

State College News

A WEEKLY JOURNAL

NEW YORK STATE COLLEGE FOR TEACHERS

VOL. I No. 14

ALBANY, N. Y., JANUARY 17, 1917

\$1.50 PER YEAR

COLLEGE CALENDAR.

WEDNESDAY: 4:40, Y. W. C. A. Meeting; 8:15, Lecture by Prof. Zeublin in Auditorium.

THURSDAY: Promethean.

FRIDAY: 9:00, Class Meetings; Springfield Y. M. C. A. vs. S. C. T., Albany High School Gym.

MONDAY: 9:00, Mid-year exams begin.

R. P. I. DEFEATS S. C. HOCKEY SQUAD.

Owing to the snow and rain of the last few weeks, which was followed by a warm spell, the hockey squad was unable to use the new skating rink. Practice was held during this time in the gym and an unusually large number joined the squad for a tryout.

Last Saturday afternoon, however, the ring being in fairly good condition, the squad began its outdoor work. There were enough men present for two teams and a lively practice game and stiff workout showed that the indoor training of the men had proven a success. Coach Hubbard expressed his approval of the way in which the squad handled themselves on the ice. The defense trio, consisting of the Laddell brothers and Zeilman, was on the job, and few plays succeeded in piercing their line.

On Saturday, Jan. 13, the hockey squad went to Troy and played the R. P. I. varsity. The game was a very interesting one to watch and was much closer than the score of 4:0 indicates. Two of Troy's goals were flukes. The playing of La Grys and Cassavant featured for the State College seven.

January 17th the squad will play the West Point team on the army rink. This is the first long trip for the hockey team since its founding in 1915. There is great hope for the establishment of hockey as one of our major winter sports, as we have all the prerequisites necessary for its success in the future.

The first home game now on the schedule is with R. P. I. on February 24th, but it is hoped that, with the support of the student body, home games may be had with Williams, Mass. Inst. of Technology, Colgate and the Springfield Y. M. C. A. College. G. W. C., Capt.

PLEASE RETURN!

The following books have been missing from the History 2 and 3 reserve shelves in the Library since the dates mentioned:

Adams, Civilization, Jan. 3.
Adams, Growth of the French Nation, Dec. 5.

Emerton, Mediaeval Europe, Nov. 17.

Fiske, Discovery of America, vol. 3, Nov. 17.

Fiske, New France and New England, Nov. 17.

Howard, Preliminaries, Nov. 28.

Thwaites, France in America, Nov. 8.

The question arising is twofold: First, Where are the books? and second, and no less important, Where is our student honor?

DR. ELEANOR V. N. VAN ALSTYNE SPEAKS TO GIRLS.

Gives Good Advice.

The following is a brief outline of the main points of a talk made by Dr. Eleanor V. N. Van Alstyne before the girls of the College last Friday morning.

Hygiene—care of the person and general method of living so as to avoid disease vs. sanitation which deals with environment.

Principal causes diminish resistance to infection:

- 1 Exposure to wet and cold.
- 2 Fatigue.
- 3 Insufficient and unsuitable food.
- 4 Vitiated atmosphere.
- 5 Worry and excess of all kinds.
- 6 Alcohol.

Condition consequent upon neglect:

- 1 Auto-intoxication.
- Headaches.
- Anemia, second and primary.
- Vertigo.
- Physical and mental inefficiency.
- Appendicitis.

Simple means of treatment and prevention:

- a Everybody should drink 8 glasses of water each day. Very important, although disregarded.
- b Eat bulky foods.
- c Take plenty of exercise.
- d Diet.
 - 1 Avoid excess of meats, sweets and condiments.

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"Hoodoo" Followed Team On Trip

Purple and Gold Loses Both Games in North

Those who are inclined to be superstitious are pointing to the record of the State College basketball five and to the various "hard luck" games which have recently been lost as proof conclusive that the team is "hoodooed." And surely the games played here in Albany against St. Lawrence and Niagara universities, which

were lost in the final minutes by only a few points, uphold that contention. On top of those experiences now comes the northern trip with unprecedented "hard luck."

Clarkson Tech Wins, 41:27.

The team left Friday morning, January 12th, for Potsdam. This village is situated in the far north of the State and the men were on the road from six-thirty in the morning until about five at night. After these ten hours of continuous travel the men were in no shape to play. When they took the floor against the Clarkson Tech five they seemed to have lost all life and "pep," to use the technical term. The game was very rough. The umpire, though impartial, was very lax, and this gave the Clarkson men a decided advantage, since they were much heavier and better accustomed to the rough style of game. Nevertheless, the State College men held their opponents even in the first half, after which the Tech men drew away. By half time they led with a score only 22:17. In the second half the Purple and Gold rapidly fell behind. Captain Jones was about the only man to play up to the usual standard. He played an excellent floor game throughout and scored three baskets from the field. The contest ended with a score of 41:27 in Clarkson's favor. This score is a much better one than that of last year, when State College lost 48:16. The score:

State College.	F. B.	F. P.	T. P.
S. Fitzgerald, r.f.	3	7	13
Goewey, l.f.	2	0	4
Peckham, c.	1	0	2
Jones, l.g.-c.	3	0	6
Miller, r.g.	1	0	2
Hobaus, l.g.	0	0	0
Totals	10	7	27

Clarkson Tech.	F. B.	F. P.	T. P.
Carroll, r.f.	2	0	4
MacDonald, l.f.	1	0	2
Barclay, c.	9	5	23
Simmons, r.g.	1	0	2
Thompson, l.g.	4	0	8
Morrison, r.f.	1	0	2
Crowley, l.g.	0	0	0
Totals	18	5	41

Played at Potsdam, N. Y. Date, Jan. 12. Referee—Sisson, Dartmouth. Timer—Hubbard, S. C. Scorer—Pearsall, S. C. Time of halves—20 min. Score at half time—22:17. Final score—27:41.

PLANS MADE FOR JUNIOR WEEK.

Junior Tells of What Is Coming.

Examinations are coming, but so is Junior week! Remember, all you 1918ers, to reserve three dates in your engagement book, February 1st, 2nd and 3rd. The horrors of mid-years will be over then, and you will welcome the chance to re-create yourself.

Junior week! We have heard about it ever since we first came to S. C. T., and we have been told, "You will only be Juniors once, so remember!" Now that we are Juniors let us say that, while we have enjoyed the process of development immensely, we have no desire to evince our devotion to our College by remaining Juniors for another year. So let the slogan be "now or never," but let's leave the "never" off.

The Junior reception will take place in the gym, Thursday, February 1st, a preliminary "warming up," as it were, for Friday night, the Prom. Confess it now! Haven't you thought and dreamed about that Prom, at least once a year since you came to college? And you simply can't afford to miss it, for you will never have another chance to attend it as a Junior.

Saturday night we plan to hold our Junior banquet, and ask any of the Class of 1917 if their banquet was not exactly as successful as their Prom. Another thing you must not miss, for not only is it to be a "regular" banquet as far as menu is concerned, but you will enjoy the toasts given by your classmates. Rumor has

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STATE COLLEGE NEWS
A Weekly Journal

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The Committee on Publishing a College Weekly Newspaper, Class of 1918.

Alfred E. Dedicke, Editor-in-Chief

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**THE "NEWS" WILL NOT BE PUBLISHED DURING
"MID-YEARS."**

Owing to the suspension of all college activities the "State College News" will not be published during the time taken up by the mid-year examinations. The next number will appear on the second Wednesday in February. We wish to appeal once more to all delinquent subscribers for the subscription price due us. We based this year's budget on the number of promise-to-pay blanks we had and all of them will have to be taken up if we are to meet all bills against us. We wish all would understand and appreciate the situation, for we feel sure that if they did they would make a greater effort to pay.

THE COACH IS THE BOSS.

So much comment is being made among the students regarding the unfortunate incident that recently happened in connection with the basketball team, and so many seem misinformed, that we think it advisable to speak a true and impartial opinion upon the matter. In doing so we naturally regret that it was at all possible for such a thing to happen and especially at this stage of the game, when co-operation and good will are most essential for a successful team. We are disappointed and somewhat grieved to find among the greater lights of our basketball men examples of absolutely abominable spirit, but since they exist, we are ready to face the situation squarely.

Mr. Wachter fills his position as our basketball coach, because he is an expert. For nearly twenty years he has played the game of basketball. During that time he was first an amateur, then a "semi-pro.," and finally a full-fledged professional, becoming as such one of the world's best players. In late years he has been a successful coach of college basketball. We are mentioning these facts merely to show once more that the man who coaches our team knows the game and is well fitted to judge the faults of any player, therefore it seems but natural that the students of the College expect of the players, for whose benefit they have engaged this expert, that they willingly listen to his advice and that they follow it to the best of their ability.

Considering the fact that the men have heretofore never had what can be called strict coaching, the general behavior of the squad under the new regime is what can be desired. Nevertheless, it is rather unpleasant to know that a few breaks have occurred, and especially the latest incident is discouraging. We will not here take up any specific case nor deal in personalities. Rather will we treat the matter from an entirely impersonal point of view as a question of the relation between coach and player. Coach Wachter, we repeat, is an expert. While we are not saying that his judgment is absolutely infallible and while we are refraining entirely from expressing any opinion concerning the present controversy, yet we hold that each player must bow to his coach decision, no matter how unlike his own judgment it

may be. The player should remember that he is dealing with an expert and an authority. A coach can achieve results only when he is in complete control, and the recent suspension of one of the men by Mr. Wachter is proof that he is the boss and that he is here to do business, which means that he will get the best efforts possible out of our team. Mr. Wachter continues to hold the full confidence of the students, and he may rest assured that they will continue to support the team with the same enthusiasm so far shown this season.

The following, quoted from the local "Times-Union," explains itself:

WHITMAN'S EXTRAVAGANT ECONOMY.

The State College for Teachers, an institution nation-wide in influence and reputation, is facing a crisis because of the "extravagant economy" of Gov. Whitman's famous budget.

Estimates of the school expenses for next year have been cut to pieces by the Governor's experts, the cut in the salary schedule alone amounting to more than \$20,000. Instructors who have been led to expect an increase in salary, men with degrees of doctor of philosophy and years of experience, now working at salaries lower than \$1,500 a year, are discouraged at the outlook, and threaten to resign.

The cut in this budget is 16-2-3 of the entire amount, the whole sum amounting to \$27,780. \$20,555 being cuts in salaries. The cost of printing last year was \$1,354 and \$1,325 was asked this year. It has been cut to \$600, yet the catalogue alone cost \$900.

This is the second time cuts have been made in the appropriations for education. Not a single cut was made in the appropriations for education during the previous administration.

If economy must be employed—and no one has a monopoly on this reform—why exhibit parsimony in the matter of education? The same care was absent in the matter of salaries in other departments. Is politics to rule in the selection of these cuts?

Why jeopardize the future of the College by niggardly appropriations? The increases asked for should be carefully scanned and if deserved should be granted. Economy might be employed in the purely political positions with more propriety.

Don't stifle education. Don't sacrifice the future of this College on the altar of political expediency.

A MID-YEAR REFLECTION.

"A man who will be dishonest in examination will be dishonest anywhere else," the writer heard a State College student remark the other evening. Just how much truth does this statement imply? Is the student who, working under tremendous strain, sees rising before him the spectre of possible failure and avails himself of an opportunity to use some one else's brains liable to be found a liar and a cheat in his business and professional dealings in after life? One hesitates about answering frankly in the affirmative. There are many extenuating circumstances under which a student who yields to the temptation to crib may be almost entirely forgiven. Over work, lack of sufficient rest, illness, may bring about such a nervous state, that, under high pressure, one may resort to devices, that under less strained conditions, would be absolutely abhorrent to him.

It cannot be denied, however, that the man who, under any circumstances, allows himself to cheat once will find it far easier to resort to the same means in another examination. As every student of psychology knows, the execution of any action automatically produces a tendency to repeat that action with less mental resistance than was overcome in the first time. Crib once and you will certainly find it easier to do it again. Keep on yielding to this temptation through your four years of college, and at the end of that time, if you haven't been detected and expelled, you will have laid the foundation of dishonest thinking, which is bound to show itself in dishonorable actions and relationships in your professional life.

When you go into your mid-year examinations next week go in resolved to see them through with an honest conscience. Try to enter in as perfect physical and mental condition as you can possibly command. This will render your own resources most available and minimize the temptation to appropriate someone else's. If you are forced to meet failure, face it fairly and squarely. If you are obliged thereby to spend an extra year in college, face that fairly and squarely, too! At least be able to say as you go forth into the world, "What I have, I earned."

ST. LAWRENCE WINS, 24:23.

Saturday the men, after a good rest, traveled to Canton, N. Y., where they opposed the five of St. Lawrence University. The team went there resolved to do their utmost to revenge the defeat at the hands of the up-state five earlier in the season in Albany by a score of 24:21. But for some exceptionally "hard luck" and some decidedly partial refereeing they would have done so. However, under the circumstances the best they could do was to force the St. Lawrence aggregation into an extra period game, the score at the end of the second half being tied at 23:23. This score hints at the close struggle throughout. The State College men did not succeed in getting together during the first half and were held without a field basket. On the other hand, St. Lawrence also found the defense of the Purple and Gold somewhat of a puzzle, and owing to "Big Fitz's" steady shooting from the foul line the up-state five had a lead of only 8:5 when the whistle blew for the first half to end. Goewey had been taken out of the game on account of four personal fouls committed.

It was in the second period that the real fight took place. To open this half St. Lawrence scored a basket. Captain Jones, playing at forward, scored from the field and immediately afterward Fitzgerald gained another point from the foul line. Score 10:8. After several minutes of the fastest kind of basketball St. Lawrence advanced two points more on a long shot from the field, bringing the score to 12:8 in the home team's favor. Not a half minute later Peckham, the State College center, tallied a basket and Hohaus, who was playing in Jones' place at guard, tied the score for the Purple and Gold with a quick shot. Score 12:12. Fitz then came through with another shot from the foul line, giving State College the lead. The lead was now held first by one team and then the other until about two and one-half minutes before the second half ended, when the score was a tie, 20:20. Then Fitz, who never had shown better form in foul shooting, scored again on a free trial, and on the next play "Honey" Miller followed with a sensational basket from the center of the floor. Guernsey then shot a foul, and with only a few seconds to play Osgood, the St. Lawrence guard, made an impossible shot which dropped through the basket

just as the final whistle blew. It was the flukiest kind of a basket, but the score was tied, 23:23.

The extra five minutes of play was marked by close guarding and partial refereeing. No field baskets were scored. No fouls were called on St. Lawrence, although some were committed openly. St. Lawrence had three chances from the foul line and Noble made one of them count, thus winning the game for his team by a score of 24:23.

The score:

State College.	F.B.	F.P.	T.P.
S. Fitzgerald, r.f.	1	11	13
Goewey, l.f.	0	0	0
Peckham, c.	1	0	2
Jones, l.g.-l.f.	2	0	4
Miller, r.g.	1	0	2
Hohaus, l.g.	1	0	2
Totals	6	11	23

St. Lawrence.	F.B.	F.P.	T.P.
Noble, r.f.	2	1	5
Guernsey, l.f.	1	5	7
Doniher, c.	0	0	0
Reynolds, r.g.	0	0	0
Sanders, l.g.-c.	3	0	6
Church, l.g.	1	0	2
Osgood, r.g.	2	0	4
Totals	9	6	24

Played at Canton, N. Y. Date, Jan. 13. Referee — Gockley. Timer — Hubbard, S. C. Scorer — Pearsall, S. C. Time of halves — 20 min. Score at half time — 5:8. Final score — 23:24.

State College Plays Springfield Y. M. C. A. College Friday Night.

On Friday night State College will play one of the fastest New England college teams, Springfield, who will be the opponent, recently was defeated by Dartmouth by only three points on Dartmouth's floor. Everybody should see this game.

Plans Made for Junior Week
Continued from page 1.

it that the toastmaster is to be ———, well, come and see! That's all for now. More later! Don't forget! February 1st, 2nd and 3rd. Your "memo" book will not be complete without some souvenirs of these three occasions.
JUNIOR.

PROMETHEAN.

A meeting of the Promethean Literary Society will be held in the auditorium Thursday evening, January 18th. At this time nominations for president and vice-president will be made. Think this matter over carefully and be prepared to nominate the best possible members to fill these responsible positions. The program will be on Dickens and will include readings and music.

Dr. Van Alstyne Speaks to Girls
Continued from page 1.

- 2 Avoid fried foods.
 - 3 Avoid over eating and haste in eating.
 - 4 Eat simple foods.
 - 1 Baked and boiled foods.
 - e Exercise.
 - 1 Avoid pastry, pies and late suppers.
 - f Economical with heart beats.
 - 1 Each heart beat = raising a 2-lb. weight through one foot.
 - a Avoid strong emotions, especially anger, suspicion, jealousy and hatred.
 - b Early retiring.
 - 1 At 10 o'clock instead of 12 saves 876,000 ft. lb. a year.
 - 2 One-half hour daily rest saves 219 lbs. a year.
 - 3 Rest one-half day Sunday, saves 500,000 ft. lbs.
 - c Have eight hour sleep at least.
- To insure restful sleep after hard study:
- 1 Walk in the open.
 - 1 Deep breathing.
 - 2 Cup of hot milk.
 - 3 Warm bath.
 - 4 Go to bed in a well ventilated room.
 - Bathing:
 - 1 Cold plunges or shower daily; good for vigorous constitution.
 - 2 Sweat per capita.
 - a Three to four liters daily.
 - 3 Cold plunges prevents
 - 1 Varicose veins.
 - 2 Hemorrhoids.

CONSUMERS' LEAGUE.

The recent campaign for new members in the Consumers' League resulted in a victory of the Gold over the Purple Ford automobile, run by Marguerite Stewart and committee. Sixty new members were obtained by the Golds and forty-six by the Purples. The losing side will give a party to those who won in the campaign and the entire League sometime in the future.

FORRENCE'S LYCEUM QUARTETTE.

An entertainment for the benefit of the College memorial will be given in the College Auditorium Monday, Feb. 5, 1917, at 8 P. M. Forrence's Lyceum Quartette has been engaged and an attractive program is assured. A description of this quartette will be found on the bulletin board. Over one hundred students are selling tickets, thus anyone desiring tickets will have no difficulty in securing them. As this is a worthy cause there should be a large attendance.



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H. E. NOTES.

The College Department of H. E. will cooperate with the Times-Union this week in furnishing a judge for the letter writing contest on pure foods for housewives of this vicinity. Miss Eva Wilson will act with Mrs. Edward Cameron, of the Woman's Club, and Miss Freeman, of the city Y. W. C. A., in choosing the three best letters, the authors of which will receive some prize of worth. Each afternoon a demonstration will be given by Mrs. Froeling and two college students will assist her. Some day during this week Mrs. Froeling will be at the College to talk to Juniors and Seniors on the commercial side of Home Economics. The education of the public through general lectures and demonstrations is fast becoming a valuable phase of this work and a new field for the trained woman.

Two new books in the H. E. Library of exceptional interest and value are Community Arithmetic, by Brenelle Hunt, and Rural Arithmetic (with answers), by Thomas.

DELTA OMEGA NOTES.

The following officers have been elected for the second semester:

President, Marion Blodget; vice-president, Edith Rose; re-

cording secretary, Bertha Reedy; corresponding secretary, Margaret Becker; treasurer, Hildred Griffin; news reporter, Delia Ross; critic, Carolyn Bennett.

Louisa Vedder is ill at her home.

Mrs. Dunlap, an alumnus of Delta, now residing in Spring Valley, visited College last week.

COLLEGE CLUB.

The meeting of College Club of January 12th was postponed, as the speaker, Professor York, was very anxious to hear a lecture by Dr. Fosdick, who was a former classmate of his at Colgate. Professor York will speak at the next meeting, the time of which will be announced later.

Y. W. C. A.

The weekly meeting of the Y. W. C. A. is an important one and should be well attended. The delegates of the Student Volunteers will give their reports at this time. Miss Verna McCann has been appointed chairman of the Associated News Committee to fill the place of Miss Louisa Vedder, who has left College because of illness.

The first meeting after examinations will be a recognition meeting of all the members which have joined this year.

EXAMINATION SCHEDULE—FIRST SEMESTER 1917.

Unless a course be scheduled by name the examination in that course will be given according to the hour of recitation.

Monday, Jan. 22, 9 A. M.	2 P. M.
English 2	English 1
German 9	Education 2
Math. 2	
Tuesday, Jan. 23, 9 A. M.	2 P. M.
English 10	French 1
Math. 1	Spanish 1—Latin 4
Math. 3	Education 1
Wednesday, Jan. 24	
1:35 classes M. W. F.	1:35 classes Tu. Th.
1:35 classes M. W.	1:35 classes Tu. Th. Fri.
Thursday, Jan. 25	
9:20 classes M. W. F.	9:20 T. Th. S.
9:20 classes M. W.	9:20 T. Th.
Friday, Jan. 26	
10:15 classes M. W. F.	10:15 T. Th. S.
10:15 classes M. W.	10:15 T. Th.—10:15 Tuesday
10:15 classes W. F.	10:15 T. Th. Fri.
Saturday, Jan. 27	
Philosophy 2	German 2
Philosophy 1	Bus. Ad. 1
Latin 1	Physics 1A
Monday, Jan. 29.	
11:10 classes W. F.	11:10 classes T. Th. S.
11:10 classes M. W. F.	11:10 classes Tues. Thurs.
11:10 classes M. W.	
Tuesday, Jan. 30	
1:00 classes M. W. F.	1:00 classes Tu. Th.
1:00 classes M. W.	
Wednesday, Jan. 31	
2:50 classes M. W. F.	2:50 classes T. Th.
2:50 classes M. W.	2:50 classes T. Th. Fri.
2:50 classes W. F.	
Thursday, Feb. 1	
12:05 classes M. W.	
12:05 classes M. W. F.	12 5 classes T. Th.
Friday, Feb. 2	
CONFLICTS.	
Note —Report conflicts to the office of the Registrar before 9 A. M. Friday, January 12th.	

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