Sarah Ann's Cooking Class

variety in the menu. It can be used for breakfast, dinner or supper. Try sauteed potatoes with your breakfast bacon. A baked notate is the simplest to serve, a potato baked in a slow oven for an hour or longer is much nicer than one baked in a hot oven.

Fried Sweet Potatoes.

Select large potatoes, peel and small amount of grease into a frying pan. Have medium hot, place slices in pan and Iry to a medium brown. Keep pan covered to create steam. Sprinkle with sugar.

Sweet Potato Nut Loaf

- 3 cups mashed sweet potatoes
- 1 egg, beaten, a cup dry bread crumbs
- I cup chopped nut meats 4 cup butter.

1 teaspoon salt-pepper. 2-3 cup of nuts, butter, salt and principles and satisfying definite pepper half of crumbs and beaten requirements. egg. Thoroughly grease the mold

Sweet Potato Perk Roll

- 14 cups mashed sweet potatoes.
- 1 pound ground pork l egg, well-beaten

degrees. Serve with a sauce.

1 teaspoon salt-pepper. Prepare the mashed sweet potatoes with plenty of seasoning the cow barn. liberal amounts of salt and pepper to form a roll, add a little Form a roll of sweet potatoes with rounded ends. Let stand in the refrigerator until firm.

the pork and flatten mixture out will not produce off-flavored milk. on a piece of heavy waxed paper bring meat up around the roll, pulling the paper off the edge and overpaper under the roll on a platter serving. Bake in an oven 450 degrees for 20 minutes. Make gravy needed at the ends of the roll best for milking. day ahead, put in the refrigerator then sliced cold and browned quickly in hot butter. If a larger roll 15 desired, double the quantity.

Sweet Potato and Pineapple

- 5 slices of pineapple cut in halves
- medium sized sweet potatoes * % teaspoon salt 4 tablespoons sugar
- % cup melted butter lengthwise, in halves,

with the pineapples. Pare. wash lies. and cut in halves the sweet potaall this, pour the juice from a quart practice in control of erosion. monds over the mixture in the cas- should be kept in protected forest in an oven 375 degrees.

Sweet Potato Pie

- 11/2 cups mashed sweet potatoes 3 eggs slightly beaten cup of brown sugar well pack-
- teaspoon cinnamon teaspoon ginger.
- 1/4 teaspoon allspice 1/2 cup milk
- 3 tablespoons sherry 2 tablespoons melted butter
- 2 tablespoons raisins,

lined pie plate and bake 10 minutes caused by erosion. In some sections, in an oven 450 degrees then reduce these better farmers have been heat to 350 degrees and bake for quite generally practicing strip 25 to 30 minutes.

Sweet Potato Pone

Grate enough sweet potatoes to make 3 cupfuls. Add 1/2 cup of melted buter, 1 cup of brown sugar and 2 well beaten eggs. Pour in 1 cup of milk and flavor with 14 teaspoon nutmeg, also a few broken of orange peel. Mix thoroughly and bake in a buttered pan 45 minutes in an oven 325 degrees. Stir while cooking.

In the South rice is served often few foods have as dainty a flavor. Another thing in its favor is that Monument, who have had great it is an inexpensive, wholesome

H. L. HARPSTER AUCTIONEER attention given all sales

PINE GROVE MILLS, PA.

food that offers many possibilities in the planning of well-balanced

Shrimp Curry 2 cups of shrimp 3 tablespoons butter

- Salt and pepper. 2 tablespoons water. 2 cups of thin cream sauce.
- tablespoon of curry powder. 2 egg yolks. 2 tablespoons of cream Plenty of well cooked rice.
- Clean the shrimp. Melt 2 tableshrimp and cook 2 minutes. Sea- lege, Columbia university. son with salt and pepper. Then slice in half-inch slices. Put in a paste with the water. Simmer 5 minutes. Beat the egg yolks slightly, mix with the cream and add some of the hot sauce to it, blending well. Stir this into the shrimu

Cook until thickened mixture. heat and just before serving add let down." the rest of the butter. Serve with the hot rice.

QALITY MILK NEEDS

CARE IN PRODUCTION Production of milk of high qual-Mash potatoes while hot. Add ity demands observance of certain

The essentials in producing high and sprinkle with crumbs and nut quality milk are; attendants, cows, meats mixed, shaking out any that surroundings, milking equipment, do not adhere to the mold. Turn milking methods, straining and mixture and pack tight cooling, says County Agent R. C.

Cover top with remaining crumbs Blaney. and nuts. Bake 1/2 hour in oven 350 Attendants who milk cows and handle milk must be clean and healthy, and the same thing is true of the cows which produce the milk.

Proper housing is another important requirement. Barns which are clean, dry, and well-ventilated will provide the healthy herd with comfortable quarters. All other animals except cows should be kept out of

Feeds often cause flavors in milk and I tablespoon of butter. Beat One of the most frequent causes of thoroughly and if potatoes seem off flavored milk is feeding before milking. After milking is the recommended time. Other flavor abnormalties may be caused by poor ventilation of the barn in winter. Mix the eggs and seasonings with A cow properly fed and cared for

One of the dairyman's chief jobs The meat is easier to handle 11 is the eradication of bacteria from cool. Put the potato roll in the the equipment used in handling center of the meat mixture and milk. This includes rinsing, wash-

ing, and sterilizing. Sanitary practices in milking are lapping the meat, then patting it necessary. Use of a strip cup will down smooth. Using the waxed determine whether there is any vistble sign or udder infection and which may be used for cooking and also the teat canal will be washed free of some of the highly contaminated milk. Clean, dry hands are

Straining the milk to remove any This roll is very good prepared a dust or dirt should be followed immediately by immersing the can, with the lid on tight, in the cooling

STRIP FARMING SAVES SOIL LOSS BY EROSION

Many farms good and poor, have eroding fields from which tons of rich topsoil are being washed away annually. This loss is largely caused pound blanched almonds cut by sheet erosion, which gradually removes surface soil in muddy run- read longer without fatigue, and at be placed on exhibition. Cover the bottom of a cesserole off water necessarily forming gul-

County Agent R. C. Blaney stresstoes, put on top of pineapple, add es the fundamental importance of the salt, sugar and butter. Over proper land use and good agronomic can of pineapple. Sprinkle the al. Steeper and more erosive slopes

serole. Cover and bake one hour tree areas, improved pasture, or long-lasting hay. On cultivated fields, erosion should be reduced first through the use of lime and legumes to obtain good sods. maintenance of high fertility levels, following of good crop rota-

> use of manure, cover crops, and sod waterways. Most farms, however, will need ing system to protect the land from the ravages of sheet erosion.

> tions and the liberal and intelligent

Pennsylvania farmers were among the first to recognize the soundness and practicability of strip farming Mix all the ingredients. Fill the to reduce soil and water losses

farming for many years. Circular 212, telling "How to Reduce Soil Erosion Losses by Strip Farming," is available at the Agricultural Extension Office in Bellefonte.

AT PLEASANT VIEW

An Evangelistic campaign will open at the Pleasant View Union Chapel, one mile north of Bellefonte, on Sunday evening, October 13, and will continue for two weeks. The meeting will be in charge of Rev. and Mrs. Robert DeBoer, of success wherever they go. Groups from different churches will have charge of the devotions which be-

gin every night at 7:39 Everybody is invited to come and have a part in the service.

The French, unwilling to resist German aggression, seem to be hunting excuses to fight the Brit-

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Delivers any Gun or **Hunting Outfit**

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BELLEFONTE, PA.

Expert Advises Women

To Budget Their Time Most health authorities tell us to figure out how much sleep we need per night, then to bend every effort to get that amount.

the important thing is to figure out how many hours of activity-mental and physical-you can stand per day, then to organize your resting and sleeping hours accordingly.

She is Josephine L. Rathbone, Ph. D., assistant professor of health and spoons of butter, when hot, add the physical education at Teachers' col-

"Make it your business to find out add the cream sauce and the curry how much stimulation you can powder which has been mixed to a stand," says the dark-haired, attractive Miss Rathbone. "Study until you know definitely.

"It's a great mistake to continue to drive yourself. When you have done all that your body will do willstirring cons.antly. Remove from ingly, stop going at top speed and

Miss Rathbone says that the obvious tack of poise among so many women today is the result of trying to do too much. They leave them selves no time at all for relaxation.

The homemaker who finds herself physically tired and extremely nervous after a morning of getting the children off to school and putting the house in order ought not to force herself to play bridge that afternoon. It's a nap-not bridge-that she needs.'

Miss Rathbone is even firmer in her convictions about what the career woman, should and should not

"A day's work never hurt anyone," says the practical teacher. 'But a day's work plus a speaking engagement at luncheon, a dinner date to discuss business and an evening of finishing a paper for the board of directors or an article for a magazine is too much for the average business woman."

Unmatched Eye Images Often Cause Headaches

Just as some persons have one foot larger than the other, there are persons who have one eye that sees a larger image than does the other eye, reports the Better Vision Institute. This condition is known as "aniseikonia." Recent studies indicate that cases of unmatched visual images are not uncommon. condition frequently may result in fatigue from reading, headaches, nervousness and train or sea-sick-

An interesting case of unequal visual images is reported in a college student. He was found to have normal vision in each eye, but was sion after extensive use of his eyes in reading. He had taken for six terey, Calif. months orthoptic eye exercises withthe same time blurred, double vision was eliminated.

More Toys

year are about 15 per cent ahead of part of the name comes from facturers of the U. S. A., Inc., and in 1887 on the Pacific coast. nounced recently. Mr. Luhrs also stated that the American toy industry was virtually independent of foreign sources of supply and regardless of war conditions this country's normal quota of \$230,000,000 worth of

toys would be available. some attention to the above farm- by placing orders early enough to permit the manufacture of the merchandise. American toy makers are certain that they can fill all requirements as usual, no matter what hap-

pens abroad," he said. The interest in national defense, he added, has been reflected in increased production of toy airplanes. toy soldiers and sailors in American uniforms, miniature submarines, destroyers, coast gun defenses, air rifles, marksmanship ranges and games based on battle strategy.

Plaster Cracks Unavoidable There's nothing quite so disheartening to a homemaker as a freshly decorated room that has suddenly

developed ugly plaster cracks. Tragic though it may be, it's understandable. Plastering brings into the house between 200 and 300 gallons of water that must be evap orated. In the evaporation process the lumber framing of the house is subject to warping and twisting. The natural result is broken plaster.

A new and successful solution to this problem is the use of insulation board lath as a plaster base. The lath forms a moisture-resistant baring which will not buckle as the plaster dries out.

The insulating lath is obtainable thicknesses of one-half inch, three-quarter inch and one inch and furnishes valuable insulation protection in addition to providing a stronger plaster base.

It was six years before anyone in Popular Bluffs, Mo, named a baby Eli, although Eli Sliger, Eli Martin, Eli Campbell and Eli Osborn offered \$1 each to the child whose parents took that name for their child. Mr. and Mrs. Clarence Macom now demand that the Elis hand over \$4.

Wynn Fredericks Appointed. Wynn Fredericks, of Lock Haen, well known throughout Centre age of 11 cents a ton to the na-County, has been appointed chief of tion's soft coal bills went into efhealth and physical education in feet Tuesday. Officials said the new the Department of Public Instruc- schedules were intended to raise the n, succeeding F. P. Maguire, re- mine price of soft coal to approxi-

Bathers Ride the Waves Penn State May

Aid In Defense

Almost every year something new in the way of gadgets to make bathing more enjoyable pops up at the beaches that skirt the coast of whether it is in a position to give But here's an expert who says that California. The visitor to these sun- instruction in an area where such College road, were hosts at a party watering places will see, and instruction is needed, ride on, bags of wind that probably

> The light-weight sacks are made enough to support a husky 200-pound chanical and marine engineering. swimmer. They can be filled with a Emphasis will be placed on design pump, or by just blowing wind into and inspection, production supervision, and production engineering for

On New Bags of Wind

Some of the users of the new contraption to add to the fun of playing in the surf and the sunshine worked out a trick which makes a pump unnecessary and which calls for only a little lung work. They open the mouth of the bag, hold it shoulder-high and run with it. The breeze fills the balloon-like device which can be blown up tight with

ter wings.'

he addition of a little human breath. The bags of wind are popular not only with youngsters, but with grown-It is easy to push one of the things out beyond the surf line and ride in on the crests of restless waves. If the surf is strong the rider hits a snappy pace and bobs about like a cork stopper in a millrace. In lively water it is something of a trick to stay on one of these overgrown pillows.

Devotees of the sleek surf-board sometimes ride the new gadgets just adopted from Hawaji. A crack rider Office of Education. of the surf-board can slide along at 30 miles an hour when the surf is right and, of course, no such speed is possible on a blimp-like contraption fashioned of cloth.

Rare 'Streamlined' Fish Caught Near California

The American Museum of Natural History has acquired a rare streamlined fish, called Acrotus Willoughbyl, which has neither scales nor ventral nor balancing fins, and is believed to be an aquatic speed champion, Dr. John T. Nichols, curator of fishes, has reported. The fifth of its kind known to have been subject to headaches, blurred vi. caught, the fish was taken by L. A. Yecny of Salinas, Calif., at Mon-

The fish is of great interest to out relief. Investigation showed science, Dr. Nichols said. It has no that the size of the image in the known near relatives, but the shape right eye was 3 per cent smaller of its tail suggests a relationship than the image in his left eye. Spec- to the mackerel. It was purchased tacles to correct the aniseikonia with the object of making a study were provided. His headaches to determine where it belongs in the were reduced immediately he can scale of fish evolution. A cast will

The specimen measures 5 feet 4 inches in length and weighs 70 pounds. The lack of ventral fins accounts for the name Acrotus, which is derived from the Greek and Toy orders placed thus far this means "without oars." The latter comparative 1939 figures, H. E. Charles A. Willoughby, an Indian Luhrs, president of the Toy Manu- agent who caught the first specimen

Aids Lumbering

Development of dry kilns with automatic control of temperature, humidity and air circulation has radically changed lumber seasoning 'If buyers will protect themselves practices, according to the forest products laboratories of the department of mines and resources. Ot-

Certain species of wood can now be dried in kilns and put to exacting uses a few days after being sawed. while other species, more difficult to dry, may be made ready for fab rication in a matter of weeks. Formerly timber was piled in a yard for several months and sometimes for years. If it was required for exacting uses such as for furniture it was held in a building for a further long period before being final-

ly used. The use of these highly efficient dry kilns also eliminates to a large extent losses through checking, cupping, staining and other seasoning defects which formerly were some times responsible for reducing the value of wood by as much as 25 per

Diet Hinders Conservation Netherlands authorities in Java, trying to carry out an admirably planned conservation program, have their troubles because of many native beliefs and habits.

The Malays believe that children can acquire the characteristics of rier between the plaster and fram- birds by eating them. So they feed kingcrows and shrikes to infants, to make them lively and communicative. Dull, lazy children are compelled to eat fantailed flycatchers, which are very active, industrious

> A great deal of destruction of hird life is wrought through the Malay fondness for pets. Children are given young storks, bulbuls, pigeons and starlings to play with-naturalwith ultimately fatal results to the birds

Some birds are not given even nominal protection simply because enforcement of regulations would be impossible. Fish owls, which reale valuable birds, are killed for food even by native policemen.

Minimum prices adding an avernately the cost of production,

Putman Employees Guests at Dinner

(Continued from page one)

extension courses. Special training under the proof material which is practically wa- gram will be given in aeronautical, ter-tight when it is wet, and are big chemical, electrical, industrial, me-

> aircraft and shipbuilding industries. rected toward pre-employment and by Harry Collins, chief mechanic in-service training. In all probabil- for the company. Mr. Collins was ity students trained for pre-employ- also in charge of the arrangements ment work will be taken from those for the affair.

of engineering work. According to testimony offered before the House appropriations committee, between 3,000 and 3,500
specially trained men are needed in the aircraft industry, 5,000 specially

Company's pipe superintendent, was served. Dancing to George SheckTHURSDAY, NOV. 7—Earl Rimmey will offer at public sale at his farm just north of Pleasant Gap, 2 horses, 15 head of cattle, 13 head of hogs and a full line of farming implements. Sale at 1 p.m. trained men are required by shipbuilders, and tool makers want 30,-000 immediately, and have indicated N. B. Putman, of Ft. Wayne, Ind., there will be a need for 80,000 by president of the company, and A. the end of 1940.

Members of the advisory committee which will assist in determining whether Penn State is eligible for aid under the program include Audrey A. Potter, Dean of The bags are popular with vaca- Engineering. Purdue University, tionists who are not crack swim- chairman; R. E. Doherty, President mers but who like to spend a lot Carnegie Tech; Gibb Gilchrist, Dean of time in the water. With the co- of Engineering, Texas A. & M.: H. operation of the sausage-like play- P. Hammond, Dean of Engineering, things, it is possible to float com- Penn State; W. O. Hotchkiss, Presfortably around for hours, basking ident, Rensselaer Polytechnic; R. S. in the well-known California sun- McBride, Washington consuiting engineer; Thorndyke Saville, Dean of Engineering, New York University; C. C. Williams, Lehigh; B. M. Woods, chairman, Department of for the fun of it, but they prefer the Mechanical Engineering, University wooden slivers that this country of California; and Allen W. Horton,

Club Speaker

(Continued from page one)

tively engaged in advancing interest in finger printing and improvement in the state marriage laws. Luncheon will be served on Saturday at the Reformed Church in Centre Hall. Bellefonte women wishing transportation to the mee. ing are requested to call either Mrs Robert Eckenrode or Mrs. Arthur

Employes of Putman and Green Inc., contractors building the Belle- SATURDAY, OCTOBER 12-Charles fonte section of the Bellefonte-State given Saturday night at the Ma-It will be able to participate eith- sonic Camp at Wingate. The affair were inspired by the familiar "wa- er in campus training or through was in honor of the 20th wedding ident of the company and in charge of the construction work in Centre

county Nearly 60 employes of the company from all parts of Pennsylvania and from Ohio attended the party. Mr. and Mrs. Putman were given a Courses to be offered will be di- china tea set which was presented

who have already had three years A chicken and spaghetti dinner prepared by Joseph Castantino, the According to testimony offered be- company's pipe superintendent, was

> at the dinner, Talks were given by B. Putman, of McConnellsburg. Both men are brothers of the E

B. Putmans. Guests, not employes of the company, included Mr. and Mrs. Alex Swanson, of Philipsburg. Photographs of the group were taken by William Sager of Bellefonte.

Public Sales

SATURDAY, OCTOBER 5-Harry M. Garrett, Executor of G. P. Garrett
Estate will offer at public sale at
the late G. P. Garrett residence in
Rebersburg at 12 o'clock. a full
line of household goods, a 1937 Plymouth sedan and a Viking Twin
Garden Tractor. Terms made known on daye of sale. Wise &

PRIDAY, OCT. 11—John B. Coder will offer at public sale at his residence in Blanchard a full line of household goods and some farm tools. Sale at 12:30 p.m. Terms Cash. E. M. Smith. auct. SATURDAY, OCT. 12—Dale McClintick will sell on the McClintick farm at Linden Hall, full line of live stock and farm implements. Sale at 10:30 A.M. Terms made

will offer a public rale on the premises three miles east of Re-

wired for electricity and are in good remain; barn meets the milk selling requirements; never falling water; fences in good condition; Sale at 1 p.m. Terms made known on day of sale. E. E. Hubler, auct.

R. McCloskev will offer at public sale at his residence one-half mile east of Romola in Curtin township, along the State highway, livestock farming implements, and hou hold goods. Sale at 12 o'ck Terms, cash. Roy Oyler, auct, anniversary of Mr. and Mrs. E. B. SATURDAY, OCT 19—The Adminis-Putman, of North Allegheny street, trators of the Estate of Samuel M. Bellefonte, Mr. Putman is vice presthe late residence at Spring Mills, farm implements and household goods. Sale at 1 p. m. Terms cash. E. M. Smith, auct.

SATURDY, OCT. 26—Schmick Parms, along State Highway east of Howard, will offer at public sale pure-bred cattle and hogs. Sale at 1 p. m. E. M. Smith, auct. BATURDAY, OCT. 26—The Odd Fel-lows Club of Bellefonte, Pa., will offer at public sale on the premises known as the I. O. O. F hall build-ing in Milesburg Boro, a piece of land thereon erected a frame build-ing used as a hall store recognition.

full line of implements. Sale 10 o'clock. E E. Hubler, auct. SATURDAY, NOV. 23—H. N. Fledler will offer at public sale his farm of 101 acres located ¼ mile east of Madisonburg, also livestock, farm implements and some household goods. This is a clean up sale.

goods. This is a clean up sale. Sale at 9:30 a.m. Wise & Hubler, WEDNESDAY. MARCH 6, 1941-Mrs. E. L. Miller, will offer at public sale on her farm, near Hecka Park, Walker township, along the main highway, livestock and farm im-plements. Sale at 10 a.m. Wise

& Hubber aucts PRIDAY MARCH 14, 1941—Bay B. Stover will offer at public sale at his farm 4 miles East of Rebersburg. Pa livestock, farming implements and some household

Saturday, October 5 S. CLAUDE HERR

the above furniture is in unusually good condition and much of it is practically new. Sale at 10:30 a. m Mgyes & Stover, auct. 240

Saturday, October 12 CHARLES R. McCLOSKEY

Will offer at public sale at his residence one-half mile east of Romola, 4 miles north of Howard, Pa. Curtin township, along the State Highway, the following personal property LIVESTOCK :- Good cow, will b fresh in November, T. B. tested: good heifer, will be fresh in March; 35 New Hampshire Red chickens.

PARM IMPLEMENTS:—1-horse vagon; work harness; collars; hand ider press in good condition; double rees; single trees; butt chains; los for at public same and the same time 5 shares, of Bellefonte Trust Co... stock, will be offered for sale. Sale at 1 p. m.

Frank Mayes, auct.

Brank Mayes, auct.

Prank Mayes, auct.

Pra farm just north of Pleasant Gap, 2 horses, 15 head of cattle, 13 head of hogs and a full line of farming implements. Sale at 1 p m. Mayes and Stover, auct.

FRIDAY, NOV 22—Mrs. Ellen Foust will offer at public sale on the Burrell farm located 2 miles east of Spring Mills, farm stock and a full line of implements. Sale at 10 o'clock, E E, Hubler, auct.

Saturday, October 12 DALE McCLINTIC

Will offer at public sale on the J. L. Treasler farm, located at Linden Hall, Centre County, the following

LIVESTOCK:—Team of bay horses. 3 and 9 years old, weight 3200: 18 head Holstein cattle, 15 of which are milch cows: 8 fresh by sale time, and 6 early winter cows; 2 heifers, 1 fat. 2-year-old Holstein bull from probred dam; 36 head of shoats, welling from 50 to 159 pounds; 7 br sows, 4 with first litter and

FARMING IMPLEMENTS: -- 3-101 box, like new; Webber wagon, with 50-bushel box and hay ladders foot John Deere Sinder; John I manure spreader; 10-hoe 10-7 perior grain drill; Simplex Will offer at public sale at his home on Bast Curtin Street. Belle-fonte, a complete line of household goods, consisting of the following plow: Perry spring-tooth harrow; 60-100 tooth spike harrow. davenport: maple living room suite: or per with pulleys and harboons reed living room suite: brand new Hotpoint electric table top range: No 6 Frieldaire in excellent shape: dinette suite: 6-piece bedroom suite: 2 bird's eve maple bureaus: 2 single trees; bagwagon set of good atone boards: forks; 4 milk buckets; strainers; Economy King cream spearator; 500 size; complete set tug harness; collars bridles; lines; housings; full set celleron beds with springs and mattress. bersburg the following real estate:
The W. A. Winters farm and timberland consisting of 66 acres in a high state of cultivation and 20 acres of pine and oak timber addenses of pine and oak t

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Drive your car to this garage, leave it here for one-half hour, and then drive away with a full charge in the battery. Battery doesn't have to be removed from car. It can be charged while you have your car washed, greased, or minor adjustments made.

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