# Health and Beauty

People who fret and worry are in- | body is not capable of using all the viting serious disease. In fact dia- sugar in your food. If you were well, betes is one of them. It seems to be you liver would store the unused hovering around waiting to pounce sugar, and deal it out to your body upon the chronic worrier, especially as it is needed. But your pancreas when he is overtired and does not or sweetbreads have gone wrong. get enough rest and sleep.

four hours. He eats large amounts of starchy food such as potatoes and waste. The juice that is of such imbread, yet continues to lose weight He looks sick and never feels well. He has the symptoms of diabetes.

Finally he goes to his physician who gives him a general check over. When the man of science finds sugar in the patient's urine, he proceeds a step further and has the blood sugar estimated. If it is abnormally high and the physician is as wise and tactful as he is sympathetic, he sits down and has a heart to heart talk with his patient. What he tells him is about as follows:

"You have diabetes. We do not promise to cure you, but if you cooperate fully with me your health can be greatly improved and you can probably live out your normal life span in comfort."

"But Doctor!" says the frightened patient, "I hear of so many dying from diabetes. I am terribly afraid

"You must not be afraid. Fear and dread will tend to keep you from getting better. Make up your mind that you are going to take advantage of all that modern science can teach you and live up to it. Only in this way can you be helped."

Then doctor, tell me what to do," "First, I must explain that your live.

YOUR HEALTH

Emotions are described as "agi-

tated strong feelings.

how do they affect us?

"In other words, they do no long-Overweight often precedes diabetes er produce the juice which takes which is not suspected at the time. care of starches and sugar in your His thirst increases and he drinks body. You can't store sugar which quantities of water and urinates supplies fuel and energy for your frequently, sometimes passing as needs. Your necessary fuel without much as a gallon of water in twenty- which you cannot exist is being drained out through the urine as portance is called insulin. When too little or none is manufactured by the pancreas, the sugar accumulates in the blood which causes an abnormal thirst and excessive water drinking. This is nature's method of getting rid of large amounts of sugar through the kidneys.

"Fortunately, insulin is now on the market and can be taken by those who have diabetes. This is proving a life-saver for thousands.'

and infections, so the skin must be kept very clean, especially the feet. Worry and fatigue should be avoided. The diet is prescribed according to the patient's needs. Sugar and sweets are generally withheld from the regular food. Only the proper amount of proteins, fats, and carbohydrates should be eaten.

The diabetic must keep in touch with his physician and follow his instructions. He should never neglect taking the prescribed units of insulin. Not all cases have to take insulin. Sometimes those who need it at first can give it up later.

#### human disorders, to go to a specialare too high for him to pay. We know that gastrointestinal up-

The property located along the

Buffalo Run Valley Highway con-

sists of a spacious and comjortable

every township and local office at

He has been road supervisor and au-

ditor, and for 12 years was Overseer

of the Poor of Patton township.

He is an active member of the

Democratic party, is a prominent

member of the Bellefonte Elks

Lodge, and of the Stormstown I, O

13 celebrated her 75th, birthday, was

a daughter of Jonas and Elizabeth

Meyers Stine and was born in Pat-

ton township less than a mile away

from the present Thomas home

She has been a resident of the town-

Mr.. Thomas was one of nine chil-

brothers and two sisters are living.

namely: Daniel, of Kansas City

Wash Irvin, of Reynolds Avenue

Bellefonte, and Mrs. Verna Weston

of Altoona, Mrs. Thomas was one

of a family of 14 children, all of

whom are now deceased with the

exception of a brother and two

sisters; Jonas Stine, State College;

Mrs. David Thomas (wife of her

husband's brother), of Halfmoon

township, and Mrs. John Hoy, of

State College.
Mr. and Mrs. Thomas have one

child, a daughter Verna, who is

now the wife of Frank C. VanHoe-

sen, of Buffalo, N. Y. Mr. Van-

Hoesen, a wholesale dealer, has large

stores in Buffalo, Rochester, Bata-

Since Mr. Thomas' retirement

from active life he has devoted most

of his time to recovering his health.

He underwent three operations and

as a result is now apparently in the

During his active life Mr. Thomas

was interested in horses, and main-tained a stable of two or three

horses most of the time. Among

some of the better horses he had were two pacers, "Flip" and "Trix,

the former of which had a notable

enjoy.ng good health, and they

maintain a lively interest in their

community. They frequently go on

extended motor trips and several

years ago spent some time in Flori-

da. For recreation they devote

much time to their garden and to

the maintenance of their home,

which is among the most modernly equipped farm homes in the valley

Both Mr. and Mrs. Thomas are

via, and Niagara Falls, N. Y.

best of health.

record on the track.

Mo.; John, of Port Matilda; Mrs.

Mrs. Tnomas, who last February

O. F. lodge.

ship all her life.

Wedded 55 Years

Mr.

sets may be etiher caused or greatly influenced by emotional factors. Waddle Couple It is common knowledge that the skin reacts to emotional stimuli with such obvious responses as blushing, pallor, sweating and goose flesh.

There are many records of the known as the Rev. Stine property on letuce with French or mayonclear relationship between emotion- which has been their home ever naise dressing. al stresses and the onset of skin since. rash or hives.

Eczema is frequently associated with emotional stresses.

home, garage and other buildings on Students of the subject report that the north side of the road. Just from 35 to 40 per cent of all persons across the highway is a six-acre going to physicians with complaints tract of land on which is located of organic disease are suffering prithe spring where Buffalo Run orimarily from unrecognized emotional ginates. The land was used for or personality disturbances. pasturing gattle arti horses Mr.

It is further stated that every disease of a body organ has its associated emotional-personality change-sometimes mild, other times very severe.

may greatly influence the mental Thomas. When he was about one mixture a little at a time and fold der, then drop into cold water and normal, well-adjusted young per- towns

as a purely mental illness or a pure- and then worked on the farm for Turn onto a cloth covered with serving. Then fill with the cooked ly physical one.

There is the constant living in- at the old Scotia ore taines where he terplay of human reactions express- learned the blacksmith trade. After ing themselves through the many following that vocation for nearly 9 functions of the human being. When the thyroid gland fails to

function properly there are often township. severe emotional, personality and intellectual changes.

very sensitive to ideas and emotions a time after the war, and then acas is the respiratory system. Emotion and bodily changes are there. He remained on duty at the interrelated and all physicians prison until ill health forced his reshould be able to adquately corre- tirement about six years ago.

late such relationship. DO YOU KNOW People buy their clothing and one time or another during his life. other unings according to their means. Why not medical service?



ice cream cone at your Sealtest dealer's. Then take home a quart of ice cream and six unfilled Sealtest Sugar Rolled Cones (6 for 5c). Treat the folks to deli-

HOFFMAN'S



# Sarah Ann's Cooking Class

delicious flavor is a welcome fruit calories. 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

To the strained cranberry sauce add the juice of the orange and the juice of the lemon and rind. Freeze in tray of refrigerator until almost frozen. Scrape into a chilled bowl. beat with a rotary beater. Fold in the stiffly beaten egg whites. Continue freezing until firm. Peel the avocados, cut in halves lengthwise. Remove the pits. Brush the surface with a mixture of lemon juice and The diabetic is subject to boils the sherbert in each half. Garnish

## Cranberry and Pecan Salad

8 canned pear halves 1 package cream cheese tablespoons cream Salt

with orange slices.

1 teaspoon sugar teaspoon lemon juice cup raw cranberries

stalks of celery 2 teaspoons grated orange rind 1-4 green pepper French mayonnaise dressing.

Diabetes is a serious disease. If pears. Dry the pears on paper tow- steamed potatoes, vou have it, obey your doctor and els. Blend cream cheese, cream, sait, sugar and lemon juice together until smooth. Put the cranberries and celery through the food chopper. The average person should not pass Mix in the grated orange rind. Put Drain and serve with melted butter. by his neighborhood physician, who the pear halves together with a lit- A little lemon fuice and minced charges moderate fees and gives the of the cream cheese mixture. Cut parsley added to the butter imadequate service for 80 per cent of a piece off the bottom of the pears proves the flavor and gives color to so they will stand up. Skewer with the dish, How strong are these feelings and ist whose fees, he knows beforehand, toothpicks. Chill a few minutes until the cheese has become firm enough to hold the pears together. Remove toothpicks, Spread a thin

coating of cheese over the outside

of the pears and coat them with

the cranberry mixture. Now insert a

strip of green pepper in the stem

Spiced Cranberry Roll (Batter for Sponge Roll) 1 teaspoon baking powder

1-4 teaspoon salt 4 eggs 1-4 cup sugar

1-2 teaspoon vanilla 1-2 teaspoon lemon extract 3-4 cup cake flour

Combine the baking powder, salt Thomas kept as a hobby in former and eggs in a bowl. Set over (not in) hot water. Beat with a rotary Thomas, widely known beater until light. Add the sugar throughout the Bellefonte area, was gradually, beating until very thick. born in Worth township 75 years Flavor with the vanilla and lemon A skin disease as simple and com- ago last August 19. He was a son extract. Remove bowl from over hot p and resided subsequently incl his father. Later he was employed sugar.

# Spiced Cranberries

years at Scotia, the Thomases moved to their present home in Patton 1-8 teaspoon cloves, 1-4 teaspoon Before World War 1, Mr. Thomas cinnamon and 1-2 teaspoon grated accepted a position as guard at orange rind. Cook over low heat 5 The heart of its operation are Rockview penitentiary, resigned for minutes. Beat smooth, Cool. Spread on hit sponge roll. Roll up. Sift sucepted a re-appointment as guard gar over top.

#### HOME LEMON JUICE RECIPE TAKES OFF UGLY FAT Mr. Thomas has held virtually

Right is your kitches, use this simple, tested LEM(N) JUICE RECIPE to make your own reducing supplement! Some loss 10 fbs. in J days, using this home Lemon Juice resipe as directed. Take off posinds of UGLY FAT—easily, quickly, without drugs, laratives, or anything harmful! Just mis Aris with 2 small cane of Lemon Juice, costing 10c to 16c. Simple as that! Tested complete Lemon Juice Recips in each box of Aris—all for only \$1.98.—771sl size 98ct MONEY BACK IF NOT SATISFIED Free delivery — orders tiled promptly. Just phone.

Parrish Drug Store Parrish Drug Store

Taxes will be heavy next March, which will give you an idea that this man Hitler has something to do with your spending money.



### 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 Winterized! Check these danger points for heat loss and discomfort in your home . . , and do something about them!

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# The vitamins that we must have are abundant in greens. They fur-

nish the necessary roughage which is not likely to irritate the digestive organs. To the persons not requiring energy food they are a boon and to the ones needing enwith sauce or dressing high in

#### Broccol

salty water 1/2 hour. Rinse and stopper will loosen. If not, repeat plants are watered will improve the wash again. Split each stalk and the process. head of broccoli into fourths as you would celery hearts. Place it stem end down in a vessel. Start to cook it in a covered vessel about % full of ing linseed oil with sifted whiting water, thirty minutes before time until the proper consistency is acto serve it. Covered closely the quired. stems will cook until tender and the tops will steam at the same time. Remove the lid towards the last. Drain and lay carefully in a hot tablespoonfuls of lard, a pinch of space at a time and then wipe it The parked car, owner unknown, serving dish. Sprinkle with lemon salt, ice water to make the right dry. juice, salt and pepper. Dot with consistency, about 1/2 cup. butter. Serve at once.

# Pennsylvania Dutch Spinach

3 cups of chopped raw spinach 4 slices of bacon 3 tablespoons flour

11/2 cups of water or potato water. 2 tablespoons sugar

1 tablespoon vinegar Salt and pepper to taste. 2 hard boiled eggs.

Place the cleaned and drained chopped spinach in a bowl. Dice the bacon, heat in a skillet and stir until crisp. Remove the bacon and add to the spinach. To the remaining fat add the flour and smooth to a paste. Add the hot water or potato water and cook to a thin smooth, stirring constantly. the sugar, vinegar, salt and pepper Pour over the spinach, stir well and Drain off the syrup from the serve with sliced eggs and boiled or

#### Cabbage

Shred the cabbage fine, boil for minutes in stightly-salted water.

# Brussels Sprouts and Celery

1 quart cooked Brussels Sprouts 1 1/2 cups celery cut in pieces 3 tablespoons butter 3 tablespoons flour

4 cup milk Melt butter, add celery, cook 2 end. Chill until ready to serve. Serve minutes. Add flour and milk gradually. Bring to the boling point add sprouts and season to taste.

> Braised Lettuce and Celery Tops Cook lettuce and celery in salted water about 15 minutes. Drain. Melt butter in heavy frying pan, add lettuce and celery, season and cook slowly for 25 minutes. When ready to serve pour lemon juice over lettuce and celery.

# Beet Cups.

Whole beets of uniform size 1 pint cooked greens 2 hard boiled eggs chopped tablespoon vinegar

Salt and pepper. Wash the beets well and drop mon as acne, often called pimples, of John and Christina Frantz water. Sift the flour over sponge into boiling water. Cook until tenand emotional life of an otherwise year of age the family left Worth in gently. Grease a ten by fifteen slip off skins. Remove the centers he beets to form cups. Brush in Halfmoon, Benner and Patton Grease paper and spread batter out the inside of the cups with salt and Physicians are more and more ad- townships. Mr. Thomas attended evenly. Bake in an oven 400 degrees butter. Place in top of double boilmitting that there is no such thing the Benner township grade schools for 13 minutes. Cut off crisp edges, er to keep hot until just before

greens prepared as follows: Drain the boiling water from greens and chop. To one pint of greens add 2 chopped hard boiled into a saucepan. Mash well and add taste. Mix well and fill the beet cups heaping full of this mixture. Sprinkle with chopped beets taken from the center. Serve hot.

# Enrollment Is High

Bucknell University's student body this Fall exceeds that of last year, despite the fact that colleges and universities generally through out the country have reported smaller enrollments, Registrar H W. Holter 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 univer-

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 workmen 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 Illac 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



# HOUSEHOLD HINTS

To Loosen Glass Stoppers

To loosen a glass stopper that is sometimes one does not wish to re-cloth, stuck fast, dip the tip of a feather tir leaving a downstairs window ergy value they should be served in oil and rub around the stopper open. In this case, leave a basin of close to the mouth of the botle. Put water in the room overnight, and PARKED CAR CAUSES the bottle near a fire. The heat will the air will again be fresh in the cause the oil to run down between morning. the stopper and the bottle. When Wash and trim coarse ends from warm, strike the bottle gently on A few drops of ammonia added to of Hecla Park, Friday night, resultthe broccoli and let it stand in cold both sides with a bit of wood. The each quart of the water with which

# How to Make Putty

Putty can be made merely by mix-

#### Pie Crust

Insomnia Remedies Deep breathing exercises before an open window often help greatly if one has difficulty in getting to sleep. Always be sure the feet are

soothing effect on the nerves. After a Party

Good For Plants

color of the foliage and increase the

#### Washing Painted Walls

The ingredients of pie crust for quantities of clean water and plenty then the Quigg car, when the driver one pie are: 11/2 cups of flour, 2 of clean cloths. Wash only a small applied the brakes.

#### Gold Tecth

One of the best ways to clean gold teeth is to rub them with a mixture of prepared chalk and powdered pumice, sprinkled on the tooth-The Window Sash warm. Don't read or study to try to produce sleep; this only makes the

brain more alert. A glass of hot that is difficult to raise and lower scene, found nothing. milk just before retiring has a can be overcome by pouring a small amount of hot lard between the After a party the living room is rope and on the roller.

Furniture Scratches

Furniture scratches, unless too deep, can be removed by rubbing sweet oil into the scratches with generally heavy with smoke and

# CRASH NEAR HECLA

A parked car caused a three-car ing in total damage of about \$100. No one was injured.

Earle L. Quigg, of Mill Hall, haltcar to let another car driven by When washing painted walls, use John C. Candy, of Tyrone, pass. A a mild soap or soap powder, as machine driven by Dole L. Bitner, strong solutions are liable to remove of Mill Hall, following the Candy the paint or streak the surface, Use car, skidded into the Candy sedan,

escaped damage.

## Investigate Report

Saturday night a State College sick or injured, was lying in the weeds on South Pugh street. Officer The annoyance of a window sash Grant N. Kough sent at once to the

window frame and the casing, and that do all the talking; sometimes, vegetables, and many messes of also smearing it along the sash intelligence tells a man to keep his garden stuff were given to neighmouth shut.

STUDENT INSTRUCTOR DIES IN PLANE CRACK-UP

A yellow monoplane plummeted to finger tip, then polishing with a soft 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.

Twenty-one year old Joseph L. Rice, instructor, died in Coatesville Hospital. The student, John L. Hollenback, 40, of Ardmore, suffered a possible fractured skull, and fractures of the shoulder, wrist and ed his machine behind the parked Schuelkill county

The plane was owned by Chris Stoltzfus, operator of an airport near the scene.

#### 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 resident 'phoned police that a man, herself. In addition to the fresh vegetables supplied for meals during the season, 78 cans of corn, 30 cans of boets and supplies of shell beans, carrots, etc., are in the cellar. Still to be gathered are cab-Smart people are not the ones bages, turnips, squashes and other

# CLOVER FARM STORES CHEATER the new 1941 pack of Clover Farm foods is in-fresh, tender new vegetables sealed in cans the moment they reach the height of flavor; sun-ripened fruits of matchless appeal. Come in or phone your order—most Clover Farm Stores deliver. Extra saxings when you buy by the wase.

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CASE LOTS TENDER SY FANCY FLAVOR **EVERGREEN CORN** CHOPTANK **CUT GREEN BEANS** BEST QUALITY CLOVER FARM Quart Can 19c 55c **FANCY HOMINY** WILLIAM PENN No. 2 Can 19c55c **APPLE SAUCE** GREAT NORTHERN **GOLDEN BANTAM CORN** FOODLAND 23c 66c **EARLY JUNE PEAS** 

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Glendale COFFEE ..... Lb. 29c Clover Farm COFFEE., Lb. 33c

CANDY SPECIALS

Peanut Brittle..... Lb. 17c Hallowe'en Corn ..... 1/2-Lb. 9c Foodland Chocolate Drops, Lb. 15c

This Sale Will Run For Two Weeks. Ends Saturday, October 18th

Oct. Laundry Soap Cakes 17c Ivory Soap

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