

VACATIONS AND YOUR HEALTH

Is it too early to talk vacation? After a hard winter, one's thoughts incline towards seashore, lake, mountains or woods.

More than 35,000,000 people in the United States go some place away from home for a vacation.

Seventy per cent of these migrations take place in the summer.

Most vacationists go to the seashores or lakeshores.

Next in interest are the high places, mountains and communities in high altitude.

The rest of the folks go to the desert.

Vacationists do not remain away long, 65 per cent of them staying at a resort less than 10 days.

The great urge of vacationists when they go away is for a climatic change.

There are two kinds of climate they may seek, either sedative or stimulating.

A sedative climate is one characterized by stability of weather-clear warm days.

A stimulating climate is one which challenges the individual — and offers sudden and exciting weather changes.

A sedative climate is good for the feeble, aged and delicate children, and also for persons with debilitating diseases, such as arthritis and rheumatic heart disease.

Few Americans are definitely concerned with improving health during a vacation.

A change and a good time are what they usually seek.

Europeans take their vacations more seriously, to get the greatest physical benefit out of them.

They consult their physician, whether they are sick or not, as to where to go, what and how much exercise to take, about baths and diet.

In other words, European vacations are for the most part medically directed with the aim to make them constructively healthful, whereas the American vacation is undirected.

Americans on vacation have a good time and come home to rest.

FIREMEN HEAR ASSEMBLYMAN WESTRICK

Assemblyman Denis Westrick last Thursday night assured members of the Volunteer Firemen's Association of Cambria County and vicinity that a bill has been presented to the State Legislature which calls for payment to firemen's associations for the use of the buildings as polling places.

The firemen met last Thursday night in the Dale Borough Municipal Building as the guests of the Dale Firemen. President George of Lilly was in charge of the session.

Assemblyman Westrick indicated that the bill would be heard and acted upon in the very near future.

Sheriff Cyrus W. Davis also addressed the firemen and asked their cooperation in the statewide safety drive.

Chief John Moran of the Johnstown Fire Department lauded firemen for the excellent work at the fire which gutted the Sell Motor Company. Moran said that the assistance of the volunteers proved invaluable at the blaze. He also commended the organizations that "filled in" for Johnstown companies that were engaged in battling the blaze.

President George announced that the firemen's parade in connection with the annual convention would take place Thursday, August 3.

JAMES ASKS OBSERVANCE OF ARMY DAY, APRIL 6th

Harrisburg — Governor Arthur H. James last Thursday urged "proper observance" of Army Day, April 6, by displaying of the American flag on every home and building as "evidence of our understanding of the need for an adequate national defense."

"Since our nation's founding," James said, "we have followed the tradition of a small standing army and a large and competent civilian militia and reserve. Therefore, on Army Day we salute the Pennsylvania National Guard, the organized reserves and the Regular Army . . . and I urge all our citizens to assist these units of national defense in proper observance of the day."

Centenarian Receives Centennial Ticket



Dr. Newell Patterson of East St. Louis, Ill., who, like baseball, is celebrating his 100th year, received the first of the souvenir St. Louis Cardinal opening day tickets commemorating the national game's centennial. A Civil war veteran, he said only bad weather would keep him away from the Cardinal-Chicago Cub opener in April.

SCOUTS TO HOLD COURT OF HONOR ON THURSDAY

Plans for a Boy Scout court of honor to be held this Thursday in Patton were advanced at the monthly meeting of officials of the North Cambria District of the Admiral Robert E. Peary Council, last Thursday night in St. Patrick's Parochial School, Spangler.

William Blatt, district chairman of the organization, in reporting for Commissioner Francis X. Young, announced that a large number of awards will be presented at the court of honor.

Father Krider of St. Patrick's Church, Spangler, reported that arrangements have been completed for the installation of the newly organized troop in the church. The new troop is to be known as Troop 75. Rev. Father Eugene Bradley of St. Patrick's Church, Johnstown, will assist with the installation ceremonies.

Scout leaders also discussed plans for a training course to be given for Scoutmasters and other leaders in the county. District officials will meet with representatives from other districts in the council on April 3 to formulate plans for the training course, which probably will be given in Ebensburg.

Roger Cann, assistant executive of the council, announced that a camporee would be held probably early in June at the site of Admiral Peary's monument in Cresson. The camporee probably will be held in conjunction with the annual pilgrimage to the shrine it was announced.

Cann also announced that a Scout training conference would be held in McKeesport on March 31. A number of Cambria County Scouters are expected to attend the conference.

Announcement also was made that a course in cubbing will be given for all scouters in the state in Harrisburg on April 29 and 30. Cann said that he expects to attend the sessions and probably will be accompanied by a number of council leaders.

The next meeting will be held April 28 in Bakerton.

PAY JURORS FOR REMAINING IDLE

Here's the record of the last week's term of the Cambria County Civil Court: Cases for which juries were drawn, seven; cases actually tried, five; case where jury was instructed to return directed verdict, one; case where jury was discharged and case continued because attorney for plaintiff was permitted to amend statement of claim, one; other cases continued, 16; cases settled before trial, three. Total payments made to jurors for pay at rate of \$3 per day and mileage allowances, \$1,376.64. Only one other case, hearing which opened Monday, remains to be tried at the term.

Listed for trial originally at the term of civil court were 45 cases as is required by the rules of the Cambria County Court. When the list was revised on March 6, it was reduced to 26 cases through attorneys requesting continuances. On the original panel 125 jurors were listed for service, 23 being later excused.

The death of trials at the term caused Judge Charles C. Greer to commend to more than four score jurors who were sitting in Courtroom 1 awaiting calls for actual jury service which did not come:

"You have probably been wondering why most of you have had nothing to do as jurors this week," Judge Greer said. "You are entitled to know."

There have been an unusual number of continuances due in some instances to illness of witnesses and other reasons. However, I can only say that in the future the court will see to it that continuances will only be granted for proper cause."

FOREST BLAZES BRING OFFICERS' WARNING

With the outbreak of several small forest fires in the tri-county area came rigid warnings from District Foresters Thomas M. Gray of the Gallitzin District and D. M. Bearer of the Forbes district against brush burning and the kindling of other outdoor fires which might endanger woodlands.

Forester Gray said that the extremely early outbreak of the fires indicates that the woods are unusually dry and can be easily ignited. Gray announced that towermen in the district

FATHERS 35 HOUR WORK WEEK BILL

Harrisburg — Legislation to fill a void caused by invalidation of the 1937 "universal" 44-hour work-week law was before the General Assembly last Friday.

Representative Francis J. Falkenstein, Democrat, Philadelphia proposed that work be limited to a 35-hour, 5 and one-half day week, with exemptions for farm help, household servants, members of the learned professions and bona fide executives earning \$25 or more weekly.

The administrative agency specified in the Falkenstein bill would be known as the employment commission, headed by the secretary of labor and industry, who would serve with the secretary of the proposed department of commerce and five commissioners appointed by the Governor.

Appointive members would serve four years. Labor and industry each would be represented by at least two appointees. The two ex-officio members would serve without extra pay. The appointed members would be paid \$3,000 a year.

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PORTAGE BANK TO DISTRIBUTE FUND

Frank E. Lauder of Bedford, receiver of the insolvent First National Bank of Portage, announces that the third dividend disbursement of the institution will be made next week, 1,100 depositors participating in the distribution of approximately \$71,000, or a 10 percent dividend. Previous disbursements amounted to 25 percent of the total claims against the bank. Holders of dividend receivers certificates may present them at the bank any day next week between 9:30 A. M. and 4 P. M. to receive their checks. Other dividends will be paid as funds are available.

NERVOUS AS A CAT

Just how nervous is a cat and why? What causes nervousness in people? Authorities claim pressure on the intestinal nerves, due to constipation will do it. Disordered kidneys may help, too. Mrs. Rosalean Miller of 526 South Fifth Street, Indiana, Pa., says: "For a long time I've been constipated and finally my kidneys were affected. Getting up nights had me so all in that I was nervous as a cat. World's Tonic relieved my constipation and benefited my kidneys to such an extent that I feel a general improvement in my health." Keep stomach, kidneys, liver, bladder and bowels operating properly. Try the laxative aid of the famous World's Tonic, with alkalines. It has helped many, many thousands, why not you? You do not have to buy extra pills or tablets to get results. Get World's Tonic at Patton Drug Co. and other good drug stores. (J-17)

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charges. Thus you save again. Also, you get the grandest kind of values on the scores of quality foods "made by A & P" such as A & P Bakery Products, A & P Coffees and Teas, and Ann Page Quality Foods. All of these good things are produced under our unvarying quality standards. They move as directly as possible from A & P factories to the shelves of A & P Super Markets. You get the benefit of lower prices because you do not pay for unnecessary handling charges and in-between profits. Come in—begin saving on all your food needs at an A & P Super Market today.

HIGH QUALITY BAKED GOODS — FRESH FROM A & P's ALTOONA BAKERY!

FIFTEEN VARIETIES
BREAD,
2 Loaves 15c

WEEK-END CAKE FEATURE
STRAWBERRY LAYER CAKE
FAMILY SIZE 39c
HALF EACH 20c

Jane Parker
DONUTS, 2 doz. 19c
Cinnamon ROLLS, pkg. 10c
Pound CAKES, each 15c

HOT CROSS BUNS
PACKAGE of 12 10c
BAKED BY A & P BAKERS

Double Cooked for Tenderness and Flavor
ANN PAGE BEANS, 3 one-lb. cans 17c
Fresh Vine Ripened Tomatoes
ANN PAGE KETCHUP, 2 lge. btl. 23c
Steps up flavor of hot or cold dishes
HEINZ KETCHUP 1 lge. btl. 19c
For an easy, tasty dish
HEINZ BAKED BEANS 2 18-oz. cans 23c
Most Varieties
HEINZ SOUPS 2 Med. cans 27c
Heinz Fresh CUCUMBER PICKLES 1 lge. btl. 18c
Heinz Strained BABY FOODS, 3 cans 25c
White House EVAPORATED MILK 10 tall cans 59c
Economical, Nourishing NUTLEY NUT OLEO, 2 lbs. 19c
Peas, Corn or TOMATOES, 4 cans 25c

FRESH PRODUCE
FLA. ORANGES, 220's, 252's, 2 doz. 29c
FLA. GRAPEFRUIT, 70's, 80's, 6 for 19c
NEW TEXAS CARROTS, bunch 5c
FRESH CAULIFLOWER, head 19c
ICEBERG LETTUCE, 60's, 2 heads 13c
SPINACH New Crop 2 Pounds for 11c

Tender, Juicy
CHUCK ROAST
Extra Value First Cuts
LB. 15c

Avg. 4 to 5 lb. Pieces
SHOULDER ROAST, lb. 14c
Whole, Half or End Cuts
PORK LOIN ROAST, lb. 19c
Branded Steer Beef, Round, Sirloin, Tenderloin
STEAKS, lb. 27c
Special SLICED BACON, 2 1/2-lb. pkgs. 23c
Quality HAMBURGER, lb. 15c

LOWEST FEED PRICES!
(Prices on 100-lb. bags)
Daily Egg SCRATCH FEEL \$1.49
Daily Growth CHICK STARTER \$1.99
Daily Growth CHICK FEED \$1.69
Daily Growth GROWING MASH \$1.85
16 Per Cent Daily Milk DAIRY FEED \$1.19

NEW HIGH TEST
OXYDOL
2 LARGE PKGS. 37c
P & G
LAUNDRY SOAP
10 CAKES FOR 35c

ANN PAGE SALAD DRESSING
QUART 25c
JAR
ANN PAGE MELLO
WHEAT 28-OZ. PKG. 15c

Tasty PAN WHITING, 6 lbs. 25c
Delicious POLLOCK FILLETS, lb. 7c
Fancy HADDOCK FILLETS, lb. 13c
Skinless COD FILLETS, lb. 12c
Fresh OYSTERS, Stewing, pint 17c
FRYING, PINT 23c

Eight O'Clock Coffee, 3 lbs. 39c. Red Circle Coffee, lb. 16c

CLEAN YOUR HOUSE!
Clean Sweep BROOMS, each 25c
Scrub BRUSHES, each 7c
Johnson's GLO-COAT, pint can 55c
Extra one-third pint FREE in this special can.
JOHNSON'S LIQUID WAX—Extra 1-3 Pt. FREE Pt. can 55c
A-Penn MOTOR OIL, 2-gal. can \$1.19

PINK SALMON, lb. can 10c
Ann Page Prepared SPAGHETTI, 3 cans 17c
BEETS, Iona Cut, 4 No. 2 cans 23c
N.B.C. SHRED. WHEAT, 2 pkg. 23c
Nectar, Orange, Pekoe, "Bargain in pep" TEA, 1/2-lb. pkg. 23c
Welch's GRAPE JUICE, Pt. btl. 23c
BOSCO, Choc. Food Drink, 12-oz. 21c
NUCOA OLEO, lb. pkg. 19c
TISSUE, Pacific Toilet, 6 rolls 19c

• **EASTER NEEDS** •
Chick-Chick or Magic Wand EGG DYES, pkg. 10c
Paa's EGG DYES, pkg. 10c
Cellophane EGG WRAPS, pkg. 10c
Muney Made TRANSFERS, pkg. 10c
Fruit and Nut, Marsh. Coc. Cream CHOC. EGGS, 3 for 10c
Fresh, Delicious JELLY EGGS, 3 lbs. 25c