```java
import java.util.*;    Program : https://ideone.com/97mE9B
import java.lang.*;
import java.io.*;

class Ideone
{
    public static void main (String[] args)
    {

            // Converts a string to lower case letters
            String txt = "Hello World";
            System.out.println(txt.toLowerCase());
            System.out.println();

            // Converts a string to upper case letters
            System.out.println(txt.toUpperCase());
            System.out.println();


            // Removes whitespace from both ends of a string
            String myStr = "        Hello World!        ";
            System.out.println(myStr);
            System.out.println(myStr.trim());
            System.out.println();

    }
}
```

Output :

hello world

HELLO WORLD

        Hello World!
Hello World!