

April Is Anniversary of Two Great Log Driving Exploits

Colberth Finds Key Log In 10-Mile-Long Jam

"April marks the anniversaries of two of the greatest exploits in Pennsylvania log driving lore," says Henry W. Shoemaker, chief of the Pennsylvania Folk Lore Division of the state museum at Harrisburg.

"It was on the seventh of April that Miles 'Chet' King broke the log jam on the Sinnemahoning, in 1872, and rode ahead of the drive on a log for eight miles to where he could jump ashore, near the spot where Peter Prove landed in his famous leap of 1779," Shoemaker said.

"On the 22nd of April Joe Colberth found the key log and broke the 10-mile jam at Lock Haven in 1874. Prizes were offered and Joe, as one of the most expert drivers on White Deer Creek under Mike Courtney, Arlo Pardo's woods boss, came over to try his skill.

"Although the jam had lasted since April first and the logs were snowed and frozen together and a hundred 'woodchests' from all over Pennsylvania had tried unsuccessfully to break it (it was feared that Lock Haven would be carried away if it broke), Colberth found the key log in a few minutes and soon, with a great roar, the large cumbersome trunks and debris were moving down the river.

"That night Colberth was guest of honor at a huge banquet at the Peter Metzler Riverside Hotel in sight of his famous exploit, and he was presented \$100 in gold by Judge Mayer. Every year until his death near the century mark, Colberth revisited Lock Haven and reviewed the scene of his great triumph.

Soft Coal Mine Mishaps Kill Five During March

Accidents in the soft coal mines of Pennsylvania took five lives during the past month, according to the State Dept. of Labor and Industry. At the same time, the month showed 209 lost-time mishaps.

The toll is a drop from the previous month when there were seven deaths and 307 other accidents. The monthly average for 1949 in the bituminous mines was nine deaths and 472 non-fatal accidents.

Man is gradually conquering his old enemy—pain.

St. Benedict Presbyterians Plan Good Friday Service

Worship service will be held in the church on Good Friday evening at 7:30 o'clock. The service will be under the auspices of the Men's Association, which meets the first and third Fridays of each month. An appropriate message will be delivered by the pastor, Rev. Plummer Harvey. A good program of music is being arranged. After the worship service those present will adjourn to the dining room for a period of socializing and refreshments. The women and young people are asked to join in the after period and will be guests of the men on this occasion.

Osteopathic Health

Frederick E. Arbin, M.D., D.O., Carlisle, Pa.

"ACNE"

THE ADOLESCENT'S CURSE

Although the public is often led to believe that the "school-girl complexion" is a desired objective, complexions are notoriously worse at that age than at any other. Most of us are familiar with acne, the skin disease with which boys and girls of school age are frequently troubled.

Adolescent acne belongs in the category of skin diseases that are greatly benefited by proper treatment. The length of duration of the disease can be shortened; tell-tale scars can be minimized and in most instances even prevented. In view of this fact, no youngster should be deprived of a properly conceived and thoroughly executed course of treatment. It will produce strong psychic and physical results.

Symptoms of acne consist of all the elements that go to make up a bad complexion. Blackheads, whiteheads, pimples, oily skin, dandruff, stringy hair, widely dilated pores, easy irritability of the skin of the face, a tendency to flushing and the appearance of small or large boils.

When the disease has lasted several years or in the aggravated form even after a few months, various sized, rounded, and elongated depressions or scars appear and remain.

Because the seat of acne is in the hair follicles and sebaceous glands, it is not difficult to understand that patients with adolescent acne usually have many scalp symptoms. The hair becomes stringy, oily and greasy and dandruff is frequent. Simple scalp hygiene through frequent and thorough hair and scalp washing (even daily, if need be) is all that is usually required to counteract this unglamorous phase of the disease. When hard water must be used, a type of rinse containing a water softener is imperative to prevent the precipitation of soapy elements, which are often so irritating as to cause itching and the almost over-night appearance of flaky dandruff. Frequent shampooing in these cases does not have a damaging effect on the hair or scalp.

Treatment of acne consists of several phases and should be individualized. Except in mild cases, the treatment must be carried out by a thoroughly competent and painstaking physician, who not only knows what to do but will spend the necessary time once a week or as the patient may require.

There is need for office and home treatment plus a dietary regimen. Occasionally, when some secondary infection causes deep-seated abscesses or even multiple boils, penicillin or one of the sulfonamides is of inestimable value. Home care is important. The face should be cleansed at least twice a day—on returning home

from school and upon retiring. The physician may prescribe a liquid or cream to be gently worked into the face and then removed before the soap and water cleansing, with another cream to be spread thinly and allowed to remain.

"Do not squeeze pimples or blackheads and do not look into a mirror until your face has improved" is an admonition that the patient should follow. As one leads to the other and as injury from squeezing frequently leads to the formation of scars, the ban on looking into a mirror is maintained until the habit of picking at the face is broken. Once over this hurdle, the restriction is lifted.

As far as facial cosmetics are concerned, powder, rouge and lipstick are permissible. The use of powder base, foundation cream or face-masking preparations, including calamine lotion or salve, may bring about serious consequences.

Food in itself seldom causes acne, but patients suffering from acne can be and are affected by certain foods. These vary with individuals but, in the main, experience has shown that rich foods are to be taken sparingly, if at all, at least until the acne condition has improved. There are many other considerations relative to adolescent acne. Of these, the psychogenic phase is the outstanding one. However, it needs no emphasis since it is not difficult to understand what a beating a self-conscious youngster takes when he or she cannot enjoy the fun of dances and other social gatherings with his or her companions. It is just as hopeless to state that the best antidote is to get the acne under control as quickly as possible and all other things will fade into oblivion. Inferiority complexes vanish when their source does not exist.

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THE FLOP FAMILY

By Swan

OH, OH!!

HMM!

WILLIE, DON'T RUN AROUND THE HOUSE SO FAST—YOU'LL FALL AND HURT YOURSELF!

IF I DON'T RUN, I'LL GET HURT, ANYWAY—

POP'S CHASING ME!

ELMER

DOCK

WELL, I'LL BE DARNED IF I'M GOING TO RUN MY LEGS OFF TRYING TO GET THIS KITE UP IN THE AIR!

BY GEORGE LET ME GIVE THIS A GOOD THINK.....

CRIM-A-DEETLIES!! IT WOULD TAKE A GUY AN HOUR TO GET IT OFF THE GROUND!

NOW I'LL GET BACK UP THERE WITH SOME KITES!

RENT A KITE. FLY IT YOURSELF. FIREHOUSE HILL. 1 HOUR 10 CENTS. TUGGLE, OWNER.

YES, SIR THIS IS THE REALITY. A KITE CO. STEP RIGHT UP HERE—LAY YOUR DIME ON THE LINE AND FLY A KITE!

HEY! IT WON'T FLY!

WELL, KEEP ON RUNNING! YOU CAN'T EXPECT IT TO GO RIGHT UP WHEN THERE'S ONLY A LITTLE WIND!

TIMES UP, FELLOWS! I'LL TAKE OVER NOW!

HOT DOG! WE GOT 'EM UP AT LAST!

GR-R-R-R

PETE THE TRAMP

C.D. RUSSELL

PUBLIC BATHS

TO THE POOL.

SEE! LOOK AT THE BUBBLES!