

THIRTY-FIVE YEARS AGO

Paragraphs of News Taken from the Files of the Reporter of 1885.

October 28, 1885. S. H. Diehl, of Aaronsburg, has gone to Colorado.

The Linden Hall band went to Penns Cave last week.

Mr. C. E. Emerick has gone to Philadelphia again to finish his medical studies.

John Lambert, an old citizen of Madisonburg, died last Monday, in his 77th year.

Mr. D. Hess has put up a large coal shed at Linden Hall, which is the best on the line of our railroad.

Daniel Geiss, of Joliet, Ill., gave us a call. He has a patent door-hanger which no doubt will displace all others out.

Will Musser, of Aaronsburg, has charge of the Centre Hall station at present, and will remain until Mr. Catherman will be on hand.

Henry Booser has opened a confectionery and cigar store in connection with his meat market.

The Tussey band gave Bartholomew's store a serenade the other evening.

The purchase of a town clock is being agitated by some. The new Lutheran church location and spire are well suited for a clock.

The slating of the roof and steeple of the new Lutheran church is now completed, and the weather-vane and top-piece of the spire have been put in place, and show finely.

Centre Hall Markets: Produce at stores—butter, 16c; ham, 15c; shoulders, 6c; eggs, 14c; potatoes, 35c bushel; sides, 8c. Wheat, 85c; barley, 45c; shelled corn, 45c; oats, 25c; rye, 56c.

The Reformed church at Aaronsburg was dedicated on Sunday, 25th. The debt on the building in the morning was \$2000, which was subscribed, and the church was dedicated in the evening.

The attendance was very large. The church is among the fine ones in the county. Mr. Michael Harper again gave evidence of the "cheerful giver" by helping it along to the amount of \$500 in addition to \$1000 and the ground previously donated by him.

School Loan Wins.

At a special election in Snow Shoe Township recently the proposed \$22,800 bond issue for school purposes was approved by a vote of 202 to 31. It is proposed erecting and equipping a modern school building in the township. Heretofore the children of the township have lacked anything like adequate school facilities.

Transfers of Real Estate.

Samuel Harter, executor, to William Breen, tract in Gregg Twp.; \$100.

William Breen, et ux, to Ezra C. Harter, tract in Gregg Twp.; \$8,100.

Lydia Harter, executors, to William Breen, tract in Gregg Twp.; \$8,000.

Clayton H. Stover, et ux, to Anna W. Winklebleck, tract in Gregg Twp.; \$235.

Ada M. Imler, trustee to Oliver S. Acker, tract in Gregg Twp.; \$1.

W. H. Strohecker, et ux, to E. M. Van Sant, tract in Gregg Twp.; \$3000.

Anna M. Rogers to Mary Estella Showers, tract in Gregg Twp.; \$525.

George E. Weaver, et al, to Elmer C. Ross, tract in State College; \$6,500.

W. A. Krise to Stella F. Brown, et al, tract in Centre Hall; \$1,400.

George S. Frank to Paul S. Musser, tract in State College; \$6000.

Henrietta K. Allison to William H. Strohecker, tract in State College; \$6,500.

William H. Myers' heirs to T. A. Hosterman, tract in Centre Hall; \$6000.

Harry Gernard, et bar, to John R. Haswell, tract in State College; \$8,500.

George E. Weaver, et al, to Ella V. Sellers, tract in State College; \$5,200.

HEALTH SCHOOL

Pennsylvania State Department of Health.

Answers to Last Health Lesson.

Question 1—Name three milk products.

Answer—Butter, Cheese, Ice Cream.

Question 2—What is Pasteurization?

Answer—Milk is Pasteurized by being kept at a temperature of 145 deg. for a half hour, then rapidly cooled.

Question 3—Name two diseases which may be carried by milk.

Answer—Typhoid fever, Diphtheria.

The next lesson is entitled, "The Market Basket," and treats of food with particular reference to the diet of children.

Strong well nourished children not only possess greater capabilities for physical and mental development, but have greater resistance against disease.

Many of the thin, frail, under-nourished children we find in the schools could be built up and made strong if greater care were exercised in regard to their diet.

HEALTH SCHOOL

Pennsylvania State Department of Health.

Questions.

- 1. What is the first food that you should buy for children? 2. Why should you give children plenty of vegetables? 3. Why should children eat nothing between meals?

THE MARKET BASKET

"Everything's so high," complained Mrs. Thompson, "and my four never seem to get enough. They're as skinny as rails, too—well Ed's fat enough but Mr. Thompson says he hasn't muscle and he's sick half the time." Mrs. Harris' bright eyes travelled to her neighbor's market basket.

"Maybe the children aren't getting the right kind of food," she suggested, as they left the market.

"I always buy the best there is," returned Mrs. Thompson in slightly injured tones. But Mrs. Harris was determined to get a square deal for the hungry little Thompsons, if she could.

"Well," she continued, "I've found that children have to have certain kinds of food or they don't thrive. There's milk—"

"Eighteen cents a quart for something to drink!"

"But it's the most important food in the world for children. It has more of the different kinds of things that they need than any other food. A quart of milk has the same food value as a pound of meat or nine eggs, and think of the cost of those!"

"Mine don't care for it. They like tea and coffee better."

"And it's so bad for them! Why don't you try coloring their milk with a little cocoa? And, of course, you can give it to them in soups and puddings and on cereals and toast. Each of mine gets at least a pint a day in some form."

"What else do you give them?" Mrs. Thompson was getting interested.

"Well, I make a point of having a green vegetable every day," Mrs. Thompson's basket contained nothing green.

"Spinach?"

"Spinach is fine. All the leafy vegetables are—spinach, chard, cabbage, beet greens, lettuce. But all green vegetables have minerals which are good for the blood and help make good teeth and bones. Onions boiled are splendid and are usually rather cheap. Besides there are beets, carrots and string beans. Celery and asparagus are all right, but they contain less nourishment than the others and are usually expensive anyway."

"What about potatoes?"

"Children ought to have them. They are a starchy food, like bread and cereals, and even better for children than bread. I bake them in order to save their mineral. I have a cooked cereal every morning, too—a package of oat meal costs less and has about eight times as much nourishment as the same sized package of dry cereal, besides having iron in it." (Mrs. Thompson looked guiltily at her two packages of ready to eat cereal.)

"Don't you give them any meat?"

"Yes, a little. Either meat or fish or eggs—they are all growth foods, like milk. Meat wouldn't be necessary if they drank more milk, and it would be cheaper to get the milk for them, but we have meat on the table and the children like it, so I give them some. I don't let them have fried meat or sausage or pork—they're too indigestible."

"Children always want sweet things, and I suppose that's bad for them."

"Oh, no, a little does no harm if given at the end of a meal. I make custards and rice puddings for them, or we have stewed or fresh fruit or a few pieces of candy for dessert. Ice cream is all right, and, of course, a treat. I don't have pies or rich cake. And I don't let them eat sweet things, or anything else, between meals. It spoils their appetite for wholesome food at the table."

"Maybe that's why my children are never hungry when they sit down at the table. But don't you ever give them an apple or an orange or a banana?"

"Yes indeed, at meals. The baby has his fruit juice or stewed apples or prune pulp. The others have all kinds of cooked fruit, and oranges and apples and peaches when they're ripe. I'm careful to see that they have some fruit every day. I don't give them bananas, though, unless they're very ripe," noticing Mrs. Thompson's bunch of pale yellow ones. "The brown skinned ones are more digestible and cheaper, too."

"Your children do look so healthy, and I don't believe it costs a bit more."

"It doesn't, if you buy carefully. I don't buy fancy package goods. I buy in bulk whenever I can, and I make sure of the things that are necessary."

"It's hard to make children eat what's good for them."

"Yes, but they're hungrier at meal time if they are out of doors a lot, and have nothing to fill up on between meals. Maybe you could get them interested, too, in watching their weight go up."

"I'm going to try," said Mrs. Thompson, as they reached her front door. "I may be over for another lesson."

"Any time," laughed her friend. "Mr. Harris says that I'll get everybody down on me if I don't stop telling them what they ought to eat. But we've been so much better and happier ourselves since we had a sensible diet that I want everybody to try it."

FINANCIAL REPORT—

OF THE SCHOOL DIRECTORS OF POTTER TOWNSHIP SCHOOL DISTRICT, FOR THE FISCAL YEAR ENDING FIRST MONDAY IN JULY, 1920.

Table with 2 columns: Description and Amount. Includes Whole number of schools, Average number months taught, Number male teachers employed, etc.

Table with 2 columns: Description and Amount. Includes Receipts from State appropriations, Balance on hand last year, From tax collector, etc.

Table with 2 columns: Description and Amount. Includes Expenditures for High school tuition, Building, Furniture, Repairs, Teachers' wages, etc.

Table with 2 columns: Description and Amount. Includes Resources: Tuition due from other townships, Amount borrowed and unpaid, etc.

Witness our hands this 6th day of July, 1920. E. W. CRAWFORD, Pres., F. P. FLORAY, Sec'y.

We hereby certify that we have examined the above and find it correct. H. F. MUSSER, J. H. RUNKLE, Auditors.

EXECUTOR'S NOTICE—

There is testamentary upon the estate of J. HENRY STONER, late of State College, Centre Co., deceased, having been granted to the undersigned, all persons knowing themselves indebted to the same are hereby requested to make prompt payment, and those having claims against said estate must present them duly authenticated for settlement.

CHARLES S. STONER, Executor, Spangler & Walker, Centre Hall, Pa., R. 1, Bellefont, Pa. c31

ADMINISTRATIVE NOTICE—

Letters of Administration on the estate of W. FRANKLIN McLELLAN, late of Gregg Township, deceased, by the undersigned, she would respectfully request all persons knowing themselves indebted to the estate to make immediate payment, and those having claims against the same to present them duly authenticated for settlement.

CARRIE L. McLELLAN, Spring Mills, Centre Co., Pa. R. F. D. Wm. G. Runkle, Attorney 629

Catarrah Deafness Cannot Be Cured

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure catarrhal deafness, and that is by the constant use of my Catarrhal Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed, Deafness is the result. Unless the inflammation can be reduced and this tube restored to its normal condition, hearing will be destroyed forever. Many cases of deafness are caused by catarrh, which is an inflamed condition of the mucous surfaces. Hall's Catarrh Medicine acts thru the blood on the mucous surfaces of the system.

We will give One Hundred Dollars for any case of Catarrhal Deafness that cannot be cured by Hall's Catarrh Medicine. Circulars free. All Druggists. Etc. F. J. CHEENEY & CO., Toledo, O.

Insurance and Real Estate

Want to Buy or Sell?

SEE US FIRST

Chas. D. Bartholomew CENTRE HALL, PA.

\$9.85 Round Trip Good in Coaches Only

From MIFFLINBURG TO Atlantic City Wildwood, Ocean City, Cape May and all SOUTH JERSEY RESORTS, via Market St. Wharf, Philadelphia

Tickets good via Delaware River Bridge all-rail line 30 cents extra.

THURSDAYS

July 22, Aug. 6, 19, Sept. 2

Tickets good returning within 16 days. Tickets good in part or sleeping cars \$1.35 extra in addition to regular Pullman charges. All fares subject to war tax of 5 per cent. Stop-overs allowed at Philadelphia in either direction.

See Flyers Consult Ticket Agent's Proportionate fares from other points

Ocean Grove-Asbury Park Excursion, Tuesday, August 31

PENNSYLVANIA SYSTEM

20-25% Reduction

NOTICE: No merchandise will be charged during this Special sale.

Nieman's Department Store

\$45,000

REMEMBER, All merchandise sold during this sale must prove satisfactory or it may be exchanged.

Worth High-Grade Merchandise is offered in this 20 to 25% Reduction Sale, Which Commenced June 25th

We are willing to stand this loss in order to help break up the high cost of living. We have held the confidence of the people throughout our 20 years of fair dealing and sincere service and we assume our obligation to our customers and to ourselves to help break up the high price of merchandise, and we hope you will be glad for the opportunity to co-operate with us in making this the

Greatest Sale in this Community

Among the many extraordinary features of this sale are:

- 3,000 Men's, Young Men's and Children's SUITS; 5,000 pairs SHOES for Men, Women, Children; 2,000 Coats, Suits, Dresses, for WOMEN and CHILDREN.

and piles and piles of other first-class merchandise which you will find in this store.

WONDERFUL VALUES FOR EVERYBODY

COME EARLY! The early shoppers will find some goods with as much as a

40 Per Cent. Reduction!

Remember, this is a bona-fide sale and everything must be as represented.

D. J. NIEMAN

Department Store MILLHEIM

They're growing all the time



W. E. BARTGES, Auctioneer, TERMS REASONABLE Satisfaction Guaranteed CENTRE HALL, PENNA.

WANTED.—Men or women to take ord rs among friends and neighbors for the genuine guaranteed history, full line for men, women and children. Eliminates damage. We pay \$50 an hour for spare time or \$24 a week for full time. Experience unnecessary. Write, INTERNATIONAL STOCKING MILL, Norristown, Pa.

CYRUS BRUNGART JUSTICE OF THE PEACE, JOHNSBURG, PA. Special attention given to executing legal writs of all classes, including deeds, mortgages, assignments, etc.; marriage licenses; also business of other secured, and all matters pertaining to the office attended to promptly. Jan 11