

Health and Beauty

YOUTH SHOULD EAT NUTRITIOUS FOODS

Sitting in cafeterias or other public places watching adolescent boys and girls puffing cigarettes is not a pleasant sight. They are deliberately poisoning themselves and weakening their bodies.

The modern girl also thinks that it is ultra-fashionable to be very thin. She is constantly dieting with that end in view. The result is often disastrous not only to looks but to health as well.

The teen-aged girl especially should eat a nutritious diet and avoid snacks and lunches of unwholesome sweets such as sundaes, syrup drinks, colas, and other appetite-destroying concoctions between-mealings.

Breakfasts should consist of substantial foods, such as cereals, whole wheat, soy bean, rice, or corn breads. Cheese is concentrated but should be included in the list. Tea and coffee are not needed and are really harmful. Milk is the best beverage. It contains calcium which helps to build sound teeth and bones that are so necessary to the body. It is seldom that poor teeth are found among those who eat and drink properly.

Orange juice is cheap and abundant in winter and should be drunk every day. The vitamin C which it contains contributes to the health, particularly of the mouth and gums. In summer this valuable vitamin is found in many fresh fruits and vegetables. It is destroyed by improper methods of cooking, such as adding soda to the water, prolonged heat, etc.

A moderate amount of meat and eggs should be provided in the diet of youth for the protein content. Nuts are also a source of protein of a high order and are free from deleterious substances found in meat.

Dishes that are a combination of cheese and carbohydrates or starches such as macaroni are nutritious and palatable.

Puddings made from left over whole wheat bread are delicious, as are milk and egg custards. Summer desserts should be made from

fruits, and it is well to change off with sherberts and home made ice cream that contain whole milk and cream.

It would be well if everyone would learn to count calories. A girl of sixteen weighing about a hundred and ten pounds should eat 2,500 calories a day. A normal weight girl is not well to eat too high a percentage of either. White breads are high in calories, but poor in essential minerals, proteins and vitamins.

It is easy to find a table of calories. Girls from ten to thirteen years, should eat from twenty-five to 30 or 32 calories a pound if they are normal weight. Girls from fourteen to seventeen should eat a little less. It all depends on the health, weight, and physical condition as to the number of calories required.

This is an age of enlightenment in regard to health matters and it is a sad commentary on human intelligence that so many young people are deliberately ruining their health for what of a little knowledge and lack of self control. No wonder so many young men are being rejected from the army on account of physical defects!

HOUSEHOLD SCRAPBOOK

Invisible Cement for Glasswear An invisible cement suitable for mending glassware can be prepared by melting a little singlass in spirits of wine, enough to cover; add a very little water; warm gently over a moderate fire. When thoroughly melted and mixed, it will form a transparent glue which will re-unite broken glass so firmly and nicely that the joining will be scarcely noticeable.

Smooth Iron Linen cannot be very nicely ironed if the iron has a roughened base. Rub it over some coarse salt sprinkled on a piece of paper, and the iron will acquire a gloss that will make it glide very easily over the linen.

Cleaning Teeth A thorough and effective way to clean the teeth is to dip the end of a match, breaking off the sulphur part, in powdered pumice stone and rub above and below and under the teeth until every trace of foreign accumulation has been removed. Finish by rubbing the face and crown of the tooth with a silk handkercher dipped in the powder.

Old Putty Place old hardened putty in boiling water and allow to stand until the water cools. Then it will be fit for use again.

Hose Darners A burnt-out electric bulb is an excellent hose darning.

Silver Polish To make a good silver polish, stir 1/2 pound of Paris white into one pint of boiling water. When cold, add two tablespoonsful of ammonia. Prepare a day before using and keep the bottles well corked. Shake thoroughly each time before applying. Apply the polish to the entire surface of the article to be cleaned. Let dry on, and then rub first with a soft cloth and afterward polish with a bit of the chamois.

Sugary Molasses If the molasses in the pitcher has turned to sugar, set the pitcher in a bowl of hot water for a few minutes, and the molasses will soon be returned to its former consistency.

MYERS CLAN MEETS AT BLACK MOSHANNON The Myers reunion held at Black Moshannon Park, Sunday, August 31, was well attended. Friends and relatives from Pittsburgh, Mercer, Sharon, Lancaster and intermediate points were present, and all had a most enjoyable time meeting and greeting one another. Best of all were the large tables laden with good things to eat to satisfy all, from the smallest boy to the largest man.

After dinner the minutes of the last meeting were read and election of officers resulted as follows: Edward Myers, chairman; Eva Davis Koski re-elected secretary-treasurer, and Olive Evans, chairman of the musical committee. It was decided to hold the 1942 reunion at the C. M. Myers farm at Julian, this being the original Myers homestead, settled by his great-grandfather.

Sunday was a perfect day for a picnic and everyone seemed to enjoy themselves and to be glad to be there. In the late afternoon after singing "God Be With You 'Till We Meet Again," the group departed for their homes, planning to meet again the Sunday before Labor Day. The oldest person present was Elmer Williams of Pittsburgh, who is 79 years old, and the youngest, Jeanne Myers, daughter of E. P. Myers, aged 4 weeks.

Discovery of Tunnel at Harrisburg (Continued from page one) man dug it, it must have been after the slaves appeared, to get the work. It was also the opinion that W. J. McGovern of Grantman, Clearfield county, the woodman and historical writer, who found the Frenchman's tombstone on Indian Grave hill—now I believe, in the collections of Mrs. M. A. Clark, formerly the lovely alpine club girl, Miss McGovern of Grantman, Clearfield county, would know about this cave and legends.

"I would like to take Miss Marien Jones, the Altoona girl artist, who is painting so many beautiful scenes in the barrens, to see if she has

not already been there, and explore it with her.

"Another reason for my writing this long letter is to suggest the cavern in the barrens as an air raid shelter, for, though after Hitler failed to fly the English channel, a body of water comparable to Black Moshannon, I don't see how he could trouble us here, it is well to have such refuges staked out. The slaves' underground railroad tunnel at Harrisburg would be another good place.

"Parson Brown first told me of the miles of underground routes beneath the building on Capitol Hill in Governor James' Capitol city. Later I heard there was enough space to harbor 5,000 people—at least so an ex-hon'ble watchman told me. You can go from the Capitol to the state museum and from the museum to the South office building and from there to Dr. Haas' state education building.

"It is warm down in those subterranean passages and as cozy as the Catacombs of Rome, Paris or Palermo.

"If a miracle occurred and Hitler came zooming down along the turnpike to Harrisburg, he would not find anybody to hit, if all the underground passages of the Capital City were listed and put in order.

"Let us get busy and have a census taken of all caves and undergrounds in Pennsylvania. Dr. R. W. Stone's book on caves would be a starter. The underground passages in Penn's Valley, Centre county, art the wonder of the Caverns' club, an offshot of the Pennsylvania Alpine club. One could go in at the Stover or Bower caves east of the Blue rock and come out at the Velled Lady's cavern, near Jacobusburg, now known as Madisonburg, so I've heard old people say.

"Maunts Gilbert, an old soldier was one of the most cave-minded men I knew; also old Mr. Gettieg, the soldier whose sweetheart gave him a little testament when he went to the Civil war, which he carried over his heart. A bullet spent its life in the Bible and his life was saved.

"I believe there is space for everybody in Pennsylvania to live underground. And say, those 'old men's workings' in Fulton county should be explored; also abandoned mines of all kinds. If those chromitum mines in Lancaster county could be found and drained, they are big enough to take care of all the people in that county."

Cheese is a concentrated food, rich in protein, fat, calcium, phosphorus and sulphur. These salad recipes all call for cheese, so try them on your family at your earliest convenience. I'm sure they will like them.

Letuce Roll 1 cup cottage cheese 1/2 cup chopped nut meats 1/2 cup grated carrots 1/2 teaspoon salt 2 tablespoons mayonnaise Large lettuce leaves. Mix cottage cheese, nut meats, carrots, salt and mayonnaise. Spread thinly on lettuce leaves, roll and secure with toothpicks. Chill when ready to serve, cut in 1/2 inch slices and place several slices on lettuce leaf for each serving.

Cheese Leaf 1 lb. grated American cheese 1 cup pecan meats 3 plumetoes 2 boiled eggs 2 tablespoons chopped mixed pickles salt. Run all ingredients through the food chopper using coarse blade. After a thorough mixing, work mixture into dough. Place in a mold. Chill 24 hours. When ready to serve slice. Serve on lettuce.

Orange Salad On a bed of shredded lettuce arrange 6 or 7 orange segments in flower petal style. Center with 2 tablespoons of cottage cheese. Top cheese with a teaspoon of jelly, chopped dates or seedless raisins.

Frozen Cream Cheese Salad 2 three-ounce packages of cream 1-3 cup black currant jam 1/2 cup crushed pineapple, drained 2 cups cream whipped Salt. Drain juice from apricots, press through sieve. Sprinkle 2 teaspoons gelatin over 1/2 cup of juice. Add 1 1/2 cups heated pulp. Pour into pan and let mold. Sprinkle remaining gelatin over 1/2 of juice. Add rest of heated pulp. Combine with cottage cheese and salt. Pour on top of other mixture. Chill. Serve on lettuce leaves topped with salad dressing.

Apricot Salad 1 No. 2 1/2 can apricots 4 teaspoons gelatin 2 cups cottage cheese Salt. Drain juice from apricots, press through sieve. Sprinkle 2 teaspoons gelatin over 1/2 cup of juice. Add 1 1/2 cups heated pulp. Pour into pan and let mold. Sprinkle remaining gelatin over 1/2 of juice. Add rest of heated pulp. Combine with cottage cheese and salt. Pour on top of other mixture. Chill. Serve on lettuce leaves topped with salad dressing.

Cottage Cheese Salad 1 1/2 cups tomato juice 1 cup cooked salad dressing 2 tablespoons gelatin 1-3 cup cold water 3 tablespoon chopped green peppers. 1 tablespoon chopped onion. Heat the tomato juice to the boiling point and add the cottage cheese. Stir until smooth, then add the gelatin which has been softened in cold water. When the mixture has partially cooled add the cooked dressing and chopped peppers and onion. Pour into an olive mold and chill until firm. Serve on lettuce.

Lessons In English

Words Often Misused Do not say, "He is doing the work the same as he always has." Say, "He is doing the work just as he always has."

Say, "We shall go within a day" to express within the limit of a day. Say, "We shall go in a day" when meaning at the expiration of a day.

Do not say, "They went in the theatre." Use into to express entrance. Do not say, "I consider her as worthy of promotion." Omit as.

Do not say, "You have got to do it." Say, "You will have to do it."

Do not say, "He done it without any assistance." Say, "He did it."

Words Often Mispronounced Sacrilege. Pronounce sak-ri-lij, as in sak, i, e as in it, e as in end, accent first syllable.

Penal. Pronounce the e as in tea, not as in ten.

Affluence. Accent first syllable, not the second.

Halcyon. Pronounce hal-si-un, as in an, i as in it, u as in up, unstressed in each first syllable.

Decent. Pronounce second e as in cent unstressed, and do not de-sent.

Defranchise. e as in men, both i's as in it, accent first syllable.

Words Often Misspelled Blential; observe the two n's. Bestial; pronounce bes-chal, e as in less. Disguise; se, though pronounced as z. Panic, no k; panicky, observe the k. Ameliorate; six vowels. Petrify; ri, not re.

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:

DESULTORINESS; state of being aimless. "Desultoriness may often be the mark of a full head; connection must proceed from a thoughtful one."—Danby.

SANGUINARY; bloodthirsty. "PASPANG transforms us into a kind of savage, and makes us brutal and sanguinary."—Broomer.

OPPORTUNE; seasonable; timely. "The opportune arrival of the grocery truck solved the family's food problem."

FORBEARANCE; patience. "There is a limit at which forbearance ceases to be a virtue."—Burke.

FERRET (verb); to search (out), as by shrewd questioning. "The police were able to ferret out the hiding-place of the bandits."

DILEMMA; a necessary choice between equally undesirable alternatives; a perplexing predicament. "I found myself in a dilemma, not knowing which invitation to accept."

Modern Etiquette

1. What are some of the common expressions to avoid in conversation?

2. Is it necessary to send a gift when one receives an announcement of a girl's engagement?

3. Is it permissible to use hotel stationery when accepting or regretting a formal invitation?

4. Is it proper for a man to smoke while walking along the street with a woman?

5. Should one try to keep the right-hand margin of a letter even?

6. When should a woman remove her wraps when dining in the restaurant of a hotel?

7. Should the napkins be used at a formal tea be of a certain size?

8. When calling on a friend at a hotel or in an apartment, does one go directly to the room?

9. Is it all right to monopolize an entire seat on a train by piling one's wraps and luggage on it?

10. What is one of the most common and inconsiderate of offenses when attending a theatre performance?

11. When should one unpack one's baggage when taking an ocean trip?

12. What should stout women avoid when selecting their wardrobe?

er or one of the men in the party assisting her.

7. Yes; they should be twelve inches square.

8. This is considered very bad taste and thoughtless. One should never go to the friend's room without first telephoning to see if he or she is in and able to see you. The telephoning may be done either from one's home or by use of the house telephone.

9. No; if passengers are going through the train looking for seats remove your belongings before someone is forced to ask for the seat.

10. That of arriving late. This is exceedingly inconsiderate of the comfort and pleasure of the others who have arrived on time and are entitled to an unspoiled performance.

11. For safety's sake do not unpack until the visitors have left and the steamer has put out from the dock.

12. Stiff tailor-made clothes and big patterns.

Answers to Modern Etiquette

1. One's personality is reduced to a minimum if he persists in employing such words as "O. K." for "all right"; "yeah" for "yes"; "kid" for "child"; "gets my goat" for "annoys me"; "up to you" for "it's for you to decide"; "sure" for "yes" or "certainly"; and "I don't get you" for "I don't understand." People of refinement, and especially women do not use these expressions.

2. No.

3. No; it shows a lack of respect to the woman, especially if she is one who also smokes. The fact that convention does not yet allow a woman of breeding to walk along the street smoking a cigarette should prohibit a man of good taste from exercising his "right" while with her.

4. Yes; while it is usually uneven, care should be taken not to run the lines too near to the edge of the paper. It should have some balance with the left-hand margin.

5. She waits until she is seated before removing her wraps, the waitress.

CHURCHES

Boalsburg Lutheran Rev. L. J. Kauffman, pastor. Sunday school, 9:30 a. m. Morning worship and sermon, 10:30. Pleasant Gap—Morning worship, 8:30; Sunday school, 9:30 a. m. Shiloh—Sunday school, 9:30 a. m. Vesper and sermon, 7:30 p. m.

Methodist, Bellefonte Rev. H. C. Stenger, Jr., pastor. Church school, 9:30 a. m. Harold Wren, Supt. Morning worship, 10:45 a. m. Sermon, "The Life of Faith." Evening service, 7:30. Sermon on "Claim to Leadership." Prayer meeting each Wednesday evening at 7:30 o'clock.

United Brethren, Bellefonte G. E. Householder, pastor. Unified services beginning at 9:30 a. m. John R. Shupe, Supt., in charge. Baptism and Communion at 9:45 a. m. Sunday school lesson study at 10:20 a. m. Closing at 11 o'clock. The four Christian Endeavor societies will meet at 6:30 p. m. Communion service and sermon at 7:30 p. m. Prayer and Bible study Wednesday evening at 7:30. Choir rehearsal Friday evening; Junior choir at 7:30. Senior choir at 8 o'clock. The public is cordially invited to attend all services.

First Evangelical, Bellefonte H. Halbert Jacobs, pastor. 9:30 a. m. Sunday Church school, Charles W. Keller, Supt., 10:40 a. m. worship with sermon Subject, "How to Live the Christian Life." 7:30 p. m. worship with sermon by the pastor. The Young Peoples' Missionary Circle will meet on Monday evening. The Ladies' Aid meets Tuesday evening at the church. Prayer meeting on Wednesday evening at 7:30. The Sunday School Board will meet following the prayer service. Choir rehearsal on Friday evening at 7 o'clock. We welcome you to worship with us.

St. John's Lutheran, Bellefonte The Rev. Clarence E. Arnold, pastor. Thirteenth Sunday after Trinity, September 7, 9:30 a. m. This Service and Sermon: "Aid Who is My Neighbor?" 9:30 A. M. Sunday School. This will be the last Sunday on the summer schedule of hours. With next Sunday, September 14th, we return to The Service at 10:45 a. m. and Vespers at 7:30 p. m. All other services will be resumed. The Willing Workers will meet on Tuesday night at 8 o'clock. The Ladies' Aid Society will meet on Wednesday afternoon at the home of Mrs. W. J. Emerick, 103 W. Linn Street.

Nittany Valley Lutheran Parish Paul J. Keller, pastor. Sunday September 7th. Zion—9:30 Union Church School; 10:30 Worship with sermon. St. Paul's—9 a. m. Church School; 7:30 Worship with sermon. St. Mark's—9 a. m. Church School.

Presbyterian, Millsburg Services, Sunday, Sept. 7th. Bible School 9:30 a. m. Morning Worship 10:45 a. m. Christian Endeavor 6:30 p. m. Evening Worship 7:30 p. m. EST. Unionville—Bible Study Class Monday, Sept. 8th. in the church at 8:00 p. m. Howard E. Oakwood, Minister.

First Evangelical, Bellefonte H. Halbert Jacobs, pastor. 9:30 a. m. Sunday Church school, Charles W. Keller, Supt., 10:40 a. m. worship with sermon Subject, "How to Live the Christian Life." 7:30 p. m. worship with sermon by the pastor. The Young Peoples' Missionary Circle will meet on Monday evening. The Ladies' Aid meets Tuesday evening at the church. Prayer meeting on Wednesday evening at 7:30. The Sunday School Board will meet following the prayer service. Choir rehearsal on Friday evening at 7 o'clock. We welcome you to worship with us.

St. John's Lutheran, Bellefonte The Rev. Clarence E. Arnold, pastor. Thirteenth Sunday after Trinity, September 7, 9:30 a. m. This Service and Sermon: "Aid Who is My Neighbor?" 9:30 A. M. Sunday School. This will be the last Sunday on the summer schedule of hours. With next Sunday, September 14th, we return to The Service at 10:45 a. m. and Vespers at 7:30 p. m. All other services will be resumed. The Willing Workers will meet on Tuesday night at 8 o'clock. The Ladies' Aid Society will meet on Wednesday afternoon at the home of Mrs. W. J. Emerick, 103 W. Linn Street.

September Month of County Fairs

Many Outdoor Pleasures Are Listed For Gatherings and Profit

The State Department of Commerce Calendar of Events lists 35 county fairs in various sections of the State during the first three weeks of September.

Long an American institution, the county fair is at home in the Keystone State because of its vast rural population and its progressive agricultural life. It's a great day for many city folks, too, according to requests for locations and dates of county fairs received in the tourist divisions of the Department. At this season of the year there is a prevalence of the "back to the farm" feeling when thousands of persons derive pleasure from wandering through large buildings containing fruit, vegetables and home made goods exhibits, and taking part in the general fun of the fairs.

Housewives sort out the choice preserves and handwork for church or sectional displays and farmers bring the best of their cattle and horses to vie for blue ribbons and prizes. Usually featured on county fair programs are harness races, riding and races and fare-festivals as well as baseball and other sports events. There's always fun for young and old in the midway replete with amusements, pink lemonade and cotton candy.

County fairs where annual get-togethers portray a cross-section of American life, are scheduled in Pennsylvania the first three weeks of September as follows:

Junia Co., Port Royal—Sept. 2-6. Lycoming Co., Hughesville—Sept. 2-6.

Fulton Co., McConnellsburg—Sept. 3-6. Sullivan Co., Forkville—Sept. 3-6. West End, Laurelton—Sept. 3-6. Greene Dreher, Newfoundland—Sept. 4-6.

Reading, Reading, Pa.—Sept. 7-14. Waynesburg, Waynesburg—Sept. 8-13. Jenner Fair, Jennerstown—Sept. 9-12.

Perry Co., Newport—Sept. 9-12. Doylestown, Doylestown—Sept. 9-12. Black Barren, Peach Bottom—Sept. 10-12. Harford Agri., Harford—Sept. 10-12.

Oswayo Valley, Millport—Sept. 10-13. Smythe Park, Mansfield—Sept. 10-13. Twin Co., Northampton—Sept. 11. Cambridge Springs, Cambridge Springs—Sept. 11-13. Conestoga Coll., Conestoga—Sept. 11-13.

Cookport Fair, Cookport—Sept. 11-13. Derry Cob, Derry—Sept. 11-13. Millersburg Farmers, Millersburg—Sept. 11-13. Sugar Grove Com., Sugar Grove—Sept. 11-13.

West Alexander, West Alexander—Sept. 11-13. Allentown, Allentown—Sept. 16-20. West Lampeter, Lampeter—Sept. 17-19. Grants, Horti., Gratz—Sept. 17-20.

Mifflin Agri., Newville—Sept. 17-20. P. O. S. of A., Oriental—Sept. 17-20. South Mountain, Ardentsville—Sept. 17-20.

Washington Co., Washington—Sept. 17-20. Cochranton Comm., Cochranton—Sept. 18-20. Lintcomb, Edinboro—Sept. 18-20. Edinboro, Lintz—Sept. 18-20. North East, North East—Sept. 18-20.

Benton Twp., Fleetville—Sept. 18-21. Rev. H. C. Stenger, Jr., pastor. Church school, 9:30 a. m. Morning worship and sermon, 10:30. Pleasant Gap—Morning worship, 8:30; Sunday school, 9:30 a. m. Shiloh—Sunday school, 9:30 a. m. Vesper and sermon, 7:30 p. m.

Methodist, Bellefonte Rev. H. C. Stenger, Jr., pastor. Church school, 9:30 a. m. Harold Wren, Supt. Morning worship, 10:45 a. m. Sermon, "The Life of Faith." Evening service, 7:30. Sermon on "Claim to Leadership." Prayer meeting each Wednesday evening at 7:30 o'clock.

United Brethren, Bellefonte G. E. Householder, pastor. Unified services beginning at 9:30 a. m. John R. Shupe, Supt., in charge. Baptism and Communion at 9:45 a. m. Sunday school lesson study at 10:20 a. m. Closing at 11 o'clock. The four Christian Endeavor societies will meet at 6:30 p. m. Communion service and sermon at 7:30 p. m. Prayer and Bible study Wednesday evening at 7:30. Choir rehearsal Friday evening; Junior choir at 7:30. Senior choir at 8 o'clock. The public is cordially invited to attend all services.

First Evangelical, Bellefonte H. Halbert Jacobs, pastor. 9:30 a. m. Sunday Church school, Charles W. Keller, Supt., 10:40 a. m. worship with sermon Subject, "How to Live the Christian Life." 7:30 p. m. worship with sermon by the pastor. The Young Peoples' Missionary Circle will meet on Monday evening. The Ladies' Aid meets Tuesday evening at the church. Prayer meeting on Wednesday evening at 7:30. The Sunday School Board will meet following the prayer service. Choir rehearsal on Friday evening at 7 o'clock. We welcome you to worship with us.

St. John's Lutheran, Bellefonte The Rev. Clarence E. Arnold, pastor. Thirteenth Sunday after Trinity, September 7, 9:30 a. m. This Service and Sermon: "Aid Who is My Neighbor?" 9:30 A. M. Sunday School. This will be the last Sunday on the summer schedule of hours. With next Sunday, September 14th, we return to The Service at 10:45 a. m. and Vespers at 7:30 p. m. All other services will be resumed. The Willing Workers will meet on Tuesday night at 8 o'clock. The Ladies' Aid Society will meet on Wednesday afternoon at the home of Mrs. W. J. Emerick, 103 W. Linn Street.

Nittany Valley Lutheran Parish Paul J. Keller, pastor. Sunday September 7th. Zion—9:30 Union Church School; 10:30 Worship with sermon. St. Paul's—9 a. m. Church School; 7:30 Worship with sermon. St. Mark's—9 a. m. Church School.

Presbyterian, Millsburg Services, Sunday, Sept. 7th. Bible School 9:30 a. m. Morning Worship 10:45 a. m. Christian Endeavor 6:30 p. m. Evening Worship 7:30 p. m. EST. Unionville—Bible Study Class Monday, Sept. 8th. in the church at 8:00 p. m. Howard E. Oakwood, Minister.

First Evangelical, Bellefonte H. Halbert Jacobs, pastor. 9:30 a. m. Sunday Church school, Charles W. Keller, Supt., 10:40 a. m. worship with sermon Subject, "How to Live the Christian Life." 7:30 p. m. worship with sermon by the pastor. The Young Peoples' Missionary Circle will meet on Monday evening. The Ladies' Aid meets Tuesday evening at the church. Prayer meeting on Wednesday evening at 7:30. The Sunday School Board will meet following the prayer service. Choir rehearsal on Friday evening at 7 o'clock. We welcome you to worship with us.

St. John's Lutheran, Bellefonte The Rev. Clarence E. Arnold, pastor. Thirteenth Sunday after Trinity, September 7, 9:30 a. m. This Service and Sermon: "Aid Who is My Neighbor?" 9:30 A. M. Sunday School. This will be the last Sunday on the summer schedule of hours. With next Sunday, September 14th, we return to The Service at 10:45 a. m. and Vespers at 7:30 p. m. All other services will be resumed. The Willing Workers will meet on Tuesday night at 8 o'clock. The Ladies' Aid Society will meet on Wednesday afternoon at the home of Mrs. W. J. Emerick, 103 W. Linn Street.

Nittany Valley Lutheran Parish Paul J. Keller, pastor. Sunday September 7th. Zion—9:30 Union Church School; 10:30 Worship with sermon. St. Paul's—9 a. m. Church School; 7:30 Worship with sermon. St. Mark's—9 a. m. Church School.

Presbyterian, Millsburg Services, Sunday, Sept. 7th. Bible School 9:30 a. m. Morning Worship 10:45 a. m. Christian Endeavor 6:30 p. m. Evening Worship 7:30 p. m. EST. Unionville—Bible Study Class Monday, Sept. 8th. in the church at 8:00 p. m. Howard E. Oakwood, Minister.

First Evangelical, Bellefonte H. Halbert Jacobs, pastor. 9:30 a. m. Sunday Church school, Charles W. Keller, Supt., 10:40 a. m. worship with sermon Subject, "How to Live the Christian Life." 7:30 p. m. worship with sermon by the pastor. The Young Peoples' Missionary Circle will meet on Monday evening. The Ladies' Aid meets Tuesday evening at the church. Prayer meeting on Wednesday evening at 7:30. The Sunday School Board will meet following the prayer service. Choir rehearsal on Friday evening at 7 o'clock. We welcome you to worship with us.

St. John's Lutheran, Bellefonte The Rev. Clarence E. Arnold, pastor. Thirteenth Sunday after Trinity, September 7, 9:30 a. m. This Service and Sermon: "Aid Who is My Neighbor?" 9:30 A. M. Sunday School. This will be the last Sunday on the summer schedule of hours. With next Sunday, September 14th, we return to The Service at 10:45 a. m. and Vespers at 7:30 p. m. All other services will be resumed. The Willing Workers will meet on Tuesday night at 8 o'clock. The Ladies' Aid Society will meet on Wednesday afternoon at the home of Mrs. W. J. Emerick, 103 W. Linn Street.

Nittany Valley Lutheran Parish Paul J. Keller, pastor. Sunday September 7th. Zion—9:30 Union Church School; 10:30 Worship with sermon. St. Paul's—9 a. m. Church School; 7:30 Worship with sermon. St. Mark's—9 a. m. Church School.

Presbyterian, Millsburg Services, Sunday, Sept. 7th. Bible School 9:30 a. m. Morning Worship 10:45 a. m. Christian Endeavor 6:30 p. m. Evening Worship 7:30 p. m. EST. Unionville—Bible Study Class Monday, Sept. 8th. in the church at 8:00 p. m. Howard E. Oakwood, Minister.

First Evangelical, Bellefonte H. Halbert Jacobs, pastor. 9:30 a. m. Sunday Church school, Charles W. Keller, Supt., 10:40 a. m. worship with sermon Subject, "How to Live the Christian Life." 7:30 p. m. worship with sermon by the pastor. The Young Peoples' Missionary Circle will meet on Monday evening. The Ladies' Aid meets Tuesday evening at the church. Prayer meeting on Wednesday evening at 7:30. The Sunday School Board will meet following the prayer service. Choir rehearsal on Friday evening at 7 o'clock. We welcome you to worship with us.

St. John's Lutheran, Bellefonte The Rev. Clarence E. Arnold, pastor. Thirteenth Sunday after Trinity, September 7, 9:30 a. m. This Service and Sermon: "Aid Who is My Neighbor?" 9:30 A. M. Sunday School. This will be the last Sunday on the summer schedule of hours. With next Sunday, September 14th, we return to The Service at 10:45 a. m. and Vespers at 7:30 p. m. All other services will be resumed. The Willing Workers will meet on Tuesday night at 8 o'clock. The Ladies' Aid Society will meet on Wednesday afternoon at the home of Mrs. W. J. Emerick, 103 W. Linn Street.

Nittany Valley Lutheran Parish Paul J. Keller, pastor. Sunday September 7th. Zion—9:30 Union Church School; 10:30 Worship with sermon. St. Paul's—9 a. m. Church School; 7:30 Worship with sermon. St. Mark's—9 a. m. Church School.

Presbyterian, Millsburg Services, Sunday, Sept. 7th. Bible School 9