

# Health and Beauty

## OUR FOODS.

Minerals are as necessary to body building as the starches and proteins about which we have been talking. We call them basic salts. They build bones which are largely constructed of calcium. We get calcium from milk, eggs, cheese and many leafy vegetables. The blood must have iron which is found particularly in liver, kidneys, egg yolks, whole grains and green leafy vegetables. We need potassium which is contained in Irish potatoes, especially just under the skin. It is also in lean meat and milk. We cannot get along without magnesium, which is in peas, beans and whole cereals. Phosphorus is also a very valuable mineral to the body. We get it in meat, milk, nuts, whole grain, egg yolks, etc.

Sulphur is another mineral that is necessary to the well-being of the human body. It is found in meats, onions, cabbage and other vegetables. The absence of sulphur in the system seems to account for certain forms of rheumatism and arthritis. A deficiency of this mineral shows in defective finger nails.

Lack of calcium in the body causes deformities of the bones. We sometimes encounter grownups with

pitifully deformed twisted and otherwise undeveloped bones and all due to undernourishment in childhood. Negro children get along in this respect better in the South than in the North, for abundance of sunshine makes up to them to a certain extent for an inadequate diet.

The pigment just under the epidermis prevents a certain amount of penetration of the actinic rays of the sun. Nature put this pigment there to protect the delicate underlying structures from the powerful actinic rays of the African sun. For this reason the black man is not naturally adapted to a cold climate, where the sun does not shine throughout the year and where necessarily thick clothing prevents the rays from reaching the skin.

The white man's skin is thinner and has very little natural protective pigment. Hence he can get along with less sunshine than his black brother.

If the minerals under discussion are deficient in the system, disease is sure to result, and sometimes death. Even the most ignorant should have observed that an insufficiency of calcium causes rickets. Too little iron gives rise to anemia which is so common and in some forms quite fatal. Too little iodine gives rise to goitre.

## Gregg Township School Notes

The following officers have been selected for the various school organizations for 1937-1938:

Senior Class: President, Dean Hettinger; vice president, Hazel Zettler; secretary, Catherine Barger; treasurer, Betty Lee; representative to Council, Dorothy Duck; historian, Betty Lee; class advisor, Mrs. Fetterolf.

Junior Class: President, John Shook; vice president, Isabel Musser; secretary, Martha Keller; treasurer, Spurgeon Hennigh; representative to Council, Jean Watters; class advisor, Miss Tschudy.

Sophomore Class: President, Fred Feltenberger; vice president, Jean Watters; secretary, Ruth Breon; treasurer, Marie Long; representative to Council, Dorothy Duck; historian, Harold Kimmey; class advisor, Mr. McCall.

Freshman Class: President, Barbara Fetterolf; vice president, Faye Yearick; secretary, Dolores Condo; treasurer, Bernice Fetterolf; representative to Council, Donald Rossman; class advisor, Mr. Decker.

Future Farmers of America: President, Spurgeon Hennigh; vice president, Dean Hettinger; secretary, John Shook; treasurer, Harold Kennelley.

Home Economics Club: President, Dorothy Duck; vice president, Isabel Musser; secretary, Jean Watters; treasurer, Bernice Fetterolf.

Boys' Basketball: Manager, Dean Hettinger; assistant manager, Joseph Myers.

Girls' Basketball: Manager, Isabel Musser; assistant manager, Marie Long.

Head Cheer Leader: Bernice Barger.

School Treasurer: Hazel Zettler; assistant treasurer, Mildred Stover.

Scholarship and Attendance Committee: Bernice Barger, chairman; Isabel Musser, Marie Long, Mary Zettler.

## TENDER RECEPTION TO NEW LUTHERAN PASTOR

The Sugar Valley Lutheran parish held a reception recently in the Sunday school room of the St. Paul's Lutheran church at Loganton, for the Rev. and Mrs. Arthur Yeagy.

The following program was rendered: song; prayer by the Rev. Mr. Yeagy; duet by Katherine Birely and daughter Betty; a reading by Geraldine Kohberger; duet by Mrs. Jacob Barges and Mrs. Robert Kerstetter; playlet, Margaret Smith and Bobbie Kleckner; a reading by Thomas Smith; remarks by the Rev. Mr. and Mrs. Yeagy; L. E. Best, James Emerick, and Morlin Schrack, Thomas Smith, president of the Joint Council of Sugar Valley parish presented the pastor with a gavel signifying leadership. The gavel was made from a sugar tree, from which species Sugar Valley received its name. Refreshments were served from the new kitchen which was recently completed in the church.

Before accepting the call to Sugar Valley Lutheran parish the Rev. Mr. Yeagy was assistant pastor to Rev. C. B. Foelsch, Ph.D. D. of the Zion Lutheran church at Sunbury. The Rev. and Mrs. Yeagy were married on Sunday, February 27, at the Zion Lutheran church, Sunbury. Mrs. Yeagy was formerly Miss Sarah Elizabeth Shadle, of Sunbury. The parsonage was renovated before Rev. and Mrs. Yeagy moved into it.

## Injured in Odd Manner

Mrs. Percy Oberdorf of Kipp's Run, is a patient at the Geisinger Hospital for treatment of injuries to the hands, inflicted in an odd accident. She was lending a cow by a hook attached to the end of a chain. When the cow bolted, the hook pierced the hand, tearing the flesh and ligaments.

## REAL ESTATE TRANSFERS.

C. E. Hockman, et ux, to Elizabeth Holz Friedman, of New York City, tract in Walker Twp.; \$1.

William L. Steele, Jr., et ux, to Catherine A. Hartle, of Bellefonte, tract in Bellefonte; \$1.

Catherine A. Hartle to William L. Steele, Jr., et ux, of Bellefonte, tract in Bellefonte; \$1.

James Kerr Receiver, to Raymond N. Askey, et ux, tract in Phillipsburg; \$1,550.

Harry V. Keeler, Sheriff, to A. E. Schad, of Bellefonte, tract in State College; \$593.

E. E. Burris, et al, to Paul Harper, of Phillipsburg, tract in Rush Twp.; \$2,500.

Charles W. Swartz, et ux, to Clara T. Bateson, of State College, tract in State College; \$1.

Clara T. Bateson to Charles W. Swartz, et ux, of State College, tract in State College; \$1.

Sarah C. Sweet to Henry G. Reitz, of Boalsburg, tract in Harris Twp.; \$37.

A. E. Schad, et ux, to Raymond Brooks, et ux, of Bellefonte, tract in State College; \$1.

Mary A. Shreckengast to Bruce C. Shreckengast, of Millheim, tract in Millheim; \$800.

Toner Merryman, et ux, to Grace H. Smith, et ux, of Altoona, tract in Taylor Twp.; \$310.

First National Bank of Centre Hall, to Julius Sealton, of Tyrone, tract in College Twp.; \$1,000.

Boyd Williams, et al, to Belle C. Williams, of Bellefonte, tract in College Twp.; \$1.

Harry V. Keeler, Sheriff, to Centre Bldg and Loan Assn. of Bellefonte, tract in Spring Twp.; \$1,000.

Harry V. Keeler, Sheriff, to M. Nittany Bldg and Loan Assn., of State College, tract in State College; \$1,500.

Harry V. Keeler, Sheriff, to First National Bank of State College, tract in State College; \$1,115.

Harry V. Keeler, Sheriff, to Home Owners Loan Corp., of Washington, D. C., tract in Spring Twp.; \$4,100.

Harry V. Keeler, Sheriff, to Elizabeth C. Srouse, of State College, tract in Ferguson Twp.; \$1,650.

Harry V. Keeler, Sheriff, to D. K. Keller, of Centre Hall, tract in Potter Twp.; \$261.69.

Harry V. Keeler, Sheriff, to Harry J. Hill, of Bellefonte, tract in Harris Twp.; \$400.

Harry V. Keeler, Sheriff, to Ella M. Kidder, of State College, tract in College Twp.; \$400.

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Harry V. Keeler, Sheriff, to Matthew W. Goheen, of Boalsburg, tract in Harris Twp.; \$110.

Mary Estia Burrell, et bar, to Lydia C. Ziegler, of Spring Mills, tract in Penn Twp.; \$1.

Rose Walker Markle, et bar, to Glenn W. Royer, et ux, of State College, tract in State College; \$5,600.

S. Thomas Swartz, to The United States of America, tract in Potter Twp.; \$5,500.

J. W. Henzley, et al, to Ross L. Mitchell, et al, of Linden Hall, tract in College Twp.; \$300.

## ZION

Miss Sara Krape, of Harrisburg, spent last weekend at her parental home.

Mr. and Mrs. Orvis Smeltzer and family, of Centre Hall, spent Saturday evening at the Paul Clevestine home.

Mr. and Mrs. Charles Boone and daughter of Pottery Mills, spent Sunday at the Carner-Boone home.

Mrs. Emma Noll had as her guest last week, Mrs. Katie Robinson of Lock Haven. Mrs. Robinson was a former resident of this community.

Mr. and Mrs. William Shaffer and family spent Sunday with relatives at Williamsport.

Mrs. Ed Harnish is a patient in the Centre County Hospital. We wish her a speedy recovery.

Mrs. John Hartsock and son from State College, spent last week at the John Hockman home.

Word has been received from the Struble-Boone-Royer party stating they expect to arrive in Centre County the last of the month.

Milo Wilson returned to school Monday after his recent illness.

Sorry to note Anne Harnish is on the sick list.

Miles Clevestine returned from Penn State where he completed a course in Agriculture.

Kermit Noll and son Kermit, Jr., of Jersey Shore, spent Saturday with Mrs. Emma Noll.

Glad to report Joel Clevestine able to return to work on Monday.

Mr. and Mrs. Virgie Baker and son of Altoona spent Sunday at the Sharer-Emerick home.

## DRY TOP

Our indispensible Mr. O. A. Knight, who is suffering from an infected finger. We are glad to say Clark McKinley is some what improved, while Mr. Burns has discarded the patch from his eye, he is still suffering much pain.

Mr. Miller, wife and son, Mr. and Mrs. William Carson motored down the country to Mrs. Miller's home, where a reunion was held Sunday. All report a good social time.

Mr. and Mrs. George Baugh and sons, were Sunday evening guests of the G. C. Merryman's.

Mrs. Donald Poorman and two children and Mrs. Ruth Johnson were guests of Mrs. Clyde Poorman, Thursday.

Mr. and Mrs. Clyde Poorman called at the Frank Brooks home at Pleasant Gap, Friday.

Mud! Mud! yes, and did the mud balls roll the other day? but the contrite Miss should brake the glass in her own house first.

## NITTANY

Harvey Kossner and sister, Mrs. Josephine Emerick spent several days with their sister, Mrs. Laura Rathmell of near Philadelphia, having returned home last Thursday.

Earl Dunkle, son of Mr. and Mrs. Wilbur Dunkle has the mumps.

Leroy Barner was laid up a couple of days last week, he was hurt while working for C. M. Long.

Donald Nolan was ill with the grip the past week, but is able to be around again.

Mrs. E. E. Emerit, of Williamsport, spent several days at the Nottah home last week.

Miss Edna Gumballus and friend, John Boal, both of Lock Haven; Mr. and Mrs. Percy Dorman, daughter Betty also of Lock Haven were Sunday visitors at Leroy Barner's.

D. A. Gonsallus is spending some time with his daughter, Mrs. Leroy Barner. Mr. Gonsallus has been very sick in the Bellefonte Hospital.

Mr. and Mrs. Lester Robb and daughter of Lock Haven, Mrs. Robert Kramer of Philadelphia, and Margaret Yeack of Nittany, motored to Centre Hall Sunday afternoon and were supper guests of Mr. and Mrs. M. C. Delaney and family.

Mrs. Minnie Poorman and two daughters Grace and Helen and son Clair, of Bellefonte, spent Sunday with her daughter Mr. and Mrs. George Grove.

Mr. and Mrs. George Grove, daughter Evelyn May and mother, Mrs. Sara Grove, spent Thursday evening at the home of Mr. and Mrs. Dan Grove of Lock Haven.

Kermit Showers, who has been housed up with the mumps, the past two weeks, was able to return to school on Monday.

Miss Ellen Nolan of Bellefonte, is spending several days at the home of Mr. and Mrs. Albert Thompson.

Mr. and Mrs. Clarence Thompson and daughter Jean, of Bellefonte, spent Sunday afternoon and evening with Mr. Thompson's parents, Mr. and Mrs. Albert Thompson. They all enjoyed a drive Sunday afternoon.

Robert Dorman of Clintondale, Lee Wolford of Lock Haven, visited at the home of their grandmother, Mrs. Emma L. Dorman Sunday visitors at Mrs. Dorman's were: J. O. Dorman of Clintondale, Mr. and Mrs. Amos Wolford and grandmother Wolford of Lock Haven, Mr. and Mrs. Harry Funk, and daughter Alice and son Roy of Bellefonte.

Mr. and Mrs. Fred Lowery of Castanea, and Mr. and Mrs. Sherlock Lowery of Mt. Pleasant, visited at the home of Mr. and Mrs. Lawrence Lowery Sunday afternoon.

Mrs. Bell McCauley of Pittsburg, Mrs. Pauline Miller and daughter Joy of Lock Haven, spent the weekend at the home of Mr. and Mrs. Sherd Gumbo.

## RUNVILLE

Mr. Russell Zerby expects to go farming, he bought a farm at Meringo, Pa. and has purchased a team of horses and is arranging to move soon. We wish good luck to you on this undertaking.

Lois Thompson was brought home from the Centre County Hospital last Wednesday and is bedfast under the doctor's care.

Paul Meyers was brought home Sunday from the hospital and is reported getting along as well as can be expected.

Mrs. Mabel Lucas and her brother, Samuel Zerby of Bellefonte, motored to Pine Grove to attend the funeral of a cousin of theirs on Monday, March 14.

Mrs. Roy Leathers attended a quilting at Mrs. Orvis Watson's on last Wednesday.

The U. B. church trustees met last Wednesday evening after prayer meeting and arranged for a new room for the Sunday School which has been growing until it is crowded. They agreed to make improvements soon.

Mr. Earl Milton of Lewisport, is sporting a Chevrolet coach, he having motored here visiting with home folks Sunday.

A double birthday was given at the home of Raymond Fye in honor of his father, Samuel Fye, 63 and his wife, Mrs. Mildred Fye 38. They received some very useful presents. Mr. and Mrs. Lester Mayes and boy Gene and Mr. and Mrs. Walter Bennett and two children and Mr. and Mrs. John Furl and son Richard were present from here.

Mr. and Mrs. Clark Huey and Mr. and Mrs. Newton Louck and daughter Shirley motored to Snow Shoe over the weekend visiting with relatives.

Roy Leathers and family motored to Mountbent Sunday visiting with relatives.

Mr. and Mrs. Samuel Furl and daughter Sarah and Mr. and Mrs. Edward Furl motored here last Thursday evening from Williamsport. Edward secured a job on WPA project.

Mr. and Mrs. Laurence Poorman of Williamsport, visited with home folks Sunday.

Bald Eagle Grange will meet Friday night, March 18th.

## HOLTS HOLLOW

Mr. and Mrs. Ray Griffin of Stormstown, called on friends at this place on Wednesday of last week.

Mrs. Charles Lucas assisted Mrs. Lee Johnson with her flower garden quilt on Friday.

Mr. and Mrs. John Watson and grandson visited with Mr. and Mrs. J. E. Confer and Mr. and Mrs. William Walker at Milesburg, also called at the M. C. Reese home at Gum Stump on Saturday.

Mrs. Edith Bued with relatives from Runville spent one day last week with Mrs. John Posinger at Coleville.

Mr. and Mrs. Hayes Johnson and two sons spent Saturday evening at the Austin Watson home at Dry Top.

M. C. Reese and son Martin of Gum Stump visited relatives at this place recently.

Mrs. Roy Leathers, and three children, of Runville; Mrs. Nancy Alkins, Mrs. John Kelley of Moore Run, Mrs. Agnes Shawley and daughter, of Milesburg; Mrs. John Watson, Mrs. Edith Bued and Mrs. Ruth Johnson were recent quilters at the Orvis Watson home, other visitors were Jerald Lucas, Nevin Watson and Howard Burt.

## Two Students on Dean's List

A list of students who have achieved distinguished scholastic records this year in the School of Engineering at Penn State, includes the names of B. Paul Blasingsame and Samuel Marable Dean, both of State College. The list was released by Dr. H. P. Hammond, dean of the Engineering School.

## OLD FAMILY HORSE DIES

"Tiger," a black horse owned by W. E. Line, of LeRayville, died of heart failure at the age of 24 years. The horse was a favorite of its master and his family of ten children. It had been used for farm work during its long life.

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\$13.97	\$19.98

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### TRAIL LAMP BULBS

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### Spring is Here! FIELDSERS BASEBALL GLOVES

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