

OATMEAL HASTILY EATEN, LACKS ALL NOURISHMENT

Little Talks on Health and Hygiene by
Dr. Samuel G. Dixon, Commis-
sioner of Health

Dr. Samuel G. Dixon in his "Little Talks on Health" declares that oatmeal that has not been well cooked, and that is hastily swallowed without being thoroughly chewed, is wasted, so far as body nourishment is concerned. He says:

"Cereals are valuable as foodstuffs for human needs, particularly during youth and old age.

"We will use in this talk oatmeal as an example of starchy foods and thru it study their effect on the system. In the first place, it should be thoroughly chewed, so that the alkaline secretions of the glands in the mouth are thoroughly mixed with it. If this is done, the process of digestion which turns the starch into sugar is well started before the food passes from the mouth into the stomach, where it meets with an acid secretion intended for the digestion of proteins or meats. Here the starch digests, if it has been started, is arrested.

"There are two ways of preparing or cooking these foodstuffs, oatmeal among them. The Scotch cook it a very short time, their idea being to retain a certain degree of hardness of the grain that may act mechanically and stimulate the nerves of the muscular walls of the intestines and thereby take the place of laxatives that are too often used by those leading sedentary lives. This half-cooked mass of food is often mixed with milk or cream, which helps to wash it down immediately upon taking it into the mouth, which entirely prevents the natural digestion.

"When taken in this way, oatmeal or other starchy food is wasted as far as nourishing the body is concerned and often acts as a foreign substance in the digestive tract, thereby interfering with general digestion of other foods. This not only prevents the body getting nourishment from a general diet, but it produces toxins or poisons which are absorbed by the body and cause various ills, all the way from a slight disturbance of health to such an extreme that sometimes will cost a life.

"The better and most practical way to cook oats or other starchy foods is to submit them to cooking for hours, often all night, that the grain be thoroughly digested. This softer preparation of the food, however, is also often eaten with milk or cream, reducing its consistency to a semi-liquid which goes down the throat almost immediately after entering the mouth. It, therefore, is subject to the same criticism as the less thoroughly cooked oatmeal as fast as the alkaline digestion in the mouth is concerned. This, however, is not irritating to the digestive system and would seem to go thru a certain degree of digestion in the intestinal tract. Nevertheless, it is robbed of a great deal of its food value.

"The oats and other starchy foods, as we have said, should be thoroughly cooked long for the first process of digestion to take place.

"Going back, then, to our thoroughly cooked oatmeal, we may say that the wisest way to prepare starchy food is to make it into cakes or some other form that will necessitate chewing before it can be swallowed. If, however, owing to the conditions we meet in life, we are compelled to take a food in mush form, it is advisable to select that which is thoroughly cooked and sufficiently dry to hold its own form. This form should not be destroyed by adding large quantities of milk or cream. The food should enter the mouth in solid form, so that more or less mastication will be required. When this is followed out oatmeal becomes a valuable food, and many persons who have had to give up the eating of starchy can, if they follow this advice, resume their consumption with impunity and often be much benefited. This is true especially, as has been said, in youth and old age."

GARMANTOWN

Mr. B. O. Myers of Findlay, Ohio, is visiting his parents, Mr. and Mrs. B. F. Myers at this place.

Miss Moe George, who spent her vacation week with her sister Mrs. Carl Wilson at Morrellville, returned home Sunday evening.

Miss Helen Auld attended the County Institute at Ebensburg last week.

Mr. and Mrs. Jas. Stormer left this morning for their former home at Brookville to spend a couple of weeks.

Mr. Chas. Duncan, the miller at this place visited his home in Ebensburg the week end.

Judge—"The police say that you and your wife had some words."
Prisoner—"I had some, judge, but I didn't get a chance to use them."
Puck.

DECEMBER IS "POTATO MONTH" SAYS PENNSYLVANIA FOOD COMMITTEE

Plans to Increase Consumption of Pennsylvania Tubers

December should be termed "potato month" declares the food department of the Pennsylvania committee of public safety. Why? Because they should be used largely in substitution for other staples; particularly canned goods.

The big, mealy, Pennsylvania baked potato, creamed potatoes, French fried, potatoes au gratin, potato croquettes, mashed potatoes, hash brown potatoes all appeal to the hungry man and they are but a few ways of preparing this wonderful vegetable. You can have potatoes for every meal and still have variety.

Eat more potatoes, Pennsylvania potatoes, the finest on earth. Encourage Pennsylvania potato growers. There are other potatoes, to be sure, but they are not quite so good as Pennsylvania potatoes which naturally bring a higher price. Do you know that the present market prices on potatoes are, on an average, below the cost of production? That is not right. Thousands of bushels are now being shipped to the market in prime condition to help out the cost of living.

Our average consumption of potatoes is four bushels per person yearly. Each member of your household should eat two-thirds of a bushel of potatoes during December. If they were used in the great variety of ways they can be cooked the consumption would be a bushel per person during the month of December.

There is no place to store the potatoes now coming into the market save in the homes of the people. The railroads need the cars to haul other products. The logical distribution is quick handling from the car to the retailer and from the retailer to the consumer and from the basket straight to the table.

Dec. 6 potato growers of Pennsylvania will meet at public safety committee headquarters in Philadelphia to organize a state branch of the Potato association of America. The object is to plan to raise more potatoes and better potatoes next year. The greatest encouragement, however, that can be given will come through the consumption of potatoes during the coming weeks. It is almost un-patriotic to eat canned goods during December when potatoes and other vegetables can be had in such large quantities. The more potatoes we eat the more bread and meat we buy at the front will get.

GROWTH OF THE ARMY ORDNANCE DEPARTMENT

Washington, D. C., Dec. 6.—Before the war began the United States Government employed approximately 500,000 persons in the civil branch. Now that this country is actually engaged in the conflict, the great army of workers behind the fighting forces is growing by tens of thousands. A good example of this rapid addition of employees is in the civilian force of the Ordnance Department of the Army. Seven large privately owned office buildings in Washington are required to house the officials and clerks of this force, in addition to the usual quarters in the State, War, and Navy Building, which were sufficient before Uncle Sam began to prepare for war. The Gun Division alone, which did not exist as a separate division before we entered the war, now has more than two thousand civilian employees besides about three hundred commissioned officers, and it is estimated that this division will be three times its present size within a year. The great manufacturing plants of the Ordnance Department in various parts of the country employed about 10,000 men last spring. Now 20,000 are at work in these establishments. The task of supplying these thousands of workers in the face of the greatest demand for labor the country has ever known is the problem of the United States Civil Service Commission. At this time great numbers of men and women are needed to fill stenographic and other positions in the offices at Washington and mechanical trades and technical positions in the Government plants for manufacturing artillery and ammunition. The local boards of civil service examiners at the post offices in all cities are furnishing detailed information concerning positions in which men and women are needed.

"I was told that Jagers has developed a tendency to rapid consumption."
"So he does when he gets within acting distance of my one's well-supplied dinner table."—Baltimore American.

REUEL SOMERVILLE
ATTORNEY-AT-LAW
Office in the Good Building
Patton, Pa.

BARNESBORO

Don't forget the regular meeting of the Red Cross in the Dill Hall next Tuesday evening.

Red Cross Seals are sold at Morris Drug Store, Corner Drug Store, Scollon's Department Store and Barnes and Tucker Company.

See Postmaster T. H. McKenzie or any of his assistants about the War Savings Certificates and War Saving Stamps.

Remember that there is to be a Red Cross Benefit Bazaar in the New Fridman Hall Monday, Tuesday and Wednesday evenings, December 17th, 18th and 19th.

Peter Farrell of Ebensburg was a visitor in town Sunday.

Francis Myers of Altoona, son of Mr. and Mrs. J. P. Myers of this place, spent Thanksgiving with his parents.

Miss Rosensteel of Ebensburg was a visitor at the Antler Hotel Friday and Saturday of last week.

Michael Ouelvany spent a few days furlough at his home the latter part of last week. Mike left Saturday on his return to Camp Lee.

William Warner of Patton, now a unit in the U. S. Navy, was a visitor in town this week. Mr. Warner was formerly employed in the Supervisor's office of the P. R. R.

Don't forget the regular meeting of the Red Cross in the Dill Hall next Tuesday evening.

A son was born today to Mr. and Mrs. D. A. Westover, so don't be surprised if Dave hands you some other person's mail this week.

Mr. Fred Gould of Josephine, Indiana County, visited friends here Thanksgiving.

Mr. Delozier and daughters Helen and Myrtle of Ashville were visitors at the Antler Hotel the latter part of last week.

Messrs. Charles and Ronald McCormick, students at St. Francis College, spent Thanksgiving at their home here.

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Henry Rodgers of Pittsburgh spent Thanksgiving at the home of his parents here.

Messrs. Morris Radowky, Samuel Feinstein, Patrick McMullen and Boyd Stopp, all of this place spent Thanksgiving in Altoona.

Messrs. Wilbur and Dukes Swansboro and Patrick McMullen of this place, were attendants at the dance in the county seat Wednesday evening of last week.

See Postmaster T. H. McKenzie or any of his assistants about the War Savings Certificates and War Saving Stamps.

Ivona Rainey, son of Mr. and Mrs. Simon Rainey of this place is home on a vacation. Ivona is employed in an automobile factory in Flint, Michigan.

Mr. and Mrs. David Kerr spent Thanksgiving with relative s in Johnstown.

Mr. Harry Blair, proprietor of the local news stand, spent Thanksgiving day in the Flood City. Mrs. Blair has been visiting in Johnstown for some time.

Mr. and Mrs. Sam Ellman of Johnstown spent Thanksgiving at the home of Mr. and Mrs. Max Fridman of this place.

Mrs. Wolf Charlson and son Archie, returned home this week after visiting friends and relatives in Pittsburgh and other cities.

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NOTICE

All news items and ads for this paper that are not in the office by 4 o'clock on Thursday afternoon will not be published.

FOOD DIRECTOR HEINZ CALLS FOR SEVEN WHEATLESS MEALS A WEEK

America Must Reduce Daily Wheat Ration One-Third to Provide Food to Keep Allied Armies on the Firing Line Over Winter.

A stirring appeal to every citizen in the State of Pennsylvania to observe seven wheatless meals each week has been issued by Howard Heinz, Director of the Food Supply Department of the Pennsylvania Committee of Public Safety. It follows:

"The appeals of recent months to the American people for such a conservation of food as would enable us to fulfill our obligations to our own soldiers and our allies abroad have fallen upon willing ears and the response in patriotic and self-interest has been worthy of the best traditions of this great free nation. It is the disappointing drop of the bucket of an overcast and darkening sky that has brought us to the verge of a grave crisis in the wheat situation that can be overcome only by a more vigorous self-interest, a far greater degree of saving by the substitution of other foods in place of wheat; that anything we may be doing is being done."

Substitutes Will Help.

"Mr. Hoover also asks that in addition to the saving by adoption of seven wheatless meals, we make a further saving in wheat by using as much as possible bread made from a mixture of wheat and other cereals. An appeal, therefore, is made in the name of President Wilson and for the sake of every man, woman and child and to every Pennsylvania home in which the spirit of patriotism lives to adopt these rules in their daily home life and to fulfill them faithfully and thus discharge the present sacred obligation."

ALL BIG FOOD DEALERS MUST TAKE OUT LICENSES

Acting upon instructions from Washington, D. C., Howard Heinz, Federal Food Administrator for Pennsylvania, has made this announcement to all dealers in foodstuffs:

"The trades covered in the president's proclamation of October 3 should have been applied for licenses to the license division of the United States Food Administration, Washington, before November 1. Some firms have not applied, and proceedings will be immediately initiated to suspend trading operations of such firms, unless applications are received at once."

The following trades are included in the above notice: Those engaged in business as cold storage warehouses, men, commission merchants, brokers, auctioneers, manufacturers, wholesalers, retailers and all other dealers in grains and their products, rice, dried beans, peas and dried peas, cottonseed and its by-products, vegetable oils, cooking fats, milk, butter, cheese, canned meats, poultry, eggs, fish, fruits, vegetables, canned and dried fruits, sugar syrups and molasses.

Under the act of congress any person who fails to take out a license or who continues to do business after his license has been revoked is subject to a fine not exceeding \$5000 or imprisonment not exceeding two years, or both.

Retailers in food doing a business over \$100,000 a year are subject to license.

MAKE 2 MEATLESS DAYS A WEEK THE RULE AND HELP THE ARMY WIN, PLEADS HEINZ

Food Director of Public Safety Committee Urges Housekeepers to Reduce Present Lavish Consumption as Patriotic Duty—Heavy Eating Jeopardizes Plans for Feeding Soldiers.

A request for meatless days has been issued to the nation by Herbert Hoover, and at his request Howard Heinz, Food Director of the Pennsylvania Committee of Public Safety and Federal Food Administrator for Pennsylvania, calls upon all patriotic citizens to reduce the meat consumption of all by adopting in every family a rule of two meatless days per week, preferably Tuesdays and Fridays, and the use of meat only once a day on other days.

Mr. Heinz says:

"Especially must we save pork and its products, such as bacon, sausage and lard, if we are to fulfill the duty that we owe to those who risk their lives for the cause of democracy and freedom for all peoples.

"America is a meat-eating nation and its meat consumption has always been excessive in proportion to that of other countries where meat has been less plentiful and more regarded as a luxury.

"Today, we have reached a point where the drain on our meat supply, through our own prodigal use and an abnormal war demand, has brought about a shortage so serious as to jeopardize the plans of the government for feeding our soldiers and the allies by whose side we are already fighting. As a war defensive measure our habit of years must be restricted and reformed.

"Soldiers, strenuously engaged must have sustaining food. They are strong men in plentiful supply—beef, mutton and fat—the latter chiefly in the form of pork and pork products. We must not eat down the meat consumption of those who are fighting our battles in the trenches of Europe. We must cut down our own consumption. This we can do materially by the exercise of moderate self-restraint and with advantage to our own health. For us, there are plenty of substitutes in poultry, game, fish and other sea food and vegetables.

"In this hour, when the life and future of the country and the liberties of the world are at stake, we are each called upon to do our full share to prove our loyalty to our country and to those who expose their lives that it may live. The sacrifices that are demanded of us are small in comparison. May the response to this appeal be prompt, generous and universal."

WILL YOU BE ONE? Thousands of thoughtless people neglect colds every winter. A cough follows; they get rundown—then stubborn sickness sets in. Sickness can be prevented easier than it can be cured and if you will give your system the benefit of a few bottles of

SCOTT'S EMULSION

you will find your whole system strengthened. It will fortify your lungs and throat and enrich your blood against rheumatism. It is powerful concentrated nourishment without alcohol or opiates. Don't neglect taking Scott's—common sense today.

The Imported American cod liver oil always used in Scott's Emulsion is now refined in our own American laboratories which guarantees it free from impurities.

Scott & Brown, Bingham, N. Y.

A GOLDEN RULE SPIRIT IS MRS. GAVEN'S GUIDE

Marshwood Lady Would Thank Any One for Advice That Restores Health

"I am a different woman since taking Tanlac," declared Mrs. S. Gaven, a highly respected lady of Marshwood, near Scranton.

"I suffered from stomach trouble. My stomach was so weak that nothing I ate agreed with me. I used to get spells of indigestion that took all the energy out of me, and I would have to go to bed for a week at a time.

"I would have splitting headaches, and finally I felt like a nervous wreck. One of the worst experiences I had was the loss of sleep. The sleep I did get did not seem to rest me as it should, because I would get up more tired than when I went to bed. Tanlac was worth many dollars to me. I am a different woman since taking it.

"Just think, I can eat anything now without discomfort. I sleep sound throughout the entire night. I enjoy my meals with a relish. I recommend Tanlac because I believe in doing unto others as you would have others do unto you, and I would thank any one that would recommend anything that would bring back health to any half sick or nervous run-down woman."

Tanlac is sold here at the GUNN DRUG STORE.

TO OUR SUBSCRIBERS

It is impossible for us to make personal calls upon the hundreds of subscribers of the Courier. Therefore we are taking this method of asking you to see that your subscription account is paid up. The figures on your address label will inform you of the date to which your subscription is paid. If this should in any case be in error, notify us at once and we will see that it is corrected. The rate of subscription is \$1.00 per year in advance.

Please do not think the payment of your small account is not important. We have hundreds of these small accounts and owing to the great advance in paper and all other printing materials, we are at a considerable expense in editing the Courier. Therefore kindly remit while this matter is before you.

THE STAR PRINTING CO.

VINOL MAKES CHILDREN STRONG

And Invigorates Old People

Any doctor will tell you that the ingredients of Vinol as printed below contain the elements needed to improve the health of delicate children and restore strength to old people.

It Cod Liver and Beef Peppermint, Iron and Manganese Phosphorus, Iron and Ammonium Citrate, Lime and Soda Phosphates, Cassia.

Those who have puny, ailing or run-down children or aged persons may prove this at our expense. Besides the good it does children and the aged there is nothing like Vinol to restore strength and vitality to weak, nervous women and overworked, run-down men.

Try it. If you are not entirely satisfied, we will return your money without question; that proves our fairness and your protection. Millions of people have been convinced this way.

John A. Gunn, Druggist, Patton, Pa.

Based On Cost Per Tablet It Saves 9 1/2c.

HILLS CASCARA QUININE

No advance in price for this 30-year-old remedy—25c for 24 tablets—20c for 12 tablets—15c for 6 tablets. Follow an appropriate diet per tablet, you save 9 1/2c when you buy HILLS—Cure Cold in 24 hours—40c in 3 days—50c back if it fails. 24 Tablets for 25c. At any Drug Store.

DR. BARNES SPECIALISTS

NOW VISITING SPANGLER WEDNESDAY EVERY 2 WEEKS

AT THE BRANDON HOTEL For the treatment of all curable diseases, the sick and afflicted can consult them free at the address on day mentioned. No matter what your trouble, you should secure the benefits of their opinion in your case, as it might mean your future health and happiness, as by their successful methods they often cure after others fail. Hours, 9 A. M. to 4 P. M. NEXT VISIT WEDNESDAY, DEC. 12.