

## HOW

**PHRASES IN COMMON USE HAD THEIR BEGINNING.**—“Turncoat.”—An ancient duke whose domain lay between France and Saxony designed for himself a reversible coat. When he wished to be thought an ardent Frenchman, he turned the white side out; when he sought favor with the Saxons, he wore the blue.

“Forlorn hope.”—The origin of this phrase was not in the words “forlorn” and “hope,” but an anglicization of the Dutch phrase “verloren hoop,” meaning “the lost troop,” or a body of men sent out to begin an attack.

“A-1.”—This symbol of perfection comes from the rating of ships by the famous Lloyd’s register of shipping. A-1 means a first rate hull and fittings. A-2 means first rate hull, but second rate fittings, and so on.

“Quiz.”—This word, now meaning “to question” or “an examination” had no original meaning whatsoever. In 1780 a Dublin theatrical manager named Daley bet that he could introduce a word without meaning into the language within 24 hours. Overnight he had the four mystic letters on every available wall. Within a day all Dublin was using the word and puzzling over its origin.

“Let the cat out of the bag.”—It was once a trick among country folk to substitute a cat for a suckling pig and bring it to market in a bag. If a greenhorn chose to buy a “pig in a poke” without examination, it was very well for the seller, but if he opened the bag the trick was disclosed.—Golden Book Magazine.

## How Normal Breathing

### Is Restored to Runner

“Second wind” is the name given to a return of normal breathing after a temporary “loss of breath” during sustained physical exertion, says an article in Pathfinder Magazine. When a person begins to run he generally uses more energy than is necessary, which results in rapid breathing and so-called loss of breath; but after running some distance he may become adjusted to the gait and regain normal respiration. Horses and other animals are affected in the same manner.

Physiologists say the sudden action of the muscles in running produces large quantities of lactic acid in the muscles and the heart is speeded up by the automatic impulses of the nervous system. Some time, however, is required for the entire system to become attuned to the higher speed of the heart. When the runner’s heart and lung action is approximately fast enough to take care of the extra energy expended he is said to have his second wind.

## How Wake Originated

The wake, or custom of watching by the dead, is very ancient. Whether it is of Christian or heathen origin is not known for certain. It may have originated in the chanting of Christian psalms and the saying of prayers by relays of monks or clergymen so that the corpse would never be left without prayer. On the other hand, the wake may have been introduced to Christianize it. At any rate, records show that at an early date the wake was subject to abuses. It is still sometimes turned into revelry and in some parts of the world the wake is notorious for drinking and feasting.

## How Golfers Are Equalized

The basic golf handicapping system used is as follows: Take the average of the three best scores made by the player, subtract the par of the course, and then subtract 2. Thus on a course if your average best score is 88, you would subtract the par, 72, leaving 16, and then subtract 2, which would fix your handicap at 14. Greens committees, however, frequently do not apply this rigid formula in fixing handicaps, but vary it because of local conditions or their knowledge of the play of the members.

## How to Preserve Leaves

One method suggested for preserving leaves is spread and press them in a pan with alternate layers of fine sifted sand, heated until the hand can just bear it. After the sand has cooled, remove the leaves and dip them in a clear varnish, then allow to dry. Another method for preserving flowers and leaves is to dry them in a hot mixture of equal parts plaster of Paris and lime, afterwards varnishing them.

## How Surf Board Is Made

A surf board should be 6 feet long, 30 inches wide and 1 inch thick. It should be made of a light wood like white pine, white cedar or spruce. A rope for steering should be placed on the side about 18 inches from the front.

## How “Frosch” Started

Dr. F. G. G. Schmidt, professor of German at the University of Oregon, believes the word “frosch” came from the German “frosch,” meaning frog. That term was applied to the “greenest” student in Goethe’s “Faust.”—Emporia (Kan.) Gazette.

## How Flowers “Sleep”

When a flower sleeps it closes its petals; when a plant sleeps the leaves droop and lie closer together for warmth.

## World’s Famous Glaciers

### Lessening in Dimension

A glacier is, broadly speaking, an accumulation of ice, of sufficient size and weight to flow down from an elevation. It is a river flowing from a lake, only the lake is of snow and the river of ice. The thickness of the ice will vary greatly—it may be, under favorable conditions, as much as 1,000 feet.

Frequently glaciers extend far below the snow line of the region, because their great masses of ice are so thick that they are not entirely melted during the warm summer months. The functions of a river and a glacier are identical—the drainage of a certain district or basin. Exactly how a glacier moves has not been satisfactorily explained, but that it does move has been proved by hundreds of observations and calculations. More than that, the stream at the center of a glacier moves much faster than at the sides or bottom.

One of the most interesting characteristics of glaciers is the power to transport rocks and other heavy material over great distances. These are “moraines.” The glaciers of the Rockies, like those of other countries, now are almost all “in retreat,” either because the climate is growing warmer or because the snowfall is lessening.

## Small Wonder Criminals

### Feared Being “Jugged”

Many a criminal has lamented his incarceration in “the jug”—to adopt a common expression in thieves’ parlance. In the Middle Ages plenty of miscreants were placed in the jug—or jug—literally; and up and down the country there still remain a few specimens of the iron neck-halters which derived their name from the Latin Jugum.

In Bridlington Priory church, a place where at every turn imagination is invited to bridge the centuries, a well-preserved example of a jug may be seen in the west porch. It is shackled to the wall by long links, and is fitted with a hinge and padlock.

Pity the poor wretch doomed to be locked by the neck in the clumsy contrivance! True, there are no spikes or devices for torture incorporated in the jug. The punishment of being “jugged” would be mental rather than physical. The prisoner would be the helpless victim of every passing body’s ridicule, and doubtless more than a few well-ripened eggs and similar missiles have splashed against the weathered wall from which hangs the unpleasant instrument.—Yorkshire (England) Post.

## Finding One’s True Self

Life is an opportunity for making of a soul, and in most of us it is still in the making; a patch work, unfinished. There are so many selves, each struggling for mastery, that it is not easy to detect the elusive, ultimate self. Which “me” is my real “me”? There are a lot of them, the ragged hobo out at the elbow, the dandy in fine dress and gold cane, the toady, the sycophant, the penitent, the poet, the sceptic, the donkey who always wants his own way; and, at times, a glimpse of another fellow, who seeks to rule the whole ungodly crew. Who is he? What authority has he? Who gave him the job? Will he get it done, making the motley array of slovens, boasters, scullions, prophets, and saints of divers orders, at last obey?—Joseph Fort Newton in the Churchman.

## Choosing a Wife

A Swiss savant states that if a man wishes to learn the character of the girl he wants to marry he should watch her peeling, cleaning and cooking potatoes. If she peels the potato, cutting thick rings, she is extravagant. If she leaves the eyes she is lazy. If she uses a great deal of fat while cooking the vegetable, she is greedy, and if she allows it to burn she is negligent.

On the other hand, the savant declares, if the girl avoids these revealing pitfalls, the man should marry her whether she is rich or poor, ugly or pretty, for she will prove a good friend and wife and bring him prosperity and happiness.

## Famous Liberty Statue

The Statue of Liberty was 12 years in preparation in France and was mounted and exhibited in Paris in October of 1881. The American pedestal was commenced in 1883 and was not completed until 1886. The statue itself was of hammered copper sheets and weighed 450,000 pounds. It was mounted on an iron framework covered with wood and so arranged that it could be taken down and shipped in sections. It was taken down and was shipped in 210 cases on the French state vessel Iser, sailing from Rouen, France.

## Had One Qualification

I could not resist purchasing an admission ticket for the ragged little lad who stood in the lobby of a motion picture house chuckling to himself over the stunts advertising the comedy being shown within. Yet he was so tiny I hesitated as I asked, “But—can you read?”

“No, ma’am,” eagerly, “but I can laugh.”—Chicago Tribune.

## True Co-Operation

When you’re farming, whether it’s managing the whole farm or just working by day in the corn row, the hand and the head must be on the same body.—Country Home.

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## Snake Held Sacred by Hopi Tribe of Indians

Snakes would lead a care-free existence on the Hopi Indian reservation in Arizona if it were not for the white folks. The Indians would not think of harming a reptile. They are not snake worshippers, but each year during the month of August they hold a snake dance, in which real, live creatures are used, rattlesnakes and any other type taking part. This is a very religious observance, a thanksgiving for past favors and a supplication for moisture for their crops.

One gets a better understanding of the devoutness of this prayer when we consider that the Hopis live in a very arid section of the country and depend so wholly upon their crops. The water is supposed to be stored in vast reservoirs in the heavens above and beneath the earth and the snakes are chosen as the best intermediary between the Hopi supplicants and the gods who control the waters.

One does not wonder so much at the faith of the Hopis in prayers being answered when very often in the progress of the dance showers come up. Many times the spectators get a good drenching before they can get down off the mesa or even descend from the roofs of the houses from which they have witnessed the ceremony.—Louise R. Marshall in Dumb Animals.

## Funeral Honors Would Have Astonished Auntie

A dear old New England spinster, the embodiment of the timid and shrinking, passed away at a famous health resort, where she had gone in the last stage of a lingering illness. Her nearest kinsman, a nephew, ordered her body sent back to her home town to be buried—as it was her last wish—in the quiet little country churchyard. His surprise can be imagined when, on opening the casket, he beheld, instead of the placid features of his Aunt Hepzibah the majestic form of an army general in full regiments, whom he remembered had chanced to die at the same place and time as his aunt. At once he sent a telegram to the general’s heirs, explaining the situation, and requesting instructions. They came back as follows: “Give the general quiet funeral. Aunt Hepzibah interred today with full military honors, six brass bands, speech by congressman and governor and saluting guns.”—Pathfinder Magazine.

## Mythological Birds

Probably the best known of the fabulous birds of prey were the roc, which was a bird so enormous that it obscured the sun where it flew and carried away men in its talons; the phoenix, which was a bird with a beautiful voice and a long tail like a peacock’s, which was supposed to rise from the ashes of fire; and the harpy, which was a terrible bird with a woman’s face and breast and great claws like an eagle’s, which pursued men who had sinned.

## Weight of Experience Surely With Solomon

When William Jennings Bryan but-tonholed John Baird, to talk to him about marrying his daughter, Mary Elizabeth, in his dilemma, the young man sought refuge in the Scriptures and began:

“Mr. Baird, I have been reading Proverbs a good deal lately, and find that Solomon says, “Whoso findeth a wife, findeth a good thing and obtaineth favor of the Lord.”

Mr. Baird, being something of a Biblical scholar himself, replied:

“Yes, I believe Solomon did say that, but Paul suggests that while he that marrieth doeth well, he that marrieth not doeth better.”

This was disheartening, chuckled Mrs. Bryan, recalling the interview. It is reported in M. R. Werner’s biography of her distinguished husband—but the young man saw his way through.

“Solomon would be the better authority upon this point,” rejoined Mr. Bryan, “because Paul was never married, while Solomon had a number of wives.”

After this friendly tilt the matter was satisfactorily arranged.—Kansas City Times.

## Length of Sea Snakes

It is believed that sea snakes do not grow much longer than 12 or 13 feet. Speaking of sea snakes found near the coast of northwestern Australia, the National Geographic society says: “Sea snakes are frequently seen curled up asleep on the surface of the water. These reptiles are poisonous and grow to about 12 feet in length.” Sea snakes are distinguished by the compressed, rudder-shaped tail, and they are unable to move on land. Their food consists chiefly of fish.

## Lose Yourself in Your Job

I have never been quite happy unless I have lost myself in what I was thinking, feeling, or doing. Unself-consciousness seems to be the keynote of happiness. I am certain that to be completely lost in what one is thinking, feeling, or doing is the only way to scotch the kind of malaise which self-consciousness brings. Nature, watchful as an old spider, spies the cases of self-consciousness and throws up a philosophy by way of cure.—John Galsworthy.

## Beautiful Capetown

The sea voyage to South Africa is the fair weather voyage of the world. Capetown, once a remote outpost of civilization, is today one of the world’s finest cities. It is not only beautiful and delightfully situated but the cape is historical as well, for it was here in 1487 that Dias saw the sea-route to India and this incited Columbus, who in his search for India found America instead. The discoveries between 1487 and 1497 mark this era as the dawn after the Dark Ages and the first rays hit the cape when Dias discovered his way around.

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