

### Echoes From the Past

#### Fifty Years Ago

Ex-Sheriff W. Miles Walker has accepted a position as bookkeeper and assistant to Mr. Hart who has opened several ore banks near Milesburg and is taking out large quantities of rich fossil iron ore.

Two toads, it is said, were found embedded in the coal at Thomas C. Heim's new operations by workmen who were perfectly limp, but they were stone blind—Osceloa Leader.

The new town of Hastings, Cambria county, has eight licensed houses; two more are quartered within one and a fourth miles, and another within seven-eighths of a mile, making eleven saloons for a population of 300 persons.

Miss Catherine Dinges, aged 68, and Mrs. Emma J. Tomlinson, 27, both of Millheim; Mrs. Benjamin Stover, 61, of Hastings township; John Yonada, 81, of Westwood; Emanuel Dittinger, 87, of Aaronburg; and Jacob Nestlerode, of Madisonburg, are recent deaths.

Harry Gaze, a printer of Martinsburg, W. Va., smoked fifteen cigarettes a day as a habit. He left the composing room, and not returning was found in the hall unconscious. He was restored in about three hours. The next time he will not fare so well. Look out, young men!

The public school laws now in force in this state, which forbid the use of profane or obscene language by any pupil shall constitute good cause for expulsion from schools, also that any who shall cut, deface, or otherwise injure school houses, fences or outbuildings are liable to suspension and punishment, and the parents of such pupils shall be liable for damages for the amount of injury on the complaint of the teacher. The amount to be determined by the directors and collection to be made through the courts if necessary.

Harry Keller, of Harrisburg, clerk of the adjutant general Hastings' office spent several days of this week at his home in this place. He is looking well and seems to be flourishing at the State Capital. . . . If you want signs or ornamental paintings of any kind done neatly give your orders to J. McSuley, the artist. His work always gives satisfaction. . . . Samuel Rine, efficient superintendent of the water works, is continually improving the appearance of that property. . . . Landlord W. R. Teller, of the Bush House, who had been to Cuba for some time in the interests of his health, arrived home this week. . . . Kurtz & Son, of Centre Hall, have decided to rebuild their flouring mill, recently destroyed by fire, and are closing contracts for the work. . . . Good cow pasture can be found in the grass patch back of the Court House. Make your application to Commissioner John Decker. . . . Mr. S. D. Gettig, of Tusseyville, has taken up the study of Blackstone with District Attorney J. C. Meyer. . . . Thomas Nason, one of Phillipsburg's oldest inhabitants, died in that place Wednesday, aged 76 years. . . . The Presbyterian church spire is nearing completion, much to the improvement of the appearance of that place of worship. . . . There is talk of a new opera house in town. Charles Beizer sold out his meat market this week. . . . The big spring is full of the spotted beauties. . . . John C. Bair, the green grocery man, is on the sick list.

#### Twenty Years Ago

Fred Wilmer resumed his duties as the Bellefonte Trust Company after a several weeks' absence during which time he underwent an operation for appendicitis.

John A. Garman, son of William H. Garman, accepted the position of Harold D. Pfeiffer of Howard, who resigned his position at the Bellefonte freight warehouse to engage in business with his uncle at Friends.

Friends of Rev. Ezra Youcm, former pastor of the Bellefonte Methodist Episcopal church who had been transferred to Woolrich, were sorry to learn that Mrs. Youcm had suffered a nervous breakdown and was in a critical condition.

Master John Meyer, of Loganston, took his father's horse out of the stable for a ride through Sulphur Springs Gap. On the return trip the horse threw the rider over his head and then stepped on both the boy's legs. He was taken to the Lock Haven Hospital for treatment.

E. C. Musser, one of the prosperous dairy farmers near State College, purchased from the Dairy Department of Penn State one of the best Holstein calves ever bred at the College. This calf, "Penn State Koonkydy Pontiac" was born February 22, 1919, and was an exceptionally fine Holstein type. Mr. Musser was to use the calf as a foundation material for a better herd of cattle.

G. Edward Haupt, of Bellefonte, closed a deal whereby he became the owner of the valuable Shoemaker property, along the State road near the Fair Grounds and less than one-fourth mile from Bellefonte. The tract contained 27 acres, and the reported sale price was about \$12,000. Pine buildings, and a stone wall along the road which had cost many thousands of dollars to construct, were included in the sale.

A Ford roadster driven by Ralph Keller, of Centre Hall, struck one of the Emerick busses driven by Donald Snyder, near the church at Huston, Saturday night. The bus struck a glancing blow on the front wheels, swung sharply off the road and upset. The Ford was badly damaged. Peter Lyons, of Lyons-ton and Leslie Gordon, of Hecla, passengers on the bus, were painfully but not seriously injured. Keller, driver of the car was severely cut. Passengers on the bus who escaped injury were: Mrs. Harris, Clarence Fick and Charles Baney, all of Bellefonte; William A. Wozul, of Snyderstown; and Ira Jackson, of Lock Haven.

The McCoy-Linn Iron Company expected to close the works within a week because of a lack of orders.

William McClellan, of Bellefonte, suffered a severe attack of acute indigestion and for several days was critically ill.

Perry Alters succeeded Edward Zimmerman as salesman for the Dannehower Wholesale Grocery firm, the latter making good at Johnstown as a representative of the Seull Coffee Company.

Members of St. John's Lutheran church, Bellefonte, were preparing to welcome home their pastor, the Rev. Wilson P. Ard, who had been absent from the pulpit for a number of months while engaged in Y. M. C. A. work at Camp Morrison, Newport News, Virginia. He had been honorably discharged from the service.

Having completed a new and nicely appointed home on South Thomas Street, Nathan Lechwitz, enterprising junk dealer, was turning his attention to improving the coal yard near the Pennsylvania passenger station which he had purchased from A. G. Morris, Jr. He expects to make extensive alterations and improvements.

The following nurses were to receive diplomas at annual convocations of the Nurses Training School of the Bellefonte Hospital: Misses Anne Gdonic and Frances Wyden, of Mt. Carmel and Anne Polonskie, of Johnsbury. The speaker for the occasion, which was to be held in the Court House, was H. A. Davis, of Altoona.

### RUNVILLE

The U. B. paragoness witnessed a wedding Easter Sunday at high noon when Mr. George A. Keller, Jr., of Arona, Pa., and Miss Lydia Tobias, were united in marriage by Rev. W. B. Tobias. Mr. Ralph Howell and Miss Loraine Walker stood for them. A good number witnessed this wedding ceremony, after which a sumptuous wedding dinner was prepared and served by Mrs. Tobias and Mrs. Brooks. Names: Mrs. Gertrude Border, Miss Christine Borden and Mr. and Mrs. P. J. Borden, Mr. and Mrs. D. E. Brooks and family, Mr. and Mrs. John Furl and son Arthur, Richard Furl, Mr. and Mrs. Samuel Furl and daughter Sara, of Williamsport; Merrill Fye, Earl and Cecil Milburn, Harrison and Fay Walker, Fay Packer, and Rev. W. B. Tobias and family. We all join in wishing this couple a long happy wedded life.

The stork visited the home of Mr. and Mrs. Paul Strunk last week and also Mr. and Mrs. Davne Walker at the hospital, presenting them both with a fine baby girl.

Our C.O.C. camp boys were home for Easter Sunday.

Toner Watson of Williamsport, visited with home folks Easter Sunday.

The sick are: Mrs. Henry Confer who is improving; John Lucas is still seriously ill; Mrs. Bertha Erway is improving also; J. D. McClinty is improving who was reported dead by the editor's error last week.

Mr. and Mrs. Lawrence Poorman and son of Williamsport, visited with home folks Easter Sunday.

Miss Gladys Zerby and Miss Elizabeth Packer of State College, visited with her sister, Mrs. John Strunk, Sunday.

Warren Packer of State College, visited with home folks, Sunday.

Mr. and Mrs. Samuel Furl and daughter Sara, of Williamsport, motored here to spend Easter with home folks.

Clark Packer of Centre Hall, visited with home folks Sunday.

The Easter Egg hunt held at the home of Mr. and Mrs. Richard Gungalsius Easter Sunday, moved along nicely, a good time was had by all. Harrison Walker seemed to be the lucky one who found the most eggs, so he won the pen and pencil set awarded by Mrs. Richard Gungalsius.

Cleveland Packer who had several ribs broken last week is improving slowly.

A fine turn out on Easter Sunday morning to Sunday School. 121 present, a good crowd present in the evening, two babies were baptized, Sunday School 9:30; preaching service next Sunday morning at 10:30. Everybody welcome.

### YARNELL

Mrs. H. O. Miller was admitted to the Centre County Hospital on Saturday.

Mrs. Austin Walker of Bellefonte spent Sunday with her son Wilson Walker, wife and family.

Mr. and Mrs. Walter Shawley and son, of Beech Creek spent Sunday afternoon at the Lawrence Shawley home.

Mr. and Mrs. Marion Henderson and sister Gladys of Oneonta, New York, is spending several days at their home visiting their mother, who is in the hospital.

Sunday visitors at the Charles Brown home were Mr. and Mrs. Ernest Brown and daughter Yvonne of Milesburg and Kenneth Brown of Centre Hall.

Mr. and Mrs. Charles Brown and daughter Mary Wilson Walker visited at the Mary Shank home at Orviston one day last week.

### PINE GLEN

Miss Ruth Hoover of Harrisburg, spent her Easter vacation with home folks.

Mr. and Mrs. G. D. Benton of Lancaster motored here Thursday, bringing with them Miss Jennie Beates who visited them for a fortnight. They were accompanied back by Miss Edith Beates to visit with them.

Game Warden William Hodge of Punxsutawney spent Easter with his family here.

J. R. Askel attended the Fair sale on the Shoe mountain Saturday afternoon.

Mr. and Mrs. William Hoover and family spent Sunday with relatives at Avis.

Terrill Wertz of Cuba, N. Y., spent Sunday with his parents at Camp Bob. He was accompanied home by his father Lloyd Wertz and sister, and cousin Miss Phyllis Wertz and Rebecca Nan Burkey who spent Easter Monday, visiting relatives and friends there.

Mr. and Mrs. Irvin Folmer and family were at Karthaus, Sunday.

### Modern Etiquette

1. If one wishes to form good and lasting friendship, isn't virtue more important than beauty?
2. If there are two waitresses serving luncheon, how do they proceed around the table?
3. When a woman is introducing her husband to a person of equal social position, should she call her husband "Mr. Morgan"?
4. How many wedding invitations should be sent to a family where there are grown sons and daughters?
5. When a harmless prank has been played upon someone, shouldn't this person take it good-naturedly?
6. Is it correct to fold napkins in a cone shape, so that they will stand upright?
7. When traveling and one's seat companion persists in addressing remarks to you, trying to begin a conversation, what should one do?
8. When accompanying a woman to the dinner table, should a man sit down exactly at the same time she does?
9. What kind of gifts are suitable for the twenty-fifth wedding anniversary?
10. What would be a good toast for a guest to offer to his host?
11. Is there a definite rule about sequence of pages when writing on folded note-paper?
12. What does Crouton mean, and how is it pronounced?

Answers at bottom of column.

### Sunday School Lesson

PAUL PLANTS THE GOSPEL IN NEW FIELDS  
International Sunday School Lesson for April 16, 1939.

GOLDEN TEXT: "As a wise masterbuilder I laid a foundation; and another buildeth thereon."—1 Cor. 3:10.

### Lesson Text: Acts 14: 1-7; 19-23.

Last week we saw how they left Antioch of Pisidia as a result of the hostility fostered by the Jews. The missionaries proceeded to Iconium, where the gospel message was first given in the local synagogue and both Jews and Greeks accepted. After a long stay, the opposition became more violent, whereupon the party moved on to Lystra.

At Lystra, where there seems to have been no synagogue, Paul was attracted by a life-time cripple in the audience before him. This man's spirit had been touched and his strong faith became apparent to Paul, who in a loud voice, called upon him to walk. The miracle was the result of two strong souls meeting—one with faith and the other with vision to recognize the trust and acceptance in the other. Naturally, the miracle created considerable comment.

The natives of Lystra had been brought up in the superstitious semi-religion of their day and locality. Their worship was directed towards a variety of host of deities, familiar to most of us who have read the mythological stories of the ancients. One of these relate how Jupiter (Zeus) and Mercury (Hermes) in the guise of mortals visited this very section. Consequently, confronted by the miraculous cure of the cripple, the pagan crowd promptly assumed a repetition of the story, placing in Barnabas and Paul the divine pair who had fooled many of their ancestors.

The inhabitants of Lystra, led by the priest of Jupiter, promptly attempted to render to the supposed gods the customary ritualistic worship. Oxen and garlands were brought up for the proper sacrifice to the deities. Sacrifice was not a strange rite to Jews, either, but it remembered that Paul and Barnabas were horrified at the prospect of their assumption of divine honors. They quickly explained their mortal kinship with those who would defy them and used the occasion to preach about Jesus.

Shortly afterwards, there came to Lystra the believing Jews from the cities previously visited, and their bigotry and intolerance soon fanned their victims into crusading zeal. The mob which wanted to worship the missionaries as gods were soon turned to critics and foes, and attacked the missionary apostles. Paul seems to have received the most severe punishment, for he was stoned and left upon the earth as dead. However, he revived, but the next day the missionary party went to Derbe.

The stay at Derbe was without outstanding events apparently, and after a ministry there Paul resisted the temptation to visit the home folks at nearby Tarsus so that he and Barnabas might return to Antioch by the various continental cities already visited. This they did, building up and cementing the new body of believers. Both to the home church in Antioch of Syria Paul and Barnabas returned and their splendid report of the Gospel being preached to the Gentiles was made.

A year's time had been occupied in this first great missionary journey, and fourteen hundred miles had been covered. Paul had definitely assumed his role as mission-ary to the Gentiles, having frankly declared to the Jews in Padian Antioch that it was necessary to speak the word to them but since they rejected it, "So, we turn to the Gentiles." The fact that Christian missionaries brought the Christian religion to our European ancestors and that our nation is today Christian can be traced directly back to the beginning of this missionary enterprise in the ancient Syrian city of Antioch. To Paul, more than any other man, the spread of the new faith was due.

There are pagan faiths yet alive today, but as Robert E. Speer points out: "Mohammedanism is spreading in Africa and India, but it makes no effort of any significance to convert America or Europe or Japan. The bounds of Confucianism are restricting, Shintoism has withdrawn from the lists at a religion, and claims now only the place of a court ceremonial and a burial rite. Zoroastrianism one of the worst of the ancient religions, has almost vanished in the land of its origin, and numbers comparatively few adherents in India. Hinduism is geographically limited, save as a philosophy, by its principle of caste, and Buddhism is rejected in Japan by the very men who might succeed in propagating it elsewhere."

On the other hand, Speer declares: "Christianity is moving out all over the earth with steadily increasing power, with ever-multiplying agencies, with ever-increasing devotion, and with open and undiminished courage purpose to conquer the world."

### Louisa's Letter

LOUISA'S LETTER

In answer to a letter from Pric, Va., I must say that I do not think there is anything the writer can do. Of course, if the children that, for some reason the boy did not get her letter she can write to him and ask if he received it, but if she thinks he got it and hasn't answered it the best thing to do is to do nothing. Boys have a way of telling girls they love them even when they do not. Sometimes they do imagine they are in love for the time but the feeling wears off and they regret the things they have said.

So, if I were you and thought that this boy was tired of corresponding with me, I would not put myself in a position of trying to hang onto someone who is trying to stop writing.

LOUISA.

Dear Louisa:  
My husband and I disagree on a question and we would like to know what you think about it. I have been reared in a church-going family while his people never paid much attention to the church. He contends that there are better men out of the church than in it and thinks it is useless for children to go to Sunday School. My husband is a very honest, good man.

### Answers to Modern Etiquette

1. Yes, decidedly so. Remember that "Beauty without virtue is like a rose without scent."
2. They should start at opposite ends of the table, each proceeding toward the center and serving only one side of the table.
3. No; it is better to say "my husband."
4. Send one invitation to the father and mother, and a separate one to each of the sons and daughters.
5. Yes. Anyone with the least sense of humor will not be offended at a harmless prank.
6. No; this custom is obsolete.
7. Reply briefly but courteously, in such a way that he will know that you do not care to enter into a con-

versation. If you have a book, magazine, or newspaper, begin reading it.

8. No. The man should draw out the nail for his partner and not sit down until immediately after she is seated.
9. This is the silver anniversary.
10. "To a real friend, a royal entertainer, a sterling companion, and a regular fellow—our host."
11. One may write on pages one and two, one and three, one and four, but not on one, two, three, and four; nor one, four, two and three.
12. It is a small piece of bread toasted or fried crisp, used in soup, in garnishing etc. Pronounce kroo-tong, co as in too, o as in or, accent last syllable.

be far worse if we did not have the church, even with its faults. These good, honest men who do not go to church would be the first to clamor for it if they lived in a world where the influence for good by the church was not known.

There is so much greed and corruption in the world even with those who are faithfully working for better standards and justice to everyone. What we shudder to think what would be if a "might makes right" policy was inaugurated by people who recognize no Being higher than themselves.

LOUISA.

### DO YOU KNOW

1. How many wheat growers use crop insurance?
2. How much money has been collected under old-age pensions taxes?
3. Was Memel, the Baltic port, once a part of Germany?
4. What will be the average age of the Supreme Court justices, if Mr. Douglas is included?
5. What team has the best prospects to win the National League pennant this year?
6. How many Americans buy sweepstakes tickets?
7. When was the present neutrality law passed?
8. Which is more deadly, aerial gas bombs or aerial explosive bombs?
9. What is asbestos?
10. How much gold does the U. S. hold?

### The Answers

1. About 200,000.
2. To Dec. 31, 1938, \$966,000,000.
3. Yes; prior to the Treaty of Versailles.
4. 62 years.
5. Consult an astrologer.
6. Number unknown but 2,000,000 had tickets on the recent Irish Sweepstakes.
7. In 1937.
8. Explosive bombs.
9. A non-metallic mineral, obtained from rocks.
10. Over \$15,000,000,000 or 58 per cent of the world's supply of monetary gold.

### POTTERS MILLS

Thomas Palmer has been confined to the house with gall bladder trouble.

Mr. and Mrs. H. E. Foust took dinner Sunday at the home of his daughter, Mrs. John Stomer near Colver.

Miss Jennie Reifnyder, Mrs. Joseph Reifnyder, son and daughter of Millheim called on Sunday evening at the Miss C. T. McCloskey home.

Mrs. Margaret Bollinger is spending a couple days at the home of her cousin Mrs. Charles Miller near Centre Hall.

We had a few meetings in our locality. The John Stomer family moved from the Joe Confer farm to the Fishburn farm near State Col-

### Health and Beauty

#### SOME HELP FOR THOSE WHO SUFFER FROM INSOMNIA.

The physicians hear many complaints from patients about their inability to sleep. Most of these sufferers demand drugs with which to overcome the difficulty. But the matter is not so simple.

There is always an underlying cause for insomnia, worry, want of exercise, a disturbed digestion, are only a few things that might be mentioned. Fear and worry are perhaps the commonest of all causes for sleeplessness. Perhaps too much has been said and written about the value of sleep for the peace of mind of many individuals who fear that they will be injured unless they sleep at night. Most people sleep more than they realize.

Sleep is very valuable because it gives us rest and recreation from working cares. The processes of the body must go on working but much more slowly than during waking hours. The breathing slows down, the blood pressure lowers, the heart beats less rapidly, even the temperature falls.

This allows the body to build energy. It may be compared to recharging the battery of your automobile. You can readily see why slumber is so valuable to the system. In order to sleep you must relax. If you should sleep only three hours at night, and lie completely relaxed for three or four more, you could get along quite well. However, no one likes to stay awake at night.

Remember that worry is one of the greatest enemies of mental and physical health. Recently a patient who complained to the writer of inability to sleep admitted upon being questioned that she always went to bed fearing that she was not going to sleep and lay awake worrying about not sleeping. Many people like this patient are kept awake by thoughts. Some of these worriers do not get enough physical exercise to cause them to become reasonably tired before retiring.

Some take alcohol, tea, coffee and other stimulants that excite the brain and cause sleeplessness. The eating of a heavy meal late in the

evening is apt to produce wakefulness and restlessness. On the other hand it is hard to sleep if the stomach is empty. Light refreshments, such as a glass of hot milk at bedtime is a great help in soothing the god Morpheus. If possible the bed room should be quiet and well ventilated. Light shining in the room at night is disturbing. A long strip of black silk cloth covering the eyes is a relief to the sensitive. It shuts out all light and is very conducive to sound sleep.

Another cause of wakefulness is stasis of the colon. The absorption of poisons from this condition disturbs all the processes of the body. Many diseases cause wakefulness especially frequency of urination at night. Pain prevents the sufferers from sleeping until relieved. The services of a physician are required in all cases where disease is present.

If you would sleep well, keep your conscience clear. Learn to banish worry and to relax. Then the bed should be comfortable. Peace in the heart is the best hypnotic of which we have any knowledge.

After Macbeth had committed a horrible murder, he exclaimed, "Me thought I heard a voice cry, 'Sleep no more! Macbeth does murder sleep—the innocent sleep. Sleep that knits up the ravel'd sleeve of care. The death of each day's life, sore labor's bath, Balm of hurt minds, Great Nature's second course, Chief nourisher in life's feast—'—Macbeth shall sleep no more."

Watch a healthy innocent child asleep. When awake no disturbing thoughts harass him. He plays until he is tired, goes to bed and unconsciously relaxes. We sleep more like that if we trusted God more and fretted less. Our outlook upon life would be saner and our health better.

"Of all the thoughts of God that Horn inward unto soul afar are Along the Psalmist's music deep, Now tell me if that any is, For gulf of grace, surpassing this— He giveth his beloved sleep."

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