. To make cloth stockings fit at the ankle a seam had to be made running a little way up the side of the leg. This seam was hidden by embroidery, and now, long after the seam is no longer necessary, the embroidery remains.

**Why Corn Pops**

Corn pops because of the expansion of steam within the kernel produced by heat, and a certain amount of moisture is, therefore, lost from the popped kernel. A volatile oil is also given off, as indicated by the characteristic odor of popping corn. A pound of pop corn will, therefore, weigh slightly less after it is popped, although this may not be enough to detect on an ordinary pound scale.

**Why Name Was Changed**

In 1864 Helena, Mont., was founded by a band of prospectors headed by John Cowan. At first it was called Last Chance Gulch, as they had been looking for gold all through the spring without success and considered this their last chance for that season. On June 15, 1864, an abundance of gold was located.

**How Icebergs Are Formed**

Glaciers move slowly to the shore. The ends of them are forced into the ocean. From time to time pieces break off and float away. These pieces are called icebergs.

**Why Black Affects Glass**

Glass covered with black paint, cracks when exposed to the direct rays of the sun more readily than plain glass because black absorbs more heat rays than plain or other colored glass.

**Why New York Is "Gotham"**

Washington Irving, in "Salmagundi," published in 1807, gave New York the nickname "Gotham" on account of the "folly of its inhabitants."

**Why Ships Are White**

White has been the favored color for ships for the reason that white surfaces absorb little of the sun's heat.

**FIVE GIGANTIC FLYING BOATS TO SAVE LIVES AT SEA**

Five huge flying boats, each capable of rescuing 40 persons from a sinking ship, are being built for the United States Coast Guard to help in life-saving work. Rushing sick persons from vessels to land, scanning vast stretches of the ocean, and searching for ship or aircraft lost at sea are among the tasks to which the flying boats will be assigned.

Having a cruising range of 1,000 miles without refueling, the new planes will be able to quest 500 miles out to sea and back, or winging throughout a single day one of them could watch 25,000 square miles of the sea.

So tireless and powerful are the new craft to be that the fleet of five will be able to cover in less than ten days an area as great as that cruised over during the last twelve months by all other planes in the coast guard service combined.

Fully equipped with radio devices and emergency life-saving equipment, each plane will cost the United States government \$73,500, making the total cost of the fleet \$366,000.

Although one of the new "monsters" probably would not get off the water if it were called upon to take aboard 40 people from a ship in distress—because of the great weight—it could remain afloat operating its radio until help came, coast guard officials say.

**SHORTER WORK DAY**

A general shortening of the hours of labor in all branches of industry may come about as one result of the present business depression. An increasing number of large business concerns are operating on a five-day week. There is much discussion among business men of the possibility of making the six-hour day the standard. A bill has been introduced in Congress for the reduction of the working day on government work, with a corresponding reduction in compensation to each worker, and for the adoption of a general five-day week in all industries. We don't expect very much to come out of that, because we have given up expecting Congress to do anything to bring about the millennium. But we hear encouraging reports from industries that have adopted the shorter day and the shorter week, and it wouldn't surprise us to see this movement grow very rapidly.

Of course, the earnings of workers are necessarily less, individually when they work shorter hours; but it takes more workers to operate the business and, on the whole, it seems a better thing for the nation at large to have everybody earning something, instead of earning nothing. Fewer people are going to be able to buy luxuries in the next few years than were able to buy them in the few years preceding the big slump. But even if everybody earned twenty-five per cent less for the next ten years than they did in the years from 1920 to 1930, our average income and buying power would still be much higher than that of any other nation on earth. And if the five-day week and the six-hour day will result in putting everybody back to work, then we are for it.

**BURNT BONES WHITEN SUGAR FOR TABLE USE**

Burnt bones make table sugar white.

The Department of Labor reveals that in 21 sugar refineries 775 persons are employed in handling the skeletons of animals—hogs, sheep and cows—that they may be charred and used in filtering sugar, thereby whitening it.

The animal bones come from large U. S. slaughter houses and occasionally from the Argentine pampas. They are stripped, scraped, shredded, boiled and charred for their use in the whitening process.

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Cotton Seed 43%		1.40
Soy Bean Meal		1.60
Gluten Feed		1.40
Fine Ground Alfalfa Meal		2.00
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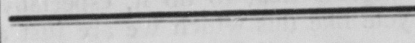
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