

State College News

NEW YORK STATE COLLEGE FOR TEACHERS
ESTABLISHED BY THE CLASS OF 1918

Vol. VIII No. 27

ALBANY, N. Y., MAY 16, 1924

\$3.00 per year

Moving-Up Day Biggest Event of Year

MOVING-UP DAY LEADERS APPOINTED TO MANAGE STUNTS—SINGS—PARADE

Class marshals

Betty Bach, '24
Hillegrad Liebich, '24
Francis Thompson, '25
Gladys Mersereau, '25
Muriel Wenzel, '26
Hilda Klunkhart, '26
Ruth Harris, '27
Ruth Empie, '27

Song leaders

Emily Belding, '24
Louise Welsh, '25
Margaret Flannigan, '26
Mary Wencetawowitz, '27

Chairman class stunts

Wilhelmina Hememann, '24
Jacquelyn Monroe, '25
Helen Arthur, '26
Ralph Harris, '27

Captains of banner rush

Marion Landon, '26
Ralph Harris, '27

Captains of tug of war

Edna Layton, '26
Georgianna Maar, '27

Judges of class stunts

Dr. Crowsdale, Miss Wallace, Dr. Hastings, Dr. Painter, Miss Futterer

Judges of class songs

Dr. Richardson, Professor Candlyn, Miss Rice

Class Speakers

Agnes Nolan, '24
Edith Higgins, '25
Minnie Greenaway, '26
Edwin Van Kleecck, '27

SOPHOMORE REVOTE

In a revote of the Sophomore class for vice-president and treasurer, Hilda Klunkhart was elected vice-president; Harry Godfrey, treasurer. In revote for manager of girls' athletics, Jeanette Wright was elected.

MILDRED KUHN SERIOUSLY ILL OF TYPHOID FEVER

Mildred Kuhn, '24, assistant Editor of the News, is seriously ill at her home in Gloversville. She was suffering from a supposed cold and went home. Reports arrived later stating that she had typhoid fever and was in a serious condition. The latest reports received to date are of slight improvement.

SIX FRESHMEN CHOSEN TO TAKE PART IN PRIZE SPEAKING CONTEST

The annual prize speaking contest will be held in the Auditorium, Wednesday evening, May 28. Those who will take part are: Eudora Lampman, Melorie Grant, Marjorie Ott, Julia Fay, Gertrude Weimer, and Alice Windecker.

WEATHER CONDITIONS HINDERED TRYOUTS FOR MOVING-UP DAY TRACK

High Jump To Start At 3 ft. 8 in.

Due to poor weather conditions and attendance, the tryouts last Saturday for the girls' track meet on Moving Up Day were greatly hindered. No eliminations were made. The three events held were: running high jump, baseball and basketball throws. Those participating were: running high jump—Belding, '24, Shaffer, '26, Wright, '26, Du Bois, '27, Perreault, '27, Wilson, '27, Maar, '27, Couch, '27, Hartmann, '27.

Baseball throw: Heineman, '24, Hoyt, '25, Moore, '25, Wright, '26, Milvine, '26, Loman, '26, Strong, '27, Swettmann, '27, Empie, '27, Overbaugh, '27, Resau, '27, Bender, '27, Maynard, '27.

Basketball throw: Heineman, '24, Hoyt, '25, Barton, '25, Taylor, '25, Moore, '25, Wright, '26, Raynor, '26, Du Bois, '27, Swettmann, '27, Empie, '27, Resau, '27.

Since 3 ft. 8 in. was the highest that all made, the jump will be started at 3 ft. 8 in. in the meet.

STATE VS. UPSALA ON HOME COURT THIS AFTERNOON AT THREE

St. Stevens Game Canceled

When the baseball fans heard that State's game for May 16 had been canceled by the St. Stevens team, they were disappointed. Due to trouble in the St. Stevens nine the management deemed it advisable to cancel all remaining games on the schedule. The unavoidable had happened, but due to some snappy work on the part of Coach Wagner, State will have an opportunity to pit its entire strength against the Upsala College team at Ridgefield park today at 3 o'clock.

TENNIS GAME CANCELED

The tennis match which State was to have played with St. Stephens, Friday, May 9, was canceled because of the rain.

PROFESSOR HIDLEY MADE JUDGE ON DEBATE

Professor Hidley is asked to be one of the judges at the last of the group series in the "Rutgers Interscholastic Debates," Kingston versus Newburgh, which is to be held at Newburgh, May 8th. The question is whether the "Bok Peace Prize" plan should become part of the foreign policy of the United States or not.

SOPHOMORES WIN MASCOTT HUNT BY ONE VENTILATOR

Freshmen Take Defeat Good Naturedly

Yes! the freshmen found the mascot—after the sophomores showed it to them. Yet, after all, class spirit is THE thing, and no sophomore can say the freshman class lacks spirit. Think of the History quiz that was neglected for those evening hunts from six to nine. And the dirt that was removed from cellar and garret on heads and elbows. To the freshmen, no nook and cranny within the territory bounded by Washington and Western avenues, Robin street and Albany High School, had been left untouched. Nor were the ventilators left unmolested. But one particular ventilator was. From some hundred how could any one be picked out! But "Pep" didn't slink away, for when the lion glared out from his dark cavern, he inspired an upstart of "We're only little Freshmen—yet we are glad that we belong to N. Y. S. C. T."

WHAT TO DO AND HOW TO DO IT IN '27 LECTURE

How To Dance and How Not To What To Wear and When

Does anyone ever forget Faculty Reception? It is at times like that, that one bemoans the fact that etiquette books are usually very large in size and cannot be carried around in one's pocket. In freshman lecture Miss Marcella Street, '27, demonstrated the proper and correct manner of introduction. Two freshman girls, Miss Melanie Grant and Miss Florence Barry, showed the correct and incorrect method of dancing. The discussion of Etiquette was closed by a talk by Miss Helen Tompkins, '27. Miss Tompkins said that school clothes should not be extreme but stylish and simple. This should be the aim of the College girl.

H. E. DEMONSTRATES ANIMATED VEGETABLE DISPLAY FOR HEALTH

Perhaps you noticed that on the afternoon of Thursday, May 8, a group of children entered State's halls of wisdom. These were the characters in the "Health Play" given by the Dietetic Class of the Home Economic department. Miss Veronica Noone was the Health Fairy and the children, with their dainty crepe paper costumes, represented the various kinds of vegetables necessary to maintain good health.

In connection with this play there was a display of charts and posters made by the Home Economics students. Miss Marion Record was in charge of the display.

LADY WINDERMERE'S FAN FINAL PRODUCTION OF EXPERIMENTAL CLASS

Cast Slightly Changed

The crowning effort of the maiden career of the Advanced Dramatics class will be "Lady Windermere's Fan" by Oscar Wilde, directed by Miss Futterer. This play is one of the most difficult ever presented by the Dramatics classes of State College. It is altogether charming and delightful, the plot centering around a beautiful fan. Come and see it Saturday evening, May 24, at the Vincentian Institute.

The cast, slightly changed is as follows:

Lord Windermere—De Witt Zeh
Lord Darlington—Edmund Crane
Lord Augustus Lorton—Edward Vines

Mr. Cecil Graham—Frank Reidy
Mr. Dumby—Sidney Haight
Mr. Hopper—Edwin Van Kleecck
Parker (butler)—Ralph Harris
Lady Windermere—Ethel Palkosky
The Dutchess of Berwick—

Elizabeth Nagle
Lady Agatha Carlisle—Marion

Farrell
Lady Plymdale—Priscilla Jones
Lady Jeddburgh—Aileen Wallace
Lady Stutfield—Mrs. Raymer
Mrs. Cowper-Cowper—Helen

Borsick
Mrs. Eryllyne—Edna Shafer

Rosalie (maid)—Beatrice Martin

Those in charge of the committees are Beatrice Martin, chairman of the Advertising committee; Helen Orr, Costume committee; Blanche Kilmer, House committee; Dorothy Bennit, stage set; Aileen Wallace, Props; Edna Shafer, music.

Students will be admitted on their Student Tax tickets. Admission for outsiders will be fifty and seventy-five cents.

STATE VS. MIDDLEBURY MAY 24—VS. HAMILTON MAY 25 AT CLINTON

The purple and gold battles against the Middlebury nine on May 24. The game promises to be a snappy one. Middlebury has a good team, but State expects to meet it on an equal footing after the 5-0 score with Colgate.

Support the team and give the men a real college send-off for the game with Hamilton the next day, May 25, at Clinton.

State College News

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(Articles, manuscripts, etc., must be in the hands of the editors before Monday of the week of publication.)

- Editor-in-Chief**
Dorothy V. Bennit, '24
- Managing Editor**
Mildred Kuhn, '24
- Business Manager**
Dorothy Jones, '24
- Subscription Manager**
Ruth Ellis, '24
- Assistant Business Managers**
Hildegard Liebich, '24
Lois More, '25
- Associate Editors**
Kathleen Furman, '25
Florence Platner, '25
Margaret Demarest, '25
- Reporters**
Helen Elliott, '26
Margaret Benjamin, '26
Joyce Persons, '26
Harry Godfrey, '26
Jerome Walker, '25

MISS MARTINEZ

With our mothers, fathers, and friends, we came to the Spanish carnival. We came in such numbers that the auditorium was packed. We saw, we enjoyed, we pronounced the entire program a success. But did we stop to think what work was necessary to stage such an event? Many did not. Had we stopped for a moment to consider we would have enjoyed it even more.

Without the untiring efforts of Miss Martinez, the carnival, one of State's biggest events, would have fallen far short. It required many hours of time and effort that it might be what it was, a success.

Not only the Spanish club, but the entire student body owes Miss Martinez a vote of appreciation for the Carnival, which, due to her efforts, brought crowds from afar and sent them away satisfied.

POINT SYSTEM CHANGES

When the point system was first brought before the students it caused very little comment. As is the case with many other new suggestions it received too little consideration.

It was something new to most of the students and they were willing to give it a chance.

Then along came class elections, and havoc on the point system began. It could mean only one thing, resignation in frightening numbers.

What was the result? A remedy must be found at once, and as is always the case in time of need, a remedy was found. A revision of the point system was made. By it some have benefited, to others it has made no difference.

Another revision may be expected as soon as a special need arises. The system was put in effect to more evenly divide the offices among the students. If the very fundamental ideas of the plan are to be kept, the student body must think, really think, before it makes a rash move.

DR. THOMPSON GRADUALLY REGAINS HEALTH AFTER NERVOUS BREAKDOWN

The health of Dr. Thompson is gradually improving, according to persons in close touch with him at his home. He is still under the care of a physician and is not permitted to take much exercise. A diagnosis of his case showed that Dr. Thompson was suffering from a serious nervous breakdown, but it is now believed that he is on the road to complete recovery.

At his home at 914 Madison avenue, Dr. Thompson is taking a much needed rest. His physical advisers say. Very few friends are allowed to disturb the patient, since it is claimed overwork and constant mingling in social affairs are responsible for his ill-health.

Privileged visitors include Dr. Brubacher and Mr. Candlyn. Mr. Candlyn is planning to be a constant companion, as far as possible, of Dr. Thompson until the latter recovers. So far no definite plans have been made by Dr. Thompson himself or by his medical attendants for an extended trip during his convalescence. It is said, however, that he may take short trips in the country during the summer.

Dr. Thompson has been obliged to give up his entire activities in the music world pending the regaining of his health. He devotes considerable of his time, nevertheless, to the casual study of his particular interests. He will not be able to resume his classes at college this semester, nor will he be able to take his customary summer school courses.

MUSIC CLUB LOSES GOOD PROGRAM FOR "E" STRING BUT ELECTS OFFICERS FOR 1924-25

All good things must come to an end sooner or later—so the members of the Music Club think. On Thursday afternoon, May 8, the Club held its last meeting for this semester. Owing to an "E" string, which evidently thought it had done its duty on previous occasions, a pleasurable violin recital by Nettie Gilbert had to be forfeited.

The organization elected its officers for 1924-25:

- President—Beulah Eckerson
Treasurer—Thyra BeVier
Secretary—Helen Arthur
Chairman of Membership Com.—Marion O'Connor
Chairman of Programs—Ruth Johnson

MOTHERS HEAR OF PHASES OF COLLEGE LIFE AT SATURDAY AFTER-NOON TEA

It is to be regretted that so few attended the tea Saturday afternoon held especially for mothers and daughters in connection with the Mother and Daughter week-end. In three brief informal talks, President Brubacher spoke of the freedom of life at this college, Dean Pierce begged for sympathy as a college mother of 1017, and Dr. Croasdale maintained by effective arguments her familiar declaration that the health department is the most important department at college.

BROADCAST

Delta Omega welcomes into full membership Marion Wright, '26, Emily Cope, Marion Day, Ethel DuBois, Georgianna Maar, Esther Milnes, Ethel Newins, Evelyn Palmer, Marcella Street and Pauline Van Benschoten, '27.

Kappa Delta announces the marriage of Phoebe J. Austin to Dr. David S. Stevenson on Saturday, May 3, at Fulton, New York.

Delta Omega entertained about twenty-five alumnae at its annual luncheon at the Hampton, May 3, 1924.

Mrs. William Bayliss and Mrs. Charles Evans were guests at the Kappa Delta House during the Mother and Daughter week-end.

Professor Kirtland spoke at the general assembly of the Troy High school last Friday morning on "Technique of the Camera." Later in the day there was an exhibit of enlargements and colored photographs at the school.

Miss Thompson, Mrs. Frear, and Miss Frear drove to Cooperstown for the week-end.

The Home Management House of 151 Western avenue is getting settled, and everything looks particularly charming.

CALENDAR

- Friday, May 16**
Moving-Up Day
- Saturday, May 17**
Indian Ladder Hike
Y. W. House Party—Kinderhook
- Monday, May 19**
Political Science—4:00—Room 101
- Tuesday, May 20**
Y. W. C. A.—3:00—Auditorium
Joseph Henry—7:30—Room 150
- Thursday, May 22**
Music Club—4:30—Auditorium

NOTICE TO BOBS

Girls! Girls! Beware of bobbing your hair, ye of the unbobbed type, and ye of the bobbed type must let your hair grow! Increase in hair means increase in wages as a teacher. In several towns bobbed haired teachers have been debarred from the hundred dollar increase per year because it is said, they have not gained the proper respect from their pupils. There are, however, new devotees of bobbed hair in State College after positions are obtained.

MOTHER AND DAUGHTER WEEK-END ACCLAIMED POPULAR BY ALL

The Mother and Daughter week-end arranged by Y. W. C. A. rates as the most successful enterprise undertaken by that organization this year. Judging from the praise given by the visiting mothers to the girls in charge, they considered it a most marked success.

Registration, the visiting of classes, the Spanish supper and the carnival made one day a complete entertainment. The bus ride, the tea, the concert rounded out another diverting day. Church, luncheon and vespers concluded the week-end and gave to the students and their mothers many pleasant memories.

CUNARD LINE CUTS TOURIST OCEAN FARES IN HALF BY UNIQUE ARRANGEMENT FOR EDUCATORS, STUDENTS, ARTISTS, ETC.

The Cunard Line on June 21st will inaugurate a series of special summer sailings to Europe which will provide round trip passage at \$170. per person. The entire third cabin accommodation will be reserved for the exclusive use of tourists, college students and graduates, teachers writers, artists and such other people of refinement as are anxious to avail themselves of the opportunity of economical travel or study abroad.

There will be three of these outgoing sailings, the second on the "Mauretania" July 2nd, and the third on the "Lancastria" on July 3rd. There will be similar arrangements for passage homeward, the "Beren-garia" on August 23rd and the "Saxonia" on September 6th being two of the sailing dates already fixed.

The idea of these cheap excursions is to fill the great demand for an economical way of going abroad this summer. It is planned to keep them solely for the use of residents of America. There will be numerous two-berth state rooms, and no more than three passengers will be carried in any room. Particular pains will be taken to make sure that there will be no un congenial travelers in any room, either going abroad or returning.

The Cunard Line states that these excursions are planned to appeal to those people who heretofore have considered a trip abroad as beyond their means.

There will be special entertainments and dances on these trips.

SUMMARY OF PROFITABLE CARRERS OPEN TO WOMEN

Sara Barclay, '27, Gave Review of Possibilities

The Moving Picture Industry is one of the greatest opportunities open to women today. This subject was one of the phases taken up by Sara Barclay, '27, on Thursday, May 1, at freshman lecture on the topic, "Vocations Open to Women."

Editorial Work

The most famous of editorial directors in the moving pictures is June Mathis who directed "Blood and Sand," and "The Four Horsemen of the Apocalypse". Another job which many women fill is that of writing the stories. They may write one story and get it filmed; this is called a single job. However, some are connected with a company, and write stories for that particular one. There are those who write the titles and sub-titles, and those who follow the director about with script in hand to see that every detail is carried out. Still, others are costume designers.

Teaching

As we all intend to be teachers, Miss Barclay touched upon Teaching as a vocation. Why are we teachers? There are, of course, many reasons. One is the great demand for teachers. The salary is very good especially in the last few years. When one enters the teaching profession, there are not many risks as, for instance, in opening a law office after just graduating from law school. Teaching is part time work, and the summer may be employed to further one's interest or just spent in recreation. All teachers do not teach in high school; there are grade teachers, kindergarten teachers, and teachers for the blind, if one is interested in such work.

Science

The field of Science is being more and more filled with women. For instance, many women take up Industrial Chemistry. It is necessary in this work to have a knowledge of machinery, and the faculty to manage workers. Many women take up Public Service work and Pharmacy.

Library Work

Library work has attracted a great many women lately. There is a wide field in this work as there are City Libraries, University Libraries, Hospital Libraries, and even Business Libraries which are installed in large plants.

SPANISH CARNIVAL
COLORFUL EVENT

The crowning event of the year! The Spanish Carnival! Fragrance of roses, gayly dressed flower-girls, great bright bubbles of red, blue and yellow balloons bobbing above heads of the audience in the crowded auditorium! With the small aid of the magic carpet of imagination and s-s-s-l, we were in the drowsy land of Spain at a 'fiesta'. Amid the softly lighted lanterns, palms, and quaint screens, Emily Belding led the performance in the whirl, dash and fire of a gypsy dance. Which one of us could resist the charms and beauties of the three dolls so advantageously portrayed by their vendors, and who could resist buying a "flora" or a "rosa" from Edna Shafer even if one didn't understand her song exactly? A bit of the warmth and romance of old Spain, and the sensuous Castilian languidness wafted about the evening scene where Edward Vines serenaded his senorita before her window, and seemed steeped in the grace of the tango dancers, Betty Nagle and Florence Barry. Mary Flanagan's dance caught a bit of the mystery and firelight of Spain, and Louise Welch delighted us with dainty toe-dancing. What chills and thrills when Emily Belding and Ruth McNutt enacted the Spanish Lovers' dance and aroused the adventurous spirit in the Pirate's dance! The performance ended with scenes from Spain as the sweet cry of the flower girl, Sara Dranetskie, the newspaper boy, the "peon", the dark-eyed gypsy, and the tall Epaniard. Everyone then went down to the Gymnasium where the radiant Queen, Anne Steigenger, accompanied by her senoritas, took her royal seat. Then we were presented with scenes of Columbus. In the landing of Columbus, Professor York filled the place of Columbus in our imaginations effectively, and Miss Morris, Miss Johnson and Doctor Bike, Mr. Deyo as Indians, certainly lent the color to the scene. The final scene was the appearance of Columbus before the King and Queen of Spain, Professor Decker and Eunice Rice. The evening was then closed by dancing.

OLGA HAMPSEL REPRESENTS
STATE AT CONVENTION

Olga Hampel, '26, has gone this week to represent the Dramatic and Art council at the annual convention of the American Federation of Art, held at Washington, D. C.

SPRING CONCERT
BEST OF MUSICAL
EVENTS OF SEASON

An event which held a large part in making the Mother and Daughter week-end a huge success was the Spring Concert given under the auspices of the Music Association and under the direction of Professor Candlyn on Saturday evening, May 10, in the College Auditorium. The Women's Chorus, Male Chorus, and the College Orchestra participated. Besides presenting a pleasurable and varied program the concert gave to the Mothers the opportunity of observing what State College is doing along musical lines.

The Concert program included two opening selections "Marche Touraine" and "Hungarian Dance No. 2" played by the College orchestra followed by a group of numbers given by the Women's Chorus—Alma Mater (including the audience), "John Piel," an old English Hunting Song, and "The Call." "The Norsemen," and "Suahian Folksong" sung by the Male Double Quartet were much enjoyed. Edna Shafer won admiration by a group of three selections, "Long Ago," "A Birthday," and "Lullaby." The conclusion of the program consisted of numbers by the Orchestra, "Prelude," and "Carillon" from "L'Ailesienne Suite." "Done Paid My Vows" was given by Marjorie Bayliss, soloist, accompanied by a selected group, with the entire Chorus entering on the refrain which rendered a pleasing number. Three Indian Songs arranged by Tierance was then given by the Women's Chorus. Edward Vines' tenor solos were exceptionally well done. "Valse from Suite for Two Pianos" played by Thyra Be Vier and Professor T. F. H. Candlyn was quite unique and well liked. "The Cradle Song" and "The Shadow March" with bell accompaniment rendered by the Women's Chorus made a pleasing concluding number.

Dancing was enjoyed later in the Gymnasium until eleven o'clock.

SMALL PIECE OF CHEESE

An hour's dancing permitted to State College students is like a huge piece of cheese to a mouse! At the conclusion of the program of the Spring Concert, Saturday evening, May 10, under the direction of Professor Candlyn, a bit of the "huge piece of cheese" was served. Home talent furnished the music for dancing until eleven o'clock.

DEAN PIERCE ENTERTAINED
FRESHMEN AT TEA

From three to five o'clock on Thursday, May 15, Dean Pierce received the freshmen at a Tea at Syddum Hall.

BUDGETS FOR CLOTHES

Mrs. Pierson of the Albany Savings Bank addressed the Dressmaking Class on the subject of "Budgets" on Friday afternoon, May 8. Mrs. Pierson put special emphasis on the making of budgets for clothes.

SUN RAYS "MINUS"
LATEST DISCOVERY OF
SCIENCE WORLD

Most people have the mistaken idea that sunburn is caused by "the heat of the sun." This is incorrect. Sunburn is caused by the ultra-violet rays, which constitute only seven percent of sunlight.

Nature herself provides a form of protection against the ultra-violet rays, for when a person is exposed continually to sunlight he will find that after several attacks of sunburn, the skin becomes tanned or freckled. Tan and freckles are simply the natural pigment which nature provides as a yellow screen through which the ultra-violet rays cannot pass and cause real injury by continued burning.

People with tender or fair skins will get severely sunburned many times before they can get the coat of tan or freckles, which serves as a yellow screen to keep out the ultra-violet or burning rays of sunlight.

Science, however, has come to the rescue of those who enjoy sunshine and the out-of-doors but who dread the pain and injury of sunburn or the disfigurement of a yellowish coat of tan or freckles.

This scientific discovery is based on the well-known fact that a substance as transparent as glass screens out the ultra-violet rays. One can be exposed to sunlight under glass for an indefinite period and get healthful, beneficial effects of the rays without being burned. The gardener grows his tender young plants under glass, where they thrive in the sunlight from which the ultra-violet or burning rays have been screened off by glass.

Research workers in the course of their laboratory investigations into the properties of ultra-violet light, have discovered a chemical which is as transparent as glass but which has

the property of shielding the skin from the ultra-violet or burning rays of sunlight and thus giving absolute protection against sunburn. It performs exactly the same function as the transparent screen of glass or the yellow screen of tan or freckles. This chemical is said to be beneficial to the skin. Mr. E. B. Vliet, Research Chemist of The Abbott Laboratories,

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6 DOORS ABOVE LARK STREET

Chicago, in explaining the technical action of this new discovery says:

"Radiation from the sun is classified as infra-red, visible, or ultra-violet according to the wave length. The infra-red portion consists of wave lengths greater than 0.75 micron, (a micron is one one-millionth of a meter,) and contains the heat waves. The visible portion includes all the waves visible to the human eye (between 0.75 and 0.39 microns), the longest waves being red and the shorter ones shading off thru orange, yellow, green and blue to violet. The ultra-violet, containing all waves shorter than 0.39 micron, is invisible to the eye and is the portion that is entirely responsible for sunburn, tan and freckles.

"When solar radiation strikes a body some of the waves are reflected, others are absorbed and some may be transmitted. Some substances, like lampblack, absorb nearly all of the waves. Others, such as window glass, transmit most of the infra-red rays, all of the visible but absorb nearly all of the ultra-violet. Still others who have a more selective absorption. A sheet of hard black rubber absorbs visible and ultraviolet radiation but is transparent to infra-red. Red glass transmits only red and some infra-red, but absorbs all other waves, while blue cobalt glass transmits only blue and violet.

"In our search for a material that could be used to prevent sunburn and freckles, it was necessary to find a

substance that would absorb all of the ultra-violet and transmit all of the other waves so that beneficial effects of exposure to the sun would be unimpaired. Furthermore, the substance had to be one that could be incorporated into a cream and thus applied to the skin in an invisible layer and be absolutely harmless.

"This search was greatly hastened by the instrument known as a quartz spectrograph. In this apparatus there is a source of light rich in ultra-violet, a quartz prism to break up the light into its various wave lengths and a photographic plate to record the results, for in this work, the human eye cannot be used. By putting various substances in the path of the light going to the prism, certain wave length waves are absorbed and, in the spots where these waves would strike the photographic plate, a blank space results. Thus series after series of substances were quickly tried and a few were found that absorbed the ultra-violet waves completely, but let the others pass. These were tested further to determine their fitness in other respects and one was finally selected that was far superior to the others. This product is a synthetic organic compound with one of those long chemical names that serve to keep a haze of mystery about the otherwise very practical science of chemistry.

"However, for practical purposes, it is also known as sodium-sunex because of its ability to remove the ultra-violet from the sun's rays."

Chewing Gum Aids Digestion

By C. Houston Goudiss
National Authority on Nutrition
Publisher of *The Forecast—America's Leading Food Magazine*



Everyone knows we are given to eating more than we actually need, but when the table is heaped with good food, "what's a feller to do?"

Things are so tempting, and so palatable! Why not enjoy them?

But many a heavy meal which is hugely enjoyed during the process of eating is far from enjoyable during the process of digestion!

Then it is that chewing gum comes to the rescue. Dr. W. A. Evans, former commissioner of health in Chicago, says in his book, "How to Keep Well":

"To chew gum after a meal aids digestion. Most people do not chew their food long enough to mix saliva with it thoroughly. The chewing of gum adds some saliva to the stomach contents. It is of more service in stimulating the stomach muscle. It is especially serviceable in helping the stomach to empty its contents. If one has overeaten and the stomach is heavy something is gained by chewing gum for half an hour, beginning two hours after eating." And it also helps to keep the teeth clean.

Chicle, the base of chewing gum, is the milky juice which is secreted by the inner bark of a tropical tree known as the *Achras Sapota*.

Only during the rainy season are the trees "bled."

After being refined and sterilized, the chicle is mixed with sugar and flavoring and moulded into the familiar form which has become so popular.

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