

LOCALS

Mrs. Lucy Henney will leave for Philadelphia to-morrow (Friday).

Mrs. Frank Fisher and three children of Altoona were guests of Mrs. Lizzie Jacobs for a few days last week.

Misses Edith and Eleanor Focht, daughters of Ex-congressman Benjamin K. Focht of Lewisburg, returned to their home Monday after spending a week or more at the Centre Hall hotel.

Rev. J. M. Rearick filled three appointments in the Lutheran charge, Sunday. In the morning he preached at Tusseyville; in the afternoon at Centre Hall, and in the evening at Spring Mills.

Mrs. W. M. Reiber and four children of Johnstown returned to their home Wednesday after spending several weeks at the home of Mrs. Bartges' parents, Mr. and Mrs. D. L. Bartges, in Centre Hall.

Rev. and Mrs. Frederick W. Barry of Cumberland, Maryland, are on a month's vacation, the greater part of which time will be spent in Centre Hall at the home of Mrs. Barry's parents, Mr. and Mrs. J. W. Mitterling.

Charles and Luther Smith of Bellefonte, and John Smith of Philadelphia, "hiked" from Bellefonte Sunday and spent the day with their brother, W. J. Smith. The latter Smith lifted them over Nittany Mountain, on their return home, in the new Overland.

Grover Weaver purchased the Mrs. Louise Crust property, now occupied by Sheridan Garris, and located east of Centre Hall, last week. The purchase was made through Chas. D. Bartholomew, as agent. Mr. and Mrs. Weaver will move into their new property next spring.

Mr. and Mrs. Andrew Corman of Spring Mills were callers at this office Tuesday and had an advertisement inserted which will be found in another column. Mr. and Mrs. Corman recently returned from a very pleasant trip to Altoona where they visited their son, Harry Corman, and daughter, Mrs. R. B. Gentzell.

Mr. and Mrs. I. Y. Moyer and daughters, Misses Ruth and Helen, of Cleveland, Ohio, reached Centre Hall Saturday after covering fifteen hundred miles in a most delightful tour in their Reo car. Leaving Cleveland on July 28th, they spent short periods of time with friends and relatives at Niagara Falls, Buffalo, New York City, Philadelphia, and other points. Miss Ruth Moyer drove the car the entire distance and sums up the trip as being "simply grand." They are being entertained here at the home of Mrs. Moyer's mother, Mrs. Mary Rearick.

MEAT EATING.

Little Talks on Health and Hygiene by Samuel G. Dixon, M. D., LL.D., Commissioner of Health.

Ever since man lost the instinct that the lower animals have which enables them to select the foodstuffs that best agree with them, questions of diet have given rise to innumerable arguments. Historians and political economists have discussed the bearing of this important factor in the life of nations. The medical profession has devoted profound research work to determining what foodstuffs are best suited to nourish men in various vocations in different climates. The question of what to eat and how to get it has occupied a large proportion of the thought and effort of mankind and will undoubtedly continue to do so.

The increase in the price of meat during the past few years, not to mention the past few weeks, has set thousands of housewives seeking information as to the relative value of meat as a foodstuff compared with other available commodities.

Albumen or nitrogen is to be found in meat, beans and other vegetables. It can be obtained from meat more easily than from vegetables. This form of nutrition is in greater demand by the growing child or youth than the developed adult. An allowance of two or three ounces of red meat a day according to the amount of physical exercise is all that an adult should eat. With this they should have from one to one and a half ounces of fat and 5½ to 6½ ounces of mixed vegetable diet, such as potatoes, white bread, oatmeal, hominy, etc.

Meat once a day is enough for those taking moderate exercise, with eggs, vegetables, bread, and a little sugar and butter or other fats.

Beans make a good substitute for meat for those who can digest them but require as a rule about twice the quantity in weight.

Squash, turnips, spinach, lettuce, etc., can be eaten in moderation according to the degree with which the individual can digest them.

When an excess of meat is eaten the liver, kidneys and other organs are overworked in burning it up and getting rid of the ashes.

As a people Americans eat entirely too much meat, particularly in hot weather, and waste much money and health thereby.

Aaronsburg.

No rain since the 11th. The heat is intense.

Mrs. Allen Keener returned to her home from State College.

Thomas Hull from State College

Mr. and Mrs. George Weaver spent a day with the lady's sister, Mrs. Thomas Meyer.

Mrs. Helen Huston from Clearfield is paying her annual visit to her sister-in-law, Mrs. J. H. Huston.

Charles Stover, who is employed at State College, returned to his home, accompanied by his wife.

Miss Jennie Rupp from State College was entertained over Sunday at the home of J. Warren Beaver.

Miss Marion Haines returned from a very pleasant visit with her uncles at State College and Boalsburg.

Mr. and Mrs. Harvey Crouse and E. G. Mingle and son Albert autoed to Lock Haven and Renovo, one day last week.

Mr. and Mrs. Boyd Vonada spent the Sabbath at Centre Oak with his parents, where they partook of a good dinner.

Mrs. Walter Orwig and her sons, Harold and Kermit, were visitors at Feidler at the home of her friend, Mrs. Claud Feidler.

Mrs. Charles Stover returned from Hughesville where she paid her annual visit to her aged parents, Mr. and Mrs. B. F. Deininger.

Rev. and Mrs. W. D. Donat and son Nevin, are on their vacation to Johnstown where they will visit Mrs. Donat's father and sister.

Mr. and Mrs. Calvin Eby from New York City came on Monday, to spend an indefinite time with the latter's mother, Mrs. Caroline Maize.

Ebon Bower, formerly one of our boys, and now living in Bellefonte, is at present visiting his parents, Merchant and Mrs. E. A. Bower.

Mr. and Mrs. Warren Winkleblech and their daughters, Ruth and Hazel, spent the Sabbath with Mr. and Mrs. Jacob Winkleblech at Smulton.

Mrs. Archie King and her sons, Paul and Raymond, and Mrs. Jennie Sylvas, are on a visit in Altoona for a week with relatives and friends.

The Musser brothers, Harvey, John and Coburn from Akron, Ohio, arrived here on Saturday, and are the guests of their uncle, Dr. C. S. Musser.

Dr. F. D. Bowersox, from York, veterinary surgeon, came to spend a few days with his family who are staying with his parents at Wolfe Chapel.

Mrs. Eva Ulrich of Millheim who was employed by Emanuel Wetzel as house keeper for the past five months, returned to her home one day last week.

Mrs. Fred Guisewite, nee Mary Stover, after spending three weeks with her parents, Mr. and Mrs. Wilmer Stover, returned to her home in Akron, Ohio.

Those that are entertained at present at the Lutheran manse, by Rev. and Mrs. Geesey, are Mrs. Bailey and son from Baltimore, Md., and Rev. Geesey's sister from York.

Mr. and Mrs. Allison Miller from Smithfield, returned to their home after spending a week with their uncles, Thomas Hull and family, and O. P. Adams and family.

Miss Annie Grenoble from Yeagerstown, an efficient school teacher, is being entertained at the home of her uncle and aunt, Mr. and Mrs. George Weaver.

Mrs. William Houser and her accomplished daughters, Edith and Catharine of Bellefonte are being entertained for a week by her mother and sister.

S. S. Aarand, wife and two children, were visitors at the home of A. S. Stover, Esq., and while here went to Millinburg to attend the funeral of Mr. Aarand's grandfather, Shem Spigelmeier.

Mr. and Mrs. James Wert returned home after spending some time with their children at Linden Hall and Tusseyville; also with the latter's brother, Ex-sheriff Cyrus Brungart, in Centre Hall.

Jacob M. Harter of Madisonburg bought the Thomas Frank home, lately owned by Albert Johnson. Consideration, \$300.00. Mr. Johnson has again taken up his residence in Altoona.

Miss Jennie Rupp, formerly one of our esteemed young ladies, now living in State College, was entertained over Sunday by her niece, Mrs. Warren Beaver; she also spent some time with her brother Walter.

Reporter Register

J. Franklin Meyer, Washington, D. C.

Mrs. C. Bechtler and sons, William and Dunbar, Philadelphia

Orpha L. Gramley, Spring Mills

S. C. Lester, Williamsport

J. B. Fortney, Tusseyville

James C. Reed, Boalsburg

J. Emory Hoy, Philadelphia

Harry S. Kimmer, Philadelphia

H. S. Braucht, Spring Mills

A. S. Myers, Jacksonville, Fla.

P. D. Phillips, Colyer

Mr. and Mrs. Andrew Corman, Spring Mills

In these days, teaching is an important vocation as well as one that pays well. The Central State Normal School, located at Lock Haven, Pa., has prepared many teachers who are to-day holding good positions at high salaries. Why not choose teaching as a vocation? For a room or a catalogue of the school, address,

CHAS. LOSS, Principal.

WHO IS THIS MAN
VANCE M'CORMICK?

PART V.

From The National Monthly of August.

With sacred regard for the meaning of the word, Vance McCormick will not admit he has "hobbies," but a vast deal of interest he centers in modern farm methods. At his own expense he imported splendid specimens of brood Percherons with the single service of improving the horse-flesh of his community. His Hogestown Horse and Cattle Show is another institution he founded to interest the farmer in better things.

He likewise exhibited famous breeds of cows and other stock, had them judged and their merits explained by experts. He proved to the farmer that it was just as cheap to keep good stock as bad stock and heaps more productive. The answer is obvious. Farms in that part of Pennsylvania bear no suggestive relations whatever to their former selves.

And the farms in that section will be still more efficient in carrying out the rural teaching that two blades of grass shall grow where only one grew before. Succeeding generations will see to that, for there is scarcely a farmer's boy in this district, covered by the influence of the Hogestown show, who at some time or another has not been a member of the boys' judging classes at the exhibition. This feature of the show is dear to the founder's heart. He is an admirer of pure breeds in workaday horses and milk-giving cows, but, if anything, he is more interested in having the boys instructed as to what constitutes good stock.

These boys are taught to act as judges under expert instruction. They examine the animals as the experts do, and after they have made their findings, the professional judges show them where they were wrong and where they were right in their appraisal of the stock. There is thus born into these youths one of the sound principles of successful farming. They are protected against the "sharker" who trails the country to "swap" horses, and they are enlightened as to not only what to buy in the way of livestock, but what not to buy.

This feature of the show, introduced by Mr. McCormick, illustrates his devotion to the ideas of practicability and efficiency. He is not a theorist of dreamy depths and devotees at that shrine doubtless have been disappointed at his refusal to embrace their ideas, however good in theory these were, which could not be put into practice. Thus from the procession of weird and fantastic reforms which has been passing and re-passing up and down the world in the last few years, he has not hesitated to refuse to accept the entire program in one mouthful, but has chosen carefully only those which are right and practicable, as he sees them.

Nor can he be considered a conservative as conservatives are known. He is, on the other hand, robustly progressive, but not radical. He strove with might and main to make a better Harrisburg by helping to project and consummate great sewage works, an efficient filtration plant, an extensive sewer system and paved streets, but he did not force a paternalistic government or municipal ownership, even if he didn't own a penny of stock in such privately owned enterprises. He thinks that such movements depend on local conditions and that they are doomed to failure unless the character of a city's officialdom and the conscientiousness of its administrators guarantees effective management.

His administration as mayor of his city was marked by a strict and religious adherence to law. His campaign was based on a "clean-up" and improvement issue. He did both with a completeness that left his enemies little on which to stand and bereft them of their last hope. Liquor men had been violent political foes in the campaign. A few months after his inauguration they were singing his praises, for he had scattered to the four winds the speakeasies which glutted the city and as a result the liquor traffic flowed back into its legalized channels.

Petty violators of the law admired him, too, because while, sitting as a city magistrate, he was a stern judge, he was likewise just. Monday afternoon's police court was noisome with Saturday night jags. As the mayor dispensed justice, he extended no mercy to the anaemic, persistent "drunk," but for the man who was hardworking, had a family and perhaps stumbled as he met old friends of a Saturday night, there was every opportunity to go home and brace up. "Look at his hands" was the frequent command of the mayor to the police lieutenant. "Is he a working man?" was the next question, and if the hands of the prisoner were callous and bore the marks of toil, the mayor turned him loose. So even the men who only slightly brushed the law became strong followers of this judge.

"If times were as hard as the calamity howlers would have us believe the first industry that would feel the effect of such a depression would be the automobile manufacturing business. Men do not buy automobiles when the nation is on the verge of panic. In thirty-three states the number of automobiles registered during the first six months of this year exceeds the number of all of last year by one-fourth.—Allentown Democrat.

Last Two Weeks

OF OUR SEMI-ANNUAL
REDUCTION SALE

ALL LIGHT COLORED SUITS

All Light Colored Suits } \$10
\$15, \$18, \$20 Values at }

All Light Colored Suits } \$15
\$22, \$25 Values at }

All Light Colored Suits } \$18
\$28 Values at }

All dark mixtures in Grays and Browns, also Blacks and Blues at greatly reduced prices; this includes Children's Suits

ALL WASH SUITS AT HALF PRICE.

SHIRT SALE IS STILL ON

Shirt Sale is still on. Good clean patterns. This season's patterns in "Manhattan" and "Columbia."

MONTGOMERY & CO.

BELLEFONTE, PA.

A Good Oil Stove Saves
You Money in Fuel

The New Perfection oil stove enables you to cook a meal at an expense of only two cents. Surely much cheaper than wood or coal, and no unnecessary heat during the hot summer months. Your heat is on or off in an instant—you have it when you want it and you don't burn unnecessary fuel.

We invite your inspection of the two- and three-burner New Perfection oil stoves which we have at our store. They are well built and absolutely safe. Not only good for cooking but will prove serviceable as a heater.

T. L. SMITH
CENTRE HALL, PA.

Forty-first Annual

Encampment and Exhibition

Of the Patrons of Husbandry of Central Penn.
GRANGE PARK, CENTRE HALL, PA.

September 12 to 18, 1914

Encampment Opens Sept. 12th

Exhibition Opens Sept. 14th

The largest and best fair in Central Pennsylvania; by farmers and for farmers. Twenty-eight acres are devoted to camping and exhibition purposes. Ample tent accommodations for all desiring to camp.

A large display of farm stock and poultry, farm implements, fruits, cereals and every production of farm and garden.

ADMISSION FREE

LEONARD RHONE,
CHAIRMAN

GEORGE GINGERICH,
O. L. GOODHART,
D. L. BARTGES,
J. S. DALE, Committee

The Centre Reporter \$1.50 per year.

Centre Hall Poultry Yards

Single Comb White Leghorns exclusively.

The stock that has quality by actual test.

Eggs now for sale.

Will Sell at Once, 20 Incubators & Brooders, at a Great Sacrifice.

Chas. D. Bartholomew
CENTRE HALL, PA.

See me for best prices on all sizes of

WATER PIPES

-also-

PUMPS and

REPAIRS

Everything in the Plumbing Line—bathroom fixtures, etc., at lowest prices.

S. J. ROWE

Centre Hall, Pa.

OCEAN GROVE
Camp Meeting

Eleven-Day Vacation

Asbury Park

Long Branch

Friday, Aug. 21

Tickets good going only on train leaving CENTRE HALL 7 14 A. M.

Tickets good returning on all regular trains until August 31, inclusive. Stop-off allowed at Philadelphia on return trip.

See Flyers Consult Agents

PENNSYLVANIA RAILROAD 5.45 Round Trip