

Health and Beauty

People who fret and worry are inviting serious disease. In fact diabetes is one of them. It seems to be hovering around waiting to pounce upon the chronic worrier, especially when he is overtired and does not get enough rest and sleep.

body is not capable of using all the sugar in your food. If you were well, you liver would store the unused sugar, and deal it out to your body as it is needed. But your pancreas or sweetbreeds have gone wrong.

Sarah Ann's Cooking Class

The crimson cranberry with its delicious flavor is a welcome fruit which comes in the fall. It is a perfect accompaniment for turkey, ham, chicken and pork. In bread, in salads, in sherbert and many other dishes the cranberry has that which keeps it a favorite.

2 cups strained cranberry sauce
Juice of 1 large orange
Juice of 1 lemon and the rind
2 egg whites stiffly beaten
3 small avocados

YOUR HEALTH

Emotions are described as "agitated strong feelings." How strong are these feelings and how do they affect us? We know that gastrointestinal upsets may be either caused or greatly influenced by emotional factors.

Waddle Couple Wedded 55 Years

The average person should not pass by his neighborhood physician, who charges moderate fees and gives adequate service for 80 per cent of human disorders, to go to a specialist whose fees, he knows beforehand, are too high for him to pay.

Cranberry and Pecan Salad

8 canned pear halves
1 package cream cheese
3 tablespoons cream
Salt

Spiced Cranberry Roll

(Batter for Sponge Roll)
1 teaspoon baking powder
1-4 teaspoon salt
4 eggs

HOUSEHOLD HINTS

To Loosen Glass Stoppers To loosen a glass stopper that is stuck fast, dip the tip of a feather in oil and rub around the stopper close to the mouth of the bottle. Put the bottle near a fire. The heat will cause the oil to run down between the stopper and the bottle.

Furniture Scratches

Furniture scratches, unless too deep, can be removed by rubbing sweet oil into the scratches with a finger tip, then polishing with a soft cloth.

PARKED CAR CAUSES CRASH NEAR HECLA

A parked car caused a three-car accident on Route 226 one mile east of Hecla Park, Friday night, resulting in total damage of about \$100. No one was injured.

Investigate Report

Saturday night a State College resident phoned police that a man, sick or injured, was lying in the weeds on South Pugh street. Officer Grant N. Kough sent at once to the scene, found nothing.

STUDENT INSTRUCTOR DIES IN PLANE CRACK-UP

A yellow monoplane plummeted to earth Monday in full view of motorists on the heavily-traveled Lincoln highway about five miles from Coatesville. Witnesses said it suddenly went into a nose-dive about 1,000 feet up.

Nonagenarian Gardener

Mrs. Mary Marion, of Ulysses, Potter county, will be 92 years old next month and can put to shame most young gardeners. She had her garden plowed this Spring, and later paid 35 cents for work done by another. The rest of the work she did herself. In addition to the fresh vegetables supplied for meals during the season, 78 cans of corn, 30 cans of beans and supplies of shell beans, carrots, etc., are in the cellar. Still to be gathered are cabbages, turnips, squashes and other vegetables, and many masses of garden stuff were given to neighbors.

CLOVER FARM STORES Sale of CANNED FOODS. Includes images of corn, beans, and other food products.

CLOVER FARM WHOLE WAX BEANS 2 No. 2 Cans 35c :: 6 Cans \$1.00. CLOVER FARM VACUUM PACKED Wh. Grain Golden Bantam Corn 2 Cans 25c :: 6 Cans 73c.

BUY IN CASE LOTS 2 Cans 6 Cans. TEMPLAR No. 303 Can 19c 55c. TENDER SWEET PEAS 19c 55c. FANCY FLAVOR No. 2 Can 19c 55c.

CLOVER FARM JUICE SPECIALS 2 Cans 6 Cans. Pineapple JUICE 19c 55c. Grapefruit JUICE 19c 55c. Blended JUICE 19c 55c.

CLOVER FARM APPLE SAUCE 2 No. 2 23c 6 Cans 66c. PHILLIP'S CUT GREEN BEANS 2 No. 2 23c 6 Cans 66c. STANDARD TOMATOES 2 Quart 29c 6 Cans 85c.

Taste how good a cone can be! Sealtest SUGAR ROLLED CONE. Try this crispier, crunchier ice cream cone at your Sealtest dealer's. Then take home a quart of ice cream and six unfiled Sealtest Sugar Rolled Cones (5c). Treat the folks to delicious home-made cones.

Mrs. Thomas, who last February 13 celebrated her 75th birthday, is a daughter of Jonas and Elizabeth Meyers Stine and was born in Patton township less than a mile away from the present Thomas home. She has been a resident of the township all her life.

HOME LEMON JUICE RECIPE TAKES OFF UGLY FAT

Right in your kitchen, use this simple, tested LEMON JUICE RECIPE to make your own delicious lemonade. Some of the best lemonade ever made is made with this recipe. It is quick, easy, and makes a delicious drink for the whole family.

Enrollment is High

Bucknell University's student body this fall exceeds that of last year, despite the fact that colleges and universities generally throughout the country reported smaller enrollments. Registrar H. W. Heller announced. Complete registration figures released show a total of 1342 students at Bucknell this year, an increase of 21 over last year's enrollment. Bucknell's freshman class of 413 students is the largest in the history of the university.

Hard Digging

Difficulty is being experienced on the farms of J. Lewis Reitz in Union county, in the digging of a large crop of potatoes, because of the current drought. Only 20,000 bushels of potatoes have been turned in by workers so far, it is reported. A good rain would soften the ground enough so that the digging operation could be speeded.

Ambitious Lilac Bush

With the unseasonable warm weather last week, anything seemed likely to happen. A French lilac bush owned by Mrs. Claire Mathian, of Milton, is in bloom for the second time this year.

To Seek Recruits Here

U. S. Army recruiting officers from Altoona will be at the Bellefonte postoffice October 24 from 10 a. m. to 2 p. m. The men will receive applications for the army.

What's Alright for the Bears May be Alright for the Jones's...

but most of us would rather spend the winter in our own comfortable homes... if they have been wintered! Check these danger points for heat loss and discomfort in your home... and do something about them!

Storm Sash will eliminate those unhealthful drafts!

Insulation will keep your home evenly heated for less fuel. New roofing or siding may eliminate big heat "leaks."

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Red Cup Coffee 3 Lb. Bag 55c Lb. 19c. Green Cup Coffee Pound 27c. Glendale COFFEE..... Lb. 29c. Clover Farm COFFEE.. Lb. 33c. CLOVER FARM Floor Wax Pint Can 29c. CLOVER FARM Cleanser 6 Cans 25c.