Louisa's Letter

town and all of the people here any other girls. My mother will not Rev. L. F. Sheetz; 6:30 p. m. B. Y. have a peculiar habit. To their allow me to do this and says if I P U.; Prayer Meeting and Bible parties or dances, the women wear stop going with other boys I must Study every Wednesday evening at evening dresses but the men come stop with him too. What do you 7:30. in business suits. Now I have always think about this? been taught that a man in a business Virginia suit called for informal dress for the

Do you think my husband should

or do as the others do? Ohio. NEWCOMER.

ANSWER

I think it was all right for your husband to wear his dinner jacket on the first occasion but I think it would be advisable for him, hereafter to dress as the other men do if that is the local custom. The probability is that most of the men do not own dinner jackets and rather than embarrass some of their friends, those who do have them wear their business suits.

At any rate the old saying, about "doing as the Romans do, when in Rome," still goes, and you will probably make a better impression on your new friends if you do not emphasize their social errors.

LOUISA

Dear Louisa:-I am a girl of 14 and like a boy one boy.

who is 16 very much. He wants

Severe Storm

(Continued from page one)

subjected to heavy damage, where the storm took on the fury of a hurricane. Goss Valley, which runs through the two counties, was strewn with debris. Dozens of barns were demolished, roofs were blown from a school house and a number of homes. Damage may total \$200,-

One Person Injured

On his way home William Yetter, of Alfarata, Mifflin county, was blown from his feet and cut by flying debris. He crawled back of a garage to escape more serious injury. Yetter was the only person reported injured during the storm.

Property throughout the valley for a distance of approximately twenty-five miles was damaged by the storm, which lasted only two minutes. Heavy damage occurred at Maitland and Alfarata in Mifflin county and at McClure and Beaver Springs in Snyder county. Telephone and electric services were disrupted throughout the area.

Church Loses Roof

The wind blew the roof off the Methodist Episcopal church at Alfarata, but the walls remained standing. Two hundred yards from the church the family of Ammon Stiglemire escaped injury when the roof was blown out of place and Spain and Japanese in China,

me to promise not to go with any

I think your mother is wise not continue to wear his dinner jacket to let you confine yourself to one boy at your age. Such a course might be all right if you were a young lady and were engaged to be married in a few months, but you are just a child and the boy you are going with will have to be years older before he is fitted to settle on one girl.

It is all right to like one boy more than the others but be friends with all of them and you will not only have more fun but you will be satisfled with the one of your choice if you have known many, but still prefer that particular one. Pairing off of two people when they are so young often results in tragic child marriages or long-drawn out engagements, neither of which is a

thing to be desired. It is all right to like your friend better than the others and go with him more than you do with other people but do not make the mistake of dropping all of your friends for

LOUISA.

the walls were bulged. Neighbors the next morning helped Stigle-Causes Damage mire prop the walls with heavy tim-

The garage of Grover Yetter, across the road from Stiglemire's house, was lifted from its base and smashed against a tree about a half mile down the road. The roof was blown from Yetter's auto.

Thousands of chickens had disappeared from the farm of Samuel Shillington, Alfarata, following the 9:30; Memorial service 10:30; all orstorm, only a few of the fowls were ganizations are invited to this ser-

Dozens of Barns Destroyed

Dozens of barns throughout the valley were demolished. The roof was torn from the Bowersox school, three miles west of McClure.

One of the freaks of the storm occurred at the farm of H. A. Shawver, Beaver Springs, where wind Hublersburg Evangelical-Reformed blew all the water from a well. Shawver's barn was destroyed, his home damaged, and the barn and also owned by Shawver, were damaged.

dwellings were reported damaged. Aiding the residents of the valley in clearing away the debris and D. D. Harrisburg, speaks on "Co-ophelping them restore a semblance of order were the members of American Legion Post No. 90, of Lewistown.

The American Neutrality Act works very well for Insurgents in

JOIN THE PARADE

Decoration may

But right now is the time to fall in line and

secure Smashing Bargains at our

Memorial Day Sale!

Reg. WAX AND KLEENER - ea. 11c

Reg. CHAMOIS, Oil Tanned - - - 18c

Reg. Chrome Exhaust Extensions - 19c

Reg. FENDER BRUSH - - - - 11c

Reg. BUG SCREENS - - - - - 29c

Reg. HEAVY DUTY PATCHES - 3c

Free! Free! Free! Free!

A POUND CAN OF GREASE WITH

EVERY 2-GAL. CAN OF OIL

Lion Cut Rate Auto Stores

Penn Belle Hotel Bldg. Bellefonte, Pa.

20-ft. GARDEN HOSE Complete With 79c

REAL SPONGES A Wonderful Saving

Reg. POLISHING CLOTH Five-Yard Package

Reg. SPARK PLUGS Guaranteed 20,000 Miles

BEE SEAT CUSHIONS

CHURCHES

9:30 a. m. Sunday School; 10:45 a. I have recently moved to a small other boys and he will not go with m. Memorial Services, sermon by

Advent Church

Sunday School Sunday at 9:30 a. m., Kenneth Lucas, Supt. Preaching at 11 a. m.; Christian Endeavor at 7:30. We will have some visitors with us at the preaching services. and likely special music, come and enjoy the services with us. C. C. Shuey, Pastor.

Pilgrim Holiness, State College

Rev. Dennison Snyder, pastor. Friday evening of this week a missionary service will be in charge of Mary J. Loew, a missionary on fur- goes to camp. lough from Northern Rhodesia. will begin at 7:45 o'clock. A welcome awaits you. All services in I. O. O. F. Hall on College avenue.

Evangelical and Reformed

Rev. C. Nevin Stamm, Pastor. Church-School 9:30, J. M. Hartswick, Supt. Morning Worship 10:45. By an action of the Consistory, the evening service for May 29 will be the month of June.

Dix Run Baptist

m. Elmer Hosband, Supt., followed with Class Meeting; Christian Endeavor at 7:30, everybody welcome to all these services, we had a large turnout at the Sunday evening preaching services, also had a very good Bible study Friday evening at the home of brother and sister Hogencamp. C. C. Shuey, Pastor.

Boalsburg Lutheran Parish Pleasant Gap-Sunday School

vice. Shiloh-Sunday School at 2:30; Memorial service at 3:30; public is cordially invited. Boalsburg-Sunday School at 9:30: Special services at 7:30; Christian Endeavor at 6:30 in the Lutheran church; Christian Emieavor Social Friday 27th, at Musser cabin.

Rev. James B. Musser, Minister. Services Sunday May 29th. Trinity (Hublersburg)-9:15 a. m. Sunday house tenanted by Paul Howell, Church School; 10:30 a. m. No service because of Memorial Program. Zion-9:30 a. m. Union Sunday Between thirty-five and forty Church School; 7:30 p. m. Special service sponsored by the Nittany Valley Fellowship, Rev. Wm. Mudge. erative Christian Action.'

Methodist Episcopal, Bellefonte Rev. H. Willis Hartsock, pastor. Church school at 9:30 a. m., C. C. took off for Kylertown landing there and walked in the other room." superintendent. | Morning at 1:50. Shuey. League at 6:30. Evening worship

Howard Evangelical Parish

Rev. Lewis E. Kline, Pastor. Schedule of services, Sunday, May 29th. Zion-Union Sunday School. Harry Smith, Supt. 9:30 a. m.; Worship, sermon by Rev. W. J. Dice, D. 10:45 a. m. Wingate-Sunday School, Sylvester Summers, Supt. 9:30 a. m.; Worship, sermon by Rev. W. J. Dice, D. S. 2:30 p. m. Howard-Sunday School, B. G. Long. Supt. 9:30 a. m.; E. L. C. E. Junior and Senior 6:45 p. m.; Worship I. O. O. F. Memorial service, guest speaker, Rev. W. J. Dice, D. S. 7:30 p. m. Veterans of all Wars and Lodges are invited to attend this service.

Christian and Missionary Alliance Missionary Prayer group Tuesday 2:30 p. m. at 11* Pike Street; Midweek Prayer meeting Wednesday 7:30 p. m. The final children's meeta. m.; Morning Worship 10:45 a. m.; Young Peoples Meeting 6:30 p. m.: Song service and testimony at 7:30 p. m. Evening Evangelistic Service any or all of these services. Miss Louise Cain will be the young peoples speaker. Pastor Edward G.

Special Service at Zion

Sunday evening, May 29 at 7:30 o'- shoes in an oval frame. The cachclock. Rev. William L. Mudge.D.D., ets sets forth that the name of the of Harrisburg, will speak on "Co- town was derived from an Indian" operative Christian Action." Dr. snow shoe found on a tree in 1794. Mudge is executive secretary of the Pennsylvania State Council of EXPERT TELLS OF LIES Churches. The eighteen religious groups organized as the "Nittany Fellowship of Christian Churches' will have representatives at this service. The general public should be interested in this meeting and will be challenged by the address. We urge a large attendance to hear ter Dr. Mudge.

bersburg-Sunday School at 9 a. m ... Kenneth Breon, in charge, sermon by the Pastor, 10 a. m. "The Supreme Revolution;" Prayer Meeting on Wednesday evening; Y. P. M. C. will by touching up, He said: meet at the home of Miss Minnie Shultz at Spring Bank, on Friday evening, May 27. Children's Day exercises at Rebersburg have been moved forward to the evening of June 5. Madisonburg—Sunday School at 9:15 a. m. Clarence Haugh, Supt., in charge; Evening service in charge of Mrs. Babcock; Prayer ser- person having items to contribute vice on Thursday evening. Paradise Sunday School at 9:30 a. m. Geo. Wingard, Supt., in charge; Evening service at 7:30 o'clock; Prayer Meeting on Tuesday evening.

Your friends may be interested

WELL CURED HAY BRINGS DIVIDENDS TO FARMERS SUBMITS QUARTERLY REPORT

Children may find real joy in dally vacation if they can have a ers of Centre County, according to Miss Bertha Rimmey, submits a share in making the household County Agent R. C. Blaney, con-quarterly report of the work done plans, says Miss Eleanor J. Smith, sider the hay crop as one of the in her area, which covers about five home economics extension repre- most important crops. Indications miles around Bellefonte. sentative of Centre county. Gone is the day when the mother lest hay crops will be harvested that or clinics in Howard, Snow Shoe or does everything. Working partner- has been harvested in Centre coun- Clarence, it is impossible to take ships can be formed with the young by for a number of years. Quality nursing cases at such distances for

members of the family, being sure of hay can be improved consider- she can not give proper attention are attending a party, which one worker on arrival at one's place of of the situation and a share in the ing that have been found to be suc- time in getting there. cessful.

TO SHARE RESPONSIBILITY

HELP THE CHILDREN

Sunday evening, preaching services dren to let down completely the passing through the windrow dries dered existence.

m. and no evening service through larity is one of the rules of health, feeding value. Bedtime may be a little later dur-

ing vacation days. Children's free time should be Sunday School Sunday at 9:30 a theirs to use as they plan and should not be filled with extra chores at a last minutes' notice. This may happen occasionally but should not be made a practice.

Other duties with which children might assist include emptying wastebaskets, shaking small rugs, watering plants, arranging flowers, and answering the phone. Caring for the lawn and garden is a summertime chore for the older child-

Young helpers enjoy system and there is no surer way of securing cooperation than to have a definite plan. Children will reap a great of cooperation and vacation days may be had upon request. will be turned into days of joy as well as days of accomplishment.

Pony Air Mail Flights Success

(Continued from page one) were common in this locality in the early years of the air mail service

two decades ago. Leaving State College at 1:02 p. m. Lutz landed at Centre Hall for are colloquial. two bags of mail at 1:07. Taking off at 1:12 he came to Bellefonte, landing here at 1:17. He left at 1:25 and arrived at Snow Shoe at 1:34. After a four-minute halt he

worship with sermon by the pas- He left the Kylertown field at to express motion. tor at 10:45. Subject, "The Place 2:07 and landed at DuBois at 2:38, of Christian Thought in the For- Leaving there at 2:50 he encounter- buildings is the largest?" Say, mation of Character." Epworth ed strong headwinds and storms "Which of the two buildings is the during the remainder of the flight larger," or, "which of the three (or and sermon at 7:30. Subject. "As to Pittsburgh, where he landed at more) buildings is the largest?" Methodists We Look at Our Gospel." 3:50. The trip home was made in Do not say, "I saw the bride and Methodist graduates will be honor fast time, for he left the Pittsburgh and groom." "I saw the bride and guests at our morning service this airport at 4:25 and landed at the bridegroom" is more refined. State College air depot at 5:20 p.

> 1:40 o'clock and experienced no oftener than was necessary." difficulty in his flight to Williamsport. Neither of the planes brought mail with them on their return trip.

Postmaster George R. Meck, of Bellefonte, reports that a total of 923 of the special cachets issued by Bellefonte through the local Chamused is impossible to determine.

Mr. Meek added that he has re ceived requests from about 50 post offices from all parts of the United States asking for copies of Bellefonte's cachets.

This office received greetings ing for the summer will be Saturday from the postmasters at Clarence 2:30 p. m. at the Tabernacle, we and Snow Shoe, sent by air mail would urge all the former students in the special cachets of those comto be present. Sunday School 9:45 munities. Mrs. Marie Kolassa, postmaster at Clarence, enclosed her greeting in the Clarence cachet which portrays a map of the 23rd Congressional district served by the at 8 p. m. Everyone is welcome to one-day pony express, and a drawing of the Hopkins-Weymouth & Co. sawmill. Clarence was named in 1886 for Clarence Weymouth, one of the owners of the mill.

Greetings from J. M. Gilliland, postmaster at Snow Shoe, were en-In Zion Reformed church, Zion, closed in the Snow Shoe cachet special service will be held on bearing a design of crossed snow-

The old, old saying that "the camera does not lie," is a fallacy, according to Thomas M. Jarrett, University of Pittsburgh photographic technician. He says he knows bet-

"Point a camera at a man's face," Rebersburg Evangelical Charge he says, "and you get one kind of Royal A. Babcock, Pastor. Re-characterization of him. "Shoot" him from the floor, and you get quite another.

photograph-and "Further, a the story it tells-may be altered thought the camera didn't lie. But we know better now.'

Need Infants' Clothing. State Nurse Jean Noll Harris yesterday reported that she has urgent calls for infants' clothing, and any are requested to get in touch with Mrs. Harris at once at her office in the Court House. The telephone number is 394. Diapers, shirts, 8:00 p. m.; June 1, Court House, night-clothing, socks, shoes and all Bellefonte, 8:00 p. m.; June 2,

needed.

MISS BERTHA RIMMEY

Toxoid clinics for the prevention

of diphtheria were held in Clar-

ence, Coleville and Unionville, 234

children being immunized. Dr. Ed-

ward Harris, of Snow Shoe, very

willingly gave his services for the

clinic in Clarence, and Dr. Joseph

Parrish for Unionville and Cole-

adenoid operations at Centre Coun-

ty Hospital; three were fitted with

Charities; one given shoes and rub-

Bellefonte schools including

made tests on 111 children.

Mrs. Forrest Tanner, Mrs.

ounted to \$31.00.

room, Petrikin Hall.

ing spines.

of water.

John's Parochial, had use of it for

a week. Mrs. Harris, county nurse,

received, with appreciation, from

Walker, Mrs. Neff, Mrs. Gainsforth.

Eight boxes of oranges and candy

were generously given by Lutheran

Sunday school. Fees collected am-

during her office hours, 9 to 9:30 a

m., 1 to 1:30 p. m., or by a personal

visit at office hours to W. C. T. U.

Considerable damage is done each

the Mexican bean beetle, reports

The adult beetles are yellow to

as 'lady birds.' The eggs are yel-

CONTROL MEXICAN BEAN

County Agent R. C. Blaney.

Services of Red Cross nurse may

be secured by telephoning 421-W.

bers by kindness of Elks.

Dairymen and livestock produc-The Bellefonte Red Cross nurse, are that this year one of the heav- Although she carries on classes

If there are several children in Never let dew or rain fall on part- this year, she has made the follow- wedding engagement? the family it is easier than if there ly cured hay in the swath or serious ing visits in and around Bellefonte: is only one, since the children may bleaching and loss of food and vit- pre-natal, 18; maternity, 16; new permission of a girl before introtake turns with dishwashing, dust- amin content is inevitable. Rake born, 20; other bedside nursing, ducing another man to her? ing, and bed making. It is well for before night all hay mown in the 208; health-visits to infants, 22; to 6. When one has been drawn into 12. What does a hostess really boys as well as girls to share in morning. Experiments prove that and they should never be made to four to eight hours after cutting, visits. feel that such tasks are feminine, will cure almost as fast as if left Helping around the house is a real in the swath, and can often be advantage to the young boy who stored the second day. Raking before the leaves become dry and Perhaps it is well to permit chil- brittle prevents their loss. The air first week after school closes. No the stems almost as fast as direct special work or recreation should sunlight. If a heavy crop needs be planned. Everyone should just shaking up, do this as soon as posrelax and rest. A week of idleness sible after mowing. Heavy or wetted is plenty and the children them- windrows may need to be turned selves will feel the need of an or- over on to dry ground to get their bottoms properly cured. Hay in When children make their own windrows seldom gets too dry. The rules and schedules they usually drier it goes into the mow the less work out most satisfactorily. There it heats and sweats. Sweating re-Beginning June 5 one should be definite hours for arising duces the content of some imporworship service will be conducted at and for going to bed just as there tant vitamins. Excessive heating is 8:15 a. m. and another at 10:45 a are during school days, since regu- a fire hazard and materially reduces

Chopping hay more than doubles ow capacity and saves labor in the barn, but chopped hay should be as dry as long hay to keep safe-Chopped alfalfa is a decided fire hazard unless very thoroughly

Salting hay, not over 20 pounds salt per ton, may help reduce lding and fermentation slightly makes the hay come out more moist, pliable and palatable; but salting will not take the place of adequate curing.

If the hay crop is heavy, larger than needed, and if having weather is unfavorable, some of the green grass or legumes may be stored in the silo with molasses or phosphordeal of benefit from such a spirit ic acid. Information on this subject

Our Weekly English Lesson

WORDS OFTEN MISUSED Do not say, "He don't understand its importance." Say, "He doesn't understand." Doesn't is a contraction of does not; don't is a contraction of do not. Both contractions

Do not say, "You should not go without you have his consent." Say, "You should not go unless you have Do not say, "He opened the door

Say, "walked into the other room" Do not say, "Which of the two

Do not say, "I saw the bride and

Do not say, "I did not go to the meetings more than I could help." Noll left the Bellefonte field about Say, "I did not go to the meetings

Words Often Mispronounced

Room. Pronounce the oo as in moon, not as in book. Bellicose. Pronuonce bel-i-kos, e as in bell, i as in it, o as in no, accent on first syllable preferred. Dilemma. Pronounce di-lem-a, i as in did (not ber of Commerce, were sent by air as in die), accent second syllable. mail. In addition, a number of Profuse, Pronounce the s as in loose, others were sent out to be returned not as in lose. Language. Pronounce air mail to the original sender, so lang-gwij, i as in bridge, not langthat the total number of cachets gwage, Parent, Pronounce the a as in care, not as in at.

Words Often Misspelled Orchard, hard; shepherd, herd. Series (a number of things in succession); serious (grave in disposition or manner.) Good-by, or goodbye; both spellings are correct. Sewerage (the system of sewers in a city or town); sewage (the refuse carried off by sewers). Enclose and inclose; both spellings are correct Caress; one r. two s's.

Word Study

"Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Words for this lesson:

Insuperable; incapable of being overcome. "Pride is a vice . . most insuperable bar to real inward improvement."-Mrs. E. Carter. Instigate: to urge forward; provoke; incite. "It was an assault instigated by enemies." Imminent; threatening to occur

immediately. "Discovery was im-"Prodigious; extraordinary in bulk or quantity or degree. "His prodig-

TOLD BY CAMERA ious strength was amazing." Requisite (adjective); required by the nature of things; necessary. "He was endowed with the gifts requisite to an orator."

Arrogant: making exorbitant claims of importance. "Where men are the most sure and arrogant, they are commonly the most mistaken."-Hume.

SERIES OF MEETINGS IN INTEREST OF FARMERS

The Agricultural Conservation Committee calls the attention of "There was a time when it was all farmers whose farms come under the allotment classification to a series of meetings, the purpose of which is to have explained the acreage allotments. The meetings are as follows:

8:00 p. m.; May 31, Odd Fellows Hall, Howard, 8:00 p. m.; June 1. Boalsburg High school, 8:00 p. m.; June 1, Grange Hall, Stormstown, June 1, Grange Hall, Centre Hall, other articles of infants apparel are Pine Grove Mills schoolhouse, 8:00 p. m.; June 2. Rebersburg school-house, 7:30 p. m.; June 2, Grange

Modern Etiquette

1. Is it all right to have a fruit 7. How should invitations to a centerpiece on the dinner table? 2. What is the difference in the 8. May one use a piece of bread pronunciation of "flance" (mascu- in the fingers to wipe up gravy of line) and "financee" (feminine)?

When a young man and a girl 9. Must one greet each fellow that they have an understanding ably by following methods in cur- to the patient and requires too much should suggest that it is time to go business? home? In January, February, March of 4. How may one announce a should the wedding invitations include his name, or just her mother?

5. Is it proper for a man to ask

school-age children, 31; to adults, conversation with a person, is it mean, who is pouring a cup of tea these responsibilities when possible hay raked into small windrows, 16; to schools, 19, or a total of 350 correct to shake hands when part- for a guest and asks, "How do you

Answers to Modern Etiquette

ville. Two children had tonsil and effective. There is no difference; both a piece of bread with the fork and glasses by courtesy of Associated first a as in ah, second a as in say, ous, accent last syllable. The girl.

4. By sending a notice to the to do. The Department of Public Innewspapers, or sending engraved anstruction sent an audiemeter equipnouncements to relatives and "Mr. and Mrs. Edward L. Lee rement for testing defective hearing children in the county, and

5. Yes, when possible to do so. avoidable, where one has not the op- is too dark to see her foothold clearportunity to ask this permission. ly, is likely to trip. Donations of used clothing were there is no fixed rule.

1. Yes; the proper bowl or plate issued, a printed card should be heaped with select oranges, apples, mailed, giving an explanation for peaches, peacs and grapes is very recalling the invitation. 8. Never. Nor should one hold

formal affair be recalled?

jelly from the plate?

her his arm?

like your tea?

are pronounced fe-an-sa, e as in me. slide it around, even if he is dexter-9. Although it is not necessary, it

10. If the bride has a stepfather

11. Why should a man, when ac-

is the courteous and tactful thing 10. The invitation should read,

quest, etc. 11. Because the woman, in her Sometimes an introduction is un- high-heeled slippers, and when it

6. This is not usually done, but | 12. She refers to your preferences as to lemon, sugar, and whether you 7. If formal invitations have been like your tea strong or weak.

Health and Beauty

THE COMPLEXION. (Continued)

Eternal vigilance is the price of prolonged youth and health that neither conceals his condition, nor must go with it. Your body and presents an attractive appearance. your skin will respond to proper care. BEETLES WITH ROTENONE but on the other hand it quickly nally and externally if you would

shows neglect or abuse. summer in many home gardens by and cared for. Observe the satin meals. coat of the tenderly nutured, scientifically fed, well groomed race horse, is necessary, so that the bowels will copper colored and have 16 black spots on the wing covers. They look and compare it with the dead looklike the beetles commonly known ing, ragged coat of the untended. neglected horse. Here you have a low and are laid in masses on the striking example of what care will under side of the bean leaves. The do for all living things.

larvae are yellow with stout branch-The face suffers most from exposure hence ages more quickly Bean seaves are skeletonized by than any other part of the body. the insects; that is, the tissue is This is due to want of protection entirely eaten except the network from biting winds and burning suns. digestible. The bowels need bulk of veins. Sections are eaten out of Discretion in caring for it will to a of veins, Sections are eaten out of Discretion in caring for it will to a in order that the peristaltic action the pods, or pits may be eaten in large extent overcome the evil effects of the intestines will have something their surfaces. Where both beetles of exposure to the changing ele-to grasp and move along towards and larvae are feeding on the leaves ments and keep the complexion in the outlet. Food that is too coninjury is often so severe that the good condition.

skin. If waste is not properly cared the material to the lower side of for but allowed to accumulate in the American disease. No one can body, the skin suffers and presents have a beautiful skin or maintain The safest and most effective ma- an unbealthy appearance. terial to use for the control of Mex- Many people drink too little water, ican bean beetles is rotenone. It and the moisture that should exude stipated. may be used either in the form of through the skin to the amount of a dust or spray. When a dust is two or three pints a day, is greatly

while suffering from hidden diseases but no matter how brave a front one wears, nor how he smiles, if his skin has a diseased appearance, he You need plenty of water inter-

keep a good complexion. At least The fur of an animal and the six or eight glassis of water should feathers of a bird gleam and glisten be drunk daily, two glasses on rising, when their owners are properly fed and nearly all the rest of it between A laxative and well balanced diet

move daily. Such a diet contains breads made from whole wheat or unbolted corn meal, and f.uits and vegetables. These stimulate peristalsis and assist the bowels in eliminating the weste.

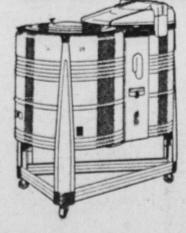
The reason that bran and similar things help the bowels is because plants are killed. Feeding is on the The body is a poison factory. The nothing is left to stimulate and help under side of the leaves and not on emunciories, or organs for removate interesting the intestines to carry off the reside of use a sprayer or duster with an the liver, kidneys, bowels, lungs and too little water drinking is a company of the residue as sprayer or duster with an the liver, kidneys, bowels, lungs and too little water drinking is a company of the residue as sprayer or duster with an the liver, kidneys, bowels, lungs and too little water drinking is a company of the residue as a sprayer or duster with an the liver, kidneys, bowels, lungs and too little water drinking is a company of the residue and feed matter. good health who is habitually con-

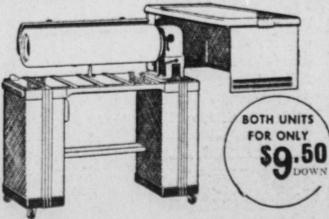
The beautification of a town or used it should contain three-fourths lessened. The perspiration becomes city is the work of decades, not of one per cent rotenone. For so concentrated and acrid that the years.

ground derris or cube root, contain- stopped by viscid secretions. Black-The businessman who writes no ing 4 per cent rotenone, to 1 gallon heads and pimples naturally follow. letters loses no time looking for Some persons carry a smiling face copies.



spraying use one ounce of finely skin is irritated. The pores are





Westinghouse Spinner Washer • Adjust-o-matic De luxe Ironer

The amazing Westinghouse Spinner Washer performs four operations - washes, blues, rinses, dampdries an average-size washing in an hour. YOU never touch your hands to the water. French-type turbulator assures "natural" washing action - cleaner clothes, less wash-wear. Spin-dry method saves mending, ironing, drying time - no pressed-in wrinkles. Tub discharges water automatically through turret top. Patented interlocking fid can't be opened while spinner is running. You sit at a Westinghouse Ironer while you work,

and you don't sit long. Iron 80% of your laundry the first time you try it. Become expert with shirts, dresses, plaits, ruffles after using ironer a short while. Two speeds - heavily dampened pieces dried in one trip through ironer - super-sheen on your fine linens. Two thermostats control heat at both ends of the super-size roll. Top swings to side makes handy storage shelf for

ironed pieces. On-and-off motor and heat switch; pilot light says "current is on." Phone for a demonstration today - or come in and see for yourself,



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laundry-proved information to help you do better work in less time and with less effort. Copies are going fast. Better get yours today.

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Don't Fail to Attend the Demonstrations Now

Being Held Each Afternoon at Our Store

in knowing whether you are living or dead but they seldom care for countries are arming themselves in- East Penns Valley High school, 7:30 a systematic description of your dicates that war is more than a p. m.; June 4, Spring Mills High ills.

May 31, Hublersburg High school,