

LOCALS.

With this sort of weather the ice crop should break all records.

Mr. and Mrs. Paul Murray, of Chicago, are due in Centre Hall week before Christmas.

Wanted—Turkeys, Geese, Ducks and Chickens.—Chas. D. Bartholomew, Centre Hall, Pa.

J. G. Dauberman is a grand juror at the December sessions of court, at Bellefonte, this week.

A new Starck piano was purchased and placed in the home of Mr. and Mrs. O. F. Funk on Monday.

Early Monday morning mercury dropped below the zero mark to the extent of one degree, the first time this winter.

W. H. Zimmerman and children—Hazel and Robert—of Sunbury, were guests of Merchant and Mrs. C. M. Smith, on Monday.

Uncle Sam is cautioning those who mail packages for Christmas delivery to not only mail them early, but to wrap them securely and address them plainly.

Fred Fisher, of Collegeville, is the guest of Cleveland Mitterling this week. The young man is in search of a carload of cows, but weather conditions have put a temporary halt to buying.

On account of the inclemency of the weather the bazaar held by the Ladies' Aid society of the M. E. church, will again be open on next Saturday evening, in the waiting room of the I. O. O. F. building.

O. A. Jamison, of Monroe, Wisconsin, was an arrival in Centre Hall on Tuesday morning and will spend the greater part of the winter here as the guest of his brother-in-law and sister, Mr. and Mrs. V. A. Auman.

Mrs. George Koch and son Samuel, of Darrah, spent the past week in Centre Hall, the former as a guest of Mrs. James Alexander and Mrs. Kate Conley, while the latter put in his time in the mountains after deer.

The latter part of this week, Mrs. D. A. Boczer will go to Chicago for a stay of a few weeks with her sons, Ralph C. and George B. Boczer. A week later Shannon Boczer will join his mother and brothers in the Windy City.

If you are thinking about buying a Brooder Stove it will pay you to investigate the merits of the "Buckeye". Orders should be placed now to insure delivery when wanted. Full line of Poultry Supplies.—Chas. D. Bartholomew, Centre Hall, Pa.

Week of Prayer will be observed in Centre Hall beginning Sunday evening, December 30, in the Reformed church, and continuing until the following Sunday when the services will be held in the Lutheran church. The program will be printed next week.

Roy M. Garbrick, one of the Reporter's appreciative readers in the Pine Stump district, was a caller on Friday, and reports farmers well through with the farm work except in some cases, the butchering. He also stated that his neighbor, Mr. Osman, had several prospective buyers for his farm.

The drifted condition of the roads on Sunday morning as a result of the heavy snow the day before, made it impossible for Rev. D. S. Kurtz and Rev. R. R. Jones to fill their appointments in the country. Both ministers undertook the task but were compelled to return home before getting far.

A letter from Corporal William Bailey, with the Boal Machine Gun Troop at Augusta, Ga., says that their company's new address is, Co. A, 168th Machine Gun Battalion. The change became effective December 1st. "The boys are expecting a visit from Capt. Theodore Davis Boal, to give us a talk on his experiences over the sea," he says.

Catharine, the four-year-old daughter of merchant and Mrs. C. M. Smith, was bitten by what was thought to have been a spider, last Friday. The child complained of a stinging sensation on the neck and soon thereafter that section became highly inflamed, showing signs of poisoning. Treatment at the hands of the family physician brought the child out of all danger.

Mrs. E. A. Zeigler was among friends in Centre Hall on Tuesday and Wednesday of this week. Mr. Zeigler is in the U. S. army service and is teaching at Fort Monroe, Virginia, holding commission of a captain. Mrs. Zeigler will be recalled as Miss Rebecca Moyer, who, about a dozen years ago, very successfully taught the primary school in Centre Hall. She has many warm friends here who are pleased to note the success of her husband as a military officer.

Patrons of Uncle Sam's great Post Office Department could aid prompt service in no better way than to use more care in addressing letters and packages. Railroad mail clerks are about the busiest people outside the trenches on the French front, and have no time to turn letters in half-dozen angles to decipher the address. Write plainly and place the address on the lower right hand corner of the envelope or package, and the sender's name and address on the upper left hand corner. Write the address but once—once is better than twice or more.

**Millhelm.**

John Evy was in town a few days last week.

John Boob has gone to Philadelphia where he expects to find employment.

The Old Maids' return to the auditorium netted \$37.00.

Lewis and Thomas Brouce spent Sunday in Sunbury.

Herm Confer and Leon Smith, camping in Decker valley, returned Friday with a spike buck.

With the mercury hovering a little above zero for several days more, it will be possible to cut eight inch ice.

Mrs. Jennie Swanger, who has been away from home since July, has returned for the winter.

William Ulrich, from Grayville, South Carolina, is visiting at the home of Ed I. Musser.

On Monday Mr. and Mrs. Chaires Brown attended the funeral of Joseph Neff, a relative, at Heola.

Mathew Halaban, of Philadelphia, who was well known here, died at his brother's home at Reading last week.

Rumor has it that Mrs. (Dr.) John Hardenberg is in a Philadelphia hospital, undergoing treatment for diabetes.

The first real winter weather of the season came on Saturday morning in the form of blinding snow storm, continued all day, and falling to a depth of about eight inches.

Word has just been received here that the stork arrived at the home of Mr. and Mrs. Robert Musser, of Sunbury, and presented them with twins. The father, better known as "Bob," was formerly from this place.

One morning last week in going to his shed P. I. Confer discovered the four tires missing from his automobile, evidently taken the night previous. The thieves also took with them some of the tools and at this writing no clue as to the identity of the thieves has been found.

Ralph E. Musser, son of Philip and Ida Musser, of this place, has resigned his position as railroad operator, stationed at Sunbury, and has gone to Harrisburg to join the colors. Ralph says he will try to land a job with the telegraph battalion. Ralph is a prince of a little fellow and the best wishes of his many friends go with him. Byron Musser, a brother, who enlisted several months ago, and who is stationed at a western camp, is on his way to the eastern shore with the possibility of sailing for France soon. While we all know it is hard to separate from our loved ones, particularly on a mission of this nature, Mr. and Mrs. Musser are proud of the fact they can give two boys to Uncle Sam to fight for the good old U. S. A.

**Pine Grove Mills.**

Mrs. J. G. Miller is in the clutches of a gripper.

Elizabeth Archey is quite ill with pneumonia.

Many autos were stranded in the snow drifts.

Sunday visitors were few and far between.

Mrs. C. H. Martz is convalescing from an attack of pleuro pneumonia.

S. A. Dunlap is moving about with the aid of a cane.

The venerable Amos Dean has been under the doctor's care for the past ten days owing to pulmonary trouble.

The three-link fraternity will hold their annual holiday banquet December 28, at 8:30 p. m. in their hall.

Mr. and Mrs. Samuel A. Homan are receiving congratulations over the arrival of one of the Red Cross sex.

E. A. Decker reports a boy at his home, and little Grace can now share her play things.

E. A. Auman, the miller, claims the belt for the heavy weight porkers, one having tipped the scale at 334.

J. J. Treasler reports the best pen of five porkers that stalled at 1546 lbs. Enoch Sweeney's pen of four weighed 1600 lbs.

D. W. Thomas and Mr. Shoemaker took to the woods for big game on Friday and returned home by noon with a big four-prong deer.

Daniel Harpster had a new arrival at his home last week—a sweet little girl—No 10. Dan has since given his order for a six-passenger Overland machine.

Saturday Mother Earth was decked in robes of purity. Mercury dropped twenty-eight degrees in four hours. Storm followed and piled drifts everywhere.

Prof. Lawrence A. Hadden resigned as teacher of the High school, having enlisted and reported for duty on Wednesday.

Mrs. Ida Williams, accompanied by Miss Ruth Swabb, were called to the Fred Williams home, near Tyrone, to administer to the sick in the Williams family.

J. R. Lemon, a civil war veteran and noted mimrod, of Gatesburg, brought down a nice two-prong buck on Wednesday. The old veteran is anxious to round out the 50th of the fleet foot tribe.

**New Red Cross Members.**

Mrs. W. O. Heckman.  
Miss Sarah Zettle.  
Miss Hazel Ripka.  
W. O. Heckman.  
F. P. Geary.  
William Garis.  
Byers Ripka.

Centre Reporter, \$1.50 a year.

**SERVICE FLAGS ON THE FARM.**

**The Flag Finds a Place in Every Farm House.**

The American Red cross will make an effort to increase its membership from 5,000,000 to 15,000,000 between December 16 and December 25. Obviously a considerable proportion of these 10,000,000 new members must be enrolled outside of the large cities and a large number of them must come from the farm.

When Europe went to war the service flag became the household badge of patriotism. At every home from whence had gone a man or boy to fight for his country there was unfurled the flag with one or more small stars on a white field to indicate the number of fighters that particular home had given.

When the United States went to war the service flag was transplanted overseas; and from thousands of homes, stores, offices and factories it now waves defiance to the Prussian. So what more natural than that this emblem of active military service should be adopted in modified form by the Red Cross to indicate the number in each home who although compelled to stay at home, have found a way to serve their country through membership in the great relief organizations? Instead of the small star, it is the small red cross. But whether indicated by star or cross, both classes are serving.

Before the membership campaign is over the Red Cross service flag should be in the window of every American farm house. If the home displays the service flag bearing the stars, there should be placed beside it the service flag bearing the red cross. These two together evidence the fullness of service.

There is no reason why the farmer should not take as much pride in the display of the Red Cross service flag as might the employer of a thousand men—and no doubt he will. How to construct the Red Cross service flag is described in another article in this issue.

Here is a cause that deserves support of every man, no matter if he dwell in city of millions or on the farm.

**Spring Mills.**

Dr. H. S. Braucht and family attended the funeral of the Doctor's father, at Coburn, on Tuesday.

The railroad bridge carpenters are repairing the floor of the overhead bridge east of C. P. Long's store.

Mrs. Ewing, of State College, installed the officers in the Rebekah Lodge on Tuesday evening.

The school board met on Saturday. The newly elected members were Jacob McCool and Ralph Shook.

Clyde Boyer and wife, of Lock Haven, spent Monday with Mrs. Boyer's parents, Mr. and Mrs. Jacob Lee, Sr.

Mrs. Harry Allison returned from the Bellefonte hospital and is improving at this writing.

**WHEN CEREALS ARE INJURIOUS.**

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

Cereals are valuable as foodstuffs for human needs, particularly during youth and old age.

We will use in this talk oatmeal as an example of starchy foods and through it, study their effect on the system. In the first place it should be thoroughly chewed so that the alkaline secretions of the glands in the mouth are thoroughly mixed with it. If this is done, the process of digestion which turns the starch into sugar is well started before the food passes from the mouth into the stomach, where it meets with an acid secretion intended for the digestion of proteins or meats. Here the starch digestion, if it has been started, is arrested.

There are two ways of preparing or cooking these foodstuffs, oatmeal among them. The Scotch cook it in a very short time, their idea being to retain a certain degree of hardness to the grain that may act mechanically and stimulate the nerves of the muscular walls of the intestines and there by take the place of laxatives that are too often used by those leading sedentary lives. This half-cooked mass of food is often mixed with milk or cream,

which helps to wash it down immediately upon taking it into the mouth, which entirely prevents the natural digestion.

When taken in this way, oatmeal or other starchy food is wasted as far as nourishing the body is concerned and often acts as a foreign substance in the digestive tract, there by interfering with general digestion of other foods. This not only prevents the body getting nourishment from a general diet but it produces toxins or poisons which are absorbed by the body and cause various ills, all the way from a slight disturbance of health to such an extreme that sometimes will cost a life.

The better and most practical way to cook oats or other starchy foods is to submit them to cooking for hours, often all night, that the grain be thoroughly softened, which makes it more easily digested. This softer preparation of food, however, is also often eaten with milk or cream, reducing its consistency to a semi-liquid which goes down the throat almost immediately after entering the mouth. It therefore is subject to the same criticism as the less thoroughly cooked oatmeal as far as the alkaline digestion in the mouth is concerned. This, however, is not irritating to the digestive system and would seem to go through a certain degree of digestion in the intestinal tract. Nevertheless it is robbed of a great deal of its food value.

The cats and other starchy foods, as we have said, should be thoroughly cooked and kept in the mouth sufficiently long for the first process of digestion to take place.

Going back, then, to our thoroughly cooked oatmeal, we may say that the wisest way to prepare starchy food is to make it into cakes or some other form that will necessitate chewing before it can be swallowed. If, however, owing to conditions we meet in life, we are compelled to take a food in mush form, it is advisable to select that which is thoroughly cooked and

**MAKE 2 MEATLESS DAYS A WEEK THE RULE AND HELP THE ARMY WIN, PLEADS HEINZ**

**Food Director of Public Safety Committee Urges Housekeepers to Reduce Present Lavish Consumption as Patriotic Duty—Heavy Eating Jeopardizes Plans For Feeding Soldiers.**

A request for meatless days has been issued to the nation by Herbert Hoover, and at his request Howard Heinz, Food Director of the Pennsylvania Committee of Public Safety and Federal Food Administrator for Pennsylvania, calls upon all patriotic citizens to reduce the meat consumption by adopting in every family a rule of two meatless days per week, preferably Tuesdays and Fridays, and the use of meat only once a day on other days.

Mr. Heinz says: "Especially must we save pork and its products, such as bacon, sausage and lard, if we are to fulfill the duty that we owe to those who risk their lives for the cause of democracy and freedom for all peoples.

"America is a meat-eating nation and its meat consumption has always been excessive in proportion to that of other countries where meat has been less plentiful and more regarded as a luxury.

"Today, we have reached a point where the drain on our meat supply, through our own prodigal use and an abnormal war demand, has brought about a shortage so serious as to jeopardize the plans of the government for feeding our soldiers and the allies by whose side we are already fighting. As a war defensive measure our habit of years must be restricted and reformed.

"Soldiers, strenuously engaged, must have sustaining food. They need strong meat in plentiful supply—beef, mutton and fat—the latter chiefly in the form of pork and pork products. We must not cut down the meat consumption of those who are fighting our battles in the trenches of Europe. We must cut down our own consumption. This we can do materially by the exercise of moderate self restraint and with advantage to our own health. For us, there are plenty of substitutes in poultry, game, fish and other sea food and vegetables.

"In this hour, when the life and future of the country and the liberties of the world are at stake, we are each called upon to do our full share to prove our loyalty to our country and to those who expose their lives that it may live. The sacrifices that are demanded of us are small in comparison. May the response to this appeal be prompt, generous and universal."

sufficiently dry to hold its own form. This form should not be destroyed by adding large quantities of cream. The food should enter the mouth in solid form so that more or less mastication will be required. When this is followed out oatmeal becomes a valuable food, and many persons who have had to give up the eating of starches, can, if they follow this advice, resume their consumption with impunity and often be much benefited. This is true especially, as has been said, in youth and old age.

**Merry Christmas**

**YOU WILL FIND SMITH'S A REAL GIFT STORE**

We are fully prepared to solve that everlasting perplexing problem that appears annually—"What shall I give for Christmas."

To enumerate the big list of appropriate and acceptable articles for gift-giving which we have, would fill a page. So we simply say to you, Come in and choose from our Big Christmas Stock.

**Christmas Goods**

suitable for Father, Mother, Brother, Sister & Baby

**Many Valuable Articles in Wool**

A Handsome Scarf, Neck Piece, Gloves, Mittens, or a Pretty Sweater will please many members of a family, and is something you can give without feeling any regrets. You will find these woolen goods all moderately priced, too.

**Toys for the Children**

Our "Toyland," with its complete assortment of mechanical toys will surely please the children. Bring them in to see what's new in Toyland.

**Lots of CANDY for All**

Those who thought the sugar shortage would affect the Christmas candy crop, will find a pleasant surprise in our well stocked cases. All grades and prices—AND ALL PURE.

Make this Store your Headquarters for Xmas buying.

**C. M. SMITH**

Penns Valleys's Big Store CENTRE HALL

**Merry Christmas**

Based On Cost Per Tablet

It Saves 9 1/2 c.

**HILL'S CASCARA QUININE**

No advance in price for this 20-year-old remedy—25c for 24 tablets—Some cold tablets now 30c for 21 tablets—Figured on proportionate cost per tablet, you save 9 1/2c when you buy Hill's—Cures Cold in 24 hours—grip in 3 days—Money back if it fails—24 Tablets for 25c. At any Drug Store

**CYRUS BRUNGART**

JUSTICE OF THE PEACE

CENTRE HALL, PA.

Special attention given to collecting, legal writings of all classes, including deeds, mortgages, agreements, etc. Marriages licenses and hunter's licenses secured, and all matters pertaining to the office attended to promptly.