

### Spring Cleaning Specials!

- OXYDOL** Reg. pkg. 10c
- Walvet Paper Cleaner** 1-gal. can 29c
- G-E Mazda Lamps** ea. 10c-13c
- Napco Cleaner** gal. can 49c
- Scrub Brushes** ea. 9c
- Best Quality Sponges** 2 for 25c
- Quality Chamois** ea. 15c
- IVORY SOAP** 5 med. cakes 37c
- CHIPSO** Flakes or Granules Reg. pkg. 10c
- Pork LOINS** rib end lb 35c
- Spareribs** lb 15c
- Lard** 2 lb 37c
- Ivory Snow** or FLAKES Reg. pkg. 25c
- Braunschweiger or RACON Meat Loaf** Sliced 1 1/2 lb 18c
- HONEY GOLD OLEO** lb 28c
- FRESH SHAD** 1/2 lb 18c
- PENN-ALTO COFFEE** 10 bag. 29c
- CRISCO** 3-lb can 69c
- SEED POTATOES** RED BLISS 3.10 GREEN MT. 3.25 100-lb sack
- BREAD** 10 loaf 10c
- SHAFER STORES COMPANY**

### HEALTH AND BEAUTY

#### BWARE OF FILLED MILK

There is a product on the market known as "filled milk." This is a "compound of skimmed milk and a vegetable oil such as coconut, which is concentrated by evaporation." It is usually evaporated whole milk. The filled milk is similar in taste, color and consistency to the evaporated whole milk.

"It is labeled so as to appear much the same as evaporated whole milk, and is distributed through the same channels and is displayed and advertised in most instances as milk or evaporated milk. The difference in the two products is not readily apparent either to grocer or consumer."

Whole milk of good quality contains fat which rises to the top as cream. The cream is the most nutritious part of the milk, and contains vitamins A and D, which are in cream and butter. Milk fat not only has a delicious flavor, but is easier to digest than most fats owing to the fact that the globules are suspended in a natural emulsion.

Whole milk also contains bone forming and sustaining calcium, about one hour which is necessary to the body. It only contains a very small portion of iron, though what it has is very easily assimilated. Whole milk is the most important of all foods for children and pregnant women, for it is the most important source of calcium known. Bones and teeth cannot develop and harden properly without a liberal supply of calcium and phosphorus which is found in good, whole milk.

The vitamins are just as essential to the human body as are the minerals. An inadequate amount of vitamin A is shown by poor growth, want of vitality, and low resistance to bacterial infections. Lack of this valuable vitamin shows itself by poor eyesight, especially at night, which is known as night-blindness and if allowed to progress may end in total blindness.

You have seen that essential elements are contained in the fat or cream of whole milk but there is no evidence to show that the oil in filled milk which has been substituted for the cream in whole milk contains any of the vitamins or other essential elements found in cream. Scientists who have been working in the field of nutrition advise that filled milk is no substitute for whole milk which is such an important part of the diet of our people, especially infants and small children.

Not only will the oils contained in filled milk fail to supply the essential needs of the body but there is no evidence to show that they may end in total blindness.

On buying condensed or evaporated milk, be sure to accept only accredited brands. Do not depend on your grocer, he himself might be misled by the representations of the salesman who in turn may know nothing about the real value of the product which he is selling.

Whole milk that is obtained from healthy, well-cared cows and has been properly handled, is the best food on earth. Only those who are allergic to it need substitutes, and it requires an expert to find out what other foods will take the place of milk for those who cannot use it.

The sale of filled milk is prohibited by law in some states, and in others, laws to stop its sale are being considered.

#### WHOLE MILK OF GOOD QUALITY

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located at Scott Field, Ill., until recently when he was transferred to Tucson, Ariz.

Wallace is the second local aviator to be killed in army bomber crashes over the weekend. Two days earlier, Saturday afternoon, Lt. Eldon Fowles, 22, of West Decatur, was killed at Detroit, Mich., when the motor of a bomber he was piloting failed in a takeoff.

Wallace's body will be brought to Phillipsburg for burial under full military auspices.

#### LEAPS TO SAFETY

Al Corman, 33, Shamokin, leaped to safety when a 20-ton tractor of the D. A. Kessler Construction Company of Mt. Carmel, started to sink into an air shaft over the abandoned Lehigh Valley mine workings. The big machine was prevented from dropping into the shaft by a blade attachment which caught on the edge of the hole.

Buy Defense Bonds now!

#### ANNOUNCE NEW COUNTY 4-H DAIRY CALF CLUB

Boys and girls of Centre county can now belong to a new 4-H Club—the Centre County 4-H Dairy Calf Club. It is the first organization of its kind in this part of the State, says County Agent R. C. Blaney and Assistant County Agent E. B. Tait. They state that many boys and girls between the ages of 10 and 20 have already enrolled.

To become a member of this club, the boy and girl must start with a thrifty heifer calf one week to four months old. She can be either grade or purebred and of any dairy breed. This calf must be from a purebred bull which is either registered or eligible for registry, and from a good producing cow.

The club member must own his calf. He can buy a suitable heifer or secure one from some good dairy herd.

A Bangs test is not required of the calf or the home herd, but is desirable.

Few, if any, county-wide meetings of this club will be held because of the dire situation. The members of the dairy calf clubs should meet with their nearest 4-H community club. They are Aaronburg, Centre Hall, Howard, Nittany, Pine Grove Mills, Port Matilda, Rebersburg, and Stomstown.

Further information about the Centre County 4-H Calf Club can be secured from County Agent Blaney or Assistant County Agent Tait in Bellefonte.

#### LEGION JUNIOR BAND SCHEDULES ENGAGEMENTS

Three engagements have been booked during April and May by the Bellefonte American Legion Junior Band.

On Thursday, April 23, the band will present a concert at a Conistory convention in Williamsport. Before the concert, band members will march through the streets of that city.

The organization will join a number of other bands in a mass concert which will feature the Pennsylvania Bandmasters' Convention in Lewis-town, on May 9.

May 17 the band will play at a Memorial Service at Boalsburg, sponsored by the Society of the 28th Division. A number of other engagements are now being arranged for the summer season.

#### Two Killed in Crash

Collision of a ten-ton truck trailer and an automobile near Shamokin last Wednesday killed two men riding in the auto and injured the truck driver. John L. Taylor, 32, Shamokin, and Stanley Liss, 35, Coal Run, were killed. The trucker, John Bell, Patterson, N. J., was taken to the Shamokin Hospital with burns suffered when his truck caught fire.

### HUBLERSBURG

Rev. and Mrs. Elmer G. Link of Richlandtown, and Mr. and Mrs. John Link of Perkiomenville, spent Friday and Saturday at the home of Rev. and Mrs. Charles Link.

Visitors during the past week at the home of Mr. and Mrs. John Hayes were: Mr. and Mrs. Fred Stover and family and Mr. and Mrs. Carl Hayes and family of Bellefonte; Mr. and Mrs. Harry Warfield and family of Lock Haven, and Mr. and Mrs. Melvin Frawel, Mrs. Hayes is able to be around some and is feeling better.

Mr. and Mrs. Kirk Russell and Martin Deltrich of Baltimore, were weekend visitors at the home of Mr. and Mrs. James Deltrich.

Sunday visitors at the home of Mr. and Mrs. Harvey Guiser were Miss Caroline Guiser of New Jersey, Miss Helen Guiser of State College, and Mr. and Mrs. Harold Isler and son of Howard, Baltimore.

Misses Catharine and Maxine Miller of Long Island, N. Y., and Mr. and Mrs. Grieb of Bellefonte, were weekend visitors at the home of Mr. and Mrs. Max Miller.

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### FARM AND HOME

#### Suggests Ways To Aid in Saving Farm Tires

Enemies of rubber tires lurk at every turn, they bear the names of under-inflation, over-inflation, slippage, open cuts or breaks, grease, oil, cinders, manure, careless operation, wheels out of alignment, and faulty brakes. County Agent R. C. Blaney reports that these enemies can be routed only by a watchful attitude on the part of the operator.

Keep the tires inflated at the proper pressure at all times. Body under-inflated tires will give only about one-fifth as much service as properly inflated. Overinflation increases slippage which results in rapid tread wear and possibly only one-half as much service. Tables giving proper air pressure for different sized tires and for varying loads can be obtained from service stations and implement dealers. The minimum air pressure for tractor drive wheels is 12 pounds. Proper weighting of the drive wheels and careful operation to prevent unnecessary slippage will reduce tire wear and chances for slashing of the tires by sharp stones.

Check the tires every week, remove any stones, glass, or other sharp objects that may be imbedded in the tread, and straighten battered rims. Cuts or breaks should be washed clean with gasoline and repaired with cement, a patch, or vulcanizing. Nail holes are best mended with rubber plugs inserted from the inside.

Keep the tires free from grease and oil, and do not allow them to stand on cinders or under cement or in manure for long periods of time, since all these materials rot rubber or damage the fabric. Lay a sack or paper to catch grease that drips from bearings. Jack up any rubber-tired vehicle that is to stand for some time.

Proper tools on hand to demount tires for repair and replacement will avoid serious delay and tire damage in the busy seasons of farm work.

On trucks and cars, rotate the tires on the wheels and the spare every 5,000 miles. Check the wheels for alignment and the brakes for adjustment to prevent excessive and uneven wear.

#### Feed Bees to Keep Them From Starving

Many beekeepers are finding it necessary to feed their bees to keep them from starving, says County Agent R. C. Blaney. Unless the bees are fed, many colonies may die before they have a chance to replenish their supplies from early flowers.

The food situation for humans makes it advisable for beekeepers to maintain full hives and to produce the maximum amount of honey from their present equipment.

#### All Around Good Diet Gives Needed Vitamins

Vitamins were unfamiliar to our ancestors yet they were getting those valuable food elements in the unfried foods they ate. Potatoes and other vegetables, which wheat flour and whole grain cereals, cornmeal, meat, milk, wild greens and herbs are good sources of the vitamins.

Vitamins are not "cure-alls" for all diseases and common ailments, reminds Miss Helen S. Butler, home economics extension representative of Centre county. If the foods included in the gold standard diet are eaten every day, most people in general would have better health.

All of the vitamins needed for good health can be secured by eating each day the following: three vegetables including potatoes and a green or yellow vegetable; two fruits including one raw fruit; meat, fish, or poultry; eggs, butter, whole grain or enriched breads and cereals, and cod liver oil for the children.

There are many vitamins known to scientists, but the ones essential to human beings are A, B1 or thiamin, C or ascorbic acid, D, G or riboflavin, and niacin, formerly known as nicotinic acid. It is cheaper to get these vitamins in the food you eat than it is to buy them at the store.

Most people get enough of the vitamins in their foods to keep them from suffering from deficiency diseases, such as scurvy, rickets, pellagra, and beriberi. Defective vision, poor teeth, indigestion, premature old age, and other common ailments often may be due to a lack of vitamins.

### Pledge Campaign Opens April 16

Coal Company have swung behind the nationwide campaign. The allotments of the Chambers company will total more than \$1,000 a year, while Cherry Run workers will contribute \$4,000 to the purchase of bonds.

The committee of employees of the Beech Creek mining operations of the J. H. France Refractories was delayed in getting into action, but yesterday 43 per cent of the 44 employees had signed for allotments totaling \$912 annually. More are expected to join in the next few days.

No reports have been received from the Centre County Fuel Coal Company and the Lehigh Valley Coal Company. Mr. Hall indicated, The district leader was high in his praise of the splendid response being given the bond and stamp campaign in his area.

Bellefonte Reports

Meanwhile committees of various Bellefonte industrial employees' groups were reporting steady and substantial gains in their efforts to get each wage or salary worker in every industry to pledge part of each pay check to the purchase of bond and stamps. That the committees were meeting outstanding success was indicated yesterday in the report of Swengel Smith, leader of the Bellefonte area's Defense Savings effort.

Mr. Smith reported that 97.5 per cent of the employees of the American Lime and Stone Company have signed pledges, while percentages in other industries were: Whitbeck Quarries employees, 56 per cent; National Gypsum Company employees, 42 per cent, and Titan Metal Company employees, 75 per cent.

Reports of various other chairmen in the Bellefonte district are summarized below:

Agricultural Committees are as follows:

Spring township: Lee Smeltzer, R. D. 3; Joseph Owens, R. D. 2 and Merrill Weaver, R. D. 2.

Walker township: Nevin Lee Howard, R. D. 2; L. A. Porter, Hublersburg.

Beggs township: Lott H. Neff, of Howard R. D. and Charles Hackenberger, Bellefonte, R. D. 3.

Union township: H. M. Miller, Fleming, and Edward T. Hall, Julian, R. D.

Bennet Township: A. C. Hartle, Bellefonte, R. D. 1, and Abraham R. Houser, R. D. 3.

Lewis Biddle is the district chairman.

Ebon B. Bower, chairman fraternal organizations and clubs, reports the following organizations have appointed their chairmen and defense savings staff committees since the report of March 30:

American Legion Auxiliary of Brooks-Doll Post 23, chairman, Mrs. Hazel Glenn, Milesburg; committee, Mrs. Ruth Casper, Mrs. Nell Decker, Mrs. Elizabeth Marshall, Mrs. Mary Beecher, Mrs. Margaret Miller, Mrs. Janet Wetler.

The auxiliary has purchased a \$100 bond, and gives stamps as gifts and prizes. Sales of stamps are promoted at all meetings.

Catholic Daughter of America, Bellefonte, chairman, Miss Catherine A. Hartle, and Mrs. Mary J. Gray, Mrs. Elizabeth S. Dunlap.

This organization has already purchased two \$100 bonds. The organization meets once a month and has pledged itself to feature booster defense savings bonds and stamps speeches at all meetings.

Logan Fire Company No. 1, Bellefonte, chairman, A. Boob, James Beaver, Mack Brundson, Charles Schaeffer, Walter Corman, Fred Love, Edward Markley.

Have put out stamp books and are making stamps available for sale during all functions of the organization. Give stamps for door prizes.

Activities of other organizations during the week of March 30, were as follows:

Chairman J. F. Gray of Club 33, Inc., reported that during the week 441 in stamps were sold in the club rooms. The defense dance held Saturday evening, April 4, netted an additional \$47 in stamps. The dance was well attended and gave their respectful attention to an enthusiastic address by W. Harrison Walker. The next attraction of this organization will be a shrimp feed, Saturday evening, April 11.

Chairman Russell Goodhart of the L. O. O. No. 26, reports that a MacArthur dance was held on Saturday evening, April 4, at which time \$51 worth of defense stamps were sold. Each member attending the dance with his or her guest was presented with a stamp book and album. W. Harrison Walker also addressed this group who are also to be commended for their courteous attention.

Chairman Dr. R. P. Noll of the B. P. O. E. No. 1094, reports that a treasure hunt was staged on Saturday evening, April 4, and that during the evening \$25 in defense stamps were given as prizes. Also during the evening a gratifying amount of stamps were sold in the club rooms. Other activities to be announced at a later date.

Girl Scout Troop No. 10, Bellefonte, chairman, Miss Erma H. Sloop, Joan Long, Shirley Duffy.

Each of 22 girls in the troop are equipped with a stamp book, and are earning money to purchase stamps at their meeting. The troop has a program worked out whereby members are earning additional stamps for outstanding troop work. Leaders are providing extra work. Each girl, to enlarge her opportunities to earn stamp money will distribute, in a given neighborhood, cards bearing their name, address and telephone number, offering their services for errands, odd jobs, keeping children, etc., to earn each week enough for purchase of more stamps. Their goal is a \$25 bond each.

Activities of other organizations will be reported as records of their progress is received.

It is imperative that, in the publicity, none of those who have signed up are omitted. This has already happened in the case of the Crystal Springs Rebecca Lodge No. 25, whose organization was reported in my letter of March 30th, but not mentioned in the papers. Several of the committee of this organization have

#### Report of Marie Mallory, Public Schools

Committee in charge: Mrs. Marie C. Mallory, Mrs. Dorothy Creedon, Mrs. Dorothy Nuss Rural committee: Wilbur Dunkle, K. A. Magast school; Lillian Johnson, K. A. O. school; Sara Beckler, Peru school; Mrs. Grace Stover, Valley View school; Mildred K. Sweet, Clark school; Mrs. Beatrice Weaver, Rockview school; Mrs. Eva McKelch, Central City school; Mrs. Mary Lucas, Runville school; Allen Brown, Yarnell school; Mrs. Mary B. Mitchell, Milesburg school; Forest L. Benford, Pleasant Gap school; Mrs. Edna R. Dean, Hazleton school; Ernest Frank, Cokeville school; Frances C. Shaffer, Axemann school; Mrs. Joyce C. Rine, Bush Addition school; Havel Heverly, Yocum school; Ophelia H. Sholl, Fishing Creek school; Mary Bickel, Gentzel school; Arthur G. Dolan, of the Oak Grove school; Charity Confer, Halfmoon Hill school; Hazel Watson, Cherry Grove school; Helen Jones, Maple Grove school; Alice Williams, Chestnut Grove school; Ethel Meekes, Belle Grove school; Beattie Johnson, Plum Grove school; Vesta Watson, Bush Grove school; J. Russell Reilly, Unionville school; Mother Phillips, Parochial school.

The following is a list of stamps bought in the schools: Academy building, Miss Lockington, \$86.70; Miss Forbes, \$29.75; Mrs. Martin, \$26.40; Mr. Dubs, \$33.80; Mrs. Malloy, \$19.20; Miss Corman, \$155.70; total \$341.85.

Bishop street building: Mrs. McDowell, \$4.40; Miss Grove, \$5.70;

#### Home Recreation Helps Bolster Family Morale

Opportunities for developing recreational activities within the family circle are unbounded, once their value is appreciated. So says County Agent R. C. Blaney.

It is, however, necessary for anyone who attempts to guide home recreation to know the simple needs of the members of his family and to help each one find enjoyment in each activity.

Deliberate planning of such activities as homemade games and puzzles, music, reading, bird study, handicrafts and hobbies of many kinds is a means of giving expression to talent and enriching the family life.

To aid rural people in rediscovering their hopes and the excellent opportunities for home recreation, mimeographed circulars on "Family Fun" and "Recreation for Home and Community" are available from the Agricultural Extension Association office in Bellefonte.

For Victory Buy Bonds

## FLOOR SHOW!

Saturday Matinee at 3:30 P. M.

### BELLEFONTE'S GREATEST AMUSEMENT PLACE! HARRY'S TAVERN

SPRING STREET BELLEFONTE, PA.

brought this to my attention. The report of Bond C. White, public employes chairman, lists chairman of the following organizations as follows: Western State Penitentiary, J. W. Clardy; Pennsylvania Department of Highways, Aaron D. Letzell; Pennsylvania Department of Public Assistance, Thomas Williams; Centre County Hospital, Mrs. F. P. Geary; Centre County Home employes, William Wiltner; Centre County Court House officials, Russell P. Brewer; Bureau of Employment, Ernest Brown; Fish Hatchery, Dewey Sorenson; Liquor Control Board, R. G. August; and Pennsylvania Motor Police, Sam S. Mollenkoef.

Spring street building: Miss Crider, \$11.60; Mrs. Leathers, \$13.75; Miss Kunes, \$9.50; Miss Lucas, \$4.55; Miss Duese, \$3; Mrs. Creedon, \$9; Miss Johnson, \$18.05; Miss Underwood, \$5.95; Mrs. McGarvey, \$8.55; Mr. Hill, \$19.35. Total \$103.30.

The total for the three buildings is \$505.

#### Grover Corman, Chairman, Retail Stores

Bellefonte: Grover Corman, chairman, T. S. Guyer, C. C. Brown, W. E. Weaver, Ward Fisher, Mac Yeager, G. B. Bassinger.

Milesburg: A. A. Kohlsbecker; Hecla Park, Fred Clevanster; Pleasant Gap, Chester Rote; Unionville, Harry McEwain.

Bellefonte: Most stores now have stamps on sale and Mr. Corman has hopeful that every store will have them within the next few days.

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For Victory Buy Bonds

## See the WESTINGHOUSE Range Demonstrated at the COOKING SCHOOL

Next Wed., Thur., Fri.



Science Proves 91% of Vitamins\* Saved With VITAMIZED COOKING

VITAMIZED COOKING is the modern, protective method that prevents needless loss of vital food values. It helps you serve more delicious, more nutritious meals.

Westinghouse Ranges provide even, perfectly-controlled heat that's ideal for VITAMIZED COOKING—clean, fast, safe electric heat.

COME IN TODAY. See the beautiful, new Westinghouse Ranges. Let us demonstrate their many advanced features and automatic controls that cut work and save time.

A Favorite in any Kitchen

## Westinghouse Electric Ranges

MAKE VITAMIZED COOKING EASY

## De Haas Electric Co.

WE GIVE S. & H. GREEN TRADING STAMPS N. Allegheny St. Bellefonte, Pa.

## WALIZER'S DAIRY

Will Furnish All of The Dairy Products FOR THE CENTRE DEMOCRAT COOKING SCHOOL to be held in the Y. M. C. A.

WEDNESDAY, THURSDAY & FRIDAY, April 15th, 16th, 17th

Mrs. Dorothy Bathgate, who is conducting the classes, has decided on our products because they have been tested and meet every requirement.

Vitamin-rich, bone and body building, milk is your most valuable beverage-food.

Get wise . . . to the goodness of milk and milk products which include:

Pasteurized Milk Cottage Cheese Buttermilk Butter, etc.

We will gladly serve you. Just phone 2916.



WALIZER'S DAIRY Thomas Street Bellefonte, Pa.

## Good Cooking and Baking

Result Largely From the Use of the Proper Kind of Utensils and Tools

Be sure to attend the Wednesday, Thursday and Friday sessions of the Centre Democrat Cooking School, April 15, 16 and 17, at the Y. M. C. A., and observe how easily . . .

### MRS. DOROTHY BATHGATE

performs each step in her marvelous cooking and baking demonstrations with the aid of the many needful utensils and tools which she recommends.

#### A FEW SUGGESTIONS:

of the many household requirements we will carry to make your home cooking and baking easier and more successful:

- Deep Fat Thermometer and Candy Thermometer
- Harker Pottery Casserole and Pie Plates
- Bread Pans
- Griddle for Pan Cakes
- Utility Bake Pans
- Pastry Blender
- Pastry Blenders
- Small Carving Knives, Forks
- Round Cake Plate
- Muffin Pans, Cookie Cutters
- Enamel Bowls, Cookie Sheets
- Lisk Enamelware
- Waffle Irons, Pastry Brushes
- Kitchen Shears
- Measuring Cups
- Spatulas, Roasters, Mixers
- Vegetable Graters
- Toasters, Percolators, etc.

## Schaeffer Hardware

Phone 2020 Bellefonte, Pa.