

# Sunday School Lesson

### GOD IN A NATION'S LIFE

International Sunday School Lesson for April 22, 1951

Memory Selection: "Open thou mine eyes, that I may behold wondrous things out of thy law"—Psalm 119: 18

Lesson Text: Deuteronomy 6: 20-25; 5: 1-6

In our lesson last week, we considered the covenant between God and Abraham and in this lesson, we are to see how God is carrying out His part of the covenant, leading the children of Israel out of bondage in Egypt and through it, we can see his Hand in the unfolding history of an entire nation.

As our lesson story begins, the Israelites have long since been delivered from bondage in Egypt. During the intervening years, many of those who left Egypt have died and their children and grandchildren are the ones who are about to enter into the Promised Land of Canaan. Moses, their leader through the wilderness wanderings, is instructing them in the faith and reminding them how God cared for their fathers and had brought them from a life of slavery to freedom in a new land.

Moses explains the meaning and importance of the law of God which had been given to the children of Israel by God on Mount Sinai, so that when their children, or their children's children ask the meaning of "the testimonies, and the statutes, and the ordinances, which Jehovah our God hath commanded you," they will be able to give them an adequate explanation of the all-important tradition and background of their people.

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worshipped many kinds of gods, there was no god among them like Jehovah, their God. God chose Israel, disciplined them to hear the divine voice and see the divine wonders. He led Israel out of Egypt, and out of love for their fathers, brought them to this promised land. As we look over the past, we can discern the hand of God, guiding the affairs of men and of nations, even down to the present time.

Charles Edward Locke declares: "The Creator advances the affairs of a nation by a succession of divine impulses; the story of the progress of the ages is but a record of the high and holy impulses which responsive men have endeavored to fulfill in their lives." As we ponder the history of the formation of the Hebrew nation, from a multitude of oppressed and discouraged people, into a band having common hopes and aspirations, with high national consciousness and a devotion for Jehovah, their God, we know this is true. As we look back just a few hundred years, to the founding of our own great nation, begun by a few settlers whose one desire was to find a place where they could worship God without persecution, we can truly see the hand of God.

With the acceptance of this heritage of freedom—of worship, assembly, speech and the press, there must come a sense of responsibility and obligation. Dr. Roy L. Smith says: "Our privileges are all on a cash-and-carry basis, they must be paid for in service. Every one of us every day drinks from wells we have not dug. We attend schools other people have provided for us. We worship in churches others have built for us. We enjoy liberties that have cost other men's blood and tears. We realize the blessings of God by means of a faith other men have established. If we are not prepared to be a spiritual parasite, we must repay life for every one of these benefits. To consume more than we produce is to live at other men's expense; to take more from life than we put into it is to be a spiritual pauper."

There is no escape from these obligations which we are confronted, except by paying dividends. Evasion and avoidance are both ways of dishonor. To be born into a family and not to add to the good name of that family is to betray it. To be born into a democracy and not to practice democratic principles is treason of the highest gifts which we have been honored. Christian stewardship is a matter of keeping faith with the bequest which the past has put at our disposal.

### Plan For Light And Ventilation

When planning the bathroom for your house, be sure that it will be well-lighted and ventilated, advises Miss Helen S. Butler, home economics extension representative of Centre county. One window usually will give enough light and ventilation. It is also necessary for you to consider the arrangement of the fixtures so that the tub is not under the window. A window over the bathtub may cause a draft and there's always the possibility of splashing the window and the curtains.

Another disadvantage of the tub under a window is that it's difficult to open or close the window, hang curtains, wash window, and put up screens. In attempting to do these tasks, people invite accidents when they step into the tub or try to balance themselves on the rim. Further details on planning your bathroom are given in Agricultural Extension Service Circular 341. For your free copy of this circular send a post card with your name and address to the Agricultural Extension Office in Bellefonte.

### What Penna.'s—

(Continued From Page One)

ama Canal has, in recent years, represented the greatest engineering achievement of the modern world. The construction of that canal required the removal of 240 million cubic yards of earth. Pennsylvania's coal mined out to the end of 1950 represents a total of more than 177 billion cubic yards, or a total equal to the bulk of material involved in the digging of 71 channels as long and as deep as the Panama Canal. As a matter of fact, in many single years, Pennsylvania miners have removed more material than was involved in the digging of that great passageway between the Atlantic and the Pacific oceans.

One more comparison might perhaps help us to understand the tremendous contribution made by our State to the settlement and development of this nation. In the ancient world, the great Pyramid of Egypt was universally regarded as being the greatest single monument ever constructed by human labor. In the accuracy of design and in the great bulk of its stone work, it is still, quite properly, one of the wonders of the world. It required, over many years, the slave labor of possibly 100,000 men. Massive as that great structure is, and impressive to all who are fortunate enough to see it, the actual bulk of the Pyramid represents only some 3,400,000 cubic yards. In some recent years, the bulk of coal removed from Pennsylvania's mines has represented a volume of material more than 80 times that of the great pyramid and represents a far greater achievement. It is, in fact, an enduring monument to the thousands of free men whose energy and skill, over the past 125 years, has done so much to make possible the material progress of our nation and to create the industrial power which enables us to defend before the world the American system of free enterprise.

### Grass Silage Gains In Favor Rapidly

Experience with grass silage has proved so satisfactory that the number of farmers storing a grass crop in the silo has been growing by leaps and bounds, reports County Agent L. H. Bull. An increasing number of silos are being filled with wilted forage chopped in the field or by adding a preservative. With present equipment the expense per ton may run slightly higher, but field chopping cuts down on labor—particularly of "heavy labor"—in handling moist long forage. Some of the best organized farms using field choppers need small crews. As manpower needs for defense increase, this factor gains importance. Machinery for handling grass crops direct to the silo is being improved rapidly, and the prospect is that a farmer soon will be able to store forage rapidly with a crew of three or four, judging from recent studies on forage harvesting.

Grass silage is a high-protein feed and enables farmers to cut down on protein concentrates. Some are filling one silo with grass and another with corn silage. Corn silage is an energy feed about as much higher in energy than grass silage as it is lower in protein. Grass silage is first-line insurance against choice forage being injured in the field by wet weather. Repeated tests in many areas show that grass silage preserves more of the feed values than is possible in field curing or even in barn curing with fanned air. The importance of storing the forage at the correct stage of growth to obtain the highest feeding value is emphasized.

### Choose Accessories To Highlight Costume

Simplicity is the keynote in styling your costume, reminds Miss Helen S. Butler, home economics extension representative of Centre county. With simple lines you can use elaborate accessories. Rightly chosen accessories serve a real purpose. They can emphasize lines by shortening or lengthening and make you appear smaller or larger, whichever you want to achieve. Accessories also can dramatize color and accentuate details. When buying accessories, select those which point up your good features and minimize your poor ones. If you feet are large, you want to wear simple dark shoes instead of multi-colored sandals. Keep your accessories in harmony with each other and with the style of your costume. This guards against high-heeled pumps worn with slacks or lace gloves with a tweed suit. However, this is not contrary to the idea of a basic dress or suit that may be either tailored or dressy, depending upon the accessories worn with it. When in doubt about using another accessory, leave it off. It is better to be under-dressed than over-shadowed. A few good accessories are a better investment than many inexpensive ones. When funds are low, you will be wise to buy one good pair of basic shoes and match them.

### Turkeys Require Sturdy Grassland

Room to live ("lebenstraum" in German, or "podotopia" in Greek) has been a problem of long standing for both man and beast. County Agent L. H. Bull says that when turkey growers get together the conversation often drifts to a discussion of whether it is better to grow turkeys confined in shelters or on range. When turkeys are grown on slatted or wire floors, there is the problem of sore feet and hocks and breast blisters. When housed on light floors under roof, there is a bedding problem. When they are raised on range one problem is to keep the turkeys out of the mud. The easiest way to keep ranging turkeys out of the mud is to use grassland wisely for turkey range. Turkeys are heavy grazers, as well as close grazers. They are at their heaviest pasturing age in the fall when pastures are likely to be depleted and the turfs do not have much surface covering. Pasture plants suitable for turkey range must develop a heavy wooden turf and continue to grow in cool fall weather. That is why turkey pasture mixtures should contain species like orchard grass, bluegrass or, on poorer soils, some timothy and reedtop. Other species like Ladino, little white dutch, and red clover, and alfalfa furnish palatable growth, but cannot endure the punishment that turkeys often give to turfs and sods. Lime, nitrogen, phosphorus and potash, are plant foods needed to develop and maintain a heavy worn sod. The turkeys will supply enough nitrogen through their manure. The other elements of plant food must be added. Range feeders, watering vessels, and shelters must be moved frequently to encourage the birds to use the range uniformly. That will help to prevent overgrazing and over-fertilization—two common abuses on turkey ranges.

### Ice Cream Party Cake Anniversary Feature

As part of the 85th anniversary celebration of the Breyer Ice Cream Company, Breyer's ice cream dealers are featuring a designed and decorated Ice Cream Party Cake. This Breyer's Ice Cream Party Cake is available in a choice of two popular streamlined flavors—Vanilla Fudge or Strawberry Vanilla—each having the appearance of a "marble cake". The decorations on the cake are made with tinted whipped cream. The Party Cake comes ready to serve and can easily be sliced into eight generous portions.

### That Began It

Husband—If a man steals, no matter what it is, he will live to regret it.  
Wife—You used to steal kisses from me before we were married.  
Husband—Well, you heard what I said.  
Reason's Gone  
He: Remember, darling? Last night you said there was something about me you could love?  
She: Yeah, but you spent it all.

# Dorah Anne's COOKING CLASS

These recipes today are taken from many parts of the United States. Vary your daily diet with these delicious, appetizing dishes.

### Mexican Guacamole Salad

1 avocado  
1 small tomato  
1 small onion  
Juice of 1-2 lemons  
1 teaspoon Worcestershire sauce  
1-2 teaspoon salt  
Pepper—cayenne  
Peel avocado and put through potato ricer. Cut very finely or chop the tomato and onion. Add avocado. Mix and add lemon juice, Worcestershire sauce, pepper, salt and cayenne. Chill. Serve with crackers.

### Cauliflower with India Curry Sauce

1 medium head of cauliflower  
2 cups boiling water  
1 teaspoon salt  
Remove green leaves of cauliflower. Wash cauliflower and place down in boiling water to which salt has been added. Cook until tender. Drain and save 1 cup of the water for sauce.

### Indian Curry Sauce

2 tablespoons butter or margarine  
4 tablespoons minced onion  
4 tablespoons diced apple  
1-2 teaspoon salt  
1 teaspoon curry powder  
2 tablespoons flour  
1 cup cauliflower water  
Parsley or watercress  
Melt butter, add minced onion and diced apple. Cook slowly until tender. Add salt, curry powder and flour, stirring until they are well blended with onion and apple mixture. Slowly add water stirring constantly. Cook over low heat about 7 minutes. Pour sauce over head of cauliflower. Garnish with parsley or watercress. Serve very hot.

### Brunswick Stew

1 small hen about 3-1/2 lbs. in pieces  
4 tablespoons fat  
1-4 cup chopped onions  
3 cups canned tomatoes  
1 cup water  
3-1/2 teaspoons salt  
1-4 teaspoon pepper  
Cayenne  
2 cups quick frozen or fresh Lima beans  
1 teaspoon Worcestershire sauce  
1-4 cup cold water  
2 tablespoons flour  
1-1/2 cups quick frozen or fresh whole kernel corn  
Sauté chicken in fat until delicately browned. Remove chicken, add onions and saute until onion is slightly browned. Add chicken, tomatoes, water, salt, pepper and cayenne. Cover and simmer for 2-1/2 hours until chicken is nearly done. Add lima beans and Worcestershire sauce and continue cooking 25 minutes. Add 1-1/4 cup water to flour and stir until smooth. Add to stew. Add corn and cook 5 minutes longer, stirring constantly.

### Blueberry Cake

2 cups sifted cake flour  
2 teaspoons double-acting baking powder  
1-4 teaspoon salt  
4 tablespoons butter or shortening  
1 cup sugar  
1 egg unbeat  
3-4 cup milk  
1 teaspoon vanilla  
1 cup fresh blueberries  
Sift flour and baking powder, add salt. Cream butter and sugar. Mix well. Add egg, beat thoroughly.

### Shoo Fly Pis

1-1/4 cups of flour  
1 cup sugar  
1-2 cup butter or margarine  
1-teaspoon nutmeg  
1 egg slightly beaten  
3-tablespoons lemon juice, grated  
1/2 of 1/2 lemon  
1 cup molasses  
1-2 teaspoon soda  
1-2 cup hot water  
Pastry  
Combine flour, sugar, butter and nutmeg. Blend with fork to crumb consistency. Combine egg, lemon juice, rind and molasses. Stir in 1 cup molasses. Pour in filling and sprinkle crumb mixture evenly on top. Bake in an oven 450 degrees for 10 minutes, then decrease heat to 350 minutes and bake 30 minutes longer. The top of the pie should be golden brown and when cut a jelly-like filling is found between crumbs and crust.

### Baby Chicks Need Exercise

Exercise has an important influence on the growth and development of a baby chick. A chick deprived of exercise often does poorly. On the other hand, one given the benefit of range, sunlight, and fresh air is usually in superior health. There are a number of ways to provide chicks with exercise, but the main way is to keep chicks feeling "active". Then they will provide themselves with exercise. In doing this, a raiser should pay particular attention to brooder house temperature. By maintaining a room temperature of from 50 to 60 degree Fahrenheit and keeping the house well ventilated, a poultryman can usually keep his chicks busy and on the move. Of course, a poultry raiser should not overlook the importance of letting his chicks out of doors as soon as possible. In this respect, remember that it is safe for chicks to run outside from the time they are four or five days old, providing they have a warm hover handy when they feel the need of it. This gives them plenty of exercise and the necessary exposure to the direct rays of the sun, both highly important factors in keeping chicks healthy. In addition, chicks out of doors, or on range, can pick their own green food. In making an outside pen accessible to chicks, remember that chickens are bothered less by wind when the runway hole is on the protected side of the house. Also keep in mind that the brooder house should face the south for maximum exposure to sunlight (in most locations).

### FARM CALENDAR

Timely Reminders From the Pennsylvania State College School of Agriculture  
ECONOMY GOOD SEED—It is false economy to buy cheap seed, says J. O. Dutt, extension vegetable specialist of Penn State. Good seed is free from dirt, weed seeds, and insect and disease damage. It is bright, plump, true to name or variety type, and a high percentage of it will grow. Plant good seed and grow good vegetables.

### DO THE JOB RIGHT

If you are going to erect some new buildings this year or make major changes in the present ones, be sure to do the job right, says Howard Bingham, extension agricultural engineer of the Pennsylvania State College. He reminds that many buildings do not have enough fastening between construction members to insure against joint failure.

### MORE PORK COMING

The spring pig crop will be 6 per cent larger than the 60 million head saved last spring, according to Wendell McMillan, Penn State extension agricultural economist. This upward trend in big numbers is repeating or has happened last year and the year before. So you can expect more pork on the market next fall. FERTILIZE SOD CROPS—Putting part of the fertilizer on the sod crops will produce better hay and pasture and improve all of the crops in the rotation, according to James Eakin, extension agronomist of the Pennsylvania State College. This method is part of what is known as rotation fertilization, now coming into popular use. PRODUCE QUALITY EGGS—C. O. Dossin, Penn State extension poultry specialist, believes in marketing high-quality eggs. Gather the eggs frequently. Protect them from stormy weather while carrying from hen house to egg cellar, and keep them cool until they are marketed.

### Started Something

The wife, working a puzzle, turned to her mate: "What is a female sheep, dear?" "Ewe," he replied without looking up, and the fight was on. News is not always what happens; it is what you happen to read or hear.

# County Medical Society Backs Vivisection Law

Members of the Centre County Medical Society are following the lead of the Medical Society of the State of Pennsylvania in advocating the enactment of pound legislation by the General Assembly.

A bill has been referred to the Senate Committee on Public Health and Welfare that would make available to properly licensed medical schools and laboratories for medical research, the unwanted and unclaimed dogs and cats in public pounds which otherwise are subjected to useless slaughter in the gas chamber. The measure, Senate Bill 424, was introduced in the Senate on Mar. 27 under the sponsorship of Senators Leroy E. Chapman, Warren Republican, and Elmer J. Holland, Pittsburgh Democrat.

The proposed legislation provides that no cat or dog could be released to an institution until it has been impounded for 10 days or more and is unclaimed or unredeemed by its owner or by anyone desiring to have it as a pet. It also would protect pets from sale on the black market. Institutions requiring animals for experimental purposes must be duly licensed and must apply to the State Department of Health. An advisory committee, to assist in making rules and regulations would consist of two representatives each of licensed institutions, the Society for Prevention of Cruelty to Animals, and the general public.

### Must Keep Good Posture Every Day

Good posture while doing housework is important to every housemaker. It not only improves one's looks but also helps to do away with body tension and some of that tired feeling at the end of the day, reminds Miss Helen S. Butler, home economics extension representative of Centre county. Homemakers will find it to their advantage to give some thought to ways they can obtain good posture. Learn to use the body correctly is the first suggestion. Stand with the head, neck, chest, and abdomen balanced vertically. Allow the bony framework to support your weight, leaving a minimum of strain on muscles and ligaments. When you bend, bend at the knees or hips, not the back. When lifting heavy objects from the floor, use your leg muscles for back muscles. Correct working heights where you can stand erect or sit to work are necessary for good posture. A sink or an ironing board that is too low causes you to stoop. When you keep articles and supplies within comfortable reach you do away with frequent tip-toe reaching. Select and use the proper tools and you will aid your good posture. A long-handled dustpan avoids much stooping, and a table on casters or a cart will move heavy articles without undue strain.

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