

WOODWARD

Willard Mitchell gave a brief lecture on the subject, "Temperature and Character Building" before showing two moving pictures to a large audience in the Evangelical church last Tuesday evening. Both the lecture and the moving pictures were well received.

On last Thursday forenoon this locality had the chance to see the largest flock of wild geese ever seen here. The geese got out of their course due to the foggy and cloudy weather. They flew back and forth through the valley the greater part of the night and all forenoon. A number of our hunters took a crack at them but none were captured in town.

Richard Kessinger secured a position in Lock Haven and left for that place on Saturday.

Miss Tillie Bowersox is working at Coburn as maid for Mr. and Mrs.

Willard Winzard since last week. We shall miss her in Sunday School and E. L. C. E. services in which she took an active part.

Mr. and Mrs. J. B. Ard vacated their former residence on West Main street and occupied the brick Ard Estate residence last Thursday.

We are informed that Thomas Metz is ill with pneumonia.

Earl Motz, our merchant, was the lucky hunter in capturing seven wild ducks one day last week.

Quite a number of our hunters were ready bright and early on Monday morning when the bear season opened to start the chase.

This week the butchering season opens. William Haines and John Brindle laid in their yearly supply of pork and sausage on Tuesday and C. E. Kremer later on in the week. They were the first ones to butcher this far.

ORVISTON

There were 137 present at Sunday School on Sunday.

The Loyal Daughters class gave a birthday party for Mrs. Mary Belle Heverly at her home at Lock Haven on Friday night. The following were present: Mr. and Mrs. Sam Herr and son, Terry, Mrs. Clair Confer, daughter Fay, Mrs. Grant Hahn and son Kenneth, Mrs. Clyde Confer, daughter, Eleanor, Mrs. Leonard Yeager, daughter Lois, Mrs. Clayton Watson, daughter Maxine, Mr. and Mrs. Paul Lomison of Orviston; Mrs. James Rupert of Beech Creek; Mrs. William Degan of Philadelphia; Mr. and Mrs. Charles Heverly, Mr. and Mrs. Lloyd Heverly and son Billy, Mrs. Mary Belle Heverly, Byron, Kenneth and Eunice Heverly, all of Lock Haven. Mrs. Heverly received some nice gifts.

Mr. and Mrs. Lloyd Yeager of Pleasant Gap, spent the weekend with Mrs. Yeager's parents, Mr. and Mrs. G. H. Gillespie.

Harry Lomison of Chester, spent the weekend with his parents, Mr. and Mrs. Claude Lomison.

Mr. and Mrs. Walter Boone of Roma, visited Sunday with Mr. and Mrs. Sam Herr.

Mr. and Mrs. Henry Packer and Mr. and Mrs. Earl Lomison spent the weekend at Berwick.

Mrs. Kate McCaslin and children Bill, Margaret and Dick of Williamsport, visited on Sunday at the Robert Confer and Clair Butler homes.

Frank Rickert butchered three nice hogs on Saturday.

Ray Confer of the Logan CCC camp spent the weekend with his parents, Mr. and Mrs. Clair Confer.

Roy Cybert, Donald Gray and Paul Lomison Jr., are spending several days at the Boy Scout hunting camp.

Mrs. David Confer is a patient at the Lock Haven hospital, but is getting along good.

Mr. and Mrs. Samuel Butler of Marsh Creek, visited Mrs. Butler's parents, Mr. and Mrs. Charles Barber on Sunday.

Mrs. Jane Williams of Lock Haven visited at the home of Mr. and Mrs. Clair Butler on Sunday.

Mr. and Mrs. Walter Pierce of Chester, visited with Mrs. Pierce's parents, Mr. and Mrs. Claud Lomison over the weekend.

PINE GLEN

There will be preaching at 10:30 a. m. Sunday.

Among some of the lucky sportsmen to kill their turkey was Irvin Folmar, Clair Benton, George Navehood, Max Viehdorfer, Merrill Viehdorfer, and Robert McCullough.

Mr. and Mrs. Mackel spent Thursday evening at the home of Mr. and Mrs. Folmar.

Miss Velma Hoover spent Sunday here with her parents. She was accompanied here by her boy friend, Don Billett, of Bellefonte.

Mrs. Schmoke and son Wesley motored to Altoona on Saturday evening where they attended the wedding of Mrs. Schmoke's brother, Wesley Ramsey to Naomi Freer, of Altoona.

Some of the young people of the community are practicing a play entitled "Crazy Grandpa." The date will be published later.

Little Marie Puhel has been on the sick list but is improving at this writing.

HOWARD

The "Win One" Class of the Reformed church held a miscellaneous shower last Thursday night at the home of Hilda W. Leathers in honor of Mrs. Mary Lomison Schenck.

Mrs. Lloyd Kemp and children, Mrs. M. W. Wagner, daughter Joanne did shopping in Lock Haven Saturday.

Mrs. Woodrow Confer came home Friday night from the Centre County hospital bringing with her a seven pound daughter, named Gay Francis.

The Young Men's Choir of Pine Grove Mills were entertained Sunday evening at the home of Mr. and Mrs. M. W. Wagner.

The Ladies Missionary Society was entertained at the home of Mrs. C. C. Dreese Wednesday night.

FILLMORE

Robert Holt of Bellefonte worked for Frank Hull on Monday last week.

Mr. and Mrs. Domer Smelter of Centre Hill, visited at the Bernard Crust home on Monday last week.

Mr. and Mrs. Harry Atcherson and son, Charles of Bellefonte were callers at the W. D. Marshall home on Saturday.

Hugh and Gilbert Harshbarger left on a bear hunting trip near Renovo the beginning of this week.

Mrs. Florence Breunen of State College, visited at the Harry Spearly home one day last week.

Harold Neff visited at the Harry Rocky home on Sunday.

HEALTH & BEAUTY

THE VALUE OF ORANGE JUICE

More attention is now being given in the United States to the role of the orange in human nutrition, especially as they relate to the teeth and gums. The minerals and vitamins are being intensively studied by important groups of physicians and dentists.

A most interesting book on diet and dental health is just off the press of the University of Chicago. It sets forth in detail the work along this line of twelve practicing dentists, led and instructed by Dr. Dunck, the author of the book. Back a tendon was paid to the mouth; patients were kept under observation and the results tabulated.

A great deal of citrus juice was prescribed with very gratifying results. In some cases the effects were amazing and startling. During a Christmas holiday a young man who was a patient of one of the group came home with an acute and very severe case of Vincent's Angina or Trench Mouth. It was decided to give him a quart of orange juice daily during his vacation. When he returned to his school so spectacular had been his cure from the orange juice that it came to the attention of the chairman of the exchange.

Quite a number of our men and boys attended the father and son banquet held last Wednesday evening in the basement of St. Mark's Lutheran church.

We are sorry to say that some of our people are on the sick list at the present time.

Mr. and Mrs. Max Markle, of Bellefonte, spent Sunday at the Elmer Stover home.

Mr. and Mrs. Ralph Dorman and children, of Johnstown, spent Sunday with their parents, Mr. and Mrs. Ed. Dorman.

Mr. Sylvester Haagen, of Lock Haven, spent Sunday with his parents, Mr. and Mrs. William Haagen.

Don't forget the Union Thanksgiving service at the Reformed church at Hubersburg on Thursday evening, Nov. 28.

Mr. and Mrs. Alvin Beck and son spent Sunday with her parents, Mr. and Mrs. Ed. Ertel, of Rebersburg.

SNYDERTOWN

Church notes for Sunday, Nov. 24: Sunday Church school at 9:30 a. m. Preaching service at 10 a. m. Young Peoples' meeting on Friday evening.

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COUNTY SUNDAY SCHOOLS IN ANNUAL CONVENTION

The Centre County Sunday School annual convention was held last Thursday at the Church of Christ at Blanchard with more than 300 persons present at the evening session.

Mr. Walter E. Meyers delivered the address of the morning on the theme of "Stewardship." He gave a masterful dealing with subtleties of stewardship.

The afternoon session was in charge of Dr. W. R. Heaton, Phillipsburg, president of the Centre county group, who also led the evening session. The high point of the afternoon meeting was the dedication of the first of numerous sign boards being placed at the county line intersection of the highways leading into Centre county.

In the evening session Dr. Ira S. Sasserman, a Lutheran minister from Williamsport, brought a stirring message on "Evangelism."

Dr. Heaton extended an invitation to the entire group to dedicate their lives to Christ and to fight against the Trojan horses in churches. The entire congregation group dedicated itself to Dr. Heaton's suggestion.

The Pine Grove Mills men's chorus sang many fine hymns of the church.

ELECT VEGETABLES OF QUALITY FOR STORING

Where the garden is large enough, it will furnish a supply of vegetables for storing. Crops which have matured as late as possible before freezing are less likely to be damaged. They will keep best, because the storage period will be shortened and storage conditions will be more favorable.

For storage, select beets that are firm, fairly smooth, quite well shined and well trimmed. Trim the tops to not more than a half-inch long and remove secondary roots.

Various varieties of cabbage are the best in quality, but Danish cabbage is the best storage type. The heads should be fresh in appearance, of reasonable solidity, well-trimmed and heavy for the size.

Carrots for storage are best when firm, rich orange in color, with a small top and a small taproot without side roots, and well-trimmed. The tops are trimmed back to not more than a half-inch long.

Celery stalks must be firm, medium in thickness, brittle, with ribs which are not too prominent and with heart branches of reasonable number, length and stockiness.

Endive plants should be fresh, of similar variety characteristics, well-trimmed with the roots neatly cut close to the point of attachment of the outer leaf stems, and fairly well-blanching.

Onions must be thoroughly mature as shown by clean, bright color of the skins. The bulbs must be firm, especially about the necks, and well-dried.

Winter squashes chosen for storing must be mature, with the stems intact, and free from damage caused by bruising, decay, and insects.

Best sweet potatoes for storage are smooth, spindle-shaped, of medium size, and firm.

If turnips or rutabagas are available, they can be stored if small to medium-sized, globe-shaped, fairly smooth, and firm.

SPRING MILLS CHAIRMAN NAMES ROLL CALL AIDES

Mrs. C. M. Watts, chairman of the Red Cross committee for Spring Mills and vicinity, announces the appointment of the following aides to assist in the Red Cross Roll Call now in progress:

For Spring Mills: Mrs. Harold Meyer, Mrs. Bright Bitner, Mrs. Jacobson and Isabelle Musser.

For Farmers Mills: Frances Zerby and Mabel Edmunds.

For Penn Hall: Mrs. John Condo, For Georges Valley, Mrs. Lucilla Rearick.

SPRING MILLS

Indian Summer followed by rain, sleet and snow squalls has now settled into winter conditions in the Penns Valley area. Unusually early frosts have caught the average farmer with a corn crop not fully matured and below par and leaves him with a cold proposition on his hands when he starts husking the ears and further worry to prevent mold.

It is getting the time when family circles are gathering more closely around the fireside. It is getting near the time of turkey day, for thankfulness for pretty good crops, fruitfulness and not in the least, Peace.

The family party sponsored by the Greg Township Civic Club on Wednesday evening was largely attended with a program of cards and dancing.

Miss Mildred Lundy, of Williamsport, was a weekend guest at the Albin Jacobson home.

Roy Brunard of Rebersburg, was a visitor in our town last Tuesday evening.

CHURCHES

St. John's Lutheran, Bellefonte
The Rev. Clarence E. Arnold, pastor, 27th Sunday after Trinity, Nov. 24, 9:30 a. m., Sunday school; 10:45 a. m., the service and sermon, "Faithful Day By Day," 7:30 p. m., Vespers and sermon, "Sing Unto the Lord With Thanksgiving."

St. John's Evangelical & Reformed
Rev. C. Nevin Stamm, pastor, Church school, 9:30 a. m., The annual Thanksgiving service will be held Sunday morning at 10:45 o'clock. The catechetical class will meet Sunday evening at 6:30 in the social room. Vesper service at 7:30 p. m., in charge of the Girls' Guild. A brief Thanksgiving meditation will be preached.

United Brethren, Bellefonte
G. E. Householder, pastor, Sunday school at 9:30 a. m., John R. Shupe, in charge. Preaching at 10:45 a. m. and 7:30 p. m. by the pastor, Christian Endeavor at 6:30 p. m. Groups for all ages. Prayer and Bible study Wednesday evening at 7:30. The choir will rehearse Friday evening. Union Thanksgiving services will be conducted in the United Brethren church Thursday morning, November 28, at 10 o'clock.

Presbyterian, Snow Shoe
Special Evangelistic services are being held each evening this week at 7:30, with messages by Rev. J. Max Kirkpatrick, Centre Hill, Port Matilda—Services, Sunday, Nov. 24th, Bible School 10:00 a. m. Morning worship 11:00 a. m. Unionville—Evening worship 7:30 on Sunday 24th. On Monday evening, Nov. 25th, this church will observe the 80th anniversary of the first pastorate in an attractive service in the church at 7:30, to which the public is invited. Rev. Ralph Illingsworth will address the assembly and a drama of special interest will feature the program, along with historical sketches of early Presbyterianism in this section. Milebus—Bible School, at 9:30 Sunday, Nov. 24; Christian Endeavor 6:30 p. m. Howard E. Oakwood, Minister.

Methodist, Snow Shoe
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YOUR HEALTH

From the Educational Committee of the Board of Trustees of the State of Pennsylvania, of which the Centre County Medical Society is a constituent.

Soldiers throw out their chests. This is not done with a sense of braggadocio. It is because soldiers are healthier than non-military men. During the World War, there was an average increase of about one inch in chest circumference among men in military service.

This is a greater figure than would have resulted from the normal increase in average weight and age during that period. The average weight of drafted men during the World War increased 34 pounds during their period of service. There was also an appreciable decrease in weight among the fat drafted.

These facts are called to point out that the young men who are to be called for military duty within the next few years probably will improve physically. For the first time in their lives, many young men will experience active outdoor physical work and exercise. The mechanical age has contributed vastly to flabby, inactive muscles. The active army life will tone up these muscles.

Army life should tone down many over-exuberant spirits. The regular life of camp, with its early-to-bed and early-to-rise rules, routine meals and systematized periods of rest and play and work, should benefit the health of every man. Certainly the medical examination of draftees will disclose individual defects and conditions which may then be corrected. The male youth of America should through the years derive health benefits following their Army experience.

DO YOU KNOW
Tularemia, or rabbit fever, infected 219 Pennsylvanians between January 1, to June 1, of this year. As the death rate for this disease is about 5 per cent, 11 persons would die. Tularemia is preventable through the wearing of rubber gloves when skinning rabbits or handling rabbit meat. Thorough cooking kills the germ and there is no danger in eating a well-cooked rabbit.

The oldest living thing on earth is believed to be a tree in the Sequoia National Park, California, which stands 272 feet high and is 36 1/2 feet wide. It is said to be between 3,000 and 4,000 years old.

Advertise in The Centre Democrat as a business investment, not as a charity proposition.

Definition of a Sap—A person engaging in a fight over politics, even if he knows he is right.

To relieve Colds
666

Advertisement for a cold remedy.

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Advertisement for a cold remedy.

Ceres, Shirley Rhodes; Pomona, Janet Biddle; Flora, Fay Fetterolf; L. A. Steward, Marion Fetterolf.

WELL-PLANNED LIGHTING BRINGS GOOD RETURNS

Home lighting plays an important part in the family's comfort, health and enjoyment, reminds Miss Helen S. Butler, home economics extension representative of Centre county.

Good lighting is not only essential for the school child's "homework" but for the adult's activities as well. Long winter evenings convince us that we need good lighting if the eyes of all members of the family are to be protected adequately.

More light is required for reading, sewing, and other close work than for walking around in a room if evenstrain is to be prevented. Persons with defective eyes need more light than those with normal vision. In either case, table and floor lamps should have bulbs of at least 75 to 150 watts.

Sufficient light is not the only requirement for good home lighting. Light should be so located and distributed in a room where there are no dark corners, but instead an even glow throughout the room. It is wise to avoid all glaring lights to relieve unnecessary strain on the eyes.

Most of the old lamps that are found in many homes today may be made successfully into up-to-date lamps at little expense. They may be equipped with bowls, bulbs, and shades that may be bought at electrical shops and department stores. Miss Butler will be glad to give anyone suggestions for making these changes.

She also calls attention to two publications, Circular 215, "Electric Wiring for the Farm," may be obtained from the U. S. Department of Agriculture, Washington, D. C. Both publications contain helpful material for improving home lighting.

Most arguments are the result of two butt-headed citizens trying to show how much they know without caring what the other thinks or says.

Not every beggar deserves assistance. Make it a rule not to give indiscriminately, but don't use this rule as an excuse not to give at all.

Head work is a lot harder than hand work; that's why we have so little of it.

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Walker Twp. School News

The Dramatic Club of Lock Haven State Teachers College has invited the senior class of W. T. H. S. to be its guest at a play given in the college auditorium Thursday evening, November 21. Seniors who can obtain the permission of their parents and a means of transportation to Lock Haven, will find this an interesting and entertaining program.