

Echoes From the Past

Fifty Years Ago

Miss Carrie Seerist has opened a subscription school at Spring Mills. She will teach the primary school next winter.

The Bellefonte nail mills have closed for about a month in order to add some new machinery. The coffee-mill squeezer, as it is called, is being put in to handle the metal and is an improvement over what is called the crocodile crusher. We are informed that the new oil plant for manufacturing gas is to be used instead of bituminous coal is also being put in shape and will be given a trial upon resumption.

The Spring Mills Cornet Band boys still meet regularly for practice twice a week, but they have only been out in public once this year, and that was on Monday, Day. An orchestra has been organized lately and gives promise of becoming a permanent institution of the place. The players are: Charles Bartsch, 1st violin; Charles Fisher, 1st violin; J. A. Grenoble, 2nd violin; Warren S. Krise, 2nd violin; Frank Ream, trombone; Calvin Meyer, cornet; William Ream, tuba and bass; J. Frank Reareck, piano and organist. Although organized only about six weeks ago, they furnished music for two festivals, and were highly complimented for their proficiency.

The account of an accidental shooting at Pine Grove Mills, this county, which resulted in the death of Mr. Joseph Schreffler, was given by Mr. Thomas Riley, of Boalsburg, as we were going to school. The particulars were as follows: On Monday evening Mr. Joseph Schreffler, a carpet weaver, of Pine Grove Mills, took his shot gun and dogs and started for the woods to hunt groundhogs. Before leaving the house he told his wife not to wait for him as he did not expect to be back until late that night. Tuesday morning Mr. William Meyer, while walking in a strip of woods owned by James Mitchell and not far from Pine Grove Mills, found the prostrate body of Mr. Schreffler cold in death with his gun by his side. A deep gash across the forehead from eye to eye, burned and scorched by powder, and a wound in the brain clearly indicated the cause of death. The breach of the shotgun was blown out and it probably struck the unfortunate man on the forehead while he was in the act of taking aim and firing at some game. The skull was cut through, and it is supposed that a piece of the shattered gun penetrated the brain. Death resulted instantaneously. The remains were taken to his home and an inquest resulted in a verdict that he had come to his death from the accidental bursting of a gun. The funeral took place on Wednesday. Mr. Schreffler was about 40 years of age and leaves a wife and three children. He was a carpet weaver by trade and had been living at Pine Grove Mills about one year, having moved there from Frankfort, Huntington County.

Twenty Years Ago

The Maxwell delivery car used by the City Laundry, owned by Frank Kern, Bellefonte, caught fire at the intersection of Allegheny and Logan Streets, and was destroyed. A back-fire caused the blaze. Elmer Rosman was driving the machine at the time.

From six to ten bushels of strawberries were being picked daily from the strawberry patches on the Orvis Horner farm in Potter township. There was a great demand for the berries, most of which were sold to State College, residents who drove to the farm for them.

During a severe electrical storm that passed over Marenco, a bolt of lightning struck the house occupied by Scott Bressler and family, and several children who were on the porch were stunned. Some of the siding on the house was torn off and plaster inside was damaged. The children, the oldest of whom was 12 years of age, were alone in the house at the time.

Samuel Barr, of Gum Springs, saw an immense black bear while driving to Phillipsburg. The bear came out of the brush and leisurely walked across the road directly in front of Mr. Barr's horse, which started suddenly from fright and broke part of the harness. Mr. Barr was nearly unseated by the lurch. After quieting the horse and patching the harness the man drove on to Phillipsburg.

Herbert Rush, son of Mr. and Mrs. W. C. Rush, of State College, suffered a severe head injury when he fell thirty feet while engaged in laying planks on the second deck of the "Kamnet," of the Oriental Navigation Company. He had secured a berth as seaman on the ship, and was helping with some repairs while the vessel was docked in Philadelphia when the accident happened. He was unconscious for nearly a week, but hopes were held for his recovery.

Drs. Grover and William Glenn had completed plans for the erection of a private sanatorium in State College, which was to be known as the Glenn Sanatorium. The doctors, brothers, had long contemplated plans for the erection of a private sanatorium in State College, which was to be known as the Glenn Sanatorium. The doctors, brothers, had long contemplated plans for the erection of a private sanatorium in State College, which was to be known as the Glenn Sanatorium.

Consumption is greatly dreaded in the German army by the authorities, since the recent Parisian Medical Congress pronounced the disease as contagious. According to the German Minister has decided that the chest of every soldier must be measured once a month. If the chest does not reach a certain breadth, and does not develop with drill and athletic exercises, the soldier will be disqualified as predisposed to consumption and likely to infect his comrades.

On Wednesday General Hastings and Col. Spangler arrived home after five weeks of hard work at Johnstonville. General Hastings is looking well notwithstanding the many rumors of an attack of cholera. Before leaving Johnstonville he was the recipient of a handsome present from the members of the G. A. R. and National Guards for the many kindnesses extended them while he was in the army. The general is wearing a beautiful gold badge set with diamonds, and appropriately engraved. Gen. Hastings and Col. Spangler in their labors among the Johnstonville sufferers won the admiration and respect of all for the manner in which they conducted their departments and performed their duty.

The Bellefonte band comes out for practice in the court House yard these fine summer evenings and their playing can be heard in every part of the town. A sample of the new radiator manufactured by Messrs. Kelly, O'Hara and Brown is on exhibition in one of the windows next to the post office. It is well proportioned and in design would be a handsome ornament in any house. The body of the radiator is painted in bronze, while an ivy branch through the middle is painted a rich green. The effect of the colors is pleasing. Supt. Ryan made some improvements about the water works the past week in the shape of a pier that extends about ten feet into the large spring, with a railing on both sides and with tin cups attached for drinking. F. D. Cunningham is closing up his tobacco and fruit store in the Bush House Block this week. Frank did a thriving business at that point and was well established, but on account of a little dissatisfaction had to give up possession of the room. Prof. L. Little, of Saxton, formerly principal of the Centre Hall public school, was in town on Saturday last. He was on his way to the University of Virginia to enter the law department at that institution. Among the bequests in General Cameron's will was that of \$50,000 to S. Cameron Burnside, of near this place. The farm on which Mr. Burnside resides, and which is worth about \$20,000 was also bequeathed to him. Mr. Parrish, the druggist, placed a fine new soda fountain in his store room on Allegheny Street last week. He has all the latest and finest improved apparatus for serving cool and refreshing summer drinks. Messrs. Ed. Richard and Ira D. Garman, connected with jewelry establishment in Philadelphia, spent the week of July Fourth at their homes in this place. Mr. and Mrs. Edward Garman gave a lawn party at their home on Linn Street last Monday evening. Lewis, the clothing man, improved the front of his store by a coat of paint. Scott Harris, of Hastings, enjoyed a week's vacation at his home in this place.

Marriage licenses were issued to the following couples: J. Max Kirkpatrick, Homeworth, Ohio, and Marie C. Haugh, State College; Frederick W. Crafts and Anne H. Nolan, both Bellefonte; John A. Bower and Florence L. Mensch, both Aaronburg; J. Thomas Harrison, Cape Charles Va., and Anne C. Grove, Centre Hall; George E. Vannatta, Zion, and Ella N. Weaver, Bellefonte; Charles B. Smith and Bertha R. Brown, both Centre Hall; James G. Anderson and Ella C. Hess, both Sandy Ridge, and Chester E. Brickley and Alice R. Thompson, both Howard.

Anxiety concerning the welfare of his wife and children, from whom he had received no word since Christmas, led Emerson Bowman to escape from Rockview penitentiary, according to a statement made to police. He was captured in Altoona as he was preparing to cross the threshold of his home to greet the woman and four children he hadn't seen for seven years. Bowman, aged 31, was serving a 9-year term for burglarizing a Williamsburg store. As his penalty for escaping, Judge Henry C. Quigley added from 8 to 10 more years to his original term.

Our Weekly English Lesson

Words Often Misused

Do not say, "Every student must work their own problems." Say, "Every student must work his own problems."

"The experiment was quite satisfactory" means completely or wholly satisfactory. Otherwise say, "was fairly satisfactory."

Do not say, "Do you wish cream in your coffee?" Say, "Do you want (care for, or desire) cream in your coffee?"

Do not say, "I saw a lady crossing the street." Say, "I saw a woman crossing the street."

Do not say, "When the entertainment was over with, we went home." Omit with.

Do not say, "He was a very ornery fellow." Say, "He was a very ordinary fellow." Ornery is a low colloquial corruption of ordinary.

Words Often Mispronounced

Pinose. Pronounce e-f-n-e-s, i as in e, e as in accent last syllable.

Deign. Pronounce dan, a as in cane.

Varrant. Pronounce first a as in ate, not as in rag.

Heinous. Pronounce hay-nus, u as in units, i as in kiss, e as in ease, accent second syllable.

Faetious. Pronounce fa-shus, a as in sak untraced, e as in see, u as in untraced, accent second syllable.

Words Often Misspelled

Supersede; sede, not cede. Entabouze; three e's, two z's. Cantaloupe, or cantaloup; Etiquette; observe the quiete. Precipice; two c's no s. Nymph; pronounced ninf.

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:

AMITY; mutual good will; friendship. "The amity that Woodson knits not, Polly may easily untie."—Shakespeare.

RHYTHMIC; marked by, or manifesting, rhythm. "They swung along the road in rhythmic motion."

GRAVITY; seriousness; importance; enormity. "The gravity of the situation calls for action."

REPUGNANT; offensive to the taste; or feeling. "There are certain national dishes that are repugnant to every foreign palate."—Lowell.

ILLUSIVE; deceiving by false show; misleading; unreal. "She was a girl, full of illusive dreams."

CONGENITAL; existing at, or dating from, birth; constitutional. (Pronounce second syllable jen, e as in men, accent second syllable). "It was a congenital deformity."

Yarnell Lady Has Birthday

Sunday, June 25th, was the sixty-ninth birthday anniversary of Mrs. Nancy Packer, of Yarnell, and to celebrate the occasion a dinner was given in honor of Mrs. Packer at which the following were present: Ira Carter, Mrs. Margie Tice and granddaughter, Lila Tice, Mrs. Besse Greck and children, Reida and Donald Greck, William Miller, of Northumberland, Carrie Eminger, Faye and Richard McCarty, Mr. and Mrs. John Jacobs and children, Violet, Lester, Emogene and Shirley, Charles Robinson-Packer and sons, Marshall and son, Mrs. Annie Heston, Toner Howard, and Mrs. Nancy Packer.

Possesses Old Rifle

Mrs. Edward Young, of Towanda, has in her possession a long-barreled, flint-lock rifle, made 121 years ago. The gun, an heirloom in her family, was owned by her grandfather, James Howley, when he lived in a log cabin in North Towanda.

PAIN NEURALGIC RHEUMATIC NERVE

ALL WILL BE QUICKLY RELIEVED

LUBBERT'S KA-NUMOR CAPSULES

Neuralgia and Rheumatism relieved in one-half hour. If you want to SLEEP NO MORE, try them. See and feel the box, at Druggists. A 30c package mailed to you with FREE PAIN for 10c to cover mailing expenses.

A. G. LUBBERT, P. D., Coatesville

Modern Etiquette

1. Is the host as much responsible for the entertainment of guests as the hostess?
2. When one enters a restaurant, carrying several packages, where should these bundles be placed?
3. Should a woman ever wear a beautiful gown when it is not appropriate for the occasion?
4. Should the best man and the usher stand in the receiving line at a wedding reception?
5. What is the correct pronunciation of negligee?
6. Where should the napkin be laid if the first course of a dinner is placed on the table before the guests are seated?
7. Are there any certain occasions when a man precedes the woman he is accompanying?

Answers at bottom of column

Sunday School Lesson

SOLOMON: A RULER WHO BEGAN WELL.

International Sunday School Lesson for July 2, 1939.

GOLDEN TEXT: "Give thy servant therefore an understanding heart... that I may discern between good and evil." I Kings 3:9.

(Lesson Text: I Kings 3:5-15).

With this, we begin a new series of lessons—a consideration of some of Israel's leaders, beginning with Solomon and ending with Isaiah. The aim of the series is to discover how we may be more effective Christians through a consideration of certain characteristics of some of Israel's kings and prophets, and of the situations in which they succeeded or failed in God's sight.

Those who have any knowledge of Old Testament history may recall that David's reign ended in tumult and disorder. Adonijah, one of his sons, sought to assume the inheritance, whereupon Bathsheba had her son Solomon proclaimed as successor, with the help of the prophet, Nathan, the priest, Zadok, and the general, Benaiah. "I am going the way of all the earth," said David to his son, "be thou strong therefore, and show thyself a man." Having reigned forty years, David died and Solomon ascended to the throne.

We are told that at the commencement of his rule, Solomon dreamed that he offered sacrifices to Jehovah at Gibeon, whereupon Jehovah offered to bestow a boon upon him. In his reply the young king first expressed gratitude and then his own humility, finally asking that the divine gift be wisdom so that he might be able to rule wisely. Because of the unselfishness of the request, Solomon was promised riches and, if he followed Jehovah, long life as well. Although, when Solomon awoke, he realized that it had all been a dream, he proceeded as if it were all an actual fact. As often happens, the dream expressed the real desire of his heart and he was convinced that God had spoken to him and consequently, he acted in accordance with his belief.

We all are familiar with the old fairy tales wherein the good fairy appears to either the hero or heroine, promising to grant an earnest request. Our childish hearts were delighted when they made a wise choice and this desire was granted. While we do not presume to compare God with a "good fairy," still we would remind our readers that God has promised to give to those who believe on him and obey him those things which they most desire.

Solomon's choice was a "wise" one, for a man endowed with wisdom will not only serve his fellow-men well, but will also, through use of this wisdom, be able to manage his own affairs well, with the result that riches and honor will follow. Whether or not we realize it, every one of us, at one time or another, comes to the place where a choice has to be made. In the words of the poet, John Oxenham: "Oft as he joys along the winding way Occasion comes for Every Man to say: 'This Road?—or 'That? And as he chooses then, So shall his journey end in Night or Day.'"

We cannot choose not to choose. Not to decide is in itself a choice! Dr. Henry van Dyke spoke thus of choice: "If God says to us in the bright promise of youth, 'Ask what I shall give thee,' let us make the best choice and answer, 'Give me grace to know Thy Son, the Christ, and to grow up like him,' for that is the true wisdom which leads to eternal life, and that is the true royalty which brings dominion over self."

It would be happy, indeed, if after making such a good beginning, history would also disclose that Solomon continued along the same line. This, however, is not the case. Subsequent unwise choices brought disaster to him and to his kingdom, as unwise choice always will.

HEALTH

Diabetes killed 747 Pennsylvanians in 1936. Thirty-one years later (1937) there were 3,176 deaths due to this disease in this state.

The number of deaths due to tuberculosis is decreasing, those due to diabetes are increasing. Yet the diagnosis of diabetes is not difficult, and because of improvements and advances in the treatment of this disorder it is not unlikely that many of the intelligent diabetic individual may live a normal existence and span of life.

In addition to the use of insulin when recommended, the diabetic individual need only live a well-managed life in order to round out his allotted span of life in a state of good health.

The diabetic patient must pay strict attention to the fundamental of personal hygiene. He should take in each day just the exact amount of fuel in the form of food that his body needs. The advent of insulin in the early 1920s was a boon to diabetics.

Many people think that insulin is something like morphine because it is injected with a needle. They think it is a habit-forming drug, and that they must thus take insulin only because they cannot make enough insulin themselves.

Protonine insulin discovered more recently does not need to be injected as often as insulin because its effects last longer. The diabetic may live an exemplary life. If everyone lived the diabetic regime, we would all be a lot healthier, happier, and free from many common bodily complaints.

DO YOU KNOW.

Normal hair grows at the rate of one-half inch monthly until it has reached a length of 14 inches, when the growth slows up and stops on reaching a length of approximately 20 inches.

There are more than 100 plants in the United States which will cause skin reaction or dermatitis. Poison ivy and poison oak are the most common and they produce a more severe dermatitis than other plants.

THINNING IMPROVES PEACH CROP QUALITY

Many peach growers have found that they can improve the quality of their crop by thinning the fruit about the time of the June drop.

According to County Agent R. C. Blaney, experimenters in Ohio found that early thinning was much more effective in producing large fruit in Gilbert's trees carrying a heavy crop than late thinning. Time of thinning was more important than spacing. Four-inch spacing in early thinning gave a better size than 8-inch spacing in the later work. The proportion of 2 1/4 inch and larger peaches increased with 16 to 8 inch spacing when the work was completed early but not when done late.

It was found that all thinning treatments reduced yields, but that the reduction was least with the early thinning. Nevertheless, more fruit was sold from thinned trees than from unthinned. Returns per tree were about double those from unthinned trees. Late thinning increased returns only slightly.

Early thinning, according to the Ohio results, also has a favorable influence on the succeeding crop.

The Michigan Horticultural Society reports of a grower who first estimates the bearing capacity of a tree. This grower attempts to thin for a peach from 2 to 2 1/4 inches in diameter because 180 this size will make a bushel. The estimated producing capacity of the tree in bushels is then multiplied by 180. This gives the proper number of peaches to be left on the tree.

Although more than one hundred years old, a clock which has all wooden works still keeps time and strikes the hours accurately at Bowling Green, Ky. It belongs to J. E. Babb, a barber.

ANSWERS TO MODERN ETIQUETTE

1. Yes. Of course his duties are entirely different, but it is just as important that he do his part in being hospitable.
2. If there is no check room, place them on a vacant chair. If the restaurant is crowded, place the packages under your chair.
3. Never; it always makes her very conspicuous, and calls forth unkind comments among her friends.
4. No; the bride and groom, maid of honor, and bridesmaids are the only ones to stand in the receiving line.
5. Pronounce neg-lee-ah, e as in egg, i as in it untraced, a as in day, principal accent on last syllable.
6. At the left of the forks.
7. Only when the way is uncertain or dangerous, such as when being necessary to push their way through a boisterous crowd.
8. Not unless the wedding is small and the invitation is a personally written note or letter.
9. Only black ink should be used for both social and business correspondence.
10. No. In this instance the wife should be a little more cordial and add, "I am very glad to see you," or some similar expression.
11. Merely ask the waiter, "Where shall I pay?"
12. Breakfast, luncheon, teas, suppers, and musicales.

HOUSEHOLD SCRAPBOOK

Care of Goldfish

When the goldfish comes to the top of the bowl for air it is time to change the water. Use cool water, as goldfish do not like the temperature warm, with the exception of the tiny tropical fish.

Maple Syrup Substitute

If the peeling of pears or peaches are covered with water, sweetened to taste, and boiled until about the consistency of syrup, it will make an excellent substitute for maple syrup, and is not expensive.

Few Washings of Lingerie

A few washings of sugar dropped into the rinse water, when laundering daily lingerie, will make it beautiful after it is ironed, and eliminate the necessity of starch.

Squeaking Shoes

When troubled with squeaking shoes, either new or half-soled ones, take an ice pick and make small holes in the sole back of the ball of the foot. This will let out the air and the squeak will disappear.

Peach Stains

Peach stains on linens sometimes prove very stubborn to remove. Sprinkle them with lemon juice and salt and place two days in the hot sun. Rinse out in cold water and wash in warm water and soap suds.

Cracker Crumbs

Fine cracker crumbs for bread-making can be made by putting the crackers into the oven and leaving them just brown and crisp. Then roll with a rolling pin so they will be fine and soft.

Headache Treatment

Many persons have stopped a throbbing headache by drinking the juice of half a lemon in fresh water, following with the other half in half an hour, and rubbing the sliced lemon over the brow and temples.

Cotton Crepe

Cotton crepe, cut into on-ward lengths, makes very serviceable dish towels. They do not require any hemmings nor ironings. They give a fine polish to glassware, do not shed lint, and are very inexpensive.

Avoid Tough Rolls

Don't brush the rolls with water after they are taken from the oven, as this makes the crust tough. Brush them with water or butter before putting into the oven.

Cherry Relish

A delicious cherry relish can be made as follows: Four cups of seeded cherries, one cup of raisins, three cups of sugar, one-fourth teaspoon of cinnamon, one-fourth teaspoon of cloves, two tablespoons of lemon juice. Mix these ingredients and boil twenty minutes. Stir frequently.

Suede Shoes

Always brush the suede shoes well with a stiff brush every time you take them off, in order to keep them looking well.

Complexion Hint

Buttermilk taken internally and also used as a cleaning agent, will aid materially in clearing the complexion. The skin which has become dry from the combined effects of seawater and the sun, should be washed several times a day with buttermilk.

Hot Biscuits

If your family likes hot biscuits and muffins for breakfast, it is a good idea to mix them the night before and let them stand in the refrigerator overnight. Then they may be placed in their pans in the morning and no time will be lost.

Chamois and Pigskin

When giving the chamois or pigskin gloves their final rinse, there should be not only some soapuds, but a few drops of olive oil in this water, to insure the gloves drying as soft as new.

Mosquitoes

Burn a few drops of pine tar in the house and it will drive away mosquitoes.

To Wash Upholstery

The following is a good method for washing upholstery. In four cups of boiling water dissolve one cup of shaved mild soap, or some other powder; after cooling, beat with an egg beater until fluffy. Then dip a small clean brush into the lather and scrub only a small area of the upholstery at a time. Wipe the spots off quickly with a clean cloth, and rinse thoroughly with another cloth. Change this water often. Wipe as dry as possible with a soft cloth.

RADIO SYSTEM WILL CONNECT FIRE TOWERS

A two-way radio system is now being installed in the Sprout State Forest District. By this means the fire towers at Snow Shoe, Tamarack, Whetman, Coffin Rock and Keating will be able to talk directly with the District headquarters at Renovo, as well as with one another. The District office can communicate with these towers, as well as with the Harrisburg office. Portable radio sets will be provided men engaged in forest fire control work so that they may talk from the fire line to the District office. This will permit the calling of additional help if needed, as well as keeping the District Forester informed of the progress of fire control.

This new system, which will be State-wide when completed, also is to be used in giving flood warning. Key stations, of which the one at Pump station tower, along the Conarderspike, serves the Sprout and adjoining Forest Districts. Messages from the local office can be transmitted directly to the Flood Control Service at Harrisburg. The key station is automatically activated by impulses sent from the District Forester's office, enabling the latter to converse with Harrisburg without relay. River gauge reports will be sent to Harrisburg daily in this manner.

Annulus made his reputation before they invented golf.

Health and Beauty

REGRET.

"O that word Regret! There have been nights and mornings when we have sighed: 'Let us alone, Regrets: We are content to sleep these all our past, so thou wilt sleep for aye; but it is patient, and it wakes. It hath not learned to cry itself to sleep, but plain on the bed that it is hard.'"

Long ago when I was a child I knew a middle aged couple who seemed very old to me. Her name was Martha, while he was known as the Captain. Their house was a rendezvous for the children and young people of the neighborhood. I never wearied of going to their home, with its old fashioned garden and orchard from which we were permitted to gather flowers and fruits.

Oil paintings adorned the walls of the stately drawing room. There was one that I constantly wondered about, because it was always covered by a thick veil. I longed to see it, but my grandmother told me that it would be rude to show curiosity about it, unless my host volunteered to let me into the secret.

I was almost grown before I saw the picture. On cold day I was sitting by a log fire, and my two friends, "The Captain" in the parlor, while Martha was busy about her duties in another part of the house.

Suddenly I said, "Captain, did you never have any children of your own?" The smile faded from his face. With a sad expression he went to the portrait and drew the veil aside. "That was my little girl, but she died fifteen years ago. It is a perfect likeness. It was done by a great artist when she was eight years old. A year later she died."

I saw before me a child of entrancing loveliness. Her curls were like spun gold, and her eyes the color of wood violets. The face was one of the most winsome that I had ever beheld.

"Why do I keep it veiled?" He echoed my thoughts. "Because it breaks my heart to look at it. Sometime I come in here alone and drawing the covering aside I gaze upon her face for a long time."

Unconsciously the tears were trickling down his pale cheeks.

"My dear," the Captain continued, "regret is a terrible thing. I bke my little daughter's heart, though I loved her better than anything on earth."

"Why Captain," I exclaimed, "How could that be? You are so kind and good."

"I was a drunkard. I began as a gentleman drinker. I thought that I was too strong to let it gain the ascendancy over me, but it did. I became the slave of alcohol. Little Mary (she was named after my mother), would run and hide from me when she saw me come staggering in under the influence of liquor. Though at other times she's run to meet me, and throw herself in my arms."

"One day I came in after carousing for hours in a bar room. I was all befuddled with alcohol and in her humor when I stumbled over her little dog. In my fury I gave the innocent creature a savage kick. A loud scream from Mary sobbed me and I realized what I had done. 'Did you kill the little dog, Captain?' 'No! But I cruelly wounded him. When I retired that night I heard Mary softly sobbing in her little bed, as she cuddled her whimpering pet close to her. I lay awake all night, the most miserable creature on earth. I would have given the world to undo it, but what is done is done and nothing can undo it."

Here the Captain overcame by emotion was silent for a long time, then he continued in a low steady voice:

"Next morning little Mary was delirious with fever. She never regained consciousness but died in a few days. I have not tasted a drop of liquor from that day to this. Oh, if fathers could profit from my experience surely they would not, bruise the hearts of innocent children by cruelty and neglect. Now you know why the portrait is veiled. Oh God, if only I could forget, but I cannot. That heart-broken scream will ring in my ears until my dying day. I have repented, but regret still gnaws at my heart."

Sarah Ann's Cooking Class

Not all of us can take trips to foreign countries, but we can easily acquire skill in preparing some of the dishes served in them. The following recipes are among those commonly served and are popular with Americans. The materials can readily be obtained.

Chicken Pipian (Mexican)

Boil a chicken until tender. After it has cooked for one hour, add red chili peppers. If the peppers are unavailable, ground pimientos will serve. Add a dash of cayenne and chili powder. Remove the chicken and thicken the broth with peanuts ground fine in a food chopper.

Fragole in Quazza (Italian)

2 baskets of strawberries
3 tablespoons sugar
1/2 pound of lady fingers of sponge cake

1 pint sweet sherry

Hull and wash the strawberries. Put in fruit bowl. Dissolve the sugar in the sherry and pour over the berries. Serve with lady fingers or sponge cake.

CONSIDERATE TRAVELER ALWAYS POPULAR GUEST

With two pairs as objectives and added incentives for summer, many Centre county homemakers are thinking of appropriate clothes. What shall I wear is one of the first questions, whether the trip is an extensive one, or a short motor trip to visit friends.

The traveler will have a better time and be a more popular guest if she plans ahead to save both herself and her hostess time and inconvenience. Miss Helen S. Butler, home economics extension representative of Centre county, believes:

The good guest selects her dresses upon her time and energy in keeping them cleaned and pressed. Crease-resistant fabrics are a boon to the traveler. Smooth, cool fabrics, such as rayon sheers, make good hot weather dresses.

Very light colors are difficult to care for unless washable and this presents the laundering problem. Plain colors which go toward the darker shades will be a better choice and prints in small all-over designs make attractive dresses. For a suitable street wear ensemble, plain darker shade material with a print is suggested.

Too many pleats call for frequent pressing. The gored skirt with moderate fullness is ideal. No matter how warm the day on which she leaves home, the traveler takes a simple lightweight wool coat.

Undergarments and night clothes of knit rayon or silk and rayon mixtures are laundered easily and require no ironing.

The considerate visitor takes a small iron, a clothes brush, a shoe brush, and a small mending kit with thread to match the dresses and hose she is packing. A small bottle of cleaning fluid may save her from an embarrassing situation. She also carries her own toilet articles in a small compact form.

If a woman is going to a summer cottage, she plans to dress appropriately. Trim neatness is her ideal and she can be smart and comfortable in simple washable sport clothes. This goes for all members of the family. Toilet articles will include a first-aid kit, unburnt lotions, and sun glasses.

After the guest arrives in the home, she keeps her possessions in order—clothes hung in the closet and small articles out of sight. If she is not in the habit of being neat, and tidy at home, she makes an effort to be a credit to her hostess.

Spaghetti Montparnasse (French)

1 package spaghetti
2 cans prepared tomato sauce
Boiling salted water
Thin slices Swiss cheese

Cook spaghetti until just tender in boiling salted water. Drain thoroughly and combine with tomato sauce which has been heated. Toss all together so that spaghetti is thoroughly blended with sauce. Turn into a generously buttered baking dish and cover entire surface with cheese. Bake in hot oven until golden brown and serve immediately.

Oyakodombori (Japanese)

Scramble eggs with small pieces of left-over chicken. Season to taste with soy sauce and sugar. Serve on hot rice.

Rutabaga Cake (Swedish)

Cook rutabagas tender, drain, add half the quantity of freshly boiled potato; mash, season with salt, butter and black pepper. Form into cakes, dip in beaten egg and crumbs, and fry a golden brown in butter.

Jaterni Knedlik (Czech-Slovakian)

Cream 1/4 cup of butter until foamy, add 6 eggs, 3 cloves of garlic, 1/2 grated rind of lemon, a pinch of allspice and white pepper, salt to taste, and mix thoroughly. Then add two pounds of ground calf's liver and enough bread crumbs to make a stiff batter. Stir thoroughly and let stand one-half hour. Then make into little dumplings and boil in salted water for one-half hour. Remove and cut each dumpling in half; sprinkle with bread crumbs and pour buttered butter over them. Serve in clear soup.

Hungarian Pie

Roll out two circles of good short pastry to fit a large round cake tin. Put one circle into the floured tin. Chop 6 large apples very fine and add the juice of one lemon. Sprinkle 5 tablespoons of dry cake crumbs over the pastry. Mix apples with 5 tablespoons of sugar, 1/4 cup raisins, 1 teaspoon cinnamon. Put apples over the pastry and the other circle of pastry on top of the apples. Prick with a fork. Brush with egg white, sprinkle with 1/4 cup of coarsely chopped almonds. Bake in a moderate oven.

Mexican Rice

Chop 1 large onion fine and fry in 1 tablespoon bacon grease. Add 2 cups boiled rice, 2 green peppers, chopped, 2 tablespoons grated cheese, 2 tablespoons butter, 1 small can tomatoes, 1 tablespoon Worcestershire sauce, salt, pepper and paprika to taste. Stir well and simmer on top of stove for 1/2 hour until all flavors are blended.

Herring Salad (Norwegian)

2 dried or salt herring
2 cups cold cooked beef
3 cups cold cooked potatoes
1 tart apple
1 grated onion
2 cups cooked beets
2-3 teaspoon pepper
Mild vinegar
1 tablespoon sugar
2 tablespoons sour cream
2 tablespoons mayonnaise
Mayonnaise and minced beets, salt herring overnight, remove