

Echoes From the Past

Fifty Years Ago

Died: At Aaronsburg on Saturday, March 30th, 1889, Emanuel Ettinger, aged 87 years, 3 months and 12 days. The deceased was one of the oldest and most respected citizens in Penns Valley. He was born Lehigh County in the year 1801 and came to Aaronsburg with his wife, Mrs. Elizabeth Ettinger, in 1825. The funeral was held at Aaronsburg on Tuesday morning, the Rev. W. E. Fisher, of Centre Hall, officiating.

The firm of J. A. Harper & Co., now occupy their new rooms on the first floor of the Crider Exchange and have one of the largest and most commodious rooms in the town. In the front part is to be found their line of dry goods and general merchandise, and in the rear is the grocery department. Their room is the full depth of the building with an addition of about 50 feet to the right, making it the largest room in the town.

The entertainment given by the State College Glee Club and Banjo Club was attended by a large number of persons, Friday evening. D. F. Fortney has moved his office to the Woodring building north of the court house, and has one of the nicest, cleanest and best lighted offices in town. The grand castle of the Knights of the Golden Eagle was in session this week at Harrisburg. This county was represented by John A. Grenoble of Spring Mills, and Bion Williams, of Port Matilda. Prof. William T. Meyer, who moved here recently from Shamokin, purchased a new automobile, a Buick. Novelty store on Spring Street, and has taken charge of that business. J. P. Findley, of Eagleville, has secured a patent on an "index" and W. R. Moore, of Unionville, a patent for a wagon jack.

J. Linn Murphy took the train on Tuesday morning for Camden, N. J., not to get married, but to accept a position in a newspaper and job office. Rev. A. C. Whittier, of Lancaster, superintendent of the Reformed church, Sunday morning and evening. A large light in front of the Pennsylvania Railroad station would be a great convenience to the traveling public. Simon Loeb now occupies his new room with a full line of clothing and gent's furnishings. A dancing man is in town trying to secure a class. Blair's leveling store is being fitted up in handsome style. A game of ball is being arranged for between the Fleming and State College teams. George Johnston should be appointed special police for the P. R. station at this place. Landlord Bibby, of Milhelm, will take charge of a hotel at Montana. The Undine Hose Company expect to have new uniforms in a short time. Ed. Note: These are the ones which will be discarded in the near future when the Undine's new uniforms are received. We think the firemen should receive a good housekeeping medal or something for being able to keep moth out of their parade uniforms for half a century without going to any particular trouble to do so.

Twenty Years Ago

Paul Hackman, of Rebersburg, lost five of his nine sheep. Some person had placed poison in their feed—the poison container being found a short distance from the sheep pen. Isaac Shoemaker, Frank, president of the Centre County Mutual Fire Insurance Co. Patrons of Husbandry, prominent in Grange circles and one of the county's best known citizens, died at the homestead farm near Jacksonville, at the age of 85 years. Marriage licenses were issued to the following couples: William O. Laughner, Spring Mills, and Emma F. Durst, Pottery Mills; Arthur E. Howard, Millsboro, and Myrtle Stover, Bellefonte; Joseph B. Mingle and Edie M. Fry, both of State College.

The barn of Burns Stover, near Lyontown, was destroyed by fire, and high winds carried the flames into nearby woods. Residents of the area soon had the mountain fire in check, being aided by the same winds which had caused the spread of the blaze. Samuel Bieri had vacated the brick store room in Rebersburg and the Boy Scouts of that community had rented the property. Charles Bieri, of Rebersburg, suffered a painful bruise of the ankle when a large log he was skidding in the S-curve woods rolled against his foot. Captain William Murray, formerly in charge of the Reserve Officers' Training Corps at State College, ended his life by sending a bullet through his head in a Chicago hotel. He was 29 years old.

Ed. Note: Anyone desiring proof that there are not as many movings in Bellefonte these days as there were in the past, are invited to inspect our files of 20 years ago. The usual April 1 movings in Bellefonte required only a few inches less than two solid columns of space, or an estimated 125 fittin's in the borough alone. And the editor of 1919 apologized that lack of space made it necessary for the remainder of the spring movings to be held over until the following week.

George Rowan, Civil War veteran residing two miles north of Julian, died as the result of an injury suffered ten weeks before when he cut a small artery in his head while walking under a freight car which was standing over a crossing at Julian. He straightened up too soon and the top of his head struck the bottom of the car with considerable force. The injury had caused great shock and blindness. A touching incident happened on the day of the funeral when, as the cortege approached Julian, two gray-haired veterans, George W. Gill and Dan Weilers, each with a large flag at half-mast, stood on opposite sides of the road while the procession passed.

Modern Etiquette

- 1. Should one twist his feet around the rungs of a chair?
2. What is the real definition of "etiquette"?
3. When two men and two girls are dining together in a table for four persons, how should they be seated?
4. What is the proper way to introduce a young man to an elderly man?
5. Is it necessary for a woman to say "please" and "thank you" to her own servants?
6. Should one pick up a dropped napkin when dining in a restaurant?
7. Is it permissible to ask over the phone, "Who is calling please?"
8. What day of the week should a girl choose for her wedding?
9. When serving a breakfast between 11 A. M. and 12:30, should it be in the form of a breakfast or a luncheon?
10. Isn't it all right to wait for a week before answering a dinner invitation, when one is not sure whether it can be accepted?
11. Isn't it better for a person to talk very little instead of too much?
12. What is a good toast for a son to offer to his mother?

Answers at bottom of column.

Sunday School Lesson

THE RISEN CHRIST.

International Sunday School Lesson for April 9, 1939.

"But now hath Christ been raised from the dead, the first fruits of them that are asleep."—1 Cor. 15:20.

Lesson Text: Acts 13: 1 Cor. 15.

For our Easter lesson we have Paul's sermon preached in the synagogue at Antioch in Pisidia. At Antioch, in Syria, Paul had first labored as a Christian missionary and it was the church at Antioch which had consecrated Barnabas and Paul to the work of foreign missionaries and sent them forth on their first missionary journey. From Antioch, they went to the island of Cyprus, (the former home of Barnabas), from there they journeyed to Perga.

The next stop of importance was at another Antioch, 90 miles north of Perga. Here Paul and Barnabas decided to spend the Sabbath Day. The usual synagogue service consisting of readings from the Law and Prophets was followed. The Jews had a schedule of readings in the five books of the Law so that they would be covered every three years. It was customary, at the conclusion of such readings, for the rulers of the synagogue to select speakers who would expound the scripture read.

Probably, having become acquainted with Paul and Barnabas during the few days prior to the Sabbath service, the rulers of this synagogue called upon these strangers for any word of exhortation they might have for the assembled congregation. We are given the summary of Paul's address on this occasion, which seems to have been very effective and produced a remarkable effect upon his hearers. Paul reviewed the historical facts of the Jewish people, much in the style of the recorded speeches of Stephen and Peter, recalling to his hearers the sojourn of their ancestors in Egypt, the conquest of Canaan, and the long line of rulers

from Samuel and the various judges to the great King David. He then told them how through the Scriptures and the promise of a Messiah had been fulfilled in the person of Jesus of Nazareth, whom the Jews had failed to recognize and had crucified.

Had Paul brought his sermon to a close here, there neither could have been nor would have been any Christianity, any Christian message given to the world. But he did not stop with the crucifixion. He declared: "But God raised him from the dead; and he was seen for many days of them that came up with him from Galilee to Jerusalem, which are now his witnesses unto the people." (Acts 13:30-31) And, "But now hath Christ been raised from the dead, the first fruits of them that are asleep." (1 Cor. 15:20).

The authenticity of the Christian faith stands or falls on the reality of the resurrection of Jesus. The written record in the gospels carries conviction but there are other facts even more conducive to faith. The fact that the Christians soon changed from the traditional Jewish day of worship to the first day of the week in recognition of some great occasion to be commemorated. The transformation brought about in the conduct of his disciples testifies eloquently to some new and dynamic source of faith and confidence. Peter, who denied Jesus three times in terror, faced the opposition of the scribes and Pharisees and courageously preached the Pentecost, winning thousands. So, Paul, after his vision of the resurrected Christ changed from a persecutor to an expounder of the new faith.

A personal faith in immortality is the strongest possible incentive for proper living. The business of loving, of hating, of being pure or impure, of spreading peace or weaving of bitterness into the fabric of life, says Rufus M. Jones, "is eternal business, for all the time one sets one is forming the atmosphere in which he is going to live eternally. This life and the life beyond are not two things but one, or at least parts of one whole."

Health and Beauty

Ignorance and Wrong Eating

The lack of something in the system which we now know to be vitamins was recognized 3,000 years B. C. Sea captains learned that unless they stopped at ports where fresh fruits and vegetables could be obtained, or carried a supply of lemons for a long voyage that the men became incapacitated from scurvy.

It remained for physicians and other scientists who began their investigations about fifty years ago to find out the cause and remedy for deficiency diseases. A great many experiments have been of tremendous economic importance to mankind. By means of chemical, biological and clinical studies our knowledge of vitamins has become practically an exact science. This is due to the efforts of workers throughout the world.

A lack of vitamins is known as avitaminosis. We know that night blindness is due to an insufficiency of the vitamin A. Many automobile accidents at night are due directly to diseases of the eye caused by a lack of vitamin A. Hence the vitamin A is known as an antihemic. This vitamin also makes "the tissues more resistant to certain types of bacterial infection especially of the respiratory organs, sinuses, ears. It is found in butter, cream, milk, egg yolks, greens of various kinds, string beans, turnips, carrots, sweet potatoes, liver, corn, etc. Fortunately cooking does not impair the efficiency of this important vitamin.

In the northern part of India lives a rugged race of people called Sikhs. They are strong, healthy and courageous. The men are nearly all six feet tall. They make splendid soldiers and are invaluable to the English. The Sikhs subsist on a diet composed chiefly of milk curds, fruits, leafy vegetables and whole wheat bread.

People who live on farms should plant year around gardens. They can also raise pigs and chickens. It is reasonably easy to grow a variety of vegetables. Greens, peas, corn and sweet potatoes are delicious and nourishing and should be eaten in abundance.

There is no excuse for farmers not to keep cows and pigs. It is the opinion of the writer that if the government would spend more money in teaching people to help themselves that the country would be better off. If agents were sent out to teach people how to farm and live at home, something really worth while might be accomplished. Poor farmers should be given enough farm animals and garden seeds to give them a start. Then the agents should see to it that they learn to care for these things and farm intelligently. They should work or starve. Constructive work that is permanent should be done.

If you run across something you fail to understand, try to figure it out. Whole rice is rich in minerals and vitamins, but polished rice contains mostly starch. Rats subsist largely on the foods that they plier from man consequently they have been used for many years for dietetic research work. When fed on milk, fruit, whole wheat bread and vegetables they grow strong and vigorous.

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Answers to Modern Etiquette

- 1. It might be pardonable when in a chair on the lawn during a wind storm, in a vain attempt to find an anchor. Otherwise, the feet should be placed in front of the chair, in a relaxed position.
2. The forms required by good breeding, social conventions, or prescribed by authority, to be observed in social or official life.
3. The two girls should face each other.
4. The young man should be presented to the older man, mentioning the older man's name first. "Mr. Marshall (who is seventy), this is Mr. Hudson (or Edward Hudson)."
5. There is nothing obligatory about it, but as it is such a trivial courtesy to extend to the people who

- are serving one, a well-bred woman will do so.
6. No; let the waiter pick it up. He will also give you a clean napkin.
7. Yes, it is far better, and causes much less harm. The old proverb says, "Eating little and speaking little can never do a man hurt."
8. This is altogether a matter of choice; one may choose any day desired.
9. A luncheon.
10. No. A dinner invitation should be answered immediately.
11. Yes, it is far better, and causes much less harm. The old proverb says, "Eating little and speaking little can never do a man hurt."
12. To my mother; if I were not her son, I would want to be her husband.

Our Weekly English Lesson

Do not say washwoman or washerwoman. Washerwoman is the preferred word.

Do not say, "When are you going to start the work?" Say, "When are you going to begin the work?"

Do not say, "He dealt the cards." Say, "He dealt the cards."

Do not say, "Do you ever expect to go?" Say, "Do you expect ever to go?"

Do not say, "This fact is known universally by all." By all is redundant. What is known universally is known by all.

The cantaloupe is a particular variety of the muskmelon, having a hard warty rind and reddish-orange flesh. Cantaloupe is not correctly used when referring to the whole class of muskmelons.

Words Often Mispronounced: Vagary. Pronounce va-gar-l, first a as in ask unstressed, second a as in care, i as in it, accent second syllable.

Exchange. Accent last syllable, not the first.

Diabetes. Pronounce di-a-be-tes, i as in die, a as in ask unstressed, both e's as in me, accent third syllable, and not di-a-be-tis.

Duke. Pronounce the u as in fuel, not as oo in too.

Demise. Pronounce de-miz, e as in me, i as in size, accent last syllable.

Banal. Pronounce ban-al, first a as in bay, second a as in at unstressed, accent first syllable.

Words Often Misspelled: Grammar; two m's and two a's, not grammer. Intercede; observe the c (not s) and the age (not ed); Misspell; two s's. Amateur; tear, not ture. Ecstasy; observe the ez. Acre; not acer.

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:

PROLIFIC; reproducing freely. "Remember that money is of a profic nature. Money can beget money."—Franklin.

RECTITUDE; undeviating adherence to moral standards. "He had never wandered from the path of rectitude."

HYPERBOLE; a statement exaggerated fancifully, as for effect. (Pronounce hi-pur-bo-le, i as in high, u as in fur, o as in no, e as in me, accent second syllable.)

INVINCIBLE; not to be overcome; unconquerable. "Skill and assurance are an invincible couple."—Proverb.

GARRULITY; talkativeness. (Pronounce the u as in rule). "His garrulity was tiresome to his listeners."

PANACEA; a remedy for all diseases; a cure-all. (Pronounce pan-a-se-a, first a as in pan, e as in see, accent third syllable). "His faith in God was a panacea for all his ills."

Awarded Service Certificate: Two-year Service Certificates have just been awarded the following Forest Wardens in the Sprout Forest District by the Chief Forest Fire Warden, George H. Wirt, of the Department of Forests and Waters, Harrisburg, Theodore Shaty, Curtin; Edward E. Hoover, Pine Glen; Robert B. Drake, Hymer; Harry Cook, Renovo; Ekkel Carlson, Renovo; Ralph C. Snyder, Renovo. Presentation of the certificates was made through Chas. Hopeland, of Renovo, District Forester in charge of the Sprout Forest Districts.



IT'S TIME TO MAKE YOUR TRIPLE-PLAY FOR SPRING. 1. Get a tankful of Atlantic White Flash. 2. Change to the proper grade of Atlantic Summer Motor Oil. 3. Get Atlantic Toms River Lubrication Service. Don't wait. Give your car proper warm-weather protection now. Enjoy spring motoring more. Hurry to the big red Atlantic sign for your spring triple-play.

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Louisa's Letter

In last week's mail, I received a letter from Texas in which the writer asked me to answer questions about the future. I am afraid she has me confused with some person who attempts to tell fortunes or predict the things that will happen. Let me assure you that I make no claims along that line and that the only thing I attempt to do is to help solve your everyday problems which are not a matter for conjecture. If you are worried about personal matters and wish advice from a disinterested but sympathetic source, I am glad to do the best I can for you. Please tell me all the circumstances of your problems for, after all, I am no mind-reader and the more I know about your problems the better I can figure them out for you. Of course, you know that your letters are held in strictest confidence and for this reason it is best to direct them to Box 974, Washington, D. C.

Keep your hair clean and wave it yourself. If youth is beginning to pass you by, or your skin is dry, you need a good cream for your face. Rest and plenty of water are good for the skin, but rich gravies and sweets are enemies of the complexion. Bathe frequently and use a deodorant under your arms and in your shoes if your feet perspire. Keep nose and underwear fresh. And, now, a little advice on the inside. If one is healthy, half the battle of being an attractive woman is won. Clear eyes and clear skin and a figure not over-burdened with flesh will help you towards your goal of becoming a charming person. And don't forget that your thoughts and acts will be revealed in your face. If you are kind and think well of other people, if you refuse to be spiteful or hold grudges, the result will show in the face. So let's wipe the slate clean and start a beautiful new program for Spring. LOUISA

No Funds For Equipment: The Laurelton State Village, overcrowded institution for mentally deficient girls, has five new buildings which cannot be put to immediate use. Two cottages, a hospital, a recreation hall and an administration building, have been completed and approved, but are bare of furnishings, no appropriation has been made for this purpose, and Governor Arthur James' economy program includes no provision for this purpose.

We know worthless men who are idolized by their wives and valuable citizens who are not; life presents its puzzles. Spring is here, and although some of the days are not as warm as we are accustomed to associate with this season, there is something in the air which makes us realize that nature is beginning to renew herself. So why not take a tip from old Mother Nature and try a little re-novating ourselves. And let's not stop with our exteriors but give attention not only to our physical but our mental and spiritual insides, as well. There is nothing that makes one feel like a new woman as quickly as good grooming. If your hair is stringy and you can afford to get a new permanent, do so by all means, and keep it soft and waved. If you cannot afford a permanent you can

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