THE CENTRE REPORTER, CENTRE HALL, PA.

PENNSYLVANIA STATE ITEMS

Lancaster. - The police presented Major William C. Rehm, former district attorney, with a gold watch for his services to the department.

Philadelphia.-Sneak thieves tore up the flooring of the building at 1502 Walnut street in order to reach the women's wearing apparel shop of Emma Hartman, on the first floor, and made away with \$3000 worth of dresses and other finery. The police believe that some one familiar with the building pulled the job.

Lebanon .- Harrison, 13-year-old son of William Leed,, suffered severe internal injuries when run down by an automobile while riding a bicycle.

a riot between groups of whites and colored in the hill district. The girl him. was struck on the head by a brick and died in a hospital. The disturbance was quelled by several squads of police.

government whisky permits were missing from the files of the prohibition office here in 1921, James Worthing- is believed by the authorities the can ton, former internal revenue department superintendent, testified at the trial of A. Guckenheimer Brothers & Co. and twelve individuals charged with conspiracy in violating federal li- school. quor laws. The permits, if forged, as federal authorities allege, would have allowed illegal withdrawal of thousands of cases of whisky from the Guckenheimer distillery, Freeport, Pa.

Quakertown .-- Several persons nearly met death and one horse was killed when a huge transformer of the Pennsylvania Power and Light Company, located along a highway near California cut, two miles north of Quakertown, and carrying a heavy voltage, sprung a leak and electrified the roadway and ground within many feet of the spot. Riding a horse, Howard Thomas, a farmer, was suddenly thrown when a shock knocked the horse down. Rider and horse escaped injury. A few moments later Henry Heffentrager, of Quakertown, driving in a buggy, was passing over the roadway when his horse dropped dead. Heffentrager escaped injury.

Shenandoah.-Mrs. Tessie Dulski slipped on an apple peel, fell down a flight of steps at her home and suffered serious injuries.

Washington .- Miss Sarah Thompson, the oldest inmate of the Washington county home, and believed to be the oldest person in the state, died at the age of 114 years.

Bethlehem -Struck

Pottsville. - The last two horses i used by the Pottaville fi. department were sold to a Tamaqua ice dealer.

Chester .- Both the birth and death rates of Chester were slightly higher last year than in 1922. The birth rate per 1000 population was 23.6 for 1923, while the preceding year it was 22.2. The death rate for 1923 was 12.8 while for 1922 it was 11.8.

Pittsburgh .- Swissvale is without fire protection as the result of council suspending indefinitely about 80 members of the volunteer fire department for alleged infractions of their duties as firemen, notably that of "refusing to answer alarms." Meanwhile a new company is being formed, but there is no authorized body of men in the borough to take the fire truck out in case of an alarm. The fire company has been in existence for 21 years.

York .--- Two deputy sheriffs, Charles H. Smeltzer and Edward Myers, were arrested on a charge of aggravated assault and battery. It is alleged that the two officers beat Edward Smith, a prisoner, with blackjacks. Smith, Pittsburgh .- A 3-year-old girl, Ida who was charged with disorderly con-Kirtsman, was fatally injured during duct, resisted arrest, it is said, and the officers had to use force to subdue

Pottstown .--- The borough authorities are making an investigation into numerous cases of serious illness among school children in the Washington Pittsburgh .- One hundred and six | Hill section of the borough. It seems children found candy on a dump in that section and ate the sweets. It dies were spolled and were placed on the dump by dealers. The sweets were not buried and the school children found them on their way to

> Wilkes-Barre .- "This is the kind of case that disgusts one with the majesty of the law," Judge Fuller stormed in discharging 15-year-old Catherine Saviasky, who had been sent to jail for 15 days because she was unable to pay a fine of \$10 and costs for failure to take out a dog license. Almost in hysterical condition, the pretty little schoolgirl hugged her big shepherd dog and brokenly thanked the judge. A constable had arrested her with the unlicensed dog and hauled her before a magistrate, who had committed her to jall when she couldn't pay the \$13. The judge bought her a license.

Berwick .- A concrete den, hidden 10 feet underground, yielded \$400 worth of brass and copper, and five boys now in the county jail related a story of midnight oaths before a cemetery cross as a start to their career of crime, with definite plans for the activities laid out. Tre arrests followed the burglary of the Hears store and a restaurant when \$168 in cash

was obtained, the Heaps cash register being carried from the store to a vacant lot and smashed open. The Kachurka, Samuel Mack, Steve Ka- as they absorb it.

900000000000000000000000000000 **Combs** Enthusiastic

Even Over Rivals Miller Huggins is positive that in Outfielder Earl Combs he has one of the coming stars of the American league.

Combs, after only two years in professional ball, was sold to the Yankees for a sum said to be \$50,000

Huggins says he is worth whatever the club paid for him, and intimates that it might have been more than a cool fifty thou. "Combs has wonderful natural

ability, but better yet he has the spirit and enthusiasm that makes a winning ball player," says Huggins.

"Watch the Yankee bench and you will notice that Combs is always bubbling over with enthuslasm, to which he gives vent at every opportunity.

"He even can enthuse when his rival for the position comes through. That spirit can't be denied. Watch Combs."

CURVED BALL PUTS BIG STRAIN ON ARM

Wonderful Thing to Give Some Batters.

Pitching isn't what it used to be. Ed Walsh says so and Ed was one of the greatest pitchers of his time and therefore must know something about pitching.

"The boys don't come up any more with a curve ball," Ed says. "Now a curve requires a lot of work to attain, but after you get a good curve it is the most useful thing in the pitcher's stock to throw in a pinch. "I never was a curve ball pitcher, but the spitter was allowed in my day. I guess," he continued, "one of the reasons why the young men don't take to the curve more readily is because it puts a strain on the arm. It catches you in the eibow and there is no escape from the penalty it takes on the throwing arm. But the curve is a wonderful thing when certain

batters are facing you in a pinch. "There are some batters like Cobb, Speaker, Collins and a few others who are likely to outsmart the pitcher in the pinch, but as a general rule if you can give the man at the plate a curve when the situation is tense you among the woman players in the have the long end of it."

Walsh is performing quite a val- few points for Spain, especially in uable service for the Sox. He is the mixed doubles, where coupled schooling the young pitchers not only with Manuel Alonso, she will perform upon the field, but in private confer- some whirlwind playing backed by ences he is imparting his knowledge Alonso's heady work. boys committed to jail are Michael of the pitching art to the kids as fast





Spanish Tennis Star ****** Houston Knot-Hole

> Gang Must Be Good Before a Houston boy can become a member of the Houston Knot-Hole Gang he must subscribe to the following agreement: In becoming a member of the

Houston Knot-Hole Gang, and in accepting passes to the games of the Buffaloes I agree that:

1. I will not at any time skip school to attend a game. 2. I will attend no game

against the wishes of my parents or employer. 3. I will uphold the principles

of clean speech, clean sports and clean habits, and will stand with the rest of the gang against cigarettes and profane language on the field. I understand that a breaking

of this agreement may cost me my membership in the Houston 💠 Knot-Hole Gang.

õooooooooooooooooooooooooooo



Boxing has been adopted at the Tokyo Imperial university in Japan. . . .

Johnny Dundee's real name is Joseph Carrora. He was born in Italy. . . .

Firpo may retire; perhaps he thinks the referee would let Dempsey use a hammer next time.

An exchange says Benny Valger is the hardest man in the ring to fight



By INEZ SEARLES WILLSON *****************

ENERGY VALUE OF FOODS

During the last fifty years, experiments have been conducted to show the energy value and chemical composition of our common food materials. By means of elaborate apparatus, it has become possible to measure with complete accuracy, the amount of energy and heat which the different foods furnish to the body.

These experiments are of inestimable value in providing analysis of all the articles of food which go to make up the daily diet. The unit of measure is the calorie.

The housewife should have at least a general idea of the fuel value and the composition of the foods which she serves to her family. In no other way is it possible for her to provide. economically, the proper foods in the proper amounts.

According to the latest results of reliable research, only the material which is actually digested and whose energy is available to the body is taken into account. These results give a lower energy value than the figures formerly accepted.

The new figures given are:

Protein yields 1,820 calories per pound.

Carbohydrates yield 1,820 calories per pound.

Fat yields 4,040 calories per pound. The energy value of any article of food depends upon the actual amount of nourishment which it contains and the greater the proportion of fat the greater the fuel value.

Fat is the most concentrated form of human food and it is in the form of fat that nature stores the excess food taken into the body. This is why over-fed persons become fat. The body is able to use this stored energy for fuel in case of need.

Another consideration in figuring the actual nourishment derived from our foods, is the amounts of refuse and water present in them. Obviously, these do not contribute to their energy value and therefore must be considered in buying economically. Strawberries which are 5 per cent waste and more than 85 per cent water offer a good example of an expensive way to furnish the body with liquid in February.

W. O. Atwater, an expert in the science of nutrition has very aptly applied the following definitions to food: "1. Food is that which, taken into the body, builds tissue or yields epergy.

"2. The most healthful food is that which is best fitted to the needs of the user. "3. The cheapest food is that which furnishes the largest amount of nutriment at the least cost. "The best food is that which is both healthful and cheapest."



Senorita E. de Alvarez, eighteen-

year-old Spanish tennis star, will have

to be reckoned with this summer

Olympics. She hopes to win quite a

111 /

a jagged piece of glass when a seltzer bottle exploded, the jugular vein of John Horvath, the 2-year-old son of John and Annie Horvath, was severed and the child bled to death.

Chester --- Malachi Version is a patient in the Chester Hospital, receiving treatment for carbolic acid poisoning. According to the police Version had been drinking "bootleg" liquor and had gone to bed. On awakening he reached for a bottle of what he thought was "white mule," but which turned out to be the poison. Version's mouth was badly burned. Physicians say he will recover.

York .- When relatives broke open a door at the home of Mrs. Amanda Herman, they found the woman dead in a chair and the unconscious body of Miss Emma Deardorff, a domestic, seated in a chair beside her. Coal gas from a kitchen range caused Mrs. Herman's death. She was 82 years old.

Erie .- The overturning of a speeding automobile near Girard instantly killed Arthur C. Holton, of Flint, Mich., and injured his partner, Leonard Tryon, of Ashtabula, who died in Brown Memorial Hospital, Conneaut,O.

Chambersburg .- Because the state has condemned the Fulton county jail as both unsanitary and unsafe, two farmers of that county, convicted of bootlegging, were brought here to serve their sentence of six months Imposed by Judge McPherson at Mc-Connellsburg. The farmers. Vernon Strait and Jesse Mann, were also fined \$200. It was arranged that the Fulton county authorities should pay for their maintenance at the local fail. Lancaster .-- Howard R. Omwake,

dean of Franklin and Marshall College, has been elected president of Catawba College, at Salisbury, N. C.

Bellefonte .-- Pennsylvania State College is in imminent danger of being marooned in the midst of its fertile farms without any immediate railroad connection, and all because of the activities of the automobile and motor bus. The only railroad now rurning to it is the Bellefonte Central, and James C. Furst, local counsel for that company, received an order from Roband majority stockholder, to proceed Commission for the immediate abandonment of the road.

Phoenixville,---An electric bulletin board in front of a church on Church street reads: "Better endure a little heat in a warm church now than later on."

Lebanon .- The cornerstone of the new Henry Houck public school building was laid with full Masonic ceremony by Samuel M. Goodyear, grand master of the Grand Lodge of Pennsylvania.

Hazleton.-Every house in Hazleton plow. and West Hazleton was visited by the Boy Scouts to deliver free fly swatters ture.

ritza, Alex Krivitza and John Unfrah. Michael Pance is being held in the detention room at the city hall.

Frackville .- The school board took steps to condemn land to be used as a park and playground.

Tamaqua .- William Breisch, a car runner in a colliery, was struck on the head by a traveling crane and killed.

Harrisburg .- The fifth annual : union of the Shoemakers of Pennsylvania will be held at Reservoir Park, this city, August 21.

Tamaqua .-- The record price for real estate in this city was reached when Gelb & Mayer purchased the store they occupy on West Broad street from the Livingstone estate 'or \$100,000.

Wilkes-Barre .-- Nine victims of poison rum were admitted to the Hospital for the Insane at Retreat since the first of the year from the borough of Plymouth alone. The ninth victim, Andrew Conrad, was arrested by the Plymouth police while annoying small children and breaking windows it the neighborhood. Physicians declared him of unscund mind and ordered his removal to the hospital.

Philadelphia.-Benjamin Sacko, 19 years old, employed as a motor mechanic, was only slightly injured. though he risked his life to save a 6year-old girl from being crushed beneath the wheels of an automobile at Thirteenth and Wood streets. The girl is Antoinette Sleger. Sacko saw the approaching car and hurled himself before it in such a manner that, although the child was struck by the mahine, his body threw her forward far enough to prevent her from being crushed. Sacko then picked up the girl and ran with her to the Hahnemann Hospital, two squares away. The girl received lacerations and contusions of the head and body, and Sacko was treated for slight injuries. Samuel Bailis, driver of tre machine, surrendered to the police.

Harrisburg .- The first plan for fixing the ultimate width of the right-ofway of the state highway system has been filed with the recorders of Delaware and Montgomery counties, showert Frazier, of Philadelphia, president | ing 80 feet as the width of the Lincoln Highway on the section between at once to petition the Public Service Philadelphia and Paoli, William H. Connell, engineer executive of the department of highways announced.

Altoona .-- Six homes on the East Side were visited by a lone burglar, who got \$15 for his trouble.

Shenandoai.-Feilx Bogden, a soldier stationed at Fort Sill, Okla., who deserted six months ago, was captured here and taken back to Oklahoma for court martial.

Harrisburg. Ell F. Bcoser, 57 years old, of Deodate, near here, dropped dead while assisting a neighbor to

Giraard':ille .-- Despondent because of illne s. Andrew Pickaroski, aged 45, and state health department litera- committed suicide back of the cemetery

Can "Tiny" Turn Trick?



Glenn "Tiny" Hartranft, Stanford university athlete, is certain of a place arm. on the American Olympic games team by reason of his work in the 16-pound shot and discus. Hartranft recently made a heave of 50 feet 111/2 inches, which is one-half inch short of equalling Ralph Rose's world's record in the 16-pound shot. Hartranft is picked to break the record in the Olympic tryouts.

Billiards Prove Great

Help to Golf Players It is generally known that Jock since spring, has been claimed by New-Hutchinson is the originator of the ark on waivers. famous mashie-stoppum pitch, but not many probably know just how the peppery Scot came to his invention, of the Indians, has been laid up with In one of his exhibitions of the shot a wrenched knee, suffered in the series on his recent tour a spectator, struck with the White Sox. by the wizardry of Jock's mashle, exclaimed, "How in the world did you ever think of that shot?"

"Oh, I discovered that a number of years ago, when I was professional at | with league baseball.

the St. Andrew's club in New York." replied Hutch. "One night while playing billiards, in making a draw shot I wondered if the same thing could be done with a golf ball. I thought about | Texas league last year. the matter and the next day roughened the face of my mashie by punching holes on it. With that club I was Johnny Walters of Los Angeles were able to stop the ball a little. Then I had a mashle ribbed with a milling for arguing with an umpire. machine. That worked very well, but later I had the grooves in the face of the club widened. After that all I had to know what we will eat after all to do was to learn to play the shot of the farms have been turned into any American in the javelin contest at properly."

Professional baseball is fifty-two years old. More baseball stars are produced in Pennsylvania than in any other state. LL . . . Ray Gilder, a pitcher with Vernon, has been sold to Shreveport of the Texas league. . . . George Sister's Browns, slow in starting, appear to be working smoothly in high gear now. . . . Outfielder Daniel Williams, Red Sox recruit, has been sent to Bridgeport, of the Eastern league. Roy Gilder, a pitcher, has been bought by Shreveport, from Vernon of the Pacific Coast league. . . . Pitcher Ranney Young of Bloomington has been indefinitely suspended for failure to sign a contract. Johnny Jacobs, of Jersey City, joined the select circle of hitters to get six

hits in as many times at bat in a game. . . . Molly Craft, veteran pitcher, has joined the Memphis Chicks. He was out of the game last year with a bad out a major operation.

. . . Syracuse of the International league has bought Frank Yetzel, an outfielder, from the Portland Pacific Coast league team. . . .

Hal Rhyne, sensational young shortright hand.

. . . Gus (Lefty) Gockel, southpaw ges best record. " pitcher, who has been with Baltimore . . .

Riggs Stephenson, second baseman Dick Hughes, star pitcher for Read-

ing last year, is back with the team. He had announced that he was through

Outfielder K. K. Kirkham has been purchased by Rochester from Reading. He batted .345 with Beaumont of the

Outfielder Bill Whaley and Pitcher fined \$10 each and suspended a day,

The San Francisco Chronicle wants golf courses. Greens, of course.

nd the hardest to get fights for. . . . The shortest heavyweight fight on record was when Dempsey knocked out

Fred Fulton in 13 seconds in 1918. . . . The first grand American handlcap

trapshooting tournament was held in 1900 at the Interstate park, Queens, . . .

That tennis wrangle should fix the distinction between bread-winning amateurs and cake-eating gentlemen of leisure,

. . . One reason why golfers do not know the rules, says a man of the links, is that the golfers don't care enough about the rules to read them.

The annual regatta of the Canadian Canoe association will be held at Gananoque, Ont., Saturday, August 2, opening "Old Home week" there. . . .

Right now Bob Jones, Walter Hagen and Gene Sarazen are the three early favorites to set the pace in the national open golf championship at

Detroit this summer. . . .

It is reported that Benny Leonard no longer is lightweight champion of the world because he cannot make the lightweight limit of 135 pounds with-

For the third year consecutively Walter L. Cope has won the amateur golf championship of Porto Rico. He defeated Harold S. Graham 9 up. the match ending on the 27th hole.

E. L. Dollard has coached Syracuse stop of the San Francisco team, has basketball team 14 years. During the been laid up with an injury to his period the quintets won 158 games and lost 56. A run of 56 victories a few seasons in succession was his prote-

Is Olympic Possibility

Milton Angler of Beardstown, Ill., the famous U. of I. javelin thrower, holds the American and western conference records. Angler made the best throw of

the Olympic games four years ago.

LET HOME EXPRESS YOU

A famous artist, in the field of interior decoration has said: "It is the right of every woman to look pretty in her own dining room." I would amplify that statement to read: "It is the right of every woman to feel at ease in her own home."

It may be a question of enhancing personal beauty by the setting which is created. Why not? We are always at our best when we are conscious of looking our best. If we are to be at ease in our homes, we must not neglect this factor of making them a becoming background for ourselves.

The home is a reflection of the personality and tastes of its owner. Consciously or unconsciously as we build our homes bit by bit, we put ourselves into them.

We surround ourselves with the things we love, the things in which we have an interest. We usually build our color schemes of our favorite colors which are usually the ones becoming to us in our dress.

As we grow and as our tastes change with added interests, that fact is apt to be registered in our homes. We find ourselves eliminating things which we no longer find beautiful. in other words, we cast aside those things which no longer express us.

Nothing could be more expressive of a college girl than her room. The walls are literally covered with pennants, pictures, dance programs and what-not. The room probably violates every known principle of decoration yet it has charm and atmosphere and it presents an appeal because it bespeaks the personality of its owner. It is youth's expression of its interests, of the things near to the heart.

This room will be changed as the owner grows older. One by one the ornaments lose their meaning and are replaced by new ones more in keeping with older ideas. A college girl's room, however charming, would be incongruous as a setting for a mature woman.

It is possible to tell quite a bit about the character of a stranger by studying her surroundings. Her books, her pictures, little ornaments all hold the story of her personality.

To Reclaim Land

The Yellow river, "China's Sorrow," has been dammed by an American engineering corporation. Millions of persons have been drowned by the river's floods and it has changed its course many times in centuries past. The land formerly under water will be reclaimed and power may be developed at the dam.



