

Health and Beauty

CONSTIPATION.

Primitive man probably suffered very little from constipation because he had not learned to remove all the roughage from his food.

The average American now lives on a diet that contains highly milled grains, refined sugars and cooked fruits and vegetables that have largely been deprived of indigestible skins and fibers.

The sufferer from chronic constipation needs to be educated as to its causes and cure. The taking of cathartics to relieve costiveness is a pernicious practice and only tends to make the condition worse.

Periodicity is a law of nature. If you would free yourself from constipation and its train of evils, make a habit of retiring in the early part of the night that you may get the rest that you need and be ready to rise next morning in time to attend adequately to your physical well-

fare. It will require at least an hour before breakfast. Drink one to two glasses of water or one of water and fruit juice. Take a few sittings up exercises and some deep breathing. This often induces the desire to empty your bowels.

We cannot over-emphasize the importance of sufficient fluid intake in the cure of constipation. Besides the water before breakfast, always make a habit of drinking several glasses between meals.

Do not expect that you can exist on a diet of refined grains, cereals, and meat and not suffer from constipation. Such a diet is too poor in vegetable fiber to produce sufficient bulk. It is also sadly deficient in vitamins. The vegetables and fruits are a necessary addition to the diet.

Sarah Ann's Cooking Class

The up-to-date housekeeper always has on hand the ingredients to make a cooling drink at a minute's notice. Be sure that the chilled drink is appealing to the eye as well as to the palate.

2. How many casualties have the Italians reported in Spain? 3. What European country recently ordered 400 airplanes in the U. S.?

Honolulu Tea To 2 cups cold tea add the juice of 6 lemons, 2 cups crushed pineapple with its syrup, 1 cup maraschino cherries with their syrup and a syrup made by boiling 2 cups of sugar and 1 cup of water for 5 minutes.

Orange Ginger Ale For each person served, combine 2-3 cups of orange juice with 1/2 cup of ginger ale. Pour over ice in a glass and serve immediately.

Chocolate Mint Drink Melt 2 squares of chocolate over hot water. Add 1 cup of boiling water and cook 2 minutes. Add 1 cup of sugar and boil 15 minutes.

Grapefruit Punch 1 quart of water 2 cups of sugar 2 cans of grapefruit Juice of 2 lemons.

Fruited Tea 2 tablespoons of black tea 1/2 large can of sliced pineapple 2 oranges 3 lemons 2 cups sugar.

Mint Delight Mix together 4 cups of cold water, 1/2 teaspoon of green coloring and 1/2 teaspoon of peppermint flavoring.

Blackberry Nectar Combine 2 cups of blackberry juice, drained from canned blackberries, 1/2 cup lemon juice and a few grains of salt.

Prune Grape Punch 1 cup cooked crushed prunes 1 cup water 3 cups cold green tea 2-3 cup sugar 1/2 cup lemon juice 1 cup orange juice.

Frosted Coffee. To each pint of strong coffee, add 1 cup milk, 1/2 cup cream and 3 tablespoons of vanilla ice cream.

Golden Float In each glass place a few thin slices of banana and a small scoop of orange sherbert. Fill up glass with ginger ale.

Tomato Juice Shake. Shake lightly 1 can of chilled tomato juice and half as much fresh milk. Pour into glasses and add a dash of ground cloves to each service.

Apricot Charlotte Soften 2 tablespoons of gelatin in 1-2 cup cold water. Mix 1-2 cup of syrup drained from a can of apricots with 1-2 cup of water and bring to a boil.

Blair Prisoner Becomes Unruly Monday morning's session of the Blair county court at Hollidaysburg ended in a very sensational manner when Donald Lendle, 51, one of the prisoners made a dash for liberty after striking one of the witnesses in the stomach.

DO YOU KNOW

- 1. Has a South American country quit the League of Nations? 2. How many casualties have the Italians reported in Spain? 3. What European country recently ordered 400 airplanes in the U. S.?

Answers

- 1. Chile gave notice of her withdrawal June 2, 1934. 2. 9,341. 3. Great Britain. 4. The Soviet plan to stimulate production by group, rather than individual, quotas.

LOUISA'S LETTER

Dear Louisa: I married before I was twenty to a girl only fourteen. Our parents wanted us to wait but we refused.

Complexes Found Rising on Campus, Teacher Says Berkeley, Calif.—Masceline ego is diminishing and is being replaced by inferiority complexes and other "personality" troubles, according to Dr. Sidney K. Smith, University of California psychiatrist.

I wish all of the girls and boys who write to me about getting married to know what they are doing would read your letter and take it to heart.

I give you credit though, D. H. for using the time you had to stay home with your family in improving yourself. It is a pity that you could not have persuaded your wife to do the same.

It is not necessary to study things like Math or History if she finds them uninteresting. She can take a course in Interior Decorating or English, or any number of helpful subjects.

A good habit to acquire is to take two glasses of cold water before breakfast. This will aid considerably in digestion.

The average man, or woman, wants to read something that is soothing, rather than something that compels thought or study.

SEE VAST BENEFITS IN WEATHER DATA

Forecasting System is Declared Best in History.

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

The bureau this year has saved many lives and hundreds of millions worth of property through advance warnings of floods, freezes and storms. Dr. Gregg said in a report to Secretary of Agriculture Henry A. Wallace.

Most notable of the advances made in weather forecasting during the last year was made, Dr. Gregg said, in weather reporting for airway services. The bureau added 120 airway reporting stations bringing the total to 782 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.

The weather bureau was of "inestimable value," Gregg said, "in day-to-day reports of the 1938 drought and the floods of last spring. Economic losses from the floods were enormous, he said, but would have been infinitely greater but for the timely warnings of the bureau."

"Advance news of high river crests kept down the death toll and economic 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, he said.

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 by the record-breaking freeze last January.

"Other life and property losses that would have reached the public as well as the bureau's were prevented—and so never noticed—by holding ships in port when the bureau's storm warnings were hoisted, by special provisions for heating or cooling perishable fruits or truck crops when a cold or hot wave was forecast; by concentrating fire-fighting forces when the weather favored destructive fires in national forests," the report said.

Dr. Gregg said that long-range forecasts still are not practical, but that during the last year the weather bureau has definitely strengthened its service by more frequent reports of surface atmospheric conditions from a closer network of stations; a more complete program of sounding the upper air, and by expanding its research.

Dr. Smith based his statement on requests for assistance made to him by 360 students of the university. He said that inferiority complexes harass 25 per cent of the men students entering the institution.

Some of the problems presented to him by students at the time of taking entrance physical examinations, he revealed, included: Lack of self-confidence, lack of interest in the opposite sex, monetary worries, inability to concentrate, self-consciousness, and inclination to daydream.

Dr. Smith said that a lack of balanced interests might be responsible for most of the students' troubles.

He pointed out that "many students have no social life, no hobbies, no particular friends and no amusements. Their whole life consists of study, classes, three meals and sleep. Mental disturbances under these conditions are extremely likely."

Dr. Smith at the same time praised men students for their "homesty in presenting their difficulties."

Philadelphia.—Children whose religious beliefs forbid them to salute the American flag cannot be expelled from public school for not doing so, Federal Judge Albert B. Marks ruled in the case of two members of "Jehovah's Witnesses" expelled from a Minessville, Pa., school two years ago.

There are school children, unable to enjoy the rest of their vacation because they know school will soon begin again, who are looking for ways to enjoy their vacation.

Our Weekly English Lesson

Words Often Missed

Do not say, "I have quite a little money saved." Quite means completely, wholly; as, "you are quite mistaken."

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 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 the shipment as per your instructions." Say, "in accordance with your instructions."

Do not say, "She is the prettiest girl that I ever knew." Say, "She is the prettiest girl that I have ever known."

Populace (noun); the common people. Populous (adjective); thickly inhabited. Length; not length. Annual; two n's. Chute (an incline).

Word Study "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day.

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

AMIABLE; having sweetness of temper, kindheartedness, etc. "He has an amiable disposition." IMPERTINENT; troublesome persistency. "Her importunities at last prevailed."

YOUR HEALTH Hitting the nail 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 definitely painful. The aftermath is quite distressing.

The fingernail becomes discolored, turns black, and frequently comes off. As it requires from 4 to 4 1/2 months for complete regrowth of a nail, the disfigurement lasts that long.

In many instances, such abnormalities are associated with disease, not only of the skin, but of a more general nature, such as anemia, tuberculosis and hypothyroidism. The most common nail disturbances are those in connection with psoriasis, which is a skin disease of many varieties, characterized by the formation of scaly red patches on the body.

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

Culver Reunion Is Held At Moshannon

The tenth annual Culver reunion was held at Three Mountain Inn Park, Moshannon, Sunday, July 31.

Those present were: Mrs. Agnes Biehle, Ridgway; Mr. W. C. Culver, East Concord, N. Y.; Miss Alice Culver, Mrs. Lola Withey, son Merie, Jr., George Allan, Rochester, N. Y.; Mr. and Mrs. Arthur Biehle, sons Chester, Boyd and Exley, Mr. and Mrs. Clifford Biehle, of Ridgway; Mr. and Mrs. Samuel Hipple, Mr. and Mrs. Thomas Ward and son Donald, Ellsworth; Mr. and Mrs. Bruce Culver, children Billy, Mary and Jimmie, Miss Luella Fickes, and Mr. Miller, of Tyrone; Mr. and Mrs. Paul Culver, Sr., sons Robert, Paul, Jr., Mary McCarthy, Jean, Shellhouse, Harrisburg; Mr. and Mrs. Norman Culver, Kyrletown, and daughter Mrs. Howard Bowersox, St. Benedict; Mr. and Mrs. William Fisher and Junior Forney, Franklinville, N. Y.; Mr. and Mrs. Russell Weaver, children Mary Jane, Charles, Clarence, Weaver, Jr., Newberry; Mr. and Mrs. Charles Weaver, Mr. and Mrs. R. P. Grief, sons Charles, Dale, Gail, Bobbie, Snow Shoe; Mr. and Mrs. Frank Culver and Vincent Quirk, Moshannon; Mr. and Mrs. M. A. Kerin, son Bernard, Jessie Matlin, Port Matilda; Mrs. Mary Viehdorfer and Earl, Mrs. R. J. Young, Snow Shoe; Grammie Lewis, Mr. and Mrs. LeRoy Lewis, daughter Hope, Mr. and Mrs. John Lucas, Mr. and Mrs. Clyde Berger, children Margie, Carl, Mr. and Mrs. Mahlon Watson, children Janet and Joy, Eloise and Dorothy Bieas.

Next Year's Berries—The early runners produced by strawberry plants are by far the heaviest bearers and their removal will destroy the best prospects for next year's crop, say pomology specialists of the Pennsylvania State College.

Mark Dead Trees—Marking trees in August that have died as a result of defoliation by insects is suggested by Penn State forestry specialists. Some time during the winter the marked trees can be cut and used for repair lumber on the farm or sold to local lumbermen.

Ventilate Dairy Stables—Dry, comfortable stables are essential to success with dairy cattle, claim Penn State specialists. Farmers troubled last winter with stuffy air, and with moisture condensing on the ceiling and barn roof, are urged to make the necessary changes now.

Pruning Hedges—If privet hedges need another pruning, see that the job is done before Aug. 15, advise ornamental horticulturists of the Pennsylvania State College. The new growth stimulated by pruning should have ample time to harden before the onset of winter.

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FARM CALENDAR

Timely Reminders from The Pennsylvania State College School of Agriculture

Pasture for Turkeys—Turkeys will consume large quantities of forage or pasture, particularly when they approach maturity during September to November, according to poultry specialists at Penn State. Since most Pennsylvania pastures are not at their best during these months, more satisfactory pasturage may be supplied by sowing rape.

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WINNER MARKET

Round and Porterhouse—Prime Western Steer STEAK - lb 29c POT ROAST - lb 17c BOLAR ROAST - lb 22c RIB BOIL - lb 13c

WINNER BRAND HAMS Whole or Half lb 28c WINNER BRAND BACON Sugar Cured lb 21c BACON SQUARES lb 15c

SWEET BREADS lb 39c HAMBURG - 2 lbs 33c

Genuine Spring Lamb Leg Lamb lb 23c Rib Chops lb 25c Shoulder - lb 19c Stewing - lb 10c

OLEO Winner Brand - 3 lbs 35c BUTTER, Roll - 2 lbs 59c LARD, Best Pure - 2 lbs 21c

Weiners, Bologna - 2 lbs 33c KELLOGG'S CORN FLAKES 2 lge bxs 21c SHREDDED RALSTON - 2 boxes 27c

SUNSHINE KO-KO COOKIES - lb. 15c SUNSHINE BLK. WALN'T SNAPS pkg 10c CLOVERDALE GINGERALE 2 qt. btl 19c

OLD RELIABLE PEAS - 3 No. 2 cans 25c SPRY - 3 lb. can 49c MILL BROOK MILK - 10 tall cans 59c EVERGOOD CORN—cream style 3 cans 25c

BANANAS 5 lbs 25c Potatoes - pk. 21c 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