February 27, 1941.

THE CENTRE DEMOCRAT, BELLEFONTE, PA.

Modern Etiquette

Page Five



VITAMINS

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

No, the green vegetables are richer in viamine than the white. It is probably due to the chlorophyl 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 they 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 dry seeds are poor 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 Vegetable iron is now made by of hemoglobin in flesh foods. extracting it from spinach and other greens. It is easier to assimilate, ed in the laboratory of nature, for it is organic instead of inorganic through the action of sunshine on

The relationship between the we learn about nutrition the more vitamin A content of such familier wonderful it becomes.

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 Give your children milk to drink 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 caused from poor diet. the victim is not aware of it at first. Persistent languor or weakness is generally an early symptom. Per- ficient foods. Many of them desisten digestive disturbances appear velopd sore eyes and night blindearly in about one-third of cases. ness from an insufficiency of via-Nervous symptoms take the form of min A. The vitamin C is necessary slight disorders in sensation, per- to the health of the mucous memsistent numbness, and tingling of branes of the body and the eyes also hands and feet.

Blood tests made early in patients this vitamin in the body.

edible plant tissues as lettuce and asparagus and their degree of greenness that has been cogently demonstrated by Crist and Dye at the Michigan Agricultural Experiment Station in East Lansing. Their, investigations have dealt with the ef-

requirements.

2 cups bran

1 cup flour

cup cornmeal

teaspoon salt

teaspoon soda

4 cup molasses.

firm to touch.

4 slices bacon

3 tablespoons flour

2 tablespoons sugar.

1 tablespoon vinegar

Salt and pepper

1 teaspoon sugar

6 mint leaves.

11/2 cups potato water

2 hard-boiled eggs sliced.

Place the cleaned and drained

Beets With Mint

1% cups small cooked beets

leaves cut in bits. Serve hot,

Melt butter, add cloves, vinegar

and sugar. Add whole beets, sim-

mer 10 minutes. Sprinkle with mint

Baked Potato Slices

and rub the skins with butter.

Without peeling, slice them in 1-4

inch slices. Place in a skillet con-

taining butter or other fat, and

Thoroughly scrub the potatoes

4 cup raisins

1½ cups milk

1/2 cup brown sugar

fects of light of various qualities. By the selection of suitable glasses, acting as light filters of different potencies, it has been possible to produce all degrees of greenness in one egg, plus enough whole grain asparagus shoots of the same age

under comparable environmental conditions." The analysis that contained the largest amount of chlorophyl that is, the one that was the greenest, possessed the greatest amounts of nutritive vitamins.

The coloring matter in vegetables is said to be rich in vitamins. Prof. Lafayetis B. Mendel Sterling, professor of physiological chemistry at Yale, says that "recent experiments have shown that yellow vegetables such as carrots, yellow turnips, yellow corn and sweet potatoes abound in important vitamins which are found in but er and cod liver oil."

It seems as though these vegetables migh be used as a substitute 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

ocean are sources of abundant sup- imparted to butter by the green plies of vitamin A. That is why grass, and it is the chlorophyl in so much of it is found in cod liver that which is the vegetable analogue All these colors are manufactur-

the chemicals in the soil. The more

quart of milk a day, otherwise their chopped spinach in a bowl. Dice health will suffer. Some children the bacon, heat in a skillet and who are given to having convulsions stir until crisp. Remove the bacon are relieved when fed enough milk and add to the spinach. To the re-

for their needs. maining fat add flour and smooth Many fruits and vegetables are sauce, stirring constantly. Add the rich in calcium; cabbage, carrols, sugar, vinegar, salt and pepper. greens, cauliflower, asparagus, etc. Pour over the spinach, stir well and The cows eat grass which is a garnish with the egg slices. Serve splendid source of calcium and vitwith boiled polatoes. amins. For this reason milk contains these essentials to health. 1/2 cup butter and good bread to eat-bread that 3 cloves made from wheat or corn that 2 tablespoons vinegar contains everything which nature

put into the grain. It is now recognized among eye specialists that certain other eye diseases as well as cataracts are

Experiments have been made on animals that were fed vitamin desuffer when there is not enough of

sprinkle with salt and pepper. with such mild symptoms are imper- Doctor Moore, an eye specialis: Cover and bake in an oven 375 deatively needed. In 1926, two young in Chicago, believes that if a per- gr

Sarah Ann's **Cooking Class**

Bran Bread

tablespoon shortening melted

Combine bran, flour, sugar, corn-

the flour mixture. Beat thorough-

baking powder. Pour into a greas-

oven 350 degrees for 1 hour or until

ed loaf ran and bake in a moderate

Pennsylvania Dutch Spinach

3 cups chopped raw spinach

meal, salt and raisins. Add soda

3 teaspoons baking powder.

Lack of the proper vitamins in the 1. What are some points in eti-daily foods can be responsible for ill quette that every child should know her when she opens the door? health. The vitamins obtained in and remember when attending a a well planned and balanced diet party for children

strong in milk and dairy products. 2. What should be on the lunch- to kiss her goodnight, should he ask vegetables, fruits and egg provide eon table when the guests are seat- permission? the ideal way to health protection. ed? A good pattern to follow in plan-

3. At a double wedding, should quart for children, one pint for each bride have her own maid-of- opinion? ning the day's meals is: milk, one adults; two vegetables, two fruits; honor?

plates

heart.

chopped.

utes.

1 egg white

% cup nuts

i teaspoon salt

4. Should a business man ask meal or bread, butter, potatoes, his secretary to get another busicheese and meat to satisfy energy ness man on the phone and then say, "Just a moment. please. Mr.

groom has his own best man.

Sponge Cake Hearts

Bake your favorite sponge cake

mixture in small heart shaped pans.

Ice with white frosting and decor-

it is necessary to say? Young wishes to speak to you?" 11. When arranging flowers in 5. When a woman is busy every a low bowl, how high should they

afternoon, isn't it all right for her extend? to make an early morning social 12. Should an office girl rise

call? when her employer's wife enters the 6. If you know a servant in a office?

Answers to Modern Etiquette

1. To arrive on time; to greet would be snobbish not to do so. the lit.le host and his mother; to 7. The modern way seems to be present his gift, if it is a birthday to "take a chance." You will soon a solution of 1/2-cup vinegar, 1 cup heal, salt and raisins. Add soda party: to enter all games willingly: molasses and add with the milk to eat in a well-mannered way and able. never to forget to say "Good night"

formal affair.

and add melted shortening and and "Thank you" to both his host so. It is much better to say, "I was wringing in shade. and mother when leaving the party. under the impression," "The way it 2. The service plates, silver, seems to me is," "My opinion has

water glasses, bread and butter always been," etc. 9. By telephone where possible, 3. Yes, although they may have, or by brief notes,

tion, for one to express a dogmatic

invitations, when for a small, in-

repeat something, isn't "what" all

the same bridesmaids, and each 10. No; this is very crude, say, "I beg your pardon, what did you 4. This depends upon the status say?" or. "I am sorry, I didn't of the two men. It is not courteous

understand you." to keep the second man waiting. 11. Approximately two times the 5. Not unless she is a very close, intimate friend of the other woman. breadth of the bowl.

6. Certainly. Why not? It 12. It is not necessary

RANDOM NOTES

(Continued from page one)

ate each cake with a red candy returned to their rural homes and have taken no part in veterans' activities since then, Now, Captain Beezer 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 al-

teaspoon orange flavoring. hell." leaves this corner with a feel- deeper hem and try gluing it shut Add the salt to the egg white and ing that if the U.S. ever is attack- to hold the stick.

surance of having them obeyed as from the amo

these old-fashioned ideas.

Many persons believe that they

eat too many acid foods and shun

oranges, tomatoes, and other good

foods for fear of acid. The taste

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 represen-

HOUSEHOLD SCRAPBOOK

Grain Effect in Wood

the past week caring for her moth-Beauty of finish and the great-7. When a young man takes his er-in-law and mother, Mrs. Tina girl home from a date, and wishes est possible grain effect in wood can Brungart. Both are better and Mrs. be obtained with a treatment of lin-Miller will spend the rest of winter seed oil applied directly to the bare wood 8. Is it permissible, in conversa-

Preserving Soap

Soap will last longer if it is well dried out. As soon as the soap is 9. What is the best way to recall received the wrappings should be found employment there and his removed from the bars and the soap piled loosely in a dry place. 10. When asking a person to

Relief From Burns

Baking soda affords instant relief from a burn or a scald. Applied either wet or dry to the burned part, it gives immediate relief.

To Set Colors

To set the color in blue garments, Monday to attend a Dairymen's. soak in a solution of one cupful League convention. vinegar to each gallon of water several hours. To set brown, pink or gray soak garment in a solution of one cupful salt and one tablespoon Monday. alum to each gallon of water. For green, use four ounces alum to a tub of water. For mixed colors, use tablespoon sugar of lead (Poison) in 8. No. One should avoid doing one gallon water. Hang without trude Corman last Friday.

Metal Teapot.

A musty flavor will be imparted to the tea if made in a metal teapot that has not been used for some

material, soak it in a strong amthe Army Air Corps at Langley monia and water solution, or in kerosene, and then wash with naphtha soap in lukewarm water. rinsing thoroughly afterward.

Sticking Door

The sticking of a door against the door frame may be caused by loose hinges, settlement of the frame of the house, swelling of the door or frame, or warping of the door. Plane the edges of the door. preferably along the hinge side, son home at Lemont. since these are easier to remove than the lock. Varnish or paint sons David and Norman of Mill the freshly planed edges immediately.

Old Window Shades

man and M. W. Breon. When making a new hem in an most unanimous declaration: "I old window shade and one is not Bloomsburg spent the weekend at their home in Rebersburg. was a weekend guest at the W. J.

Wet Shoes

If caught in a hard rain and the wash them with warm water and then rub castor oil thoroughly into ing after several weeks illness, from at the appraised valuation, or in a heart condition

Blankets

It is well to remember, when buy- is employed at the Gertrude Cor- said to show cause why the said into bars with wet fingers. Place A Bellefonte business man asks ing blankets, that two lighter ones man home. Mrs. Corman has been real estate should not be sold acon a greased cooky sheet and bake why the government doesn't draft are warmer than one heavy one. ill most of the winter. in an oven 275 degrees for 10 min- industry and labor in the army, and They are also more convenient Keep open the dates, March 15 the first Monday of March, 1941. then issue orders with the same as- when it is desired to add or subtract and 17, for the Seniors of the M. T. unt of coverings dur-H. S. will present "Nora Nobody

REBERSBURG Rev. and Mrs. Baker of Pitcairn, arrived at the home of Mrs. El-meada Miller on Monday and re-turned Tuesday accompanied by Mrs. Miller and daughter-in-law, Mrs. Annia Miller of Ditcairn.

Mrs. Annie Miller, also of Pitcairn. ADMINISTRATOR'S NOTICE. The latter has been in Rebersburg In the Matter of the Estate of W. Grazier late of Miles Townphip,

Centre County, deceased. Letters of administration on said estate having been granted the un-dersigned, all persons indebted therein Pitcairn. Mr. and Mrs. Paul Stover motor-do Detroit, Michigan, leaving here Sunday and returning Wed-nesday. Mr. Stover's brother has found complexity of white the sume of the sume of the sume of the sum of the

EXECUTOR'S NOTICE.

wife and family accompanied the Stovers to their new home. Miss Jean Hartman of Central Business College at Harrisburg, spent the weekend with her par-ents. Mr, and Mrs. Russell Breon and Mr, and Mrs. M. W. West motored to Springfield, Massachusetts on Monday to attend a Dairymen's

EXECUTOR'S NOTICE.

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

Letters testamentary in the above Mr. and Mrs. James Frank, Mrs. Mr. and Mrs. James Frank, Mrs. Gertrude Frank and Mrs. Royer of Loganten visited Mrs. Maude Rish-ell, who is a patient at the Centre Counte Home, on Sunday. Mr. and Mrs. Irvin Schwank and son Paul of Williamsport visited Mrs. Schwank's mother, Mrs. Ger-

ADMINISTRATOR'S NOTICE.

Mrs. Hana Olidorf and son Frank, of Cleveland, Ohio, are guests of Rev. and Mrs. Fred Deubeaux, Rev. Straub and daughter Adelaide of Williamsport were weekend guests time. This can be prevented if a lump of sugar is placed in the tea-pot before putting it away. Bluing Stains If bluing leaves a stain on a white Charlies Hosterman, Private in Pa., W. Harrison Walker, Atty. x13

ADMINISTRATOR'S NOTICE.

Field, Virginia, arrived at the home In the Matter of the Estate of of his parents, Mr. and Mrs. C. S. Robert M. Smith, late of Centre Hall Hosterman, on Saturday for a ten day furlough. Mr. and Mrs. Rayomnd Ziegler Bartis and ensigned, all persons indebted thereand sons Billy and Dick of Fleming-ton, 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 John-son home at Lemont

LEGAL NOTICE.

In the Matter of the Estate of J. Hall were Saturday afternoon call- H. Sands, late of Bellefonte Borers at the homes of C. S. Hoster- ough. Centre County, Pa, deceased. In the Orphans' Court of Centre of County.

The Commonwealth of Pennsylvania to James B. Lane, 122 Chest-

Russell Zacharias of Allentown, nut Street, Lectonia, Ohio. You are hereby notified that a Hackenberg home. Mrs. Zacharias rule has been granted upon the and sister Mrs. Charles Catherman parties interested to appear and actheir father who is slowly improv- purpart thereof as above set forth case they or any of them neglect to Miss Esther Walte of Wolfes Store take or accept the same as aforecording to law. Rule returnable

> HARRY A. CORMAN, Clerk of the Orphans' Court of Centre County, Pa. x9

Washington Bars 1 cup corn flakes 4 cup candied cherries finely

2 tablespoons shredded cocoanut. can't do much, but I can shoot like sure it will stand stitching, make a

beat until stiff but not dry. Con- ed. the men from the back-woods tinue beating and add the sugar will, give an excellent account of tinue bealing and add the sugar themselves. It isn't the city slickers shoes have become ugly and stiff, of Hanover, are helping to care for cept or refuse the said estate or any mixed with the cherries, nuts and in Greece who are chasing Muscoccanut. Add the flavoring and solini's men-it's the mountaineers who know every rock and tree on the leather. It will soften them. stir until all ingredients are thoroughly blended. Divide the their native mountains,

mixture into 12 portions and shape BIG STICK:

American doctor discovered a cure son receives a liberal diet contain for pernicious anemia. They were ing all the necessary vitamins and Drs. G. R. Minot and W. P. Murphy, other food elements, that cataracts necessary, today, for patients to whole grain breads, and cereals. A oven for 15 to 20 minutes. eat large amounts of liver daily, great variety should be avoided at for specially concentrated liver extracts are available in small doses. Effective treatment may produce monotony and promote appetite. early improvement. Pernicious an-

emia, the killer, has been defeated. DO YOU KNOW

"Compensitis" is a condition de veloped and retained by many neurotic individuals so long as they redisorder is not merely imaginary but is accompanied by actual physical symptoms, Such compensascheme of compulsory health insur- ahead in the world. ance in which cash awards are paid on account of disability.

There are more than 85,000 premature infants born every year in the United States and 46 per cent of the deaths during the first month of life are from this group of premature bables.....

Are Your Children Getting Enough Calcium and Vitamins.

Americans," declared Dr. Victor crulsing about the West Indies. Heisey of world wide fame, "eat too much and too often; and further they don't by any means eat the right food," Dr. Heisey believes the proper diet will lengthen the life span at the latter end of life. As it is now, more children's lives are being saved than ever before, but adults alter the age of forty are dying from degenerative diseases at a more rapid rate than ever. The very name degenarative indicates that the tissues and organs are breaking down.

"Diet," Dr. Heisey says, "is a vital factor in keeping up the tone of the whole body, and thus fending off the degenrative group. While we eat too much." he avers, "we make a poor selection and suffer from lack of certain needed elements, notably calcium." Now, calcium is found in milk, butter, the Post Office Building. Alloona, is peel and candied mint leaves. cheese, green vegetables, etc. Our bones are hard because they contain large amounts of it. The average man has about four pounds of ested may apply in person or by letcalcium in his body, nearly all of which is in the bones and teeth. There is a small amount in the blood, which is of vital importance. Most people need approximately 45 grams of calcium a day.

Pregnant women require a great deal more, for they must supply the needs of the growing child, that is Bloomsburg, are co-operating to Then slowly, stirring constantly, rapidly forming bones. The diet of prevent the spread of scarlet fever add the flour mixture. Add the an infant should contain a suffici- of which two adults of Bloomsburg soda which has been dissolved in a ency of calcium to enable the bones and seven pupils in the schools are little water. Drop the mixture 1/2 not only to become larger, but to ill. Six of the sick pupils are from teaspoonful at a time on a cooky harden. At birth, if the bones were the high school. Pupils are check- sheet well oiled, leaving a generas hard as they become later, they ed daily and sent home if they show ous space between to allow for might fracture, so that nature sees any sign of illness, and the congre- spreading. Bake in an oven 275 to to it that babies' bones at birth are gating of pupils outside school is soft and flexible. The child re- discouraged.

quires about twice as much calcium as the adult to meet its growing

Growing children should have a what they want,

Baked Tomatoes Peel and cut the tomatoes in They found that the daily eating of will not develop. Such a diet would halves, arrange in a shallow pan. large quantities of animal liver necessarily include milk, butter, Sprinkle with cracker crumbs and was an effective remedy. It is not cheese, eggs, meat, vegetables, fruits. dot with butter. Bake in a hot

> Short R'bs with Vegetables Brown 3 pounds of short ribs of

by thickening the liquid with

Cheese Salad

Mix chopped toasted nuts with

cottage cheese. For each service

narrow strips of green pepper.

Serve with a French dressing made

and paprika.

raisins.

with I tablespoon of lemon juice to

Cherry Pudding

small pieces. Mix with ¼ cup of

Lincoln Logs

11/2 cups flour

2-3 cup sugar

j plate.

1/4 cup of chopped pecans

OPPORTUNITIES IN NAVY

the same meal, but changes should

be made from day to day to avoid

Nearly every young man has an tatoes, onions, turnips). If there form into balls, allowing a roundambition. He would like to travel, is not enough liquid to cover all the ed tablespoon for each one. Beat ceive compensation while ill. The is fond of sports, desires to improve vegetables, put the onions and tur- the egg white slightly and roll each himself through education, or would nips in the liquid and place the car- croquetie in it. Then fry in deep like to branch out in some new field rots and potatoes on the meat. Sim- hot fat until a golden brown. Serve where he can enjoy life, and at the mer until the vegetables are tender, with roasted ham or chicken. tion neurosis is inevitable in any same time feel that he is getting Remove meat and vegetables and arrange on a platter. Make a gravy

Perhaps you. too, have given a litle thought to these matters. If browned flour (2 tablespoons flour you have, we believe we have a good to each cup of liquid). olution for your probelm.

Marines travel to the four corners of the earth. They are in Peiping and Shanghai, the Philippines, the Hawalian Islands, and place a long roll of this mixture on Panama. They are on naval ves- lettuce leaves and cover with alter-

sels patroling Asiatic waters, steam- nate sections of orange and grapeing along the coasts of America, or fruit. Between the segments place

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.

in football, basketball, swimming, box- fulce to which 2-3 cup of sugar has er of curry butter; a layer of tongue milk drink. rine Corps life. The Marines play 50 minutes in an oven 375 degrees. every outdoor and indoor game and Serve hot or cold with whipped play them well.

The recruiting office located in ries, thin strips of candied orange now accepting applications for the Marine Corps and the Marine Corps Reserve, and any young man interter, to the officer in charge. SIDNEY W. PLATT.

Sergeant, U. S. Marine Corps 1/2 cup butter NCO in Charge. cup molasses

Much Scarlet Fever.

Health and school officials of the boiling point, then add butter.

Life would be much simpler if en spoon. This makes about 4 doz-

Holiday Croquettes 5 medium sweet potatoes 1 egg yolk

teaspoon salt tablespoons flour 2 tablespoons melled builter 1 cup crushed pineapple 1 egg white Boil the potatoes and mash until

smooth and creamy. Mix 1 cup beef in a little fat in a heavy ket- while hot with the egg yolk, unbeat- the Republican or Democratic party tle. Cover with hot water and add en, the salt, flour and butter. Press is in power. But there should be salt and pepper and simmer for all the juice from the pineapple some way for Democracies to operate Milesburg WCTU FOR AMBITIOUS YOUTH about 11/2 hours. Add the vege- and beat the pulp into the sweet po- swiftly and efficiently in times of tables, (seven of each: carrots, po- tato mixture. Chill thoroughly and national emergency.

SCIENTISTS EXPLODE

Harlequin Sandwich Loaf

14 pound butter 1/2 teaspoon lime juice

1 teaspoon curry powder 4 teaspoon salt 1 loaf of white bread not sliced 1 cup of minced cooked chicken tablespoon minced parsley %, pound of butter

% teaspoon salt cup ground nuts tablesoons cream

cup ground boiled tongue 1 small glass of white Bar le Duc. Remove the crust lengthwise from the entire loaf of bread. Trim 4 of salad oil, season with cayenne. off the sides and ends to make them

tabasco, mustard, freshly ground white pepper. Worcestershire sauce straight, then cut off 4 slices full length and ¼ inch thick. Cream the first 4 ingredients to make a curry butter and spread one slice of

about the danger of eating acid Break 4 slices or white bread into bread with it. Cover with minced fruits and milk at the same meal. chicken. Butter a 2nd slice and It is true that the acid fruits may place it butter side over the filling. curdle the milk, but the digestive and 2 tablespoons of chopped can- On the upper side spread with cur- juices of the stomach have the same No where is there a better oppor- died orange peel, add 2 tablespoons ry butter and then a mixture of effect. So it is perfectly safe to eat tunity for sport and athletics than of butter. Pour over this mixture a nuts, cream and salt and cover with cherries and drink milk at the same

ing, track and field athletics and been added. Mix well. Pour into and of Bar je Due and the 4th slice Another false food idea is that water sports are a part of the Ma- a buttered casserole and bake about completes the sandwich. Wrap you should not eat different kinds tightly in a dampened cloth and of fruits together because there is place between 2 platters weighted, danger in combining the different cream. Garnish with glazed cher- Keep in the refrigerator several acids. Nutritionists state that there hours or overnight. When ready to is no possible harm in fruit comserve cut thin alices from the small binations. Nature even combines ends of the leaf to produce a strip- different acids within a single fruit,

1/2 teaspoon soda Find: 38 Copperheads A crew of men from S-66, CCC camp near Loganton, working un-1/2 teaspoon salt 1 teaspoon ginger der the direction of Robert Tyson at the Federal Fish Hatchery at Lamar recently uncovered a den of Mix and sift the flour, sugar, salt 38 copperheads while digging and ginger. Heat the molasses to around a pier. The reptiles were of varying sizes and were promptly dispatched as they were dormant.

ed effect.

Speaking of bedlam: Have you ever heard four females holding a post-mortem on a morning bridge?

We know very few editors who 300 degrees until a medium brown. cannot solve the problems of the Remove from sheet, cool slightly world between editions. and roll over the handle of a wood-

There are fifty-two "go-toyou use some of them

general expects from a buck priing the night ate. That way, he claims, we'd be rid of mulishness on the part of

When you are painting a cupboard some industry and labor in the matter of getting our national defenses that has many handles and hinges in order. Of course, the first cry to of metal, coat the surface of the such a step would be that we're metal with vaseline before starting under a dictatorship. But it may be to paint. In this way, all spots of that the end justifies the means. paint that may be splashed on them This corner has no fear of a dicta- will come off with one rubbing of torship in this nation, either while a dry cloth,

Meets at Church

(Continued from page one)

FOOD FADS AND FANCIES nightly services in the Methodist church) sang a duet, "Whispering Folklore and fancies about food Hope. flourish today, as they always have.

Miss Rose Haupt read a poem en-But food scientists are exploding titled 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 Myra Long, Mrs. Lee Fetger, Miss Rose Haupt. Miss Hannah Schrover. Miss Annie Adams, Mrs. James Leitzell, Mrs. David Evans, Mrs. Edith Mann, Mrs. Mary Dyke, Mrs. Rickert, and Mrs. Kline.

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

-Bargains in the Classifieds

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

" HEAR ARLY with the NEW Crystal Vacuum Tube NOTONE

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

WHEN WINDS

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values in the cooking process, so it is a good idea to eat some of them raw

what they would give to charity if they had a million dollars. It is tough on charity that they havent

g'ot a million. of

about modern business is that nearjob, or threaten to quit, in order

A critical opinion of the morals everybody was willing to pay for en. Pile cookies like logs on a church" days in the year; why don't of youth offen reflects the deterioration of the observer.

a farce in three acts Painting Hint

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

Mr. and Mrs. H. O. Yearick and

Mr. and Mrs. J. N. Moyer

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. Bierly home were: Paul Bierly, John Nelly, Mr. and Mrs. S. J. Gray of State College, Woodrow Bierly of Harrisburg! Charles Kreamer of York: Mr. and Mrs. Stanley Bierly of Millheim and Mr. and Mrs. H. Smull of town.

Mrs. Paul Bright of Bellefonte, visited in town, Friday. Mrs. R. F. Harbach of Livonia,

called in Rebersburg last Thursday. If there are Americans dumb enough to be influenced by some of the commercials we hear on the paid at the expiration of said

radio, they are dumb enough to do, period. say and believe anything. Select Perennials-Aim to select County,

perennials for continuity of bloom and choose three or more for grouping effect in the flower border, recommend floriculturists of the

Pennsylvania State College. 29

LEGAL NOTICES

EXECUTRIX NOTICE. In the Matter of the Estate of Dr. M. A. Kirk, late of Bellefonte Bor-Letters testamentary in the above estate having been granted to the undersigned, all persons indebted to the said estate are requested to make

payment, and those having claims to present the same duly proven, with-out delay to EVA M. KIRK Executrix. Bellefonte, Pa. x12

ADMINISTRATOR'S NOTICE. In the Matter of the Estate of Jer-emiah Zettle late of Gregg Township,

deceased. Letters of administration on said estate having been granted the under-signed, all persons indebted thereto are requested to make immediate payments, and those having claims or demands against the same, will pre-sent them without delay for settle-ment to CHARLES A. ZETTLE, Ad-ministrator, Spring Mills R. D. 1.Pa. x12

ADMINISTRATOR'S NOTICE. In the Matter of the Estate of manda M. Bailey, late of Gregg ownship, Centre County, deceased. Downship, Centre County, deceased. Letters of administration on said estate having been granted the un-dersigned, all persons indebted there-to are requested to make immediate payments, and those having claims of demands against the same, will present them without delay for set-tlement to BRUCE Z. BAILEY, Ad-ministrator, Spring Mills, Pa. g12

ADMINISTRATOR'S NOTICE. ADMINISTRATOR'S NOTICE, In the Matter of the Estate of Martha J. Lane, late of Belledonte Botough, Centre County, deceased. Letters of administration on said estate having been granted the un-dersigned, all persons indebted there-to are requested to make immedi-ate payments, and those having claims or demands against the same, will present them without delay for settlement to ELLJOTT E LANE, Ad-ministrator d. b. n. c. t. a. Belefonte, Pa. R. Paul Campbell, Atty. x12

EXECUTOR'S NOTICE. In the Matter of the Sstate of the te John S. Lambert, late of Belle-onte Borough, deceased, rs testamentary in the above having been granted to the

LEGAL NOTICE.

Notice is hereby given that Charles F. Hipple, Fred C. Mensch. and Harry V. Keeler, County Comssioners 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 abuts. 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

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

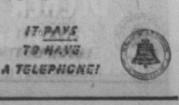
> CHARLES F. HIPPLE FRED C. MENSCH HARRY V. KEELER.

County Commissioners of Centre County



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 added business I would lose without a telephone."



the Marine Corps. Baseball, No. 2 can of cherries with thin the 3rd slice buttered; another lay- meal, and to use orange juice in a

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

Nearly everybody can tell you

One of the criticisms that we hear ly every employee has to quit his

to get a raise in pay.

tative 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