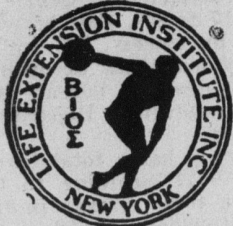


Your Health,
The First Concern.



The catchword of diet are a threat to health. Let us run quickly through some of the simpler food fallacies which have been exploded:

The banana: Formerly condemned as indigestible, this fruit is now recognized as wholesome, easily digested, high in vitamins, and is even included in the diet of infants. It must be eaten thoroughly ripe or cooked.

Nuts: Formerly condemned as indigestible, nuts have been absolved since it was shown by test that the whole trouble was that people did not chew them sufficiently, or that they were often eaten when old and rancid and so contained butyric acid.

Water at meals: This was long assailed as bad for digestion. We now know that it is bad only if it is taken for the purpose of washing down food that has not been well chewed, or if taken in excessive quantities. A glass before the meal starts the stomach glands secreting and another glass should be sipped between swallows. This stimulates the flow of gastric juice in normal stomachs. Certain invalids will be advised not to drink water at meals, especially those who have dilated stomachs or too little gastric juice.

Red and white meats: In rheumatic and kidney conditions all red meat used to be taboo. But tender beef, mutton or lamb and dark meat of chicken are now known to be no more harmful in such conditions than the white meat of chicken. The latter, however, is easier to digest and preferable when a low-residue diet is desired, as in colitis. The preparation, consistency and mastication of meat are frequently far more important than minor differences in its chemical composition.

Veal: The common belief that veal is detrimental to health has been disproved by scientific feeding experiments. Of course there are individuals who may have an idiosyncrasy to this or any other type of food.

Meat broths: The phrase "a good nourishing meat broth" is utterly misleading, as such broths have practically no caloric value. Their true value lies in the stimulating effect on digestion by the meat extractives which are their chief constituents.

Lobster and ice cream: It is a mistake to think that these two foods make a bad combination. There is no incompatibility between them. Baneful effects from the over-eating of one or both or of other dishes, or from the messy combination of a soup-to-nuts menu.

Mushrooms: These are falsely reputed to have high food value. Simple observation shows that they pass through the system almost without change, and they may even cause untoward effects in the colon.

Bacon: So often recommended for children and invalids, bacon, like other preserved foods, is rather resistant to the digestive juices. Its fat shows a low digestibility. It has been experimentally proven by D'Hosted that bacon takes one and a half times as long to leave the stomach of normal individuals as fresh pork, sausage or ham. This is not to condemn bacon; it is merely to illustrate the rate at which new information is replacing the old.

Egg white: The raw white of egg is frequently and extensively recommended as a nourishing food for invalids. Recent experiments show that raw egg white may produce diarrhea and sometimes vomiting, and that from thirty to fifty per cent. of the amount taken passes through the body without being digested and absorbed. This does not occur with cooked egg white, or with egg yolk either raw or cooked.

Raw starch: It was formerly taught that raw starch was indigestible. Experiments conducted at the Department of Agriculture in Washington have lately shown that raw corn, wheat, rice and other starches are completely digested in amounts up to eight ounces a day. Raw potatoes show a digestibility of seventy-eight per cent. One application of this fact is that there is no harm in satisfying the craving which some children have for chewing on a raw carrot or even a raw potato.

One of the most striking examples of changing ideas about diet is that of liver. This meat was formerly taboo for persons suffering from high blood pressure, because of the contained purines (nitrogenous compounds which increase the uric acid in the blood, found in such foods as animal, caviar, roe, tea, coffee and chocolate.) The usual advice to a person with blood pressure was "no internal organs of any animal." But liver is now being prescribed for the diet of persons with high blood pressure because it obtains specific properties which tend to reduce blood pressure of a certain type. While the first discoveries in this field were made a number of years ago, the knowledge spread somewhat slowly because of the old prejudice against liver, and much work is still being done in the effort to discover what is the specific factor in liver which may have the normalizing effect on blood-pressure function. When one considers what a boon to humanity has been the discovery of insulin for the treatment of diabetes, we may well expect much from liver research in minimizing or curing the circulatory complications resulting from blood pressure.

Perhaps even more important and

Greatest advance in motoring comfort since balloon tires...

STUDEBAKER'S Ball Bearing Spring "Shackles"

In these new cars a patented invention at last solves a problem that has long baffled automotive engineers.

Every motorist knows the importance of spring shackles—those joints or hinges which form the connecting link between body and axles. Engineers have striven to reduce friction to a minimum at these vital joints—to make them flexible yet firm and uniform in action—to

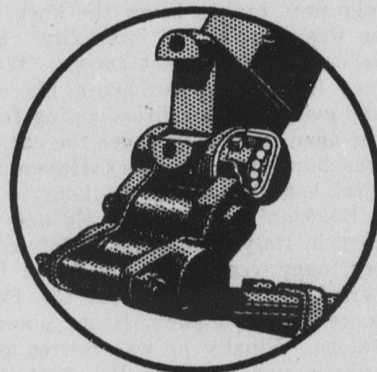
make them noiseless—to reduce the necessity for frequent lubrication. All these objectives have now been attained in Studebaker cars.

So revolutionary is this sensational innovation that the word "shackles," with its implication of restricted movement, is no longer applicable. The incessant action and reaction between body and axles is now carried by 172 steel balls rolling in lubricant—no binding, no

squeaks, no rattles, no sidesway. Instead, smooth, silent resiliency, an undeviating uniformity of action and an enduring buoyancy that will keep your Studebaker young.

In place of complicated centralized systems for oiling and greasing, each ball bearing spring "shackle" contains, sealed within it, ample lubricant to last for more than twenty thousand miles.

Come ride in a new Studebaker today. Thrill to its champion performance. See rare new beauty of line and color. Then compare Studebaker's new low One-Price Prices—the triumph of 76 years' manufacturing experience!



At last... ball bearing spring shackles... the secret of the remarkable riding comfort of the new Studebakers.

The President Eight	..	\$1685 to \$2485
The Commander	..	1435 to 1665
The Dictator	..	1185 to 1395
The Erskine	..	835 to 1045

All prices f. o. b. factory

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interesting have been the researches made by Dr. George R. Minot of Boston and his co-workers in the use of liver as a cure for pernicious anemia. They found that individuals suffering from this disease are almost always benefited by the inclusion in their diet of this largest gland of the animal kingdom.

Real Estate Transfers.

James R. Fye, to Samuel Butler, et ux, tract in Curtin Twp.; \$750.

James E. Breon, et ux, to Lisle Goodman, tract in Haines Twp.; \$500.

Calvin N. Bartges, et al, to Daniel W. Bartges, tract in Haines and Penn Twps.; \$9,000.

Daniel W. Bartges, et al, to Calvin N. Bartges, et al, tract in Penn Twp.; \$3,000.

S. W. Gramley, Atty. in fact, to W. F. Winkler, tract in Haines Twp.; \$2,645.

C. S. Bower to Ruth Wance, tract in Haines Twp.; \$3,000.

John F. Schenck, et ux, to Schenck Cemetery Association, tract in Howard Twp.; \$1,100.

Howard A. Vail, et ux, to Andrew G. Erickson tract in Rush Twp.; \$112,50.

John H. Ukkerd, et ux, to Wilbur A. Cuff, et ux, tract in Philipsburg; \$1.

Wilbur A. Cuff, et ux, to John H. Ukkerd, tract in Philipsburg; \$1.

David Tressler to Bertha M. Albright et ux, tract in State College; \$5,000.

United Evangelical church of Bellefonte, to Church Extension Society of Central Pennsylvania Conference of Evangelical church, tract in Bellefonte; \$1.

H. M. Miles, et al, to John G. Miles, tract in Port Matilda; \$1.

J. D. Keller, et ux, to James L. Leathers, et ux, tract in State College; \$1.

G. E. Haupt, et ux, to Thressa M. Kane, tract in Bellefonte; \$250.

Emma Lutz, et al, to Malcolm Spicer, et ux, tract in Benner Twp.; \$8,000.

Crops Damaged By Heavy Rain.

Incessant rain the past two months has hindered farmers in the county to such extent that unless favorable weather arrives soon some of the later crops, corn especially, will be unable to overcome the harm and the end of the summer will see a considerable loss to county farmers. Farmers are three weeks behind in their cultivation. The rain has not permanently damaged the crops and favorable weather will bring good results.

The damage has not been from flooded lands but from the continuous down pour. Weeds have grown rapidly under the wet skies and let-uce are the only crops receiving great benefit.

Orchards will not give as good returns as last year. Rather than being due to the rains that is laid to the late frosts. The June Drop completed, the farmers can now see the size of their crops and prophesy is made they will not be large. There will be more early apples, though.

Many farmers have not yet planted their corn and rains have been a decided setback to them. Buckwheat alone remains to be planted and there is sufficient time for that. Potatoes and corn are especially affected by rains. Grain has benefited unless the rains continue.

Penn State Woman Chemist Re-elected on National Board.

Mrs. Pauline B. Mack, professor of textile chemistry at the Pennsylvania State College, was re-elected national chairman of the textile section of the American Home Economics Association at the annual meeting of this organization held in Des Moines last week. Mrs. Mack held this position during the past year. She also was appointed on the association's national committee to rewrite the syllabus for home economics texts on textiles and and textile chemistry, a position of considerable importance in the work of the organization.

Test Yellow Pine for More Hardy Variety.

Placerville, Calif.—Yellow pine trees from all over the United States are being tested and cross-pollinated at the Eddy Tree Breeding station here, in an effort to obtain choice varieties of forest trees that will grow faster than the present wild stocks and hence produce a crop of timber in fewer years. Nursery plantings made last season include seedlings of forty-nine species and nine varieties from seed obtained in seventeen different countries and extensive additions are now in hand as part of this season's program.

The program of the station includes gathering tree stocks from as many different localities as possible, comparing races of the same species, selection of the best individuals in native stands as breeding stocks and artificial pollination both within given species and between species in an effort to produce hybrid varieties. Cross-pollination thus far has yielded hybrids of western yellow pine with Swiss mountain pine and with the digger pine of California.

The second tree genus on which the experimenters intend to work is the black walnut. They now have a stock of the black walnut species of northern California established, but have not yet reached out for the eastern and old world walnuts, due to their preoccupation with the pine work. Eventually they wish to add other timber trees to the two now on their experimental schedule.

The work of the station is under the direction of Lloyd Austin, a graduate of the University of California.

Cats are Killers; Don't Neglect them, is Board's Warning.

"The cat that purrs so contentedly after it has been fed is at heart a killer and if neglected will become one of the most serious menaces to game animals and birds." Mr. Truman urges the people who own cats to make provision for feeding them during the annual vacation of the family.

Cats, Truman said, if left uncaared

for or taken into the country soon revert to the wild habits of the undomesticated members of their tribe. Such animals are blamed for the killing of many insectivorous birds and much small game.

State College Not Idle; Ready for Summer Session.

With six State-wide conventions and two special short courses starting at the Pennsylvania State College between the annual commencement last week and the opening of the summer session on July 3, the campus of the Pennsylvania State College is experiencing greater activity than ever before in this season of the year, between sessions.

In spite of the busy atmosphere at the college preparations are well under way for the opening of the nineteenth summer session on July 3. Registration is to start on Saturday, June 30, and continue through Monday, July 2. It is expected that a record enrollment of almost 3000 students will be set up for the session.

Advance enrollments indicate that many special features will be most successful, including the Institutes of French, Music and English Education, the nature study camps in the Seven Mountains, and special courses in dramatics, art, athletic coaching and vocational teacher training.

Lindbergh "Not Known," His Check is Refused.

"We don't know you, and—" greeted Col. Charles A. Lindbergh on Tuesday morning when he tendered his check for \$4 in a restaurant at North Platte, Neb., in payment for coffee and rolls for himself and mechanic. He was forced to dig deeper in his pockets for the 20 cents to pay the bill.

Lindbergh undoubtedly received a reception unique in his history when he dropped into the local airport Monday night from Detroit. He was forced to spend the night in a room-house as hotel men turned him away because of full houses, and his check was turned down at a restaurant.

Grangers Break Memorial Ground.

Realization of a great ambition by members of the Pennsylvania State Grange came recently, when ground was broken on the campus of the Pennsylvania State College on the spot where the Grange is to erect a memorial dormitory for girl students. The college architect is at work on the building plans and construction work will be started as soon as possible.

The first shovel of earth was a turned by Mrs. Clara C. Phillips, of Washington, Pa., a college trustee and for several years a tireless worker in the interests of the Grange memorial. The building planned is to cost about \$250,000, and the Granges of the State have turned over \$100,000 of the amount to the College. President Ralph D. Hetzel presided at the exercises, witnessed by most of the 3000 visitors at the College for the annual Farmers' Day. Speakers included Philip H. Dewey, past master and chairman of the committee that selected the type of memorial building; Dr. Hanna Lyons, chairman of the Grange home economics committee; Charles M. Gardner, National Grange officer; and Edward B. Dorsett, State master.

Government is Asked to Alter Girls' Dress.

Rome.—Bare arms, low necks and short skirts would be taboo for Italian high school and college girls if Minister of Education Fedele took the action asked in a letter now before him.

The body known as "the national committee for the correctness of the mode" has petitioned him requesting that all those whose costume "does not conform to that modesty which is dictated by civilized Christian usage and sentiment" be barred from the institutions under his control. The school supervisors in several large provincial cities have already publicly admonished girl students for "immodest dress," but with little effect, and the "correctness of the mode," committee wants government action.