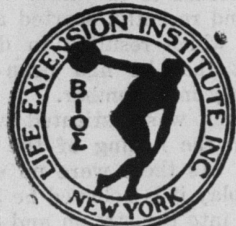


Your Health, The First Concern.



SUNSHINE AND VITAMINS.

Rochester, Minn.—The secret of health—sunlight and vitamins.

Dr. Charles Sheard, eminent Mayo Clinic specialist, said in one of his public health lectures:

"Many of our present day problems of growth and nutrition are found to be quite largely questions of deficiencies in the accessory food factors—sunshine and vitamins," said Dr. Sheard.

"When primitive man wrestled with nature and on bended knee and with exposed body worshipped the sun as the giver of health and life, he lived much closer to Mother Nature than does the ingenious superman of today, who lets his machinery do the tolling for him."

The following practical rules were submitted by Dr. Sheard:

1. Eat a balanced diet; eat enough of it but not too much. Don't let your palate be your guide.

2. Eat vitamins. This can be done through the inclusion in the diet of green vegetables, such as lettuce, spinach, etc.

3. Drink fresh milk. It contains a little of everything, and much of the many things that are good for the body.

4. Drink in the outdoor sunshine. This is the only natural source of Vitamin D.

5. Get your iron and lime—but not through the medium of patent medicines.

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23. Get your iron and lime—but not through the medium of patent medicines.

AUTO CLUB GIVES ADVICE TO MOTORISTS ON NEW LAWS.

Keeping the shade in the rear window of an automobile down while driving at night will be an offense under the new Motor Vehicle Code of Pennsylvania, effective January 1, according to the Lancaster Automobile Club, which in its weekly bulletin lists a number of the practices that are forbidden under the new law.

To fail to have a cleaner installed on the windshield. To fail to have a rear view mirror. To park within less than twenty-five feet of an intersection. To coast with the gears in neutral. To have plates, cards or lettering of an improper nature attached to any car.

To deface or damage any highway sign. To have any non-transparent posters on the windshield or windows. To fail to report to the police any accident where injury results or where property damage is \$50 or more.

To loan registration plates to another. "These are but a few of the provisions of the new State Motor Code," said Edward S. Gable, president of the Lancaster Automobile Club, "and motorists should be familiar with them and with the rest of the regulations before January 1. The new number traffic code is strict in these and in a number of other provisions and lack of knowledge of the new law will not save drivers from liability for the violating of any of the regulations. For that reason all are urged to study and become familiar with the provisions. All of the regulations were framed with the best interests of the general public, both the driver and the pedestrian in mind, and I feel sure that if the new code is observed to the letter by all that there will be far fewer accidents on our streets and highways."

"Indifference of the average motorist is the chief factor in perpetuating the condition under which car owners annually lose millions of dollars thru short measurement of gasoline and oil," says the weekly bulletin of the Lancaster Automobile Club, "and the filling pump is not responsible for the short measurement in nearly so many instances as the station attendant, who recognized, in the inattention of the patron, an excellent opportunity to substitute a lesser quantity of gasoline than is ordered and paid for."

"This is not so often the case in the county," states the president of the Automobile Club, "but it is particularly noted by local motorists when touring. Every now and then a filling station attendant, noting the car bears an out-of-state license, will try the short measure stunt, according to local tourists, and frequently get away with it."

"The conventional practice, says Mr. Gable, 'is to drive up to a pump and order five, ten or fifteen gallons of gasoline. After placing an order the driver remains seated, paying little or no attention to the filling process. He does not know how much is being put into the tank and a dishonest person in attendance, noting this, takes advantage of the indifference of the motorist. It is only due to the fact that a large number of the attendants are honest, that motorist's loss-thru-short-measure is not considerably larger than at present.'"

"Watch the attendant when he fills the gasoline tank on your car," is the Auto Club's admonition, "then you will be sure of getting the quantity for which you pay. This is particularly true when on a long tour, especially in other States."

300 Broadcasting Stations Doomed.

Three hundred of the 600 broadcasting stations now licensed in the United States are doomed, according to latest reports. It is planned to eliminate them during 1928, beginning on February 1, under a new policy decided upon by the Radio Commission.

It is not expected that all these stations will be closed down at one time but will be gradually eliminated that by March 15, when the first year's life of the commission ends in its present capacity, there will be just 300 stations cut out. Unless Congress sees fit to continue the present working capacity of the Commission, control of the stations will be put under another division of the Department of Commerce, with the Commission acting only in an advisory capacity.

Dr. Lee DeForest, inventor of the three-element vacuum tube, advocates the reduction to about one-half of the present number of stations and says he feels certain that the entire country, both in the cities and the rural communities can be adequately served by not more than 300 broadcasting stations. According to his statement a large number of stations can be operated on one wave length and carry the same identical program, if synchronization is effectively carried out, and the present congestion would be somewhat relieved. However, it is a known fact that the present number of stations in this country are absolutely not needed.

Move to Re-establish Indian School.

The Carlisle Indian School, after being given up for a decade, by the Government, stands a good chance of restoration in somewhat improved form, if plans now being laid by a number of prominent Indians are carried out. The former schools, operating on industrial lines may be succeeded by an outstanding college for higher education, which Indians all over the country are hoping to endow and establish.

Representatives of the aboriginal races want to see the Indian youths offered educational facilities of the highest order in an eastern environment, under the control of the Indians themselves. Already substantial funds have been pledged to the furtherance of the plans.

—Subscribe for the "Watchman."

Maintain Own Game Preserve.

In the last year the conservation department of the State of New York licensed 258 persons to operate private game farms and collected from the sale of licenses for that purpose \$1,290.

When the sale of wild game was permitted years ago it was recognized that this was in large measure responsible for the steadily diminishing amount of wild life to be found in the country each year, and that unless action were taken to stop it, not a few species would in a short time follow the path of the wild pigeons, being completely exterminated by market hunters. Accordingly a law was placed upon the statute books prohibiting the buying and selling of wild game.

But plainly there was a demand for game, so, until a way was found to supply the demand, the benefits it was hoped would accrue to wild life from the passage of the law would not be felt, for as long as there remained a market there would remain hunters to supply it. The problem was to find a way to supply the demand for game in some way other than at the expense of the wild life. The solution was found in a law providing for the raising in captivity of certain species of game and for the killing of it for food after it had been marked for identification by the conservation department.

VIOLATORS PUNISHED.

In the early years of the law a few farms endeavored to evade the law by selling wild game. Detection followed and the violators were punished—one man settling with the State for \$20,000. It is now only occasionally that a complaint is received by the department that one of the farms is suspected of violating the law or the terms of its license. On the whole, the law providing for the raising of game for consumption is declared to have worked out admirably.

The game that may be raised on game farms in this State comprise American elk, fallow deer and Japanese deer, roebuck, pheasants, Canada geese, mallard ducks, black ducks, bob-white quail and Hungarian or gray-leg partridge. When killed and tagged as prescribed by the department, these species may be sold for food. Pheasants and mallard ducks are the species most commonly found on these farms.

Reports made to the department indicate there were raised on the farms last year 15,020 mallard ducks, 9,222 black ducks, 29,145 pheasants, 324 deer and 70 Canada geese. Not all this game was sold. A considerable part of it was given away to friends of licensees, and to charitable institutions, and no small number of birds were liberated for stocking purposes.

Discovery of Butter Credited to an Accident.

Credit for the origin of butter is given to the camel of Arabia in a romantic story of the cow—"The Path of the Gopatis" (Lord of the Cows), issued by the National Dairy Council.

"The Arabians first knew butter as an accident when carrying milk by camel," says this authority. "It was necessary for them to sour their milk to preserve it, as there were no refrigerators on the desert. The sour milk was stored in skin bags, which could be slung across the back of the camels. One day on opening a skin they found floating around in the liquid lumps of something soft, but solid. They tasted it and found it delicious. They rubbed it upon their faces and marveled at how beautiful it made them."

"Later they hit upon an idea of making this delicacy. They tied some of the skin sacks of milk to the backs of their fastest horses and rode them at top speed, back and forth, up and down the sands of the desert. That was the first butter ever made, more than 2,500 years before Christ. But it was an expensive and dangerous process to run the tribe's best horses at breakneck speed, and butter then was only used as a rare ointment and in the choicest foods for the most special occasions. Finally, they discovered a more prosaic, but less precarious means of attaining the same result. They laid the leathern sacks upon the ground or hung them on poles and beat them with sticks. Thus they had a supply of butter which was reasonably easy to prepare."

In the land pastures of central Asia the word of "king" and warrior chief" was gopatis, but what gopatis really meant was "Lord of the Cows," who also must be king and warrior, since the possession and protection of cows were "the most weighty and honorable duties" of man in that region. The people of the Gopatis were the Aryans, the first masters of the cows. To them the cow was not only a source of food, health, happiness and wealth. It was considered a crime to kill a cow and the penalty was made to fit the crime. It was that "the killer of a cow must stay a month in penitence, sleeping in a stable, following the cows, and must purify himself by the gift of another cow."

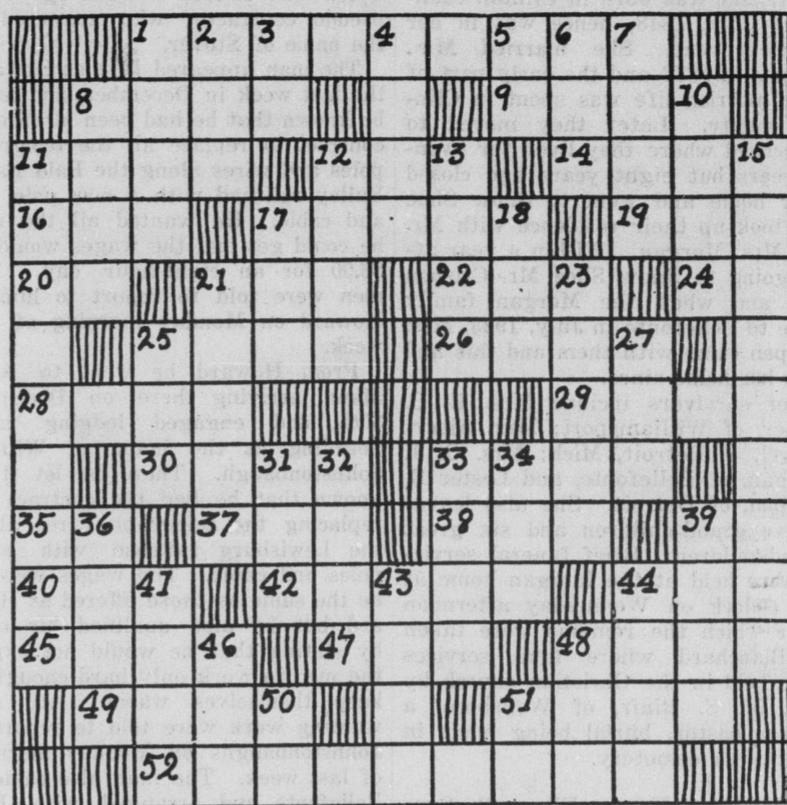
Cold Storage Eggs Must Be Stamped.

The Cold Storage law in Pennsylvania specifically requires that all eggs received from cold storage warehouses and offered for sale be stamped and labeled "Cold Storage Eggs." Several prosecutions have been ordered recently for the sale of cold storage eggs not stamped as required and in some cases where such eggs were sold as fresh. The retail dealers are warned by Dr. James W. Kellogg, director, Bureau of Foods and Chemistry, Pennsylvania Department of Agriculture, that if they sell cold storage goods without proper markings they are liable for prosecutions and fines.

"The Bureau is making a campaign throughout the State to enforce the provisions of this law and prevent the unlawful sale of such eggs," Dr. Kellogg stated. Large quantities of cold storage eggs have been coming into Pennsylvania from New York State and other sections which are

HOW TO SOLVE A CROSS-WORD PUZZLE. When the correct letters are placed in the white spaces this puzzle will spell words both vertically and horizontally. The first letter in each word is indicated by a number, which refers to the definition listed below the puzzle.

CROSS-WORD PUZZLE No. 1.



(© 1926, Western Newspaper Union.)

Horizontal.

- 1—Piece of land nearly surrounded by water. 2—Gambling game. 3—Half a quart. 11—To utter musical sounds. 12—Canine. 14—Opening into a room. 16—Insect. 17—Beverage made of grapes (pl.). 19—Born. 20—Note of scale. 23—Diving bird. 24—Note of scale. 25—Saucy. 26—Bamboo-like grass. 28—One of the continents. 29—God of love. 30—Former Russian ruler. 32—Companion. 33—Preposition. 35—Aeriform fluid. 37—Note of scale. 40—Anger. 42—Bordered. 44—Baseball accessory. 45—Large fish of mackerel family. 47—Termination. 49—To dry. 51—Additional amount. 52— Astonishing.

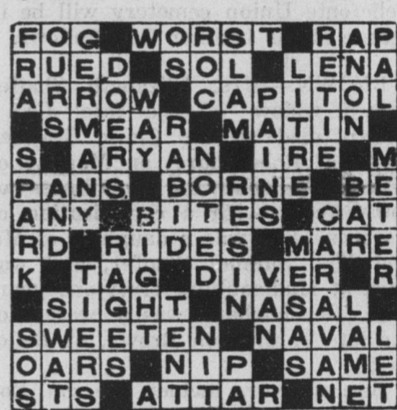
Vertical.

- 1—To breathe heavily. 2—Unit of work. 3—Negative. 5—Skyward. 6—Cover for a vessel. 7—At a later time. 8—Delicate. 10—Pedal digits. 11—Ironic. 12—Filth. 13—Cogwheel. 15—To establish again. 17—Battle. 18—To bring suit against. 21—To plague. 22—Part of a vessel (pl.). 25—Fruit stone. 31—Number of years. 32—Was carried along on a vehicle. 33—Old. 36—Native metals. 39—Course of food. 41—God of love. 43—Small insect. 44—Large floating piece of ice. 46—Cereal. 48—Heir. 50—Sun god. 51—Note of scale.

Solution will appear in next issue.

not marked "Cold Storage Eggs." These goods in many cases are received by jobbers who put them out in dozen lots packed in special cartons without any marking to show that they are cold storage eggs as required, thus making the retailer liable under the law when sales of such eggs are made. These jobbers knowing that they are receiving cold storage eggs are also morally responsible and liable for prosecution when the re-pack such eggs in packages not properly marked and fail

Solution to Last Week's Puzzle.



to notify the retailer of the quality of such eggs."

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