

Modern Etiquette

- 1. What are the popular symbols of the various wedding anniversaries?
2. Is it permissible to use a handkerchief at the table?
3. Should a man remove his hat when entering a hotel elevator?
4. Isn't it considered improper to speak of dinner clothes as a "tux"?
5. Who should select and engage the clergyman for a church wedding?
6. When the coffee or tea is very hot, is it permitted to use the spoon to sip it?

Answers to Modern Etiquette

- 1. First year, paper wedding; fifth year, wooden; tenth year, tin; twelfth year, leather; fifteenth year, crystal; twentieth year, china; twenty-fifth year, silver; thirtieth year, ivory wedding; fortieth year, woolen; forty-fifth year, silk; fiftieth year, golden wedding; seventy-fifth year, diamond wedding.
2. Yes, if necessary, but it should be used as inconspicuously as possible.
3. Yes; but it is not necessary when entering the elevator of a store or office building.
4. Yes. One should say "tuxedo," "Tux" takes its place with "Gents."
5. Usually the wedding ceremony takes place in the church which the bride and her family attend.
6. No. One should wait until the coffee or tea has cooled sufficiently. After stirring, the spoon should be placed in the saucer and remain there.

Lessons In English

Words Often Misused
Do not say, "He played a masterful game." Say, "He played a mastery game." One is masteryful who is imperious, dominating. Mastery means in a skillful manner.
Do not say, "You didn't use to go there." Say, "You didn't go there formerly."
Do not say, "He neither sent me letter nor telegram." Say, "He sent me neither letter nor telegram."
Do not say, "There was a deadly pallor on her face." Say, "There was a deadly pallor on her face."

Sarah Ann's Cooking Class

- Pepper Hash
2 dozen red bell peppers
1 quart vinegar
3 cups sugar
6 onions
Remove the white fibre and seeds from the peppers and peel the onions. Chop finely, then pour boiling water over them. Let stand 5 minutes and drain. Cook together the vinegar, sugar and salt, add the peppers and onions. Boil up once. Put in sterilized jars and seal closely.
Cucumber Catsup
Pare very thinly 6 large cucumbers, chop finely, add a scant tablespoon of salt and let drain in colander for an hour or two. Add 1 large onion, chopped finely; 1 table-spoon of white pepper and 1 pint of vinegar. Stir thoroughly and seal in jars. This keeps well and retains the flavor of the fresh cucumbers so perfectly that those who liked the vegetable are sure to like the catsup.

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CHURCHES

St. John's Reformed Church
Bellefonte, Rev. C. Nevin Stamm, Church school 9:30 a. m.; preparatory service and sermon 10:45 a. m.
Nittany Valley Lutheran Pastorate
The Rev. David E. Straesser, pastor. St. Mark's—Sunday school at 9:30; evening worship at 7:30. St. Paul's—Sunday school at 9:30 a. m.; Zion—Sunday school at 9:30 a. m.; morning worship at 10:30.

Methodist, Bellefonte
Rev. H. C. Stenger, Jr., minister. Church school, 9:30 a. m.; Harold Wion, Supt. Morning divine worship, 10:45. Sermon, "The Meaning of Christ for Youth." Evening worship, 7:30. "The Fallacy of Deceit."
St. John's Lutheran, Bellefonte
The Rev. Clarence E. Arnold, pastor. Third Sunday after Trinity, June 14. Sunday school 9:30 a. m.; 10:45 a. m. the service and sermon: "God Never Stops Loving." 7:30 p. m. Vespers and sermon: "Such As I Have."

United Brethren, Julian
Sunday school 10 a. m.; prayer meeting Thursday evening at 7:45. Program for Sunday evening, June 21. True or false? Questions on the Bible, special singing, etc., followed by sermon by Marlin Moore. Service begins at 7:45. Everybody welcome. Rev. J. H. Weaver, pastor.

Advent Church
C. C. Shuey, pastor. Sunday school at 10; preaching at 11; Christian Endeavor at 7:30. Mrs. Olive Rhoads, president. Brother Sholl will preach 10 weeks from Sunday, instead of the Sunday as announced, on account of other changes which we did not know of.

Mileburg Presbyterian Charge
Port Matilda: Bible school 9:30 a. m.; morning worship 10:30. Unionville: evening worship 7:30 p. m.; Bible study class in the church on Monday, June 22, at 8 p. m. Mileburg: Bible school 9:30 a. m.; Christian Endeavor 7:30 p. m. Howard E. Oakwood, minister.

Gospel Tabernacle, Spring Mills
Rev. John W. Neese, pastor. Bible study Thursday evening at 7:45. The regular service Sunday at 7:30 p. m. This service will be opened with a hymn sing. This will be Junior night and the service will be in charge of the Juniors. Special singing by the Junior Choir.

First Evangelical Church
H. Halbert Jacobs, pastor. Sunday church school at 9:30. Edward Teaman, supt.; 10:35 a. m. worship and observance of the Holy Communion. The Rev. N. L. Hummel, D. D., District Superintendent, of Williamsport, will preach the sermon. 7:30 p. m. worship and Holy Communion. Prayer meeting on Wednesday evening at 7 o'clock, on account of the all night blackout. Choir rehearsal on Friday evening at 7 o'clock.

United Brethren, Bellefonte
G. E. Householder, pastor. Unified services beginning at 9:30 a. m. John R. Shope, supt. in charge. Devotions at 9:30. Sermon by the pastor at 9:50. Sunday school lesson study at 10:30. Dismissal at 11 o'clock. Christian Endeavor meeting at 8:30. Preaching by the pastor at 7:30. Morning subject, "Christ, The Great Shepherd." Evening, "Parable of the Sower." Prayer and Bible study Wednesday evening at 7:30. The choir will rehearse Friday evening. The public is cordially invited to attend all the services.

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Health and Beauty

DIABETES—No. 3
This is an important digestant, and regulates the use of sugar in the body.
I have told you that when the pancreas or sweetbread is removed from an animal that he develops a severe form of diabetes. If you feed him on portions of sweetbread and give him insulin, he will get along quite well, otherwise, he will die.
Diabetes may come on very gradually and give no unpleasant symptoms at all, or it may show itself in a violent and acute manner.
Physicians are supposed to examine the urine of all patients who come under their care, consequently diabetes can always be discovered in the early stages by the sugar in the urine.

Diabetic cannot eat as much carbohydrate (starch) as the normal individual, because his pancreas does not make enough digestant (or insulin) to take care of the sugar that is formed from the starch. The excess is carried out through his urine. The task then, for a diabetic, is to learn to live comfortably on a small amount of exactly how much carbohydrate.
Overeating is a common cause of diabetes. Many obese (fat) people develop the disease. Children need more food than adults because they are growing and exercising vigorously. When grown folks eat as much as children, and do not exercise, they become corpulent and are apt to fall a prey to disease.
The fuel of the body is food, which is converted into heat, just as coal in the engine by burning, produces heat, which creates the power that drives the machinery. The amount of fuel that will manufacture a certain quantity of heat can be accurately estimated, so that the operator knows just how much to use. The heat or energy of the body is determined almost exactly how many calories certain foods contain. Not only diabetics but normal people can eat approximately the amount which they need by counting their calories.

DIABETES—No. 4
In a previous article it was noted that the food is used by the body to repair waste, furnish heat and provide means of growth. There are many different kinds of foods, but they all come under the heads of carbohydrate, protein, fats and salts, also water. The carbohydrates are sugars and starches.
Vegetables consist largely of water and starch, while fruits have more sugar and water. Unripened fruit

YOUR HEALTH

Broadcasting stations are short-waving many programs to all parts of the world.
Physicians are now short-waving heat treatment to all parts of the body.
This is known as short wave diathermy.
Heat is produced in body tissues through the use of high frequency electrical currents.
Such electrically produced heat is given in small enough amounts so as not to destroy tissues or impair their vitality.
Short wave diathermy is the most efficient manner of applying heat to tissues lying deep in the body.
A hot water bottle is capable of raising temperature 1-4 of a degree to a distance of not more than 2 inches below the surface of the skin.
By use of the short wave diathermy with an efficient machine and skilled technic, a raise of 2 degrees can be administered.
Short wave diathermy is not, in itself, a curative agent.
It is merely an important aid in treatment.
Muscle strains, sprains and dislocations are relieved by short wave treatment.
Inflammation between tendons and bony prominences are treated this way.
Lumbago, that bugaboo in the low back, is often eased by short wave activity.
In fractures, heat through short wave is used to increase the local circulation.
Chronic arthritis and sinusitis are conditions responding to heat treatment.
Short wave diathermy produces a pleasant warmth.
It aids in relieving discomfort and assists in bringing about a cure.
DO YOU KNOW
A headache, to persons unaccustomed to such disorders, a serious symptom which should be correctly diagnosed.
There is always a great deal of interest in how much the new baby weighed at birth. The average child born in the United States weighs seven and one-half pounds.

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TO ESTABLISH SIGNAL CORPS UNIT AT COLLEGE
A signal corps unit affiliated with the Reserve Officers' Training Corps at the Pennsylvania State College will be established this summer, according to Col. Edward D. Arbery, head of the department of military science and tactics.
A two-year basic course for approximately 200 freshmen and sophomores will be established as soon as the War Department gives final approval of the plan. Twenty-five students who complete the basic course will be selected each year for advanced work leading to commissions in the signal corps.
Colonel Arbery reported that Penn State already had a quota of 230 student officers in the R. O. T. C., and that the addition of the signal corps unit would eventually swell this total to 280.

Junata Wool Pool Rejected
According to D. R. Pheasant, Junata County Agricultural Agent, the bids for Junata County wool which were opened last week have been rejected. Advertisements for new bids will be published.
In the matter of the estate of Ezra B. Hart, late of Centre County, Pa., deceased. Letters testamentary on the above estate having been granted to the undersigned, all persons indebted to the said estate are requested to make immediate payment, and those having claims or demands against said estate to present the same without delay for settlement, to C. A. ALKEY, executor, 509 East 4th St., Bellefonte, Pa. Lewis Orvis Harvey, attorney. x27

LEGAL NOTICES
ADMINISTRATRIX'S NOTICE
In the matter of the estate of Adolph Fauble, late of Bellefonte Borough, Centre County, Pa., deceased. Letters of administration having been granted to the undersigned, all persons indebted to the said estate are requested to make immediate payment, and those having claims or demands against said estate to present the same without delay for settlement, to MARY M. FAUBLE, Administratrix, Bellefonte, Pa. Fleming & Latke, attorneys. x29

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LEGAL NOTICES
ADMINISTRATRIX'S NOTICE
In the matter of the estate of Edna M. Muser, late of Miles Township, Centre County, Pa., deceased. Letters testamentary on the above estate having been granted to the undersigned, all persons indebted to the said estate are requested to make immediate payment, and those having claims or demands against said estate to present the same without delay for settlement, to C. A. ALKEY, executor, 509 East 4th St., Bellefonte, Pa. Lewis Orvis Harvey, attorney. x27

LEGAL NOTICES
EXECUTOR'S NOTICE
In the matter of the estate of Ella Leather, late of Howard Township, Centre County, Pa., deceased. Letters testamentary on the above estate having been granted to the undersigned, all persons indebted to the said estate are requested to make immediate payment, and those having claims or demands against said estate to present the same without delay for settlement, to TRIXIE A. SHAWLEY, R. D. 2, Bellefonte, Pa. AMBER R. PETZER, Mileburg, Pa., executors. Johnston and Johnston, attorneys. x26

LEGAL NOTICES
EXECUTOR'S NOTICE
In the matter of the estate of J. Edgar Wright, late of Milesburg Borough, Centre County, Pa., deceased. Letters testamentary on the above estate having been granted to the undersigned, all persons indebted to the said estate are requested to make immediate payment, and those having claims or demands against said estate to present the same without delay for settlement, to A. ALKEY, executor, 509 East 4th St., Bellefonte, Pa. Lewis Orvis Harvey, attorney. x27

LEGAL NOTICES
EXECUTOR'S NOTICE
In the matter of the estate of Laura Wright, late of Milesburg Borough, Centre County, Pa., deceased. Letters testamentary on the above estate having been granted to the undersigned, all persons indebted to the said estate are requested to make immediate payment, and those having claims or demands against said estate to present the same without delay for settlement, to A. ALKEY, executor, 509 East 4th St., Bellefonte, Pa. Lewis Orvis Harvey, attorney. x27

LEGAL NOTICES
EXECUTOR'S NOTICE
In the matter of the estate of Daniel J. Beck, late of Hailmont Township, Centre County, Pa., deceased. Letters testamentary on the above estate having been granted to the undersigned, all persons indebted to the said estate are requested to make immediate payment, and those having claims or demands against said estate to present the same without delay for settlement, to BARBARA BECK, executrix, Warriors Mark, Bellefonte, Pa. Lewis Orvis Harvey, attorney, Bellefonte, Pa. x25

LEGAL NOTICES
EXECUTOR'S NOTICE
In the matter of the estate of Harry G. Eby, late of Spring Township, Centre County, Pennsylvania, deceased. Notice is hereby given that Ruth M. Eby, widow of the said decedent, has filed in the said Court her petition claiming her exemption to the value of FIVE HUNDRED (\$500.00) DOLLARS, as provided by Section 12 of the Fiduciary's Act of 1917, out of the undivided one-half interest of the decedent in the premises consisting of a tract of vacant timber land situated in Howard township, Centre County, Pennsylvania, commonly known as the Turner tract, containing one hundred fifty five acres, more or less, and that the same was appraised for the sum of TWO HUNDRED (\$200.00) DOLLARS; that the said appraisal has been confirmed n. l., and that unless exceptions are filed thereto within thirty days, the same will be confirmed absolute, and the property set apart to Ruth M. Eby, her heirs and assigns, at the value of TWO HUNDRED (\$200.00) DOLLARS, on account of her widow's exemption. HARRY A. CORMAN, C. O. C. Centre County x27

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