

## How to Lower Your Meat Bills

Hints From the Department of Justice

### HIGH LIVING ON LOW-PRICED MEAT.

"I don't see how you feed a family of five and pay so little for meat," said Mrs. Smith to Mrs. Jones who stood just over the back fence. For Mrs. Jones always served appetizing dishes of fresh meat, apparently in endless variety, and she never had big meat bills.

"I'll show you how I do it," said Mrs. Jones to Mrs. Smith. "If you come out here every day this week we'll compare notes and find out the way to reduce meat bills and yet live as well if not better than ever."

Monday's morning conference at the back fence discussed Sunday dinner which Mrs. Jones had made from 3 1/2 pounds of chuck beef, a little oleomargarine, seasoning, and trimmings prepared as pot roast. The leftovers went into beef croquettes and were enough for Monday's dinner.

"It cost me, at 20 cents a pound, just 70 cents for good meat for two meals for five people," said Mrs. Jones.

Tuesday's report showed a bill of 75 cents for three pounds of spare-ribs, out of which Mrs. Jones had prepared a full meal of sauerkraut and spare-ribs in this manner:

She put spare-ribs in boiling water salted with one-half tablespoonful of salt and cooked until meat began to separate from the bones. She removed and arranged on a platter, surrounded with border of sauerkraut, one cupful of which had been previously heated.

On Wednesday Mrs. Jones described how she had fried a pound and a half of calf's liver, costing 60 cents with onions and celery:

1 1/2 pounds calf's liver,  
4 tablespoonfuls oleomargarine,  
4 tablespoonfuls diced celery,  
4 tablespoonfuls onions cut up fine.

Seasoning.  
She said, "I put four tablespoonfuls of oleomargarine, four of diced celery, four of onions cut up fine and seasoning into a pan; the liver sautéed in this sauce and served piping hot. I saved the leftovers for creamed meat."

On Thursday she had cooked chopped beef in a baking dish, two pounds of hamburger costing 32 cents. The leftover went into creamed meat enough for Friday.

"It can't be done," exclaimed Mrs. Smith, but Mrs. Jones furnished proof in the form of these recipes:

**Chopped Beef.**  
2 pounds hamburger ground,  
1/2 cupful tomato relish,  
1/2 teaspoonful tabasco sauce,  
1 can beets.

Mix chopped beef with tomato relish. Add tabasco sauce. Season well with salt and pepper. Put into baking dish and bake two hours, basting frequently with high quality of table sauce. Serve garnished with beets cut into quarters.

### Creamed Meat.

Add all leftovers together. Add one-half can pimentos chopped, one green pepper and two and one-half cupfuls of white sauce made from flour, evaporated milk, water, oleomargarine and seasoning. Serve on rounds of toast.

Saturday's meal was prepared by Mrs. Jones out of two and one-half pounds of flank steak for which she paid 65 cents, and which came on the table stuffed with bread crumbs, vegetables and seasoning.

"Now," said Mrs. Jones, "let's add up and see what the week's meat supply has cost." This was what she figured:

3 1/2 lbs. beef chuck at.....	\$20	\$ 70
3 lbs. spare-ribs at.....	25	75
1 1/2 lbs. calf's liver at.....	40	60
2 lbs. hamburger steak at.....	16	32
2 1/2 lbs. flank steak at.....	26	65
		\$3.02

"Some saving!" said Mrs. Smith. "Do you know what I have been paying for the same amount of food value, and not as much variety at that?" She jotted down her own expenditures for a week which were these:

Monday—1 1/2 lbs. rib lamb chops at.....	\$50	\$ 87
Tuesday—2 lbs. sirloin at.....	42	84
Wednesday—2 1/2 lbs. beef roast (prime ribs) at.....	40	1.00
Thursday—1 1/2 lbs. veal off leg at.....	45	.67
Friday—1 1/2 lbs. pork tenderloin at.....	55	.82
Saturday—1 1/2 lbs. calf sweetbreads at.....	55	.80
Sunday—3 1/2 lbs. chicken at.....	45	1.57
		\$6.57

(These prices were accurate at the time this article was prepared. The market may have varied a few cents up or down since that time.)

### Will Vote for People's Choice.

It does not seem to be generally known that the Pennsylvania people will have a chance to vote for their choice of presidential candidate at the primaries to be held May 18, 1920. Such opportunity is provided however by an act passed in 1913, one portion of which reads: "In years when candidates for the office of President of the United States are to be nominated, every qualified elector of a political party, herein defined to be a political party within the state, shall have opportunity at the primaries held in such years, subject to the provisions of this act, to vote his preference for one person to be the candidate of his political party for President." In order for a presidential candidate to have his name printed upon the ballot nomination petitions must be filed at Harrisburg, signed by at least one hundred qualified electors in each of at least ten counties of the state. According to the nomination petition which a candidate for delegate is obliged to file he pledges himself, to vote for the candidate at the convention who receives the greatest number of votes at the preferential primary in his district.

### Writes Concerning Big Storm in North Dakota.

The Reporter is in receipt of a letter from William Zerby, aged eighty-two years, and a native of Pennsylvania, who writes from Lisbon, North Dakota, of a recent storm in that state which took a heavy toll of life. An extremely sad story is told of four brothers caught in the storm on their way from school. The boys—Adolph, Ernest, Soren and Herman Wohika—left school Monday afternoon for their home, just as the storm started. Their team became exhausted and could go no further, and bundling his younger brothers in the wagon box as best he could, the eldest boy, Adolph, set out into the teeth of the storm for help. He battled his way within a few rods of his home, where he became exhausted and his frozen body was found two days later by his father. Several hours later the father found the abandoned wagon, a mile from the place where his first boy was found dead, and there huddled together in the bottom of the wagon box were the lifeless forms of his other boys. They had been buried by the snow, and their bodies were shoveled out by the father into whose home the storm carried such a crushing blow.

### "High School Day" at State College May 15.

Suggesting that the high schools of central Pennsylvania charter motor trucks, pack them full of students and declare a big holiday, President Edwin E. Sparks has sent invitations to all high school principals within fifty miles of State College to take their boys and girls there on Saturday, May 15, which will be a great day on the college campus.

This is reviving a custom established before the declaration of war when hundreds of nearby high school students came there by truck on the day of the annual interscholastic track and field meet. They brought their lunches and had an outing that all enjoyed.

The attractions there for May 15 include: annual interscholastic athletic meet; high school principals' conference; finals of the Central Pennsylvania public speaking contests for high schools; a military review of the 1800 college cadets; a varsity baseball game with Washington and Jefferson; a track and field meet with the University of West Virginia, and a baseball game between the Penn State Freshmen and Lafayette high school of Buffalo.

This is the biggest program that has ever been attempted by Penn State in one day, and the college is expecting hundreds of visitors in addition to the scores of athletes who will be there from other high schools and colleges.

"The Saturday motor truck trip should appeal to all high school boys and girls within reaching distance of the college," President Sparks says. "It will not only give them a fine outing, but will give them a chance to visit a college and see it in its full operation. It often happens that a visit of a high school student to a college will create a desire for higher education, and this opportunity is one of the best."

### Foresters to Have Marking Axes.

Foresters have been ordered equipped with marking axes with which to designate trees for cutting in timber sales, to indicate boundaries of forest reserves and to stamp logs and cord wood that has been measured. Gifford Pinchot, forestry commissioner, in issuing the order, said such tools had been used for years by the United States forestry service men. He expressed the belief that "liberal use of marking axes by state foresters will prevent timber stealing."

### THRIFT CONFERENCE.

Representatives of Counties Comprising Group Three Called Into Conference in Altoona by Chairman Walker.

A decidedly interesting and instructive conference and one from which results may be expected was held in one of the private parlors of Ward House, Altoona, Saturday, by some fifty representatives from the various counties comprising Group Three, War Savings Division, of which group W. Harrison Walker, Esq., of Bellefonte, is the much alive chairman. After calling the conference members to order, chairman Walker made a few remarks, recalling the conference held in the same room on November 29 of last year, proved to be one of great value, the results having been all that were wished for. He further stated that Group Three had sold more than double the amount of War Savings Stamps than any section in the United States. In McKean county the children during the month of February saved \$240, and this outside the county seat. Lycoming county also did splendidly.

Chairman Walker urged that we sow the seed to save in all lines, but when we do save, what are we doing with the money? How is it invested? Is it paying us interest? Some bond holders, the speaker said, were of the opinion that because the few coupons were already clipped, Uncle Sam was not going to pay interest. This impression must be corrected, and here is where the War Savings Stamps makes the best investment. It is safe, certain, and yields a fair interest.

The Federal Fair Price Committee of Philadelphia was represented by its executive secretary, Miss Jessica Donnelly, who pleaded that each one must think of himself as the government. Co-operation! What are we doing for it? We are buying high-priced articles and paying for them without question. In spending, the speaker continued, there are two classes—the seller and buyer; you are creating the demand. The wealthy people are not spending. One of the things that cause the high cost of living is the concentrated demand for a particular line of goods. Take the steer, for instance. It requires to or more years to grow it, and we seem to all want the loins, and that thing becomes high priced. Our liking for loins is another item responsible for high costs. We also like service, but hate to pay for it. Teach the children to save by practicing saving yourself. Buying thrift stamps is a proper method of saving by children; children can do it; can see it; like it.

Before introducing the next speaker, Chairman Walker stated that it depended on one hundred and ten millions of people to bring down the high cost of living. Miss Florence M. Deibert, president of the Federated Women's club, representing sixty thousand women in Pennsylvania, made a strong plea for saving the children as well as money, and questioned that saving money was already leading the saving of children.

Miss Edith Pitt Chase, director of Home Economics, Pennsylvania State College, who is a decidedly pleasant and interesting speaker, devoted her period to boosting the budget system in the household.

Mr. Bents, Superintendent of schools in Cambria county, stated there were eighty-five societies and 250 teachers were identified with them in his county. "What do you have in your mind?" he said. "What is your purpose in life?" He cautioned not to save to-day to spend foolishly tomorrow. We should practice self-denial and sow the seed in the children so they will know its benefits.

Dr. Enfield, of Bedford county, also talked on saving.

Before the speaking began a splendid luncheon was served.

Those in attendance: W. Harrison Walker, Chairman Group 3, Bellefonte; Miss Jessica Donnelly, executive secretary Federal Fair Price Committee, Philadelphia; Miss Florence M. Deibert, vice chairman, Johnstown; Mrs. Lloyd B. Shaw, vice-chairman, Riddelsburg; Mrs. J. P. McWilliams, vice-chairman, Altoona; Mrs. William Brice, Jr., ass't chairman, Bedford; Mrs. V. Elizabeth Olewine, ass't chairman, Bellefonte; Miss Edith Pitt Chase, ass't chairman, State College; Miss L. V. T. Simmons, ass't chairman, State College; Mrs. Frank M. Fisher, ass't chairman, Centre Hall; Geraldine Noonan, sec'y, Bellefonte; Sara F. Barnhart, sec'y, Bellefonte; S. B. Sents chairman, Ebensburg; J. Edwin Brumbaugh, chairman, Altoona; Lawrence Ruble, chairman, McVeytown; Harry E. Stein, chairman, Lewistown; Dr. A. Enfield, chairman, Bedford; W. P. Trostle, chairman, Clearfield; T. S. Davis, supt. of schools, Altoona; D. A. Vingling, ass't. supt. of schools, Westover; J. E. Radebach, ass't. supt. of schools, Osceola Mills; Mrs. Nancy Newland, Orbisonia; Mrs. Curtis F. Schrader, Mrs. Henry Burrell, Miss Matilda Krebs, Mary C. Murphy, Dale Schock, Johnstown; Sara Jones.

(Continued on inside page.)

### April 1st Movings.

April 1st again brings about considerable changing among tenants in Centre Hall borough. Those which have come to our notice are the following: H. H. Mark moves off the farm into his own home in the borough which W. H. Brubaker vacates; Brubaker goes to the Rhone home; Mrs. Kate Dale and Miss Mollie Hoffer vacate the apartments above the drug store and will remove to State College; J. M. Coldron vacates the Presbyterian manse and takes the drug store apartments; L. R. Lingle moves from State College and will occupy the Presbyterian manse; Mrs. Della Reiber vacates the White property on Church street and moves into the property purchased by her father, D. L. Bartges, formerly occupied by Mrs. John Marts; Mrs. Marts moves into the Slick property on Hoffer street; Mr. and Mrs. Roy Dutrow start housekeeping where Mrs. Reiber vacated; Samuel Durst quits the farm and moves into the Mrs. Susan Geary home which Mr. Durst purchased; Mrs. Geary will live with the Durst family; Clyde Dutrow from the farm into the Dr. Hosterman home which he purchased; A. F. Heckman moves to State College and Samuel Gingerich occupies the Heckman home which he purchased; Mrs. Maynard Meeker into the Rimmer property on Hoffer street which she bought; Benjamin Arney vacates the Rhone home and moves into the Samuel Weber property which Mr. Arney purchased; Lawrence Runkle vacates the Weber place and moves into his new home opposite the Grange hall, which is nearing completion; Irvin Swartz moved from Brush Valley into a portion of the Colyer home at the station; John Rudy vacates the Harry Weaver home on Church street and moves into one of the Sarah McClenahan homes, formerly the Showers property; Harry Weaver expects to bring his family back from Altoona.

### Vocational Work in Local High School.

As was stated in the Reporter several weeks ago, the Centre Hall High school was chosen as one of the four high schools in Centre county to receive vocational training. Prof. J. B. Payne is the County Vocational Supervisor, and of the ten-lesson schedule he has outlined, four lessons have already been given. The time devoted for the work is an hour in the Friday morning session.

The remaining lessons on the schedule are as follows:

5th week—Vegetable gardening; garden plans; plant propagation; seed testing, etc.  
6th week—Instructions in making hot beds and cold frames and their use; garden tools and fertilizers.  
7th week—Cultural methods for our common vegetables.

8th week—General review and illustrated lecture by vegetable gardening instructor from Penna. State College on all phases of gardening.

9th week—General project study; selection of projects; explanation of project record blanks.

10th week—Brief reports from students on progress of projects; final instruction and final examination in poultry and vegetable gardening.

### PRACTICAL DEMONSTRATIONS.

First—Different methods in seed corn testing.  
Second—Explanation of the milk test and demonstrations.

Third—Soil testing by the improved methods.

Special work: Boys' stock judging teams representing the schools at Penna. State College, Farmer's Week.

### A Farewell Party.

A farewell party was held at the home of Mr. and Mrs. John Horner, near Linden Hall, on Tuesday evening of last week. Elegant refreshments were served at late hour. The evening was spent in playing games and dancing which everybody enjoyed. Those present were: Mr. and Mrs. Robert McClellan, Mr. and Mrs. Daniel Colyer, Mr. and Mrs. Bethard Keller, Mr. and Mrs. Price Johnstonbaugh, Mr. Alfred Klinefelter, Mrs. Phyllis Krumrine, Mrs. Elsie Stemm, Mrs. Shutt, Mrs. George Horner, Mrs. Maud Dashem, Mrs. Mary Searson, Mrs. Lloyd Brown, Gregg Carper, Larue Ishler, Sara Klinefelter, Myrtle Klinefelter, Elsie Taylor, Ruth Callahan, Bertha Callahan, Esther Callahan, Ruth Corman, Sara Frantz, Verona Frantz, Elizabeth Close, Beulah Smith, Mae McClellan, Hazel McClellan, Pearl Johnstonbaugh, Laura Whiteman, Helen Glasgow, Grace Stump, Ruth Colyer, Hazel Colyer, Margaret Keller, Rebecca Meyers, Estella Musser, Edna Bower, Myrtle Houts, Edith Whitehill, Philip Musser, Floyd Johnstonbaugh, William Glasgow, Harold Fisher, Frederick Stemm, Carl Stemm, Robert Hess, Edgar Hess, Claude Whitehill, Carl McClellan, Rodney McClellan, Miles McClellan, Roy Smith, Elwood Smith, Howard Callahan, Joe Shutt, Wm. Thomas, James Searson, Roy Searson, Willard Rocky, Rufus Raymond, Elwood Stover, Bruce Horner, George Taylor, Floyd Dashem, Harry Horner, David Noll, Paul Noll, Clinton

### THE DEATH RECORD.

#### Millheim Native Dies in West.

MILLER.—From the Orangeville (Ill.) Courier we take the following death notice of a former Millheim resident:

James M. Miller, a long-time resident of this township, died at the home of his daughter, Mrs. W. H. McCall, at Freeport, last Thursday evening. He had been quite ill since last November, Bright's disease being the cause of his death. The body was brought here Saturday morning and at 9:30 service were held in Amity church, Rev. A. J. Michaels, of the Reformed church, of Freeport, officiating.

James Montgomery Miller, son of Capt. John and Mary Miller, was born at Millheim, Centre county, May 3, 1840. He departed this life at Freeport, Ill., March 18, 1920, aged 79 years, 10 months and 15 days. He was the fourth of eight sons. Most of his early life was spent in Millheim where he learned the moulder's trade.

On Nov. 6, 1862, he was united in marriage to Mary Ann Wile, of Spring Mills, Pa. In 1867 they came to Illinois, settling near Orangeville. In 1868 they moved onto a farm in Green county, Wis., but the following year they returned to Orangeville, locating 3 1/2 miles east, where they resided 42 years. In the fall of 1911 they removed to Orangeville, where they resided for several years. More recently they have made their home with a daughter, Mrs. W. H. McCall, of Freeport. It was here that Mr. Miller was tenderly cared for during his last illness.

To this union were born eight children, three of whom have preceded the father in death. Mr. Miller has been closely identified with the Reformed church of Orangeville, serving on the official boards of the church for many years. The qualities of character and lines of service by which he will be long remembered are those which developed the performance of his work in the church.

He leaves to mourn his departure his companion, two sons, John H., of Kansas City, Mo., and Charles F., of Juda, Wis.; three daughters, Mrs. Elizabeth Dorn, of Orangeville, Mrs. Anna McCall and Mrs. Addie Keister, of Freeport; and one brother, Charles Miller, of Freeport. Besides these he also leaves a host of other relatives and friends. In this life was illustrated the truth of the Word when it says, "Thou shalt come to thy grave in a full age, like a shock of grain cometh in its season."

PORT.—Mrs. Eliza Port, widow of the late W. D. Port, of Pine Grove Mills, died on Tuesday evening of last week at the home of her daughter, Mrs. Earl Smith, of Juniata, following an illness of one week with acute nephritis. She was the daughter of James and Mary Johnstonbaugh and was born at Rock Forge, this county, on August 11th, 1841; hence was in her seventy-ninth year. All her married life was spent at Pine Grove Mills but since the death of her husband two years ago she made her home with her daughter. In addition to the one above daughter she is survived by one son, Rev. W. C. Dunlap, of Louisville, Ky., and one sister, Mrs. M. E. Stover, of Bellwood. Brief funeral services were held in Juniata on Wednesday evening and on Thursday the remains were taken to Pine Grove Mills for burial, Rev. A. M. Lutton officiating at the final services.

ALTERS. The remains of Mrs. Elizabeth Alters arrived in Millheim, from Cleveland, Ohio, last Thursday for burial. She was the widow of the late Jacob Alters, formerly of Millheim, and her death occurred Monday of last week.

Get a Permit for Use of Special Fishing Devices.

Under the amendments to the fish code the Department of Fisheries is authorized to issue special device permits for the use of an outline, fish basket or eel rack, gig or spear, fyke net or set net, dip net, burr hook, and loop or snare. The earliest season under which any of these permits are issued is April 12, 1920.

Last year these permits were restricted to the county in which the applicant resided, and while this year they are restricted to one county, the applicant can choose the county he desires to fish in. Other minor changes have also been made [which were brought out in the first season of operation of the permits.

All persons desiring to use a special device this year should get in communication with the Department of Fisheries, Harrisburg, Pa.

### New Roads for Clearfield Co.

The annual meeting of the Clearfield County Supervisors Association was held at Clearfield on March 23. The organization went on record as favoring the proposed million dollar bond issue for the improving the roads of the county.

Eckley, Henry Jordan, Earl Horner, Ralph Keller, Mr. Blair.

### TOWN AND COUNTY NEWS.

#### HAPPENINGS OF LOCAL INTEREST FROM ALL PARTS

This is April 1st,—All Fool's Day. You may already begin to swat the fly.

Mr. and Mrs. Daniel C. Rossmann removed to Milliford last Thursday.

Bellefonte's silk mill is now fully assured, and the initial expenditure for building and machinery is estimated to run close to \$300,000.00.

Mercantile Appraiser William Wood, of Osceola Mills, is making the rounds among Centre county business men for the annual reappraisal.

The Millheim and Spring Mills silk mills have much of the necessary machinery installed, while the foundation work on the Centre Hall mill is not yet completed.

Mrs. Mollie H. Ishler, widow of S. Elmer Ishler, moved last week from near Boalsburg to State College, where Mrs. Ishler has bought a large brick house at 205 Barrows Street.

Best butter, 8 and 10 cents a pound. Fresh eggs 3 and 4 cents a dozen. Chickens, 10 and 12 cents each. These interesting figures are taken from a Chicago market report of July 8, 1858.

A heavy thunder shower, accompanied by sharp flashes of lightning, passed over the valley Friday evening. Rain fell in torrents for several minutes, the total precipitation being over an inch.

F. F. Treaster, who is employed at house building at Huntingdon, was at his home at Colyer over Sunday, and on his return to Huntingdon was accompanied by Wilbur Runkle, who will assist him.

Mrs. E. P. Gleixner entertained a little party of friends, one day last week, at which Mr. and Mrs. Orvis Swartz were the honor guests, the latter family just having moved to Centre Hall from near Penns Cave. The refreshments were delicious and in abundance.

J. S. Rowe, who for the past several years has been spending much of his time below the Mason and Dixon line, installing heavy machinery for various hydrating plants, left here last week for New Milford, Delaware, where for the spring season he will be engaged in that work.

Cameron, Centre, Dauphin, Forest and Pike counties will be entitled to make appointments to McAllister scholarships at Penn State next fall. These counties have shown the highest ratio of students attending the college this year to the population of the county. The scholarships are valid during the freshman year only, and are of the value of \$90 in cash.

The four small boys from Snow Shoe, who were arrested in connection with the death of the Jarvis boy, were given a hearing before Judge Quigley, Wednesday of last week. The testimony presented was so damaging as to warrant the remanding of the two older boys, Charles Markley, 14, and Melvin Rowan, 15, to jail to await trial, while the two younger boys—Arthur Markley and Thomas Stark, each eleven years old, were sentenced to the Glen Mills reform school for an indefinite period of time.

"Cattle Feeder's Day" will be observed at State College by the Pennsylvania State College on Thursday, April 8, and many prominent breeders and cattlemen from all parts of the state are expected to attend. The annual college steer feeding experiment closes on that day, and results furnish valuable data on the success of steer feeding under Pennsylvania conditions. The purebred stock of the college will be exhibited for the benefit of the visitors, and there will be a general meeting in the afternoon when production costs will be discussed.

The Luther League social, on Friday evening, was well attended. Following a short program, refreshments consisting of ham sandwiches, ice cream, cake, candy, and coffee were served. The Luther League, since its organization in 1858, has been an active force in the work of the Lutheran church. The little band of workers have never failed to answer the call for assistance from the larger organizations of the church, and in every movement have contributed from their treasury. On the occasion of re carpeting the church with Brussels carpet, several years ago, the Luther League donated \$200.00.

James Newton Hill, of Tarentum, the only life prisoner in the western penitentiary, was granted a pardon last week after serving twenty-six years in that institution. Hill was thirty-four years of age when convicted of the murder of Rose Rotsler, a French woman, in Allegheny, in 1895. He was sentenced to be hanged but the sentence was later commuted to life imprisonment. Hill has always been a model prisoner and at Rockview has been acting librarian. When his officially signed pardon was received this week, he returned on Monday, to his home in Pittsburgh, where he has a wife and married daughter living.