Page Six

family.

the rectum.

made so by bad habits.

CONSTIPATION.

# THE CENTRE DEMOCRAT, BELLEFONTE, PA.

from

**DO YOU KNOW** 

1. Has a South American country

2. How many casualties have the

3. What European country re-

cently ordered 400 airplanes in the

What is "Stakhanoffism"

Who is Andre Dupeyron?

8. Is Europe suffering

divorce for any cause?

more than two terms?

How mush did the State col-

Is the use of gas in warfare

quit the League of Nations?

Italians reported in Spain?

## August 4, 1938.

### FARM CALENDAR

### Held At Moshannon Timely Reminders from The Pennsylvania State College School

of Agriculture

Pasture for Turkeys-Turkeys will

A delicious dinner was served, after nsume large quantities of forage which friends from the town came pasture, particularly when they proach maturity during Septem-Those present were: Mrs. Agnes ber to November, according to poul-Biehls, Ridgway; Mr. W. C. Culver, try specialists at Penn State. Since East Concord, N. Y .; Miss Alice most Pennsylvania pastures are not Culver, Mrs. Lola Withey, son Merle, at their best during these months, Jr., George Allan, Rochester, N. Y .: more satisfactory pasturage may be Mr. and Mrs. Arthur Biehls, sons supplied by sowing rape.

Chester, Boyd and Exley, Mr. and Mrs. Clifford Biehls, of Ridgway; Pruning Hedges-If privet hedges and Mrs. Samuel Hipple. Mr. need another pruning, see that the and Mrs. Thomas Ward and son job is done before Aug. 15, advise Donald, Ellsworth; Mr. and Mrs. ornamental horticulturists of the Bruce Culver, children Billy, Mary Pennsylvania State College, The and Jimmie. Miss Luella Fickes, new growth stimulated by prunand Mr. Miller, of Tyrone; Mr. and ing should have ample time to hard-

Paul, Jr., Mary McCarthy, Jean Do not say, "She is the prettiest Shellhouse, Harrisburg; Mr. and in August that have died as a result Mark Dead Trees-Marking trees Kylertown, of defoliation by insects is suggested and daughter Mrs. Howard Bower- by Penn State forestry specialists. sox. St. Benedict; Mr. and Mrs. Some time during the winter the William Fisher and Junior Forcey, marked trees can be cut and used for Franklinville, N. Y .; Mr. and Mrs. repair lumber on the farm or sold to Russell Weaver, children Mary local lumbermen Jane, Charles, Clarence Weaver,

Next Year's Berries-The early Newberry; Mr. and Mrs. Charrunners produced by strawberry Weaver, Mr. and Mrs. R. P. Gail, plants are by far the heaviest bear-Bobbie, Snow Shoe; Mr. and Mrs. ers and their removal will destroy Frank Culver and Vincent Quick, the best prospects for next year's Moshannon; Mr. and Mrs. M. A. crop, say pomology specialists Kerin, son Bernard. Jessie Martin- the Pennsylvania State College ez. Port Matilda; Mrs. Mary Vieh- They frown upon the practice of throwing the runners back into the dorfer and Earl, Mrs. R. J. Young, row with the cultivator. The plants Snow Shoe; Grammie Lewis, Mr. become too thick in the row and and Mrs. LeRoy Lewis, daughter their spread is not sufficient to make Hope, Mr. and Mrs. John Lucas, the best use of the land. Mr. and Mrs. Clyde Borger, child-

ren Margie, Carl, Mr. and Mrs. Mah-Ventilate Dairy Stables-Dry. Watson, children Janet and comfortable stables are essential to success with dairy cattle, claim Penn State specialists. Farmers troubled last winter with stuffy air, and with

### **Diesel Engine School**

Culver Reunion Is

The tenth annual Culver reunion

was held at Three Mountain Inn

Park, Moshannon. Sunday, July 31.

in and visited the united clan.

Norman Culver.

A practical course for garage and moisture condensing on the ceiling filling station attendants called and barn roof, are urged to make "Use a word three times and it is upon to service Diesel motor trucks the necessary changes now. Some will be held at the Pennsylvania farmers have completely changed the condition of their stables by installing home-built ventilating sys-

-Want ads bring results

WINNER BRAND

tems



Sugar

Sarah Ann's **Cooking Class** 

fare. It will require at least an hour before breakfast. Drink one to two

**Health and Beauty** 

ely been deprived of indigestible eral glasses between meals.

pation needs to be educated as to are a necessary addition to the diet

Its causes and cure. The taking of A raw salad of mixed fruits and

cathartics to relieve costiveness is a vegetables is a lifesaver for the

pernicious practice and only tends vitamins have not been destroyed

to make the condition worse. People by cooking. Mineral oil makes a

who are sufferers from gastric ul- very useful and wholesome dressing,

cers and spastic colous cannot take especially for those who are obese as

much roughage, but the average in- well as constipated. The advan-

The up-to-date housekeeper al-Primitive man probably suffered glasses of water or one of water and ways has on hand the ingredients to very little from constipation be- one of fruit juice. Take a few sitmake a cooling drink at a minute's U. S.? cause he had not learned to re- ting up exercises and some deep move all the roughage from his food. breathing. This often induces the notice. Be sure that the chilled drink is appealing to the eye as well His bread was made from whole desire to empty your bowels. Form as the palate. Colored ice cubes grains that were ground between the habit of going to the toilet either (made by adding vegetable coloring lect in gasoline taxes last year? two stones. He ate the fruit and before or after breakfast. You can to the water for your cubes) add a vegetables of the earth in a nat- train yourself in regular habits of vegetables of the earth in a nat-ural state and thus acquired the defication just as easily as you can or add a cherry to each cube; all of vitamins and roughage so necessary train a baby by setting him on his these are popular in making drinks. to the well-being of the human little stool at regular periods. Try some of these drinks on your We cannot over-emphasize the

thirsty friends. The average American now lives importance of sufficient fluid intake on a diet that contains highly milled in the cure of constipation. Be-

Honolulu Tea grains, refined sugars and cooked sides the water before breakfast, To 2 cups cold tea add the juice fruits and vegetables that have larg- always make a habit of drinking sevof 6 lemons, 2 cups crushed pineskins and fibers. The intestines re- Do not expect that you can exist apple with its syrup, 1 cup marasquire volume to carry on peristalsis. on a diet of refined grains, cereals, chino cherries with their syrup and This enables them to push the food and meat and not suffer from con- a syrup made by boiling 2 cups of

along the tract and ultimately to stipation. Such a diet is too poor in sugar and 1 cup of water for 5 mindischarge the fecal matter through vegetable fiber to produce sufficient utes. Chill and serve with crushed bulk. It is also sadly deficient in ice, The sufferer from chronic consti- vitamins. The vegetables and fruits

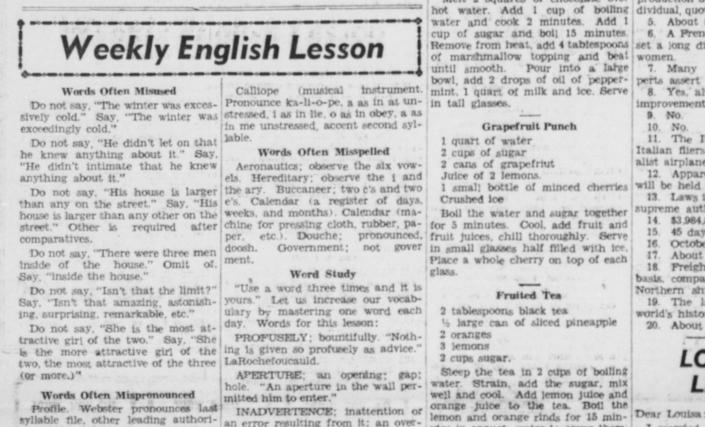
**Pineapple Julep** 3 cups pineapple syrup 1/4 cup lime juice 3 cups ice water ¼ cup of fresh mint leaves

1/2 cup powdered sugar. Chop fresh mint leaves to make cup, add sugar and rub well to-

dividual who is constipated has been tages of mineral oil are as follows: gether. Add pineapple syrup, lime It is never irritating to the digesjuice and ice water. Let stand 1 The food should be normally di- tive tract. It is not absorbed, hence gested and the residue discharged does not cause more weight. It hour in a cool place. Serve with ice in the normal manner not later than softens the fecal mass and facilita- and a sprig of mint in each glass.

tes defication 48 or 72 hours. Periodicity is a law of nature. If Whole wheat breads are more laxyou would fee yourself from con- ative and nutritious than white

stipation and its train of evils, make bread. Unborted meal should al- 2-3 cups of orange juice with 1/2 a habit of retiring in the early part ways be used for making cornbread. cup of ginger ale. Pour over ice of the night that you may get the Water drinking, exercises, a wellrest that you need and be ready to balanced diet and a contented mind. rise next morning in time to attend and regular habits are all conditive adequately to your physical wel- to god health.



INADVERTENCE; inattention or orange juice to the tea. Boil the Profile. Webster pronounces last syllable file, other leading authori- an error resulting from it; an overties prefer feel. sight. "The mistake was due to in Brigand. Pronounce brig-and, i advertence." as in big, and accent first syllable, COMMEND; to mention with ap-

13. What are "decree laws?" What is the estimated deficit 14 of the U.S. for the 1930 fiscal year? 15. How long is the duck hunting season this year? 16. When do the big league pennant races end? What per cent. of the world's 17. population lives in South America? mean by "rail parity?" 19. What is the outlook for the world's wheat crop? How many bales of 20. does the Government hold? Orange Ginger Ale Answers For each person served, combine

4.

5.

barbarous?

drought?

in Spain?

1. Chila gave notice of her withdrawel June 2. in a glass and serve immediately.

2. 9,541. 3

**Chocolate Mint Drink** 

Melt 2 squares of chocolate over hot water. Add 1 cup of boiling dividual quotas water and cook 2 minutes. Add 1 About \$700,000,000. cup of sugar and boil 15 minutes. 6. Remove from heat, add 4 tablespoons set a long distance flight record for of marshmallow topping and beat won until smooth. Pour into a large bowl, add 2 drops of oil of pepper- perts assert the contrary. mint, 1 quart of milk and ice. Serve improvement in conditions 9. No. **Grapefruit** Punch 10. No quart of water alist airplanes 2 cans of grapefriut Juice of 2 lemons. will be held in Finland. 1 small bottle of minced cherries upreme authority Boil the water and sugar together \$3,984,887,600 14. 15 45 days. October 2nd. About six per cent. 17 Place a whole cherry on top of each 18. Freight rates on a mileage suffering basis, comparable to those charged he said. Northern shippers. Fruited Tea 19. The largest harvest in the tablespoons black tea world's history arge can of sliced pineapple 20. About 7,000,000. LOUISA'S Steep the tea in 2 cups of boiling LETTER

Great Britain. 4. The Soviet plan to stimulate ful and dramatic examples of the production by group, rather than in-A French woman who recently structive role that an efficiently or-7. Many chemical warfare ex-8. Yes, although reports indicate 11. The Italian government says nomic losses from the floods were Italian fliers "shot down" 580 Loy- enormous, he said, but would have 12. Apparently; the 1940 games 13. Laws issued by an official with

that would have reached the public ear were prevented-and so never

that during the last year the weath-

Complexes Found Rising

requests for assistance made to him

dents entering the institution.

Some of the problems presented

to him by students at the time of

esty in presenting their difficulties."

**English Lesson** IN WEATHER DATA Forecasting System Is De-

Washington .- The United States has developed the most advanced weather forecasting system in history, Dr. W. R. Gregg, chief of the weather bureau, discloses.

SEE VAST BENEFITS

The bureau this year has saved many lives and hundreds of millions worth of property through advance warnings of floods, freezes 9. Does South Carolina permit and storms, Dr. Gregg said in a report to Secretary of Agriculture

10. Is there any statute to pre- Henry A. Wallace. vent a president from holding office made in weather forecasting dur-11. Are Italian aviators fighting ing the last year was made, Dr. Gregg said, in weather reporting 12. Has Japan withdrawn its invitation to the Olympic Games? added 120 airway reporting stations

The public, he said, hears much of the few airplanes that crash, but nothing of the hundreds of crashes which probably were averted through advance warning of unfavorable weather conditions. A new 18. What do Southern shippers forecasting center was established at Arlington, Va., during the year.

Hurricane-warning service by the

ganized weather service can as-

'Advance news of high river crests kept down the death toll and eco-

nomic losses, he said. They enabled the American Red Cross and government agencies to plan and work more effectively in relieving suffering and in effecting rescues,

Citrus Fruit Saved.

January.

Words Often Misused Do not say, "I have quite a little money saved." Quite means commistaken.'

Most notable of the advances for airway services. The bureau known

bringing the total to 782 stations.

Bahama Stations Set Up. cotton

bureau was strengthened by estabfishment of an improved reporting system in the Bahamas. Twenty stations on the islands now supply daily information of vital impor

tance in forecasting the approach of hurricanes toward the mainland. "The year afforded some forceimportant, at times tragic, part that unfavorable weather plays in human affairs and of the highly con-

sume in mitigating the effects of such weather," Dr. Gregg said. The weather bureau was of "inestimable value," Gregg said, "in day-to-day reports of the 1936 drouth and the floods of last spring. Eco-

been infinitely greater but for the timely warnings of the bureau."

Without the bureau's timely warnings of extremely low temperatures, Dr. Gregg said, virtually the entire citrus fruit industry of Southern California would have been wiped out

"Other life and property losses

clared Best in History. pletely, wholly; as, "you are quite Do not say. "In the event that the weather is favorable, we shall go." Say, "If the weather is favorable, we shall go.

Do not say, "It is every bit as good as the other one." Say, "It is just (or quite) as good." Do not say, "The boy's father said Mr. that he may come." Say, "The boy's father says that he may come," or, "said that he might come." Do not say, "We are forwarding

**Our Weekly** 

the shipment as per your instruc-Say, "in accordance with Mrs. Paul Culver. Sr., sons Robert, en before the onset of winter, tions." your instructionns. girl that I ever knew." Say, "She is Mrs. the prettiest girl that I have ever

Words Often Mispronounced Hoof. Pronounce the oo as in too,

not as in book. Deprecatory. Pronounce dep-reka-to-ri, o as in no, i as in it, princi-Jr. pal accent on first synable. Grief, sons Charles, Dale. Ivory. Pronounce i-vo-ri. no unstressed, and not iv-ri. Friendship. Pronounce the d. not fren-ship

Gala. Pronounce gay-la, final a as in ask unstressed, accent first syllab

Words Often Misspelled. Populace (noun); the common people. Populous (adjective); thicky inhabited. Length; not lenghth. Annual; two n's. Chute (an inclined plane.) Distinguish from shoot. Joy. Eloise and Dorothy Beals. Herd ( a number of beasts). Distinguish from heard. Coroner; cor and

final er. Corridor; corr and final or.

Word Study ours." Let us increase our vocabulary by mastering one word each State College August 15 to 27. Words for this lesson: day.

TEMPORAL; limited by time "Guilt, though it may attain temporal splendor, can never confer real

ess,"-Sir W. Scott, IMMACULATELY: faultlessly "He was immaculately attired." Appropriate (adjective); specially suitable; as, "words appropriate to

the theme." IRREVOCABLE: unalterable. We can not alter these things any more than we can the irrevocable

AMIABLE: having sweetness of temper, kindheartedness, etc. "He an amiable disposition." IMPORTUNITY; troublesome per-"Her importunities at last sistency.

prevailed."

YOUR HEALTH

Hitting the nall on the head is the wrong thing to do. We are speaking of the finger or the toe nail A hard whack on a finger nail with hammer or other heavy object is deby the record-breaking freeze last finitely painful. The aftermath is quite distressing

The fingernail becomes discolored. turns black, and frequently comes off. As it requires from 4 to 41/2

not the second. Gnome. Pronounce nom, o as in easier do we find it to commend a good action than to imitate it." no.

Adonis. Pronounce a-do-nis, a as FELONIOUS; malicious, villain- cherry ide cubes when ready to serve. doctor bills instead of having nice trating fire-fighting forces when the general nature, such as anemia, tuin ask unstressed, o as in no, i as ous; traitorous. felonious intent?" in this, accent second syllable.

Implecable. Pronounce im-pek- GRAPHIC; vividly described. "It a-b'l, e as in peck, a as in ask un- was a graphic account of their adstressed, accent second syllable. ventures.

# HEALTH

Scurvy is an historic diseasegradually disappearing.

Hippocrates referred to it. The mixture to protect them against late mix with 2 cups of water in a pitcher. Crusaders of the 13th Century died blight, warns County Agent R. C. Partly full each glass with the icy has made me see things from a in great numbers from scurvy, Be- Blaney. sleged cities and armies on the

march suffered great y. Even as sylvania has attained the greatest sprig of mint. ands of soldiers died of the disease. It was the scourge of sailors and weather conditions were ideal for

explorers unable to carry supplies of the spread of the disease. In some drained from canned blackberries, fresh fruft and vegetables. sections, entire fields were complete- 1/2 cup lemon fuice and a few grains

For scurvy is a disorder of nutri- ly destroyed. Since the disease or- of salt. Add 1 pint bottle of cartion due primarily to the lack of dinarily does not become serious bonated water. Garnish with 3 Vitamin C in the food. until fall, it is particularly important slices of banana and a few black- ANSWER

It is now seldom seen in adults, but that drastic measures be maintained berries. Serve at once. artifically fed babies are frequently to keep it in check.

affected. Bables, when, they are Repeated spraying is the only efborn, have a certain amount of fective method. Several applicascurvy-preventing vitamin in re- tions a week are sometimes neces-Serve. sary. Occasionally following one

When this stock in the body k spraying immediately with another consumed, the stock must be re- is recommended. plenished. Babies nursed by their mothers get a certain amount of for the spread of late blight are the protection against the disease. But same as those for the production o they, too, need added protection, a bumper crop of potatoes. So if

or tomato juice. Bottle fed babies spray and keep spraying until the and serve, are not protected against scurvy- danger of late blight is over. so it is essential that the protective

fruit juice be added to their diet. PRUNE PRIVET HEDGES Scurvy is characterized by distinctive changes in the bones and by lesions of the blood vessels. These

give rise to bone tenderness and to on privet hedges should have a Dust with cinnamon. bleeding in various parts of the body. chance to harden before winter. An infant suffering from Scurvy ap-That is why County Agent R. C. pears poorly nourished, pale, and has Blaney recommends completing the a pecultarily alert and worried ex- pruning before August 15. pression. The bones, especially in He the thighs, may be swollen, and are plants be thinned after they finish ginger alt. exquisitely tender to the touch, the blooming to prevent their crowding child crying out in pain when touch- like weeds. Creeping phlox, sedums ed or moved. If the baby has teeth, asenaria, snow-in-summer and bugle the gums are red, swollen and bleed need particular attention.

readily Fall bloom of roses will be light Cod liver oil, though necessary to un pless the beds are kept well waterbaby's normal growth, does not ed. Unless taker growing hardy protect baby against scurvy. But chrysanthemums are staked, it is fruit juices do. likely that they will be blown down

#### DO YOU KNOW

spring bulbs now to avoid disap-There is no perfect system of sickpointment later. Replant iris clumps ness insurance that has been worked that have become too thick to flower out as yet in any nation. It is ad-mitted that none of the systems in well, discarding rhizomes that are rotting or contain borers. use abroad would do for the American people. One of the reasons is Blair Prisoner Becomes Unruly the fact that Americans always like

to choose their own doctors, If one's heart can function with Blair county court at Hollidaysburg it is light and frothy. Add 2 cups only 75 per cent efficiency, it does ended in a very sensational manner of cream, beaten stiff with 1-2 cup not follow that the heart must suffer when Donald Lindie, 16, one of the of powdered sugar and the grated further impairment, providing the prisoners made a dash for liberty rind of half a lemon. Fold the mix-life and habits of the individual are after striking one of the witnesses ture over and over until well mixed. governed so as to require only 75 in the stomach. The young man's Line the side of a large mold with breakfast. This will ald considerper cent work from the heart.

wood resulter and and and

Strain, cool anl add to the tea. Add a girl only fourteen. Our parents noticed-by holding ships in port the pineapple juice. Strain all wanted us to wait but we refused, when the bureau's storm warnings long. Abnormalities of the nails through a double thickness of cheese We have been fairly happy. I sup- were hoisted; by special provisions are familiar to doctors. probation; to praise. "How much cloth until clear. Cut the sliced pose, although it was hard for me to for heating or cooling perishable pineapiffe in small pieces and add to have to work so hard and see all of fruits or truck crops when a cold or malities are associated with diseases. the punch. Chill thoroughly. Add my money go for baby clothes and hot wave was forecast; by concen- not only of the skin, but of a more

TITAL I

"Was it done with

LATE POTATO BLIGHT

by the wind. He suggests ordering

know that it was hard on my wife. national forests," the report said. **Mint Delight** Mix together 4 cups of cold water, too, for she was accustomed to nice

teaspoon of green coloring and things and good times. teaspoon of peppermint flavor- I am thirty now and I am thirty now and we have three ing. Pour into a freezing tray, and children. I have always liked books freeze in cubes. Combine 2 cups and as I had to stay home so much er bureau has definitely strength-

lemon juice, 1 ¼ cups sugar and 3 I have read a great deal these last ened its service by more frequent CAN BE CONTROLLED cups cold water. Stir until the su- ten years. I also took several cor- reports of surface atmospheric congar is dissolved. Pour into a freez- respondence courses which helped ditions from a closer network of Don't neglect spraying potatoes ing tray, freeze to a mush-like con-frequently with an 8-8-100 bordeaux sistency. Mash with a spoon and ting along well, financially speaking, of sounding the upper air, and My problem is this-My reading by expanding its research.

lemonade mixture, add a green broader viewpoint than I once did By late July late blight in Penn- mint ice cube and decorate with a but my wife is still a girl of 14, mentally. We have nothing in common but the children. Her friends seem Blackberry Nectar silly to me and mine bore her to

Combine 2 cups of blackberry juice, death. Do you think it worthwhile to keep on with such a marriage?

DISCOURAGED HUSBAND. California psychiatrist.

Let your wife know how you feel

about things and if she thinks she

is likely to lose you, she may be-

stir herself, if she is still in love with

English, or any number of helpful

While you were taking daydream.

bles.

promise and make a go of your mar- Sect Wins Fight Against

I wish all of the girls and boys who write to me about getting mar- by 500 students of the university. **Prune Grape Punch** ried before they know what they are He said that inferiority complexes doing would read your letter and harass 25 per cent of the men stu-1 cup cooked crushed prunes take it to heart. When children get 1 cup water 3 cups cold green tea married they lose all of their play-2-3 cup sugar time and have to take on the responcup lemon juice sibilities of marriage before thay are 1 cup orange juice. prepared for them

I give you credit though, D. H. for Combine prunes, water and sugar. Boil to dissolve sugar. Strain and using the time you had to stay home of self-confidence, lack of interest chill. Add tea, lemon juice and with your family in improving your- in the spposite sex, monetary wor-This may be obtained from orange you want to harvest a large yield, orange juice. Mix thoroughly. Chill self. It is a pity that you could not ries, inability to concentrate, selfhave persuaded your wife to do the consciousness, and inclination to

same. courses to help you in your work. Frosted Coffee. she could have been studying some- anced interests might be responsi-To each pint of strong coffee, add thing too, and keeping up with you ble for most of the students' trou-DURING EARLY AUGUST 1 cup milk, 1/4 cup cream and 3 tableinstead of falling behind.

spoons of vanilla ice cream. Shake After the last pruning, new growth all thoroughly together and serve.

### Golden Float

you, to improve herself. In each glass place a few thin It is not necessary to study things sists of study, classes, three meals slices of banana and a small scoop of suggests that rock-garden orange sherbert. Fill up glass with them uninteresting. She can take der these conditions are extremely like Math or History if she finds and sleep. Mental disturbances una course in Interior Decorating or likely."

## Tomato Juice Shake.

Shake lightly 1 can of chilled to- her mind out of cold storage and mato juice and half as much fresh start it working again. milk. Pour into glasses and add a I do hope you can make some com dash of ground cloves to each service,

riage. After all she started raising babies before she realized the joys Apricot Charlotte Soften 2 tablespoons of gelatin of an education and it is up to you

in 1-2 cup cold water. Mix 1-2 cup to do everything you can to help of syrup drained from a can of ap- her find them now. ricots with 1-2 cup of water and Don't forget your three children bring to a boil. Add the gelatin and either. If their mother is silly, they dissolve. Let stand in cool place need a level-headed father that

Try to work out things to every-

LOUISA

Aiding Digestion

wants to read something that is A good habit to acquire is to take soothing, rather than something two glasses of cold water before that compels thought or study.

There are school children, unable

school two years ago.

months for complete regrowth of nail, the disfigurement lasts that

In many instances, such abnor-

clothes for myself and my wife. I weather favored destructive fires in berculosis and hypothyroidism. The most common nail disturbances are those in connection with psoriasis, Dr. Gregg said that long-range which is a skin disease of many variforecasts still are not practical, but eties, characterized by the formation of scaly red patches on the body. Then there are those caused by dermatitis or eczema of the hands. Felons, those inflammations in the structures of the finger, cause nail changes. Nail cosmetics are known to affect nails, too. The constant

use of nail dyes or tints will produce a dry brittle nail plate which has a tendency to break off at the end. In cases where sporiasis is the

underlying cause of nail changes, on Campus, Teacher Says all the nails may be affected or only Berkeley, Calif .- Masculine ego is a few. A most characteristic sign diminishing and is being replaced of psoriasis of the nails is a flattenby inferiority complexes and other ing out of the nail plates. They may "personality" troubles, according to become opaque or of a brownish color Dr. Sidney K. Smith, University of and dotted over with small pits. It is difficult to hide the finger nails. Dr. Smith based his statement on

Abnormalities of the nails are always embarrassing. They are always suggestive of some underlying malady. Excepting those caused by someone slamming a door on your fingers,

### FARM PROGRAM TO SPEED UP PAYMENTS

taking entrance physical examinations, he revealed, included: Lack In order to speed up payments to farmers under the 1938 Farm Program, the State Agricultural Conservation Committee is now making plans for early measurement of compliance on participating farms, according to advice received by the Dr. Smith said that a lack of bal-Centre County Agricultural Conservation Committee.

This is in line with the Agricultural Adjustment Administration's 'He pointed out that "many studesire to make an additional condents have no social life, no hobtribution to business recovery. It bies, no particular friends and no plans to take full advantage of imamusements. Their whole life conprovements made in operation of farm program to expedite, these payments. Secretary Wallace has announced that every effort will be made to get these payments going to farmers in volume Dr. Smith at the same time this subjects. The main thing is to take praised men students for their "honsummer and fall. He declared that in view of the fact that AAA payments under the 1937 program have been running less than those a year ago, the double prospects of larger payments and earlier distribution is Flag Salute in School a recovery factor of first rate im-Philadelphia.-Children whose re-

portance to agriculture, buisness ligious beliefs forbid them to salute and the nation the American flag cannot be ex-In view of this, the county agripelled from public school for not docultural conservation committee ing so, Federal Judge Albert B. adds that any participating farmers who entertain any doubts as to Marks ruled in the case of two what is necessary for them to do to members of "Jehovah's Witnesses" earn payments under the present expelled from a Minersville, Pa., year's program should get in touch at once with the county agricultural

servation office located at Post The average man, or woman, Office building, Bellefonte.

Not every man who tells his wife he has some work to do, has some work to do.

-Classified ads cost little-bring of results as he was captured 15 sides out. Fill the mold with apri-od results a state within a block of the cost alter and congeal in the re-court house by a tipstaff.



BANANAS	5 lbs 25c
	Watermelons ea. 49c
Tomatoes - 3 lb. 15c	Lemons - doz. 25c
Cantaloupes - 2 for 23c	Honey Dews ea. 25c

MASON QUART JARS - doz. 75c MASON PINT JARS . . . doz. 65c MASON CAPS - - - - doz. 25c MASON JAR RINGS - - - 2 boxes 9c SUGAR, Granulated - 25 lb \$1.25 CERTO - - - - bottle 23c Macaroni or Spaghetti - 3 lbs 21c

Good luck to you.

until the mixture is slightly thick- much more. ened and cold. Add 1 cup of peeled

apricots (put through a coarse body's advantage Monday morning's session of the sieve), then beat the mixture until

respite from custody however, was halves of lady-fingers, rounded ably in digestion. However, some