

# Health and Beauty

**VITAMINS**

"Do white cabbage and hard heads of iceberg lettuce contain as many vitamins as the green vegetables?" asks a puzzled housekeeper.

No, the green vegetables are richer in vitamins than the white. It is probably due to the chlorophyll or coloring matter. When this is bleached out of celery, asparagus or any other vegetable, it is rendered less useful to the body.

Until modern knowledge revealed the reason for eating greens, people consumed them in the spring because they had an idea that it did something to the blood that was helpful, and somehow purified the system. At any rate, they craved greens and felt better when they ate them. Then, too, they helped the bowels to move, and provided variety in the diet.

Now we know that green leaves are a rich source of vitamins A, B, and C, all of which are necessary to nutritive well-being. The sunshine is the factor that manufactures the color, the tiny coloring matter sources of vitamin A. The green shoots that are sent up from the seeds are much richer in it. Green cabbage contains more vitamin A than white cabbage.

The green water plants of the ocean are sources of abundant supplies of vitamin A. That is why so much of it is found in cod liver oil. Vegetable iron is now made by extracting it from spinach and other greens. It is easier to assimilate, for it is organic instead of inorganic iron.

The relationship between the vitamin A content of such familiar

## YOUR HEALTH

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

Pernicious anemia formerly was always fatal. Up to 15 years ago there was no known cure for it.

Pernicious anemia is a disease due to deficiency of body material obtained from food. The disease rarely occurs before the age of thirty. Most cases appear in the age group between 40 to 60. It is about equally distributed as to sex.

The approach of pernicious anemia is so slow and insidious that the victim is not aware of it at first. Persistent languor or weakness is generally an early symptom. Persistent digestive disturbances appear early in about one-third of cases. Nervous symptoms take the form of slight disorders in sensation, persistent numbness, and tingling of hands and feet.

Blood tests made early in patients with such mild symptoms are imperatively needed. In 1926, two young American doctor discovered a cure for pernicious anemia. They were Drs. G. R. Minot and W. P. Murphy. They found that a diet consisting of large quantities of animal liver was an effective remedy. It is not necessary, today, for patients to eat large amounts of liver daily, for specially concentrated liver extracts are available in small doses.

Effective treatment may produce early improvement. Pernicious anemia, the killer, has been defeated.

### OPPORTUNITIES IN NAVY FOR AMBITIOUS YOUTH

Nearly every young man has an ambition. He would like to travel, is fond of sports, desires to improve himself through education, or would like to branch out in some new field where he can enjoy life, and at the same time feel that he is getting ahead in the world.

Perhaps you, too, have given a little thought to these matters. If you have, we believe we have a good solution for your problem.

Marines travel to the four corners of the earth. They are in Peiping and Shanghai, in the Philippines, the Hawaiian Islands, and Panama. They are on naval vessels patrolling Asiatic waters, steaming along the coasts of America, or cruising about the West Indies.

We have a splendid correspondence school where you can get, free of charge, an excellent education. Courses available include most of the trades, arts and sciences. Our school has now over four thousand students who are preparing themselves for positions of trust and responsibility. Many have graduated and are making good in civilian occupations.

No where is there a better opportunity for sports and athletics than in the Marine Corps. Baseball, football, basketball, swimming, boxing, track and field athletics and water sports are a part of the Marine Corps life. The Marines play every outdoor and indoor game and play them well.

The recruiting office located in the Post Office Building, Altoona, is now accepting applications for the Marine Corps and the Marine Corps Reserve, and any young man interested may apply in person or by letter, to the officer in charge.

**SIDNEY W. PLATT,**  
Sergeant, U. S. Marine Corps  
NCO in Charge.

**Much Scarlet Fever.**

Health and school officials of Bloomsburg, are co-operating to prevent the spread of scarlet fever of which two adults of Bloomsburg and seven pupils in the schools are ill. Six of the sick pupils are from the high school. Pupils are checked daily and sent home if they show any sign of illness, and the congregating of pupils outside school is discouraged.

Life would be much simpler if everybody was willing to pay for what they want.

# Sarah Ann's Cooking Class

Lack of the proper vitamins in the daily foods can be responsible for ill health. The vitamins obtained in a well planned and balanced diet, strong in milk and dairy products, vegetables, fruits and egg provide the ideal way to health protection. A good pattern to follow in planning the day's meals is: milk, one quart for children, one pint for adults; two vegetables, two fruits; one egg, plus enough whole grain meal or bread, butter, potatoes, cheese and meat to satisfy energy requirements.

**Bran Bread**

2 cups bran  
1 cup flour  
1/2 cup brown sugar  
1 cup cornmeal  
1 teaspoon salt  
3/4 cup raisins  
1 teaspoon soda  
1/2 cup milk  
1 tablespoon shortening melted  
3 teaspoons baking powder.  
1/2 cup molasses.

Combine bran, flour, sugar, cornmeal and raisins. Add soda molasses and add with the milk for cod liver oil in the diet of children. Strained, they would be more appetizing and palatable. We see that even the white corn meal and potatoes are not so rich in nutrition as the yellow. The yellow color is imparted to butter by the green grass, and it is the chlorophyll in that which is the vegetable analogue of hemoglobin in flesh foods.

All these colors are manufactured in the laboratory of nature, through the action of sunshine on the chemicals in the soil. The more we learn about nutrition the more wonderful it becomes.

## Answers to Modern Etiquette

1. To arrive on time; to greet the little host and his mother; to present his gift, if it is a birthday party; to enter all games willingly; to eat in a well-mannered way and never to forget to say "Good night" and "Thank you" to both his host and mother when leaving the party.
2. The service plates, silver, water glasses, bread and butter plates.
3. Yes, although they may have the same bridesmaids, and each groom has his own best man.
4. This depends upon the status of the two men. It is not courteous to keep the second man waiting.
5. Not unless she is a very close, intimate friend of the other woman.
6. Certainly. Why not? It would be snobbish not to do so.
7. The modern way seems to be to "take a chance." You will soon find out whether the kiss is acceptable.
8. No. One should avoid doing so. It is much better to say, "I was under the impression, "The way it seems to be," "My opinion has always been," etc.
9. By telephone where possible, or by brief notes.
10. No; this is very crude, say, "I beg your pardon, what did you say?" or "I am sorry, I didn't understand you."
11. Approximately two times the breadth of the bowl.
12. It is not necessary.

## Random Notes

returned to their rural homes and have taken no part in veterans' activities since then. Now, Captain Boezer reports these unpretentious men are coming forward to register for future service. Many of them admit that they have no special training, or particular ability along lines so necessary in present-day mechanized warfare, but their almost unanimous declaration: "I can do much, but I can shoot like hell," leaves this corner with a feeling that if the U. S. ever is attacked, the men from the back-woods will give an excellent account of themselves. It isn't the city slickers in Greece who are chasing Mussolini's men—it's the mountaineers who know every rock and tree on their native mountains.

**BIG STICK.**

A Bellefonte business man asks why the government doesn't draft young men who know every inch of this land and who are efficient in times of national emergency.

**SCIENTISTS EXPLORE FOOD FADS AND FANCIES**

Folklore and fancies about food flourish today, as they always have. But food scientists are exploding these old-fashioned ideas.

Many persons believe that they eat too many acid foods and shun oranges, tomatoes, and other good foods as a result. The last is acid, but actually these foods and most other fruits and vegetables have the opposite effect, when eaten, according to Miss Helen S. Butler, home economics extension representative of Centre County.

There is no need to worry about acid-forming and base-forming foods, say food experts. If you have a well-rounded diet that includes plenty of milk, eggs, fruits, vegetables, and cereals with some meat, fish, or poultry it is better to focus attention on good diets than to fret about acid-forming diets.

Along the same line is the fancy about the danger of eating acid fruits and milk at the same meal. It is true that the acid fruits may curdle the milk, but the digestive juices of the stomach have the same effect. So it is perfectly safe to eat cherries and drink milk at the same meal, and to use orange juice in a milk drink.

Another false food idea is that you should not eat different kinds of fruits together because there is danger in combining the different acids. Nutritionists state that there is no possible harm in fruit combinations. Nature even combines different acids with single fruit.

There are faddists who tell us to eat no cooked foods, and there are faddists who tell us to eat raw foods. For practical purposes, it is best to hit a happy medium. Fruits and vegetables may lose some food values in the cooking process, so it is a good idea to eat some of them raw.

Nearly everybody can tell you what they would give to charity if they had a million dollars. It is tough on charity that they haven't got a million.

One of the criticisms that we hear about modern business is that nearly every employe has to quit his job, or threaten to quit, in order to get a raise in pay.

A critical opinion of the morals of youth often reflects the deterioration of the observor.

# Modern Etiquette

1. What are some points in etiquette that every child should know and remember when attending a party for children?

2. What should be on the luncheon table when the guests are seated?

3. At a double wedding, should each bride have her own maid-of-honor?

4. Should a business man ask his secretary to get another business call on the phone and then say, "Just a moment, please. Mr. Young wishes to speak to you?"

5. When a woman is busy every afternoon, isn't it all right for her to make an early morning social call?

6. If you know a servant in a friend's home, should you speak to him when she opens the door?

7. When a young man takes his girl home from a date, and wishes to kiss her goodnight, should he ask permission?

8. Is it permissible, in conversation, for one to express a dogmatic opinion?

9. What is the best way to recall invitations, when for a small, informal affair?

10. When asking a person to repeat something, isn't "what" all it is necessary to say?

11. When arranging flowers in a low bowl, how high should they extend?

12. Should an office girl rise when her employer's wife enters the office?

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# REBERSBURG

Rev. and Mrs. Baker of Pitscairn, arrived at the home of Mrs. Edna Miller on Monday and returned Tuesday accompanied by Mrs. Miller and daughter-in-law, Mrs. Annie Miller, and Pitscairn. The latter has been in Rebersburg the past week caring for her mother-in-law and mother, Mrs. Tina Brungart. Both are better and Mrs. Miller will spend the rest of winter in Pitscairn.

Mr. and Mrs. Paul Slover motored to Detroit, Michigan, leaving here Sunday and returning Wednesday. Mr. Slover's brother has found employment there and his wife and family accompanied the Slovers to their new home.

Miss Jean Hartman of Central Business College at Harrisburg, spent the weekend with her parents.

Mr. and Mrs. Russell Breen and Mr. and Mrs. W. West motored to Springfield, Massachusetts on Monday to attend a Dairywomen's League convention.

Mrs. Elsie Auman moved from West Rebersburg to Centre Hall on Monday.

Mr. and Mrs. James Frank, Mrs. Gertrude Frank and Mrs. Royer of Loganville visited Mrs. Maude Hiseh, who is a patient at the Centre County Home, on Sunday.

Mr. and Mrs. Irvin Schwank and son Paul of Williamsport visited Mrs. Schwank's mother Mrs. Gertrude Corman last Friday.

Mrs. Hanna Oldroyd and son Frank of Cleveland, Ohio, are guests of Rev. and Mrs. Fred Deubaux, Rev. Straub and daughter Adelaide of Williamsport were weekend guests at the same home.

William Tarbert Jr., spent the weekend with relatives in Pitscairn.

Barflies Hoeterman, Private in the Army Air Corps at Langley Field, Virginia, arrived at the home of his parents, Mr. and Mrs. C. S. Hoeterman on Saturday for a ten day furlough.

Mr. and Mrs. Raymond Ziegler and sons Billy and Dick of Flemington, were Sunday dinner guests at the S. J. Ziegler home.

Mr. and Mrs. John Reish and daughter Sara Jane were Sunday dinner guests at the William Jordan home at Leontine.

Mr. and Mrs. H. O. Yearick and sons David and Norman of Mill Hill were Saturday afternoon callers at the homes of C. S. Hoeterman and M. W. Breen.

Mr. and Mrs. J. N. Moyer of Bloomsburg spent the weekend at their home in Rebersburg.

Russell Zacharias of Allentown was a weekend guest at the W. J. Hackenberg home. Russ Zacharias and sister Mrs. Charles Catherman of Hanover, are helping to care for their father who is slowly improving after several weeks illness, from a heart condition.

Miss Esther Waite of Wolfes Store is employed at the Gertrude Corman home. Mrs. Corman has been ill most of the winter.

Keep open the dates, March 15 and 17, for the Seniors of the M. T. H. S. will present "Nora Nobody," a farce in three acts.

Mr. Paul Breen attended the Athletic activities at Penn State with friends on Saturday.

Mr. and Mrs. Lester Meek and children, Donald, Richard and Lucille, were Sunday dinner guests at the Paul Winters home.

Sunday dinner guests at the C. M. Birly home were: Paul Birly, John Birly, Mr. and Mrs. S. J. Gray of State College, Woodrow Birly of Harrisburg, Charles Kreamer of York; Mr. and Mrs. Stanley Birly of Millheim and Mr. and Mrs. H. S. Smull of town.

Mrs. Paul Bright of Bellefonte, visited in town, Friday.

Mrs. R. F. Harbach of Livonia, called in Rebersburg last Thursday.

## Legal Notices

**EXECUTOR'S NOTICE**

In the Matter of the Estate of John R. Brazier late of Spring Township, Centre County, deceased.

Letters testamentary in the above estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payments, and those having claims or demands against the same, will present them without delay for settlement to R. P. GRAZIER, Administrator, Millheim, Pa. W. Harrison Walker, Atty. x12

**EXECUTOR'S NOTICE**

In the Matter of the Estate of Elmer C. Mueser, late of Ferguson Township, Centre County, Pa., deceased.

Letters testamentary in the above estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payments, and those having claims or demands against the same, will present them without delay to J. POSTER MUEBER, Executor, State College, Pa. R. P. J. W. Harrison Walker, Bellefonte, Pa. Attorney. x10

**ADMINISTRATOR'S NOTICE**

In the Matter of the Estate of Lazzie Kaufman, late of Spring Township, Centre County, deceased.

Letters of administration on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payments, and those having claims or demands against the same, will present them without delay for settlement to BELLEFONTE TRUST COMPANY, Administrator, Bellefonte, Pa. W. Harrison Walker, Atty. x13

**ADMINISTRATOR'S NOTICE**

In the Matter of the Estate of Robert M. Smith, late of Centre Hall Borough, Centre County, deceased.

Letters of administration on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payments, and those having claims or demands against the same, will present them without delay for settlement to CHARLES B. SMITH, Centre Hall, R. D. 2, Pa. A. HUGH SMITH, Pleasant Hill, Pa. Administrator. Edward G. Willard, Atty. x12

**LEGAL NOTICE**

In the Matter of the Estate of J. H. Sands, late of Bellefonte Borough, Centre County, Pa., deceased.

In the Orphans' Court of Centre County.

The Commonwealth of Pennsylvania to James B. Lane, 122 Chestnut Street, Leontine, Ohio.

You are hereby notified that a party has been granted upon the petition interested to appear and accept or refuse the said estate or any part thereof as set forth at the appraisal valuation, or in case they or any of them neglect to take or accept the same as aforesaid to show cause why the said real estate should not be sold according to law. Rule returnable the first Monday of March, 1941.

HARRY A. CORMAN,  
Register of Wills and  
Clerk of the Orphans' Court  
of Centre County, Pa. x9

**LEGAL NOTICE**

Notice is hereby given that Charles F. Hipple, Fred C. Mensch, and Harry V. Kiebler, County Commissioners of Centre County, for the County of Centre, have entered into an agreement for the payment of damages to real estate of D. B. Eckenroth and Bessie F. Eckenroth, his wife, of College Township, Centre County, Pennsylvania, caused by the change in existing width, lines and location of State Highway Route No. 56, upon which said real estate is situated. The amount of said damage is Five Hundred (\$500.00) Dollars. Exceptions may be filed within ten (10) days from the date of this notice by any tax payer; if no exceptions are filed, said damage will be paid at the expiration of said period.

This agreement is on file in the office of the Prothonotary of Centre County.

CHARLES F. HIPPLE  
FRED C. MENSCH  
HARRY V. KIEBLER,  
County Commissioners  
of Centre County.

# Milesburg WCTU Meets at Church

(Continued from page one)

nightly services in the Methodist church), sang a duet, "Whispering Hope."

Miss Rose Haupt read a poem entitled "Win Them One by One."

The president, Mrs. James Leit-zell, was in charge, and these members were present: Mrs. Howard Spear, Mrs. Pearl Thomas, Mrs. Mra Long, Mrs. Lee Feltzer, Miss Rose Haupt, Miss Hannah Schroyer, Mrs. Annie Adams, Mrs. James Leit-zell, Mrs. David Evans, Mrs. Edith Mann, Mrs. Mary Dyke, Mrs. Rickett, and Mrs. Kline.

Guests present were: Mrs. Leo McDonald, Mrs. Blanche Jones, Mrs. Leon Yorks, Mrs. Pearl McMullan, Mrs. Mary Boyle, Miss Doris Flynn, Mrs. Ophelia Sholl, Mrs. Kerstetter, Mrs. Okwella, and little Susan Mae Evans.

The following new members became members of the local: Mrs. McDowell, Miss Boyle, Mrs. McMullen, Mrs. Sholl, and Mrs. Kerstetter.

—Barmaids in the Classifieds—

HEAR CLEARLY with the NEW Crystal Vacuum Tube SONOTONE AS ADVERTISED IN LIFE

SONOTONE WILLIAMSPORT CO.  
Charles W. Yerkes, Mgr.  
815 Market Street  
WILLIAMSPORT, PA.

WHEN WINDS GET ROUGH

A Windstorm Policy Protects You From Financial Loss. See

John F. Gray & Son  
General Insurance  
Phone 497-J, Bellefonte, Pa.

undersigned, all persons indebted to the said estate are requested to make immediate payments, and those having claims or demands against the same, will present the same duly proven, without delay to MADONNE G. CANTRELL, J. LAMBERT, J. R. LAMBERT, JR., Executors, Bellefonte, Pa. R. P. Paul Campbell, Attorney, Bellefonte, Pa. x12

**ADMINISTRATOR'S NOTICE**

In the Matter of the Estate of W. R. Grazier late of Miles Township, Centre County, deceased.

Letters of administration on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payments, and those having claims or demands against the same, will present them without delay for settlement to R. P. GRAZIER, Administrator, Millheim, Pa. W. Harrison Walker, Atty. x11

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# For Broken Legs

or Selling Eggs

A Telephone Pays Its Way!

A dairyman reports: "One of my registered Guernsey cows fell and broke a leg. I telephoned the veterinarian, who came at once. He set the leg and put a cast on it. This prompt attention saved this valuable animal."

The owner of a large poultry farm says: "I have 40 regular customers in the city. Often they telephone me for extra shipments which give me extra business I would lose without a telephone."

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