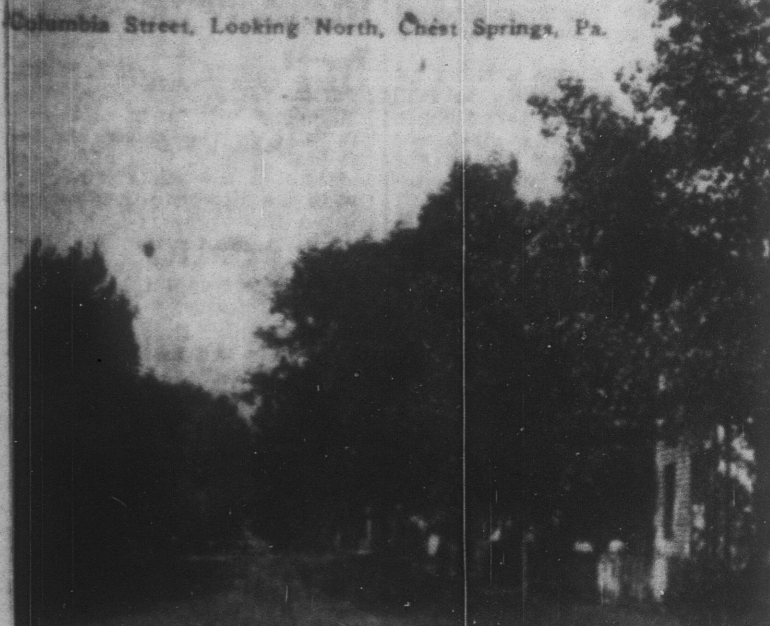


CHEST SPRINGS BOROUGH IN 1905



Above is a view, looking north, of Columbia Street in Chest Springs Borough as it appeared a half a century ago—on July 20, 1905.



A picture taken on the same day in 1905 at Chest Springs, looking south, shows the dirt street, and the hotel (at left) which presently is operated by Walter Adams.

Today, freezing and frozen storage preserves the flavor, appearance and nutritional values of fresh foods for long periods. Food freezers are now used in more than 4,000,000 American homes.

There are so many good things to serve. Ever feel as if you want to eat strawberries three times a day? Even if you aren't that "crazy" about berries, here is one recipe that you will decide is worthy of frequent repetitions.

Make the filling in advance—in the morning, or the day before. Chill. Assemble the pie just before serving. Whip up a topping to spread over the top. Garnish with fresh, juicy red berries in nests of coconut-white as the meringue. Remember room temperatures for egg white makes for higher meringue.

Coconut Cream Strawberry Pie

- 1/2 cup sugar
1/2 cup all-purpose flour
1/2 teaspoon salt
1 cup milk
1 cup shredded coconut, cut
2 egg whites, unbeaten
1/2 cup sugar
1/4 teaspoon salt

Combine sugar, flour and salt in top of double boiler. Add milk gradually, stirring until smooth. Add coconut. Cook over rapidly boiling water or over low controlled heat for 15 minutes. Mix a small amount of meringue with beaten egg whites. Cook 2 minutes longer. Remove from heat and add 2 teaspoons vanilla and 1 tablespoon butter. Cool. Slice 1 cup berries and place in a baked pie shell. Cover with cook filling.

Make topping by placing 2 egg whites, 1/2 cup sugar, 1/4 teaspoon salt and 1 tablespoon water in top of double boiler. Place over rapidly boiling water and beat one minute. Remove from heat and beat 2 more minutes or until mixture will stand in peaks. Add 1/2 teaspoon vanilla and 1/4 cup coconut and garnish with remainder of strawberries. Whatever is left from a pint. Serve at once.

Strawberry Tapioca Molds

- 1 egg white
2 tablespoons sugar
1 egg yolk
1/2 cup milk
3 tablespoons quick-cooking tapioca
1/4 teaspoon salt
2 or 3 tablespoons sugar
1/2 or 1/4 teaspoon vanilla

Beat egg white until foamy. Add 2 tablespoons sugar and continue beating with rotary egg beater until mixture will stand in soft peaks. Set aside. Mix egg yolk with about 1/4 cup milk in saucepan. Add tapioca and 1/2 or 3 tablespoons sugar. Mix well and add remaining milk. Cook over medium heat until it begins to boil. This takes about 3 to 4 minutes. Blend carefully with beater or whisk. Stirring constantly. The hotter the tapioca and the faster it blends in, the thicker and fluffier the pudding will be. Turn into 2 or 3 individual molds. Let stand in temperature for 30 minutes. Chill until firm. Unmold onto pretty plate or nappy. Spoon fresh sweetened strawberries over the mold. Drizzle with whipped cream.

Plentiful strawberries team with another summer fruit...

Place 1/2 pound (32) marshmallows and 1/2 cup water in the top of a double boiler. Cook over hot water, stirring constantly until marshmallows are melted. Remove from heat and stir in 1/2 cup fresh sweetened and sliced strawberries. Drain drained ground fresh or canned crushed pineapple. Chill until it becomes thick. Pour in 1/2 cup water and 1 tablespoon lemon juice into a deep bowl. Sprinkle 1/2 cup nonfat dry milk powder over the surface of the mixture. Beat with rotary beater or electric water until stiff or about 8 to 10 minutes. Fold whipped milk mixture into fruit mixture. Pour into 1/2 quart mold or individual berries. Chill about 4 hours. If desired, one package (10 cones) of frozen strawberries may be used.

This dessert is a rich source of important nutrients—protein, calcium and riboflavin.

Jane, let's not overlook the nutritive place of the strawberry in our diet.

Remember a few weeks ago I wrote you that the general conclusions of recent research confirmed the greatest dietary weaknesses to be in calcium, ascorbic acid, vitamin A, as well as iron and thiamine for the adolescent girl. Just see how strawberries "stack up." They rank with oranges in their richness in vitamin C, ascorbic acid. This is the vitamin that has been said "to preserve the characteristics of the youth." It has much to be said for it as a factor in the promotion and maintenance of positive health in every day life.

By the way, vine-ripened strawberries like tomatoes have a high vitamin C content than those picked before they are ripe and then ripened off the vine. Shredding and chopping, especially if accompanied by crushing, release enzymes and possibly metallic ions which cause fairly rapid inactivation of vitamin C. To retain the vitamin use sharp knife and slice instead of using a shredder. There is evidence that it may be best to add salad dressing only a short time before serving.

Before these beautiful, tasty berries go out of season, I hope we can compare notes on making "spreads." Yours for better homemaking. PAULINE

Figure Fives Figure In Fifth Child's Life

Fives have been taking a liking to little Rebecca Jane Whited, daughter of Mr. and Mrs. Ernest (Doc) Whited of Barnesboro.

The child was born in Miners Hospital, Spangler, May 5, 1955, or 5-5-55. She will be five weeks old Thursday.

That isn't all. The infant is the fifth child in her family and her father is the fifth child in his family. She has five aunts on her father's side and five aunts on her mother's side. Two living grandmothers and three great-grandmothers total five.

Oh, yes, Becky (the name incidentally is five letters long) is the fifteenth grandchild of Mr. and Mrs. Harry Whited of Barnesboro. Her mother is the former Minnie Stuart of Spangler.

AID TO COOL COMFORT

To keep a home cooler in summer, get rid of the heat and moisture created by cooking and laundering. An exhaust fan above the kitchen range will take the heat from meal preparation and blow it out-of-doors.

Intolerance Is Hit By Democratic County Chairman

(The following communication has been received from John R. Torquato, Cambria County Democratic chairman.)

Intolerance and discrimination are ugly words; they are uglier practices. They are the common traits of a Hitler.

Lately these words have been used in Cambria County with increasing frequency by enemies of the Democratic Party and by some members of the party themselves. Men have been unjustly accused of being guilty of these traits in an attempt to create distrust, confusion, and to even destroy the party.

The Cambria County Democratic Committee has never tolerated the use of these factors in governing the party. They have always been fair in the distribution of jobs and patronage throughout the city, county and state. All nationalities and all creeds have been treated fairly. No nationality and no religion has been given preferred treatment above any other in regard to any job that has ever been awarded.

All creeds and all nationalities are represented on city, county and state payrolls. This is an all-American Cambria County, like any industrial county, is a melting pot of all nationalities. No longer in Cambria County or elsewhere is it true that a man is a foreigner just because he may have a foreign-sounding name.

All of these people are Americans with all the rights and privileges that any American has. They have the right to vote and the right to work for any political party they may choose.

A canvass of county and state employees from the county has been made and here are the results: German, 24%; Irish, 23%; Slavish and derivatives, 13%; Polish and derivatives, 13%; Italian, 10%; Welsh, 6%; English, 4%; and all other nationalities, 7%.

Irresponsible and unfounded charges such as these prove absolutely nothing except that the people making them reached new lows in their attacks. Every true Democrat in the county knows that these charges are unjust and they will ignore them, which is the best thing that everyone can do.

Laymen's Retreats At Loretto Will Begin On June 24

George Minno, Johnstown, the president of the Laymen's Retreat League, recently announced that to date 546 men have registered for the eight week end retreats to be conducted this summer at the beautiful Mt. Assisi Monastery of the Franciscan Fathers at Loretto, Pa.

Dates for the Retreats this summer are as follows: June 24-26; July 1-3, 8-10, 15-17, 22-24 and 29-31, and August 5-7 and 12-14. The retreats open each Friday evening at 6:30 with the following schedule:

Saturday—Holy Mass, breakfast, conference, Rosary walk, visit to Fatima Shrine, conference, lunch, group picture taken, Stations of the Cross, visit to Holy Hour, Papal Blessing, dinner, conference and Benediction.

Sunday—Holy Mass, breakfast, conference, Rosary walk, visit to Fatima Shrine, conference, lunch, Holy Hour, Papal Blessing, dinner, closing of retreat.

In observance of the institution of the new feast in honor of the Queenship of Mary, this year's retreats have been dedicated to Mary, our Queen, and every Sunday afternoon during the Holy Hour the retreatants will recite the special prayer to Mary, our Queen, composed by His Holiness, Pope Pius XII.

For the first time the retreats this summer will be conducted by two retreat masters instead of one. They are: Rev. Fr. J. J. Torquato, TOR, dean of the College of St. Vincent, Ohio, and Father Sebastian F. Soklic, TOR, assistant dean of St. Francis College, Loretto, Pa.

Northern Cambria men serving in official capacities of the League, elected from the various retreats are: Randolph Myers, Ebensburg, third vice president; F. X. Young, Patton, secretary; and Dr. H. M. Dunagan, Ebensburg, and George Resick, Spangler, directors.

The 14th annual summer session at St. Francis College will begin June 20 and end July 29. Registration day at the Loretto college is scheduled for June 20. Classes will begin Tuesday, June 21.

Classes covering biology, physics, education, languages, English, history, mathematics, philosophy and sociology will be provided in the six week summer session. A normal program consists of six credit hours.

Supervised living accommodations are available on the campus for both men and women students. Men reside in Raymond Hall and women will be provided with modern living facilities in St. Clare Cottage.

J. Paul Melanson, veterans adviser, stated that St. Francis College will cooperate with the Veterans Administration in making it possible for G. I. students to continue their education this summer. Veterans will be eligible for full time educational benefits provided they register for six credit hours of studies during the summer session.

All class periods and courses will start at 8 a. m. and conclude at 12:20 p. m. There will be no afternoon classes. Father Gabriel Lomozky, TOR, dean of the college, stated this summer session provides for more students this year.

During the summer session the administration offices are open Monday through Friday from 8:00

a. m. to 12 noon and from 1:00 p. m. to 4:00 p. m.

A college spokesman urged any students who are contemplating entering the summer session and wish to seek more information should do it now. Simply write to the Dean of the College at St. Francis College, Loretto, Pa.



VEAL ROLE SUPREME
2 Slices Veal, cut 1/2" thick
6 small carrots
1/2 chopped onion
1/2 chopped celery
1/2 green pepper
1/2 tsp salt
1 Cut each slice veal into three pieces. Roll veal around carrot and saute with sautegeck.
2 Heat fat in frying pan (medium heat or 8" unit and brown veal rolls.
3 Add all other ingredients listed. Cover pan.
4 Turn control to "br" heat until steaming then switch to lowest heat position for 45 min.

An Electric Range makes the big difference. This summer your kitchen doesn't have to get uncomfortably hot and sticky at mealtime. Tests prove Electric cooking is 7 to 15 degrees cooler. The secret is in the efficiency of the Electric Range heating elements. No excess heat is thrown off into the room. Heat goes directly into the food. Serve healthful hot meals even on the warmest days... without making your kitchen unbearably hot. start enjoying life more... with the range that gives you more of everything—coolness, cleanliness, safety and real cooking ease. See the new Electric Ranges at your dealer's now.

PENNSYLVANIA ELECTRIC COMPANY

High time you discovered the difference in Dodge!



New Dodge Custom Royal Lancer 4-Door Sedan—most beautiful car on the road today.

Next time you're driving around town, just notice the number of gleaming new Dodge cars you see on the street!

Then ask yourself: "What is it these people have found out about the new Dodge that's causing this landslide of popular favor?"

Part of it, of course, is the new Dodge styling. You can see at a glance how much bigger and more luxurious this car is—up to 9 inches longer than its competitors.

But the real story behind the rush to Dodge is this: People are discovering the difference in the way Dodge cars are engineered and built!

They discover it in the solid, substantial feel of the car—the way it handles and rides. They learn to appreciate it in the deep-down goodness of every part and feature: Doors that don't rattle. Body joints that don't squeak. Windows that work smoothly.

There is really no substitute for the dependability that is built into Dodge. Isn't it time you discovered this difference for yourself?!

NEW DODGE

Flashing Ahead in '55

Your Dodge dealer brings you the NATIONAL OPEN GOLF TOURNAMENT on television (NBC-TV) Saturday evening, June 18. Consult your newspaper for time.

PATTON MOTOR SALES CO.

Corner Mellon & Park Avenues

PATTON, PA.

SOME HISTORY OF CHEST SPRINGS

By FERDINAND D. WHARTON

(No. 3 of a Series)

In the year 1900 there were the following business houses in the borough: Grist mill, lumber mill, blacksmith shop, hotel, harness shop, shoemaker, livery stable, foundry, two churches, dressmaker, tinner, public school, post office, several expert carpenters, two general stores and a resident doctor.

From about the year 1858, the hotels were operated by the following persons: John Crouse, William O'Donnell, Richard Ivory, Edward Kearns, Samuel Kelly, Harry Pfeister, Nelson Charles, Charles Meyers, Irvin Yahner, Arthur Bradley, and the present owner, Walter Adams.

Doctor Harry Sommerville was the first man to operate a dairy farm and he had a fine herd of registered Jersey cattle. He also had the first cream separator (hand operated) and built the first silo in this community. He obtained water for his cattle and farm needs from a drilled well from which the water was pumped by a wind wheel into a large storage tank.

First Automobiles Purchased

He owned the first automobile (Franklin). Charles Perry bought the second one from his brother, Frank at Scottsdale (Chalmers-Detroit), and Thaddeus Conrad had the third, which was a Buick. These were the only cars in this community for quite a few years.

Doctor Harry Sommerville also was the first farmer to experiment with the growing of alfalfa, cow peas and strawberries, and the raising of chickens on a large scale for marketing.

In addition to his medical practice he also pinched-hit as a dentist and the extraction of teeth was a frequent occurrence.

The Parish Hall was built in the year 1892 and the state road through the town was constructed in 1925. This was indeed a blessing for we had foot-deep mud right through the town during the spring and fall.

Number of Resident Doctors

The resident doctors here from about the year 1885 were: Miller, Sloan, Noonan, Weatherly and Sommerville.

Charles Wharton was the first person to be interred in the Catholic Cemetery almost 63 years ago (Aug. 1).

Two views of the main street of Chest Springs were taken 50 years ago—in 1905. The street was lined on each side with lovely old maples, horse chestnuts and locust trees which were planted many years ago by the founding fathers. Only three of them are now standing.

The dirt road through the town is plainly visible in the two pictures. Looking south, the Court Building on the left was the hotel and looking north, the first building on the right was the residence of Charles Perry.

Chest Springs Couple Plan for June Wedding

Banns of matrimony were published Sunday for the second time in St. Monica's Church at Chest Springs for Miss Jean Krug, daughter of Mr. and Mrs. Fred Krug of near Chest Springs, and Robert E. Adams, son of Walter Adams of Chest Springs. They will be married Saturday, June 25, at 9:00 a. m., in St. Monica's Church.

CONSTABLE APPOINTED

Leo J. Zosky, Friday, was appointed by Cambria County Court as constable in Cresson Twp. He will fill the unexpired term of A. J. Storm, who died earlier last week.

LETTERS TO JANE...

By A. PAULINE SANDERS, Ph.D.

Irons, Pennsylvania

Dear Jane,

Have you ever been to a strawberry festival? This is the season and they are fun. But there is nothing to hinder us from having our own Strawberry Specials.

What may prove to be a record-breaking crop of strawberries will be coming to markets all during June from nearby producing districts. Of course we won't overlook the luscious ones (wild and tame) produced in mid-June.

And with a big supply of milk and cream already assured during this lush period, "strawberry 'n' cream" gourmets can indulge themselves to the limit without causing dents in the family budget.

Of course, strawberries have been at markets for some time now, from southern areas. But while modern transportation and refrigeration result in very adequate and enjoyable shipped-in product, the real strawberry enthusiast knows that the peak of smooth sweetness is attained only by field-ripened berries rushed to the table with a minimum of delay.

Berry production in Pennsylvania, New Jersey, New York and the New England States is expected to total some 960,000 24-quart crates this year, compared to about 800,000 crates last year.

Generally, Northeast strawberry quality is excellent. Size varies with the different varieties and is no indication of flavor or juiciness.

With the abundance of berries at markets, shoppers will have no difficulty finding fresh, clean and bright ones that have the full, solid-red color denoting proper maturity. The cap, too, is a clue to condition, and length of time since the berries were picked. If the cap is missing from a majority, that fact may indicate the rough handling or over-maturity.

In addition to frequent servings of old-fashioned strawberry short cakes topped with plenty of real whipped cream, strawberry pit, and strawberries on cereals and in fruit salads, this month of abundance offers opportunity to save some for year 'round treats. One of the widely used methods is to make marmalade, preserves, and jam. The home freezer offers a newer, and possibly easier method for the busy housewife.

Strawberries may be frozen, sliced, crushed or pureed with sugar, or whole in syrup.

The same quality buying guides apply, whether buying for immediate use or freezing, since the quality of the frozen product will be just what you put into the freezer. Handle carefully to avoid bruising. Discard all bruised or spoiled pieces. The smaller the quantity handled at one time the better. Wash before the stem or cap is removed. This avoids absorption of washing water. Use cold or ice water. Drain and spread on a tray lined with several thicknesses of absorbent paper to remove excess moisture. If the dry-sugar pack is used mix the fruit and sugar carefully to form a natural syrup before packaging and freezing. Unless properly packaged frozen foods will dry out, lose color and flavor, and become unpalatable within a few weeks.