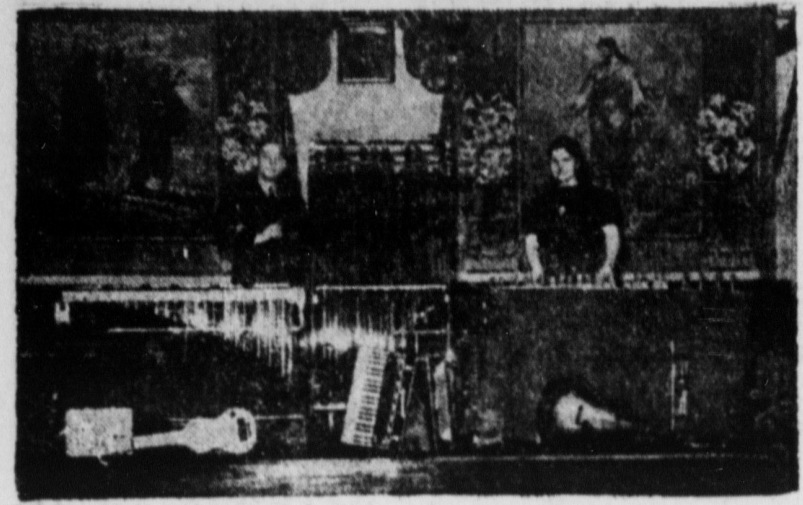


Musical Evangelists To Conduct Two Weeks' Services at Millheim



Rev. and Mrs. Max H. Harvey, musical evangelists, will conduct services in the Millheim Evangelical church for two weeks, beginning Tuesday, February 13, and closing Sunday, February 25.

A special feature of these services will be the musical programs which will be rendered each night. Both Mr. and Mrs. Harvey are accomplished musicians—both play the piano and sing; and are noted for their versatility upon their many instruments, which include the following: violin, electric vibraphone, musical saw, electric Hawaiian guitar, tenor guitar, piccolo, musical cow bells, trumpet, piano accordion, and cathedral chimes—an array of instruments valued at more than \$4,000.

For three years, Evangelist Max Harvey was a member of one of the nation's dance orchestras. After his conversion he entered the field of evangelism with the late Rev. W. Leon Tucker. Mr. Harvey majors on the violin, an instrument with which he is more than proficient. He is a fearless expounder of the Gospel, sane, sound, sensible and scriptural.

Mrs. Harvey might well be called a pioneer in musical evangelism. At the age of fifteen years, she became a member of the "Musical Messengers" with the late Rev. W. Leon Tucker. Through the training and experience received with this group she now ranks among the best as an accomplished musician, conductor of children's and young people's meetings.

Services will be held each night from the 13th to the 21st, excepting Monday the 19th, beginning promptly at 7:30 with a musical program and song service—which will be varied so as to be interesting and appealing to all age groups, children, young people, and adults.

The Gospel messages throughout the series of meetings will be delivered by the Rev. Mr. Harvey.

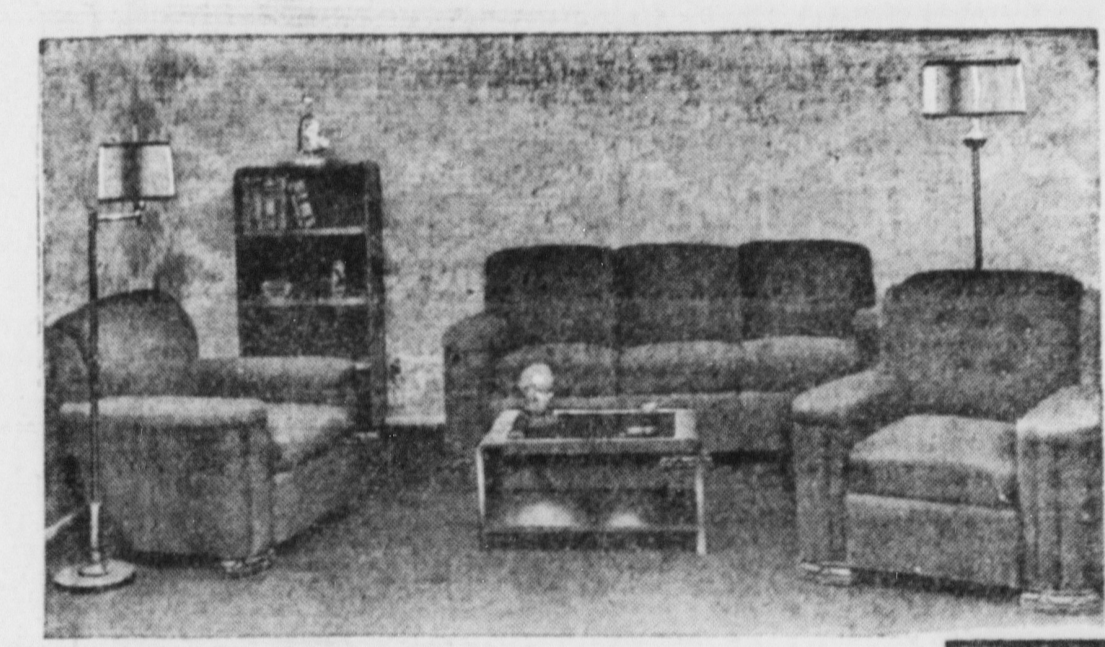
On Sunday, February 18, there will be morning service at 10:45 and evening service at 7:30. The following Sunday, the 25th, in addition to the 10:45 and 7:30 services, there will be an afternoon service at 2:30.

Among the many cities where the Harveys have conducted successful meetings are the following: Corry, Pa., New York City, Tampa and Miami Fla., Columbus and Toledo, Ohio, Elgin, Ill., Sharon, New Canaan, the Greenville, Pa., Baltimore, Md. At present they are engaged in services at Franklin, closing there on February 11, from where they will come by house car direct to Millheim, to begin there on February 13. Everyone is cordially invited to attend these services.

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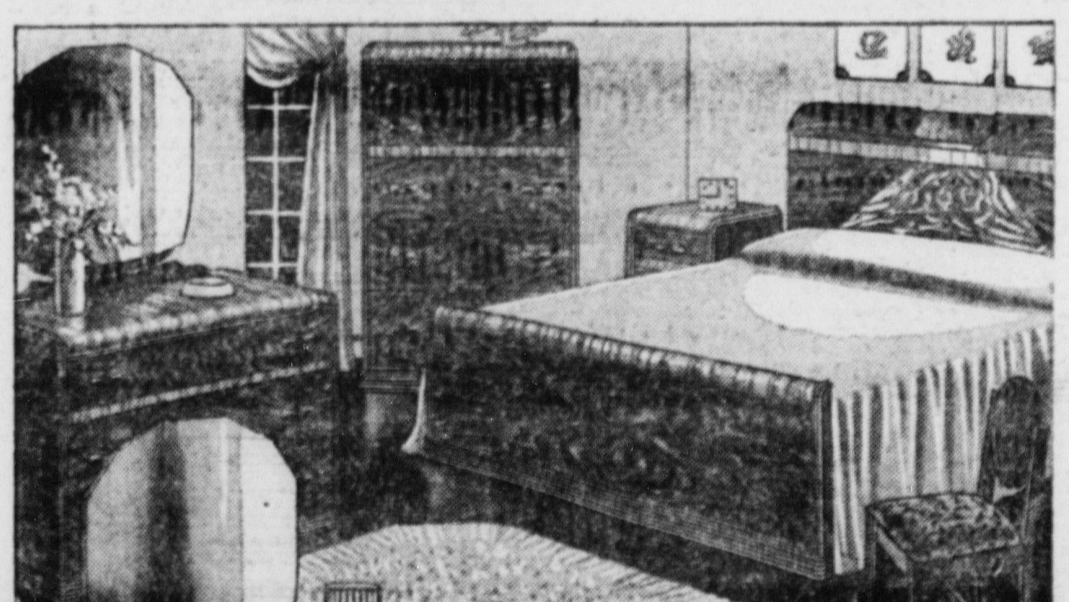
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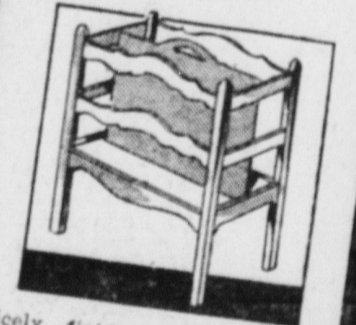
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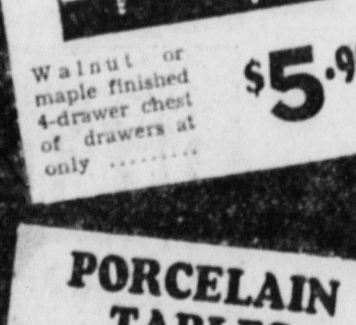
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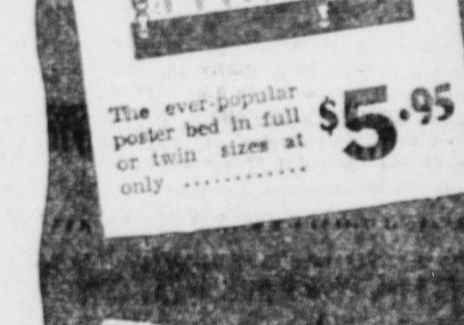
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The ever-popular poster bed in full or twin sizes at only \$5.95



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Comfortable maple finished cricket chairs at a real savings.



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Newest style—modern knee-hole desk especially priced for February



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Guaranteed Hoover Electric sweeper with one year written guarantee for only \$19.95



SO DOWN SO A WEEK

Health and Beauty

NEW DISCOVERIES IN MEDICINE

"The moving finger writes; and having writ Moves on; nor all your piety nor wit Shall lure it back to cancel half a line Nor all your tears wash out a word of it."

Thus sang the great Persian poet over a thousand years ago.

Musing by the fire on the last night of the old year, a panorama of disaster unrolled before me. Earthquakes, droughts, floods, dust storms, pestilence, highway deaths, and wars. Surely 1939 has been a year of fear, anguish and calamity. Is there nothing redeemable about it? Yes, while nature and man seemed to conspire to destroy thousands of human beings, the doctors and scientists have been laboring to save them. Early and late they have toiled to find means of curing diseases and to alleviate human suffering.

Let us review some of the things that have been accomplished by medical science last year.

Doctor Fishbein, editor of "The Journal of the American Medical Association," believes that "when the year's statistics are gathered they will show the lowest sickness and death rates ever attained in the United States—with a great reduction in the mortality of mothers during childbirth."

The discovery of sulfanilamide stands out as one of the greatest steps forward in the long march of medicine. It is a wonder drug. We are entering a new era of cures for diseases and infections that were considered incurable.

Pneumonia, once called "the captain of the men of death," is yielding to sulfapyridine, a derivative of sulfanilamide. Many cases are getting well that formerly would have died. As the study of this drug advanced we find other maladies yielding to it. Fishbein says "In 1939 hundreds of lives were saved or prolonged by these drugs."

Doctor Gerhard Domagk of Germany won the year's Nobel prize for discovering it. It is made from a red dye.

Sulfanilamide is one of the very few specifics known to medicine. Doctor Fishbein lists as specifics, "quinine for malaria, arsenobenzol for syphilis, and diphtheria antitoxin. Sulfanilamide entered this hall of fame by acting as a specific for a strain of streptococcus germs."

Infections that were frequently fatal, such as childbed fever, erysipelas, meningitis, and so forth are often cured with sulfanilamide. There are also loathsome venereal infections that are yielding to its use. Even endocarditis, which is an inflammation of the inner heart lining, is sometimes cured by this drug.

During 1939 we have gained new and valuable information in regard to vitamins. Much light has been thrown on B1. There are many foods that are deprived of this vitamin by modern processes of milling, which remove the brown parts of rice and grains of various kinds which contain vitamin B1. The absence of this vitamin causes pellagra in this country and beriberi in the Orient. Many alcoholics suffer from neuritis which is said to be due to a vitamin deficiency.

For many years this writer has been pointing out the dangers of deficiency diets, due to improper selections of foods, devitalized grains, over-cooking, etcetera. Now Doctor Fishbein says in his report, "The vitamin B1 deficiency must be much more widespread in this country than clinicians have believed hitherto," so the council stated. He, continuing the statement, said that "It was once believed that there was plenty of vitamin B1 in the foods we eat, highly refined diets have resulted in a general deficiency. Refined sugar and flour are very poor in vitamin B1. Whole wheat flour had about 1.65 units of vitamin B1 per gram, but modern white flour has only about 0.15."

(To Be Continued)

THERE'S HEALTH AND FOOD VALUE IN EGGS

To many of us eggs mean Easter, angel food cakes, and the like. Many of us, however, have always had eggs, and for that reason we have never appreciated their true food value and worth to the diet, says Miss Helen S. Butler, home economics extension representative of Centre county.

If we had the eyes of a scientist, in egg whites we would see not only a stringy substance that thickens and gets whiter when cooked, but we would see a fine type of building food for both young and old. Within the yellow ball we call the yolk, we find some building material, but it also has a fine type of fat. In this fat are vitamin A and some D. Vitamin D is essentially rich in phosphorus.

A good supply of iron and some calcium and phosphorus is found in eggs. Think of it any way, and we find there are not many foods that have such food value as eggs.

"But I don't like eggs," we often hear. Did we ever think that possibly we are to blame for this? Ask anyone how he prepared eggs and nine times out of ten, it's fried. Who wouldn't get tired of fried eggs day in and day out?

Perhaps no other food, milk being the exception, can be prepared in so many different ways. Eggs combine with all types of foods, such as milk, fruits, and vegetables. We may have eggs for breakfast, eggs for luncheon, and eggs for dinner. Eggs may be used in sandwich spreads; to make delicious desserts,

and to make mouth-watering frozen desserts and cakes.

With Lent almost here, many homemakers will be thinking in terms of fish or eggs at least two days a week. Why not give the family a treat this year by serving more eggs in more novel ways?

If we have our own eggs, we use eggs at least every day for the children and every other day for adults. If we must buy eggs and our cash is limited, four to five eggs a week for children, two to three a week for adults, and a few for cooking is a safe amount to follow for health.

LOW COST FLOOR POLISH MAY BE MADE AT HOME

Polished floors are as essential to a well-kept house as shined shoes are to the well-dressed person, says Miss Edith Morton, home management extension specialist at the Pennsylvania State College.

A good wax polish for floors and furniture will give a non-streaky lustrous finish, leaving a hard, dry protective film. Wax should not only seal pores and cracks against dirt and moisture, but should clean as it polishes.

Floor polish need not be expensive. You can make an excellent one from this formula: 1/2 pound beeswax; 1 pound paraffin wax; 1/2 cup raw linseed oil; 2 1/2 cups turpentine. Melt the wax and paraffin over hot water; add the oil and turpentine, and stir thoroughly. Store in a tightly covered jar. This formula makes about two pounds of wax.

—Have you something you don't need? Advertise it.

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