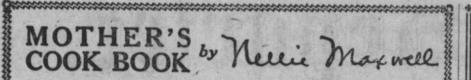
### THE CENTRE REPORTER, CENTRE HALL, PA.



## July is just in the nick of time-

Hay weather, hay weather: The midsummer month is the golden prime For haycocks smelling clover and thyme; Swing all together! July is just in the nick of time.

-Myron Denton.

Seasonable Dishes.

When the family enjoys a few nutty doughnuts try this simple recipe which makes a dozen and a half the size of an egg:

#### Drop Doughnuts.

Take one-half cupful each of sugar and milk, one and one-half cupfuls of flour, one egg and one teaspoonful of lemon rind. Beat the egg white, add the sugar gradually, then the beaten yolk, a grating of lemon rind, a pinch of ginger and a quarter of teaspoonful of salt, milk and flour sifted with the baking powder. Drop by teaspoonfuls into hot fat and roll in powdered sugar.

Egg and Cheese Salad. Slice half a dozen hard-cooked

eggs, line a salad dish with lettuce and arrange a layer of eggs on the lettuce, then sprinkle thickly with grated cheese. Add cream to mayonnaise

and spread a layer over the cheese, then a finely minced cucumber and the remainder of the eggs. Cover with mayonnaise and sprinkle vith cheese. Serve cold.

Celery and Pineapple Salad.

Use equal parts of celery and pineapple, cut fine. Sprinkle with French dressing and chill. When ready to serve add a few pounded almonds to a mayonnaise dressing and serve garbaking powder, salt, ginger and grated nished with shredded almonds on lettuce.

#### Coffee Blanc Mange.

Take two cupfuls each of coffee and milk. Add four tablespoonfuls of corn to a little of the cold milk. Cook until fulness among all. it thickens, then pour into a wet mold

## Normandy Salad.

Just Folks mayonnaise. Serve on lettuce. (Copyright, 1920, Western Newspaper Union.) Plenty.

By EDGAR A. GUEST

THE MOTHER ON THE SIDEWALK.

The mother on the sidewalk as the troops are marching by Is the mother of Old Glory that is

waving in the sky. Men have fought to keep it splendld,

men have died to keep it bright, But that flag was born of woman and her sufferings day and night;

'Tis her sacrifice has made it, and once more we ought to pray For the brave and loyal mother of the

boy that goes away.

There are days of grief before her. there are hours that she will weep,

There are nights of anxious walting when her fear will banish sleep; She has heard her country calling and

has risen to the test. And has placed upon the altar of the turmoil of the fray

The anguish of the mother of the boy who goes away.

You may boast men's deeds of glory, you may tell their courage great. to die is ensier service than alone to sit and wait,

And I hall the little mother, with the tear-stained face and grave Who has given the Flag a soldier-

if there is continual Peace among starch, four tablespoonfuls of sugar all, there is sure to be continual help-Live in Peace. and chill. Serve with whipped cream. Keep your mind in Peace. For the Mind houses the "Headquarters Staff" from which all the important orders

Cut three cucumbers and three hard- in the game of Life proceed. Peace cooked eggs in dice, add a cupful of originates in the Mind. Let Peace minced olive, half a cupful of pecans | rule your great Nervous System. Let or walnut meats broken in bits and Peace guide your day. For out from its application comes Power and

# SCHOOL DAYS



## CURING UNDER NOURISHMENS

RD comes from Washington that the cities and towns and rural districts of the nation are waking up, looking themselves over, examining the dark

places, and deciding, almost all of them, that a vast amount of improvement is possible in both health and looks. And this awakening and stirring about is laid at the door of the American Red Cross. In other words. the Red Cross has offered through its many chanhels to lend the cause a trained mind, a big heart and a strong generous hand. Reports just made by the national headquarters of the organization show that there are today 1.000 Red Cross chapters engaged in one or more forms of social and community activity included in the peace-time program of the society.

Evidence of the increasing alertness of communities to their needs is found on all sides. They are recognizing protection and conservation of life, recreation, child welfare, community organization, sanitation, education, delinquency, Americanization and innumerable other problems as their very own, their most vital business. In

the most good."



the solution of these, they are being eight family cases, and provided care | The work of the public health nurse given the aid of the Red Cross "with- for five old people suffering from tuber- is a real job. It takes her into Indian out stint or limit" wherever it will do culosis. We also assisted in improv- reservations, mining districts, moun-

KEEP YOUR MOUTH CLEAN!

ing the welfare of seven old people, tain communities, lumber camps, and War-time developments gave every took care of a young boy who was remote rural sections. The extent of

## ' YOU would look into the face of a strong man, search out him who

Peace

Fy GEORGE MATTHEW ADAMS

PEACE WORK of the RED CROSS is at Peace with himself. For it is during the time of Peace, both in the life of an individual and a Nation the growth and power accumulate. Live in Peace.

Peace is always constructive. For where there is mutual co-operation between every one of your faculties, there is team work. And team work means that you get the biggest results from your combined efforts.

Live in Peace. Live in Peace with all about you. Where there is no Peace, there is no happiness and no time for taking up the things that count for the most. We are greatly influenced and inspired by the lives of people with whom we come in contact most. And

the bravest of the brave. And that banner we are proud of. with its red and blue and white Is a lasting tribute holy to all mothers' love of right. (Copyright by Edgar A. Guest.)

> Rann-dom Reels By HOWARD L. RANN

SLEEPING IN A TENT

S LEEPING in a tent is a tried and tested method of getting close to nature and the domestic mosquito. For some reason which science has never been able to ascertain, the American mosquito operates at his best in a wall tent which has been swathed in netting. Many a man has a full set of internal contracting left an air-tight chamber two flights up, where he was free from mosquitoes and breath, and sought refuge in a tent out in the yard, only to arise in the morning decorated with the pink art craft of the nomadic mosquito and the treacherous red ant.

A 7 by 9 tent which has been put up by a sixteen-year-old son who was in a hurry to go fishing is an inviting place to sleep in during a rain storm. After it has rained for a while the

HAROLD

BACK AND

GET YOUR

GO STRAIGHT

The Tent Sleeper is an Early Riser,

and the Insomniac Roostor.

Owing to the Milkman, the Iceman

low lean, penetrating streams of wa-

trouble in telling what it is at once.

More internal rheumatism has been

caused by sleeping in a water-soaked

to stand off a cloudburst than from

into the breakfast food.

state in a tent which was guaranteed if you dream of wheat.

any other cause except putting vinegar nection between the wheat seen in of wheat.

MA! I CANT FIND MY

MOCCASIN

WHAT'S GOOD

FOR ANT BITES

BIT UP

Biles, E

age tent, the spring cot is used as a substitute for beds. As nobody ever manufactured a cot that was over five feet long the result, is that several of the male members of the family are obliged to allow their feet to hang over in a graceful parabola, or else curl up like a telescope fireladder and collect cramps. No man ever slept on one of these cots and became the unwilling prey of every homefaring pinch bug without cursing the manufacturer to his latest breath.

Tents are constructed of strong fibrous materials which will keep out everything but the wind, rain and manenting insects. When one thinks of the thousands of intrepld American families who go to roost every night in the summer in a dog tent, which is

WHEAT.

tent will lose the waterproof qualities love beyond their most sanguine ex- are doubly secured. And if you are it left the factory with and begin to ai- pectations.' Not only will they marry a farmer and dream that you are giv-

ter to wiggle down the necks of the riage will be a most happy one and a most plentiful harvest. There are

sleepers. If it rains hard the water their children will be handsome and only two things to be avoided by those

will also crawl under the tent and col- well-behaved. All this in addition to dealing in dream wheat. You must

lect in a large, damp body on the floor. the wealth the dream foretells. If not dream that you are buying it; that

so that anybody who gets out of bed you are engaged in a lawsuit a dream- is as unlucky as it is lucky to dream

to the up the west flap will have no stroll through a wheatfield is a prog- that you are giving it away. Not

dreams and financial matters which is

liable to cave in every time the wind gets above middle C, he will not fear that we are losing those heroic qualities which shone at Bunker Hill and the late Chicago convention. The tent sleeper is an carly riser, owing to the milkman, the leeman and

the insomniac rooster, and therefore Owing to lack of space in the aver. the practice should be encouraged. (Copyright.) 



ST NIGHT'S DREAMS

-WHAT THEY MEAN

NOTHING grows in the land of the produce exchange—and fully at dreams, say the readers of much to be relied on as many grain

destiny, more favorable to those who speculators have found to their fost.

see it in their nightly visions than a In fact speculation in dream wheat has

field of wheat. To look upon a field a decided advantage over speculation

of the growing grain, or preferably to in the ordinary kind in that you don't

walk in such a field, foretells a great have to put up any margin. To dream

financial prosperity. To those unmar- that you are eating wheat in the eat

ried this dream indicates success in indicates that your profits in business

the person of their choice but the mar- ing away wheat you are going to have

nostication that the suit will be de- must you carry on your back any

cided in your favor. In fact you will quantity, however small, of the phan

be successful in all your undertakings tom grain or you will suffer financial

There seems to be some occult con- in mind go to bed resolved to dream

ing conditions in their communities types of problems.

offering some specialized service which health education. problems which daily confront the disease and death that are undermin- approximately 1,930 instructors. home folks. No community and no ing the vitality of the American peo- There is also the bureau which aims family is without them.

up the war job.

A community may have a very feeble ation by Red Cross chapters, there be- furnishes instruction in accident presort of awakening. Does the Red ing at the present time only about 75 vention to employees in industries Cross ignore the sign of life? Not at centers in the county, the activity is throughout the country and provides all. The Red Cross regards even a growing steadily. Within a few years instruction in swimming and life savfaint interest as too valuable to be it is expected the Red Cross health ing to thousands of men, women and neglected and attempts to offer, the center will form as definite a part of children. Many classes in the prinform of service suited to that commu- the community's institutions as the ciples of first aid have been organized nity's need. In one locality where 13 public school or library. Much de- among the city police and fire departof the 22 chapters engaged in peace- pends on the interest of the people ments, in the schools and in business time work have jurisdiction over the themselves,

active in the field of health and social increase the supply, the Red Cross is fering childhood of devastated foreign welfare writes:

Ing.

pital 18 cases of influenza, aided in pervision.

plague is primarily a disease of rats, into our ports. caught by them from fleas, carrying the infection. Many Mediterranean from one country to another on ships, pouring oil on the sea make it clear belief in every walk of life that where where they get, ashore and start new and calm? Is it for that the winds there is oil to be poured forth there is outbreaks. If an infected flea gets slipping over smooth oil have no force, peace.

(Convright)

losses. Bearing these two exceptions

wholly unconnected with those, rela

tions as they exist in the wheat-pit of

in the United States an without work or funds and one run- the area covered may vary from a comorganized and recognized center of ac- away girl, placed three children under munity of 30,000 inhabitants and small tivity through which the people can the care of the juvenile court and area, to county service which may covserve and improve themselves. Such placed two in a boarding house." er 1,000 square miles and reach a centers are the Red Cross chapters. Reports from other localities indi- population of only 5,000. With such

scattered throughout the length and cate a warm Red Cross interest in varied districts the nurse has to be breadth of the nation. They are im- community centers, clinics and other resourceful and keep her wits busy. portant and controlling factors in the more concrete forms of social better- Classes in Home Hygiene and Care of peace plans of the American Red ment. Activities of this kind differ, the Sick did not progress rapidly dur-Cross. Each chapter being a local ac- just as the needs which prompt them ing the war. Why? Because war dutivity, all chapters are aware of exist- differ, each locality presenting curious ties were paramount. But these classes are now increasing and meeting

and are acquainted with what steps There is, however, one need which with promising response. Since the orare necessary to improve the general irrespective of locality is found to be ganization of this activity in 1914, up welfare. Upon them rests the duty of prevalent everywhere-the need for to March of this year 11.221 such classes have been held, the number of stumay be adapted to home-town needs, Ignorance is the underlying cause of dents who have completed the course, toward the solution of the perplexing the continued disaster of preventable totaling 126,842. At present there are

ple. Health education is the means by to teach folks what is the best kind These peace duties are outgrowing which this ignorance can be removed. of food to put into their stomachs. It and continuations of the duties which In recognizing this, the Red Cross is is known as Dictitians' Service, and came during the war. They, of course, establishing health centers where in- has enlarged its field to include among receive the best attention of the Red formation and education will be offered its activities sutrition classes and clin-Cross. But they in no way interfere and where the health workers of the ics and the placing of nutrition adwith furnishing relief in disasters, community may be brought to work visors whose work varies according to carrying on foreign relief and finishing together. While only a few of the the needs of different communities. health centers have been put in oper- The first aid work of the Red Cross concerns.

population of less than 10,000, it is Then there is the Red Cross Nursing The Junior Red Cross interprets the interesting to note how the conscious- service. Nursing service obviously Red Cross foreign relief program and ness of the smaller chapters is grow- tends to improve health conditions and its work in this country to school peopromote health interests. The total ple and youngsters, and is now reach-One of them recently requested the number of nurses enrolled in Red Cross ing over half of the school children in privilege of shawing its city how gar- Nursing service is 37,300; of these 105 America. Fourteen of the 23,000,000 bage can be handled in an economical are colored women. While during the are enrolled in its membership. One and cleanly manner. In response to war thousands of applications were hundred and eighty-six thousand teachthe request, a Red Cross worker visited received from nurses, the enrollment ers are serving as leaders of Junior the chapter, avmed with public health has now resumed its pre-war status, Red Cross clubs in the 21.960 Junior pamphlets and with working plans for the present monthly average being Red Cross school auxiliaries, While incinerators and other methods of die- only about 125. This number falls far their outstanding service is in answer posal. A chapter in California which is short of the demand, and in order to to the humanitarian appeal of the saf-

daily bending its efforts in behalf of countries, their interest in service at "We have decided to furnish milk in the recruiting of nurses. Of the 37,300 home is equally keen. By means of the public school for some marked nurses, 531 are public health nurses the educational program supplied to cases of under-nourishment, some of serving under Red Cross chapters, and thousands of schools by the Junior Red them the result of influenza. During 124 serving in organizations affiliated Cross, various educational courses, the month, we transported to the hos- with the Red Cross and under the su- such as first aid are adapted to the children.

Rats and Bubonic Plague on a human being the disense is trans- nor cause any waves?" It is told in mitted to him. In view of increased the Ecclesiastical history that the activity in trade, the health officials Bishop Adain gave holy oil to trav-Pubonic plague is more common in are much worried over the prospects elers, saying: "But do you remember the United States than typhus. The of ships carrying plague-infected rats to cast this oil I give you into the sea,

> Pliny the elder proclaimed that "everything is soothed by oll." Our

and the wind shall cease immediately."

vorts are now reported as being infect-ed by rats suffering from plague. have sung of oil and its soothing qual- phenomenon of oil on the troubled wa-These infected rodents are carried ities. "Why," asked Plutarch, "does ters. It has grown to be an accepted

Oil on Troubled Waters.

