

Thursday, December 22, 1949

UNION PRESS-COURIER

ADDITIONAL SPORTS

Frankies Pass 100 Point Mark Again In Indiana Game

By handing Indiana State Teachers College an 100-52 pasting in a game played at orretto last Wednesday night, the St. Francis College basketball team notched the fourth successive win in their defeatless campaign this season.

the tutelage of Dr. Wm. (Skip) Hughes, maintain an incredible 91 point-per-game average, while their opponents have been paced at 63 counters per game.

Portage Legion Quintet Tops Patton Eagles, 56-37

The Portage Legion defeated the Patton Eagles, 56-37, in an independent cage tilt last Thursday evening on the winner's hardwood. Steve Nyeste was the big gun for Portage with 23 points and Brown led Patton with 13 counters.

Table with 2 columns: Player Name, Points. Totals: 22 12 56 vs 14 9 37.

FIRST SOCCER BOWL

Penn State and the University of San Francisco, both unbeaten, will engage in the nation's first collegiate soccer bowl game at St. Louis, Missouri on New Year's Day.

BOY BAGS BUCK

James Morse, age 4, of Austin, Texas, got his deer, breaking a 4-point buck's back with a .22-caliber rifle.

THE DRIBBLE CORNER

Results, Scores & Schedules of Area Basketball Games

SCHEDULE

THURSDAY, DEC. 22: Johnstown Catholic at Adams Twp. Windber at Conemaugh. FRIDAY, DEC. 23: Nanty-Glo at Cresson. Johnstown at Conemaugh Twp. Bolivar at Derry.

RESULTS

TUESDAY, DEC. 13: Patton 46, Reade Twp. 27. Gallitzin 60, Nanty-Glo 42. Lilly 50, South Fork 22. Barnesboro 58, Vintondale 26. Windber 51, Franklin 32. Johnstown 32, Greensburg 15. Fernside 37, Stroups 11. Armagh 32, Dale 28. Pottsville 37, Alumna 24. Conemaugh Twp. 38, Shade Twp. 21. Altoona Catholic 34, Cresson 19. Altoona 42, Mt. Union 24. Roaring Spring 44, Hollidaysburg 32. Tyrone 29, Belwood 23. Nanty-Glo 32, Adams Twp. 29. Altoona Catholic 34, Roaring Spring 32.

WEDNESDAY, DEC. 14

St. Francis College 100, Indiana STC 52. Black Lick 33, Alumna 29. Richard 38, Alumna 29. THURSDAY, DEC. 15: Johnstown Catholic 55, Windber 41. Franklin 40, Johnstown 25. Portage Legion 56, Patton Eagles 37. FRIDAY, DEC. 16: Cresson 38, Portage 33. Lilly 42, South Fork 29. Gallitzin 47, Altoona 29. Nanty-Glo 32, Adams Twp. 29. Altoona Catholic 34, Roaring Spring 32. Southmont 62, Dale 30. Fernside 74, Richard 29. Black Lick 20, Bolivar 16. Conemaugh 35, Huntingdon 27. Wilmore 20, Vintondale 23. Tyrone 38, Clearfield 35. SUNDAY, DEC. 18: St. Francis College 73, Gannon 44. Johnstown Catholic 30, St. George 27. Indiana STC 76, Shippensburg 55.

FOOTBALL RESULTS

Championship Game: Philadelphia Eagles 14, L. A. Rams 6.

Phil Rizzuto Named As Player of Year

Phil Rizzuto, brilliant little shortstop of the world champion New York Yankees, last Thursday was named "player of the year" for 1949 by the New York Chapter of the Baseball Writers Association.

It marked the second straight year that a shortstop won the award. Manager Lou Boudreau of the Cleveland Indians having been honored in 1948.

LEON'S SHOES HARD TO FILL

Notre Dame's brilliant end, Leon Hart, a Pennsylvania lad, will have a hard time finding anyone to fill his shoes. He wears size 14EE.

RADICAL CHANGE

The revolver has undergone its first really radical change since its invention. The cylinder has been moved to the rear, with the grip and trigger-guard underneath and in the center position, while the barrel extends over the top from cylinder to muzzle.

—Our Classified Page has more bargains than a cat has hairs.

Auto Accidents Kill Most Farmers

Charles G. Burress, extension agricultural engineer of the Pennsylvania State College, says more farm people are killed in motor vehicle mishaps than any other class of accidents.

Burress urged farmers to guard against overloading of trucks as well as improper loading.

"Even the best commercial truck body will break down if it is constantly overloaded or improperly loaded," Burress warned. "Besides ruining the body, overloading causes excessive tire wear and is likely to cause a bent or broken axle, spring or frame, which will throw the truck out of alignment. If it is the front axle, steering will be extremely difficult and hazardous."

He estimated that nearly one and one-half million trucks, or about 30 percent of all privately owned trucks in the nation, are owned by farmers.

GLASGOW

By JANET C. KUHN

Mr. and Mrs. James Strong and son of Pittsburgh, Mrs. Strong of Ansonville, and Mrs. Dick Berger and son of Blandburg spent a Friday evening with Mr. and Mrs. Foster Troxell.

Leo Taterus of Shamokin, Pa., spent a few days recently visiting at the John McCarthy home.

Ord Reffner was a recent visitor with Mrs. Marie Kuhn and Mr. and Mrs. Carey Kuhn.

Mr. and Mrs. Herbert Troxell were recent visitors in Altoona. Janet Kuhn visited her grandparents, Mr. and Mrs. John McCartney, recently.

Mrs. Harold Troxell was injured in a fall recently.

Mrs. Chester Kuhn and daughter, Janet, motored to Ramey recently.

Peggy Troxell of Altoona spent a few days here at the home of her parents, Mr. and Mrs. Foster Troxell.

Catherine Dixon of Coalport visited relatives in Glasgow recently.

Mr. and Mrs. Harry Berzonsky and daughter visited recently at the home of Mrs. Bertha Scott.

Mr. and Mrs. Clair Reynolds visited the lady's parents, Mr. and Mrs. Joseph Hollen of Hollentown. Both Mr. and Mrs. Hollen are suffering with pneumonia at this writing.

Foster Troxell and daughter, Peggy, were callers in Cresson recently.

Mr. and Mrs. Clarence Stine and son, Timmy, were visitors at the Chester Kuhn home.

Mrs. Lynn Garman of Meadville visited recently with her mother, Mrs. Vida McCarthy.

Roger Troxell was absent from school recently due to illness.

A recent visitor at the home of Mr. and Mrs. Ardell McCellan was John McCellan of Blandburg.

Mrs. Clair Reynolds was a recent motorist to Altoona.

Miss Nina Bowman was an overnight guest at the home of Miss Mary Bowman.

Mr. and Mrs. James McCartney, George McCartney and Janet Kuhn motored to Tyrone recently.

Mr. and Mrs. Clarence Stine and son, Timmy, and Mr. and Mrs. Foster Troxell and daughter, Peggy, were callers in Altoona.

—The cash starts, the worry parts, when a UPC Classified is put to work.

A PRAYER

By St. Francis of Assisi: Lord, make me an instrument of Thy Peace! Where there is hatred... let me sow love. Where there is injury... pardon. Where there is doubt... faith. Where there is despair... hope. Where there is sadness... joy! O Divine Master, grant that I may not so much seek to be consoled... as to console. To be understood... as to understand. To be loved... as to love, for it is in giving... that we are pardoned. It is in pardoning... that we are forgiven. It is in dying... that we are born to eternal life.

Osteopathic Health

Frederick E. Arble, M.S., D.O., Carrolltown, Pa.

THE VAUNTED VITAMINS: Vitamins have become one of the most popular topics of conversation among our health-conscious American citizens. If mother is tired, she decides maybe she needs vitamin pills. When she is urging her young son to eat, she says, "Come on, Johnny, swallow those carrots. You've got to get your vitamins."

Newspaper, magazine and radio advertisements urge us to consume a certain brand of vitamin which will, the copywriters promise, help us to be the home-runder king in the neighborhood baseball league, win the hand-some hero who has ignored us completely, or convince the boss that we deserve a raise—depending on whether we are ten-year-old Bobby, his peevish older sister, or his tired father.

It's a shame to shatter all these beautiful dreams, but the fact is that if you take vitamins in the hope of getting magical energy out of a bottle, you're fooling yourself.

Vitamin pills are designed to supplement diets that don't provide enough vitamins. No person should take them without a doctor's prescription. Your doctor is the one who can tell you whether you need them, and if you do just which vitamin compound you should take.

Our bodies have to have the amounts of each of the different vitamins. Research has established just how much we need for normal body function, or health. The best way to get these vitamins is to eat a well-balanced diet. If for some reason our systems fail to assimilate the necessary vitamins from the food we eat, then we may have to take

commercial vitamins to correct nutritional deficiencies. Some people believe that they can acquire extra pep by taking vitamins. This may be true if they are not getting enough vitamins in their diet, but if they are eating the right foods, their systems will discard the extra amount of vitamins instead of storing them up for future use.

"We talk a lot about vitamins, but I would venture to say that few persons could describe them, or define their use. A vitamin is a specific chemical substance which is needed in certain amounts for normal body functioning. Like hormones, vitamins might be classified as catalysts, or substances which produce important chemical changes in the body. But hormones are manufactured within the body, while vitamins must be obtained in the diet.

Vitamins were discovered by a Polish chemist, Casimir Funk, who called them "vita-amines" because they preserved life.

The severe vitamin deficiency diseases are relatively uncommon in the United States, except in the South, where pellagra is often found. Most of our deficiency cases might be called "borderline deficiencies." If we're tired most of the time, have minor aches and pains and less pep than usual, we may have some vitamin deficiency. We may eat large quantities of food and still not get the vitamins we need. In other words, we may be suffering from "hidden hunger."

New vitamins are being discovered all the time. Most of us are fairly familiar with the first-recognized ones—vitamin A, essential for clear vision and for maintaining resistance to infection; vitamin B-1 or thiamine, without which nerve tissue may degenerate; vitamin B-2 or riboflavin, a shortage of which may cause pellagra; vitamin C, needed to prevent scurvy; and vitamin D, the "sunshine vitamin" without which children may become vic-

lins of the bone disease called rickets. Comparatively recent discoveries are E and K. Vitamin E found in wheat germ, is believed to play an important role in promoting powers of reproduction, and vitamin K aids in clotting of the blood.

A well-balanced daily diet which will provide the necessary vitamins should include milk (a quart for each child, at least a pint for each adult); one serving of a leafy or yellow vegetable; one serving of citrus fruits or tomatoes; one serving of potatoes; two servings of other vegetables or fruits, some raw; meat, fish or poultry at least once; one egg; three or four servings of whole grain or enriched cereal, bread and other foods made with whole grain or enriched flour, and two or three teaspoonsful of butter or enriched margarine.

If, despite your diet, you become a victim of hidden hunger, let your doctor prescribe the proper vitamin treatment.

Face State Crackdown

The state said this week it will crack down on persons who persist in ordering cigarettes from out-of-state shippers without the paying of the state tax.

"We are giving the recipients a reasonable length of time to pay the 40¢ a carton tax and then we are starting to crack down," warned W. H. Beachy, deputy secretary of revenue.

Christmas Greetings advertisement featuring Santa Claus illustrations and text: "Good Luck! Fine Friends! Happiness! Good Health! Prosperity! May all these pleasures be yours this Christmas! FIRST NATIONAL BANK Carrolltown"

Cowher, Nehrig & Co. PATTON, PA. advertisement with "Merry Christmas" graphic and text: "The warmth of spirit that accompanies every Christmas season is with us again in 1949. Our wish is that you can participate to the fullest in a universal MERRY CHRISTMAS"

LOYAL ORDER OF MOOSE LODGE NO. 488 PATTON, PA. advertisement with "Merry Christmas" graphic and text: "Once again we pause as another joy-filled Yuletide season arrives, to wish our many patrons and friends prosperity, health, contentment and peace this Christmas Day and throughout the year to follow."

FUEL OIL advertisement with illustration of a fuel tank and text: "Early stocking of your fuel oil is a smart way to get ahead of the calendar! We're ready now to serve you... to help you and your family to a warm, healthy winter. For prompt, neat delivery, call Barnesboro 66. HOOVER GAS & OIL BARNESBORO"

USED WASHERS & SWEEPERS FOR SALE! advertisement with text: "Also Guaranteed Parts and Service for Any Make. We Pick Up & Deliver AUTHORIZED DEALER for UNIVERSAL ELECTRIC APPLIANCES. WASHER & SWEEPER HOSPITAL. BOKLER AVE. BARNESBORO. Open 9 A.M. to 5:30 P.M. Mondays thru Saturdays. OFFICE PHONE Barnesboro 684. HOME PHONE Barnesboro 4665"

JOYFUL CHRISTMAS WISHES advertisement with large bell graphic and text: "In the glorious spirit of Christmas—we extend to you—one and all—our heartiest wishes that this Yuletide season will be your merriest—and that the coming New Year will prove one of true joy, health and prosperity. MAIN STREET GARAGE CARROLLTOWN"