

Your Health, The First Concern.



DISEASE SPREAD BY PETS.

It has been pretty generally understood for some time that domestic pets have the facility of imparting the germs of several diseases to those humans who come in intimate contact with them.

Well cured, well cooked ham is one of the tastiest of all meats. Because of the piquancy of its flavor it is particularly stimulating to the taste nerves and as the gastric juices flow freely when ham is eaten, digestion of all other foods which accompany the ham is helped.

Ham assists, for instance, in the digestion of vegetables and carbohydrates (sugar and starch) and so goes well with them. Many people who do not care for meat in general will eat ham, considering it "lighter" than other meats—that is, more readily assimilated.

The facts are that ham is more completely assimilated than many other meats; it digests somewhat more slowly than some other foods, but could not in any sense be called indigestible. It contains relatively little of the connective tissues which are hard for the digestive organs to take care of.

Lean boiled ham is even readily digested and assimilated in the intestines, so that it leaves little of the food to decay or be acted upon by bacteria. Ham for this reason is excellent food for those who suffer from accumulation of gas in the stomach or intestines, and is recommended as part of a diet for them.

The remnant of a cured ham, either cooked or uncooked, can always be "used up" in some combination dish; it can be used to the last scrap. There will be no danger of its spoiling if it is properly looked after even in midsummer.

Some of the uses to which the tag ends of a boiled ham may be put are very interesting. Leftover ham, for instance, may be diced and added to soup or salad—giving a magic touch. Or it may be diced and stirred into scrambled eggs, or it can be sprinkled upon an omelet before it is folded.

Almost any meat dish made of ground meat is improved by adding ham. Many vegetables, especially cabbage and string beans, and also potatoes, are greatly helped in flavor by being boiled with a piece of ham. Stews and meat pies gain a great deal from ham. Hash which includes corned beef and ham is particularly good.

Perhaps no other meat dish offers more possibilities of combination with other foods than ham. This fact is a reason, no doubt, for its popularity. A delicious way to bake a smoked ham is, after soaking it several hours in cold water, to put it on the stove in cold water and allow it to cook until it is tender.

A meal of which ham forms the basis may be balanced with some cooked vegetables, as creamed carrots and baked potatoes, a green, leafy vegetable and celery. Apple sauce is a conventional accompaniment to pork and is always good. A light dessert should end the meal. Eggs, oysters, clams or other protein food should be avoided, since the ham supplies sufficient of this element.

Pork and ham are rich in vitamins and mineral matter. Iron is one of its most important contributions. As is pretty well known, ham may be infected by a worm called trichina spiralis, if the meat has not been carefully chosen, handled and protected. Hence it is vastly important that no ham should ever be eaten from unknown sources. Constant vigilance is necessary on the part of inspectors to eliminate the danger of this worm.

Fortunately there are packers preparing ham for the market who can be relied on to take all the necessary precautions and to present a safe and wholesome product. Ham from such sources may be enjoyed to the full. Such sources should be sought by all who value their health.

Washington.—Oyster lovers will rejoice to learn that their favorite sea food in the future must have a clean bill of health. To combat the possibility of more shellfish-borne typhoid outbreaks the United States public health service has decreed that health authorities of the various States will have to investigate shellfish producing concerns within their jurisdiction and issue certificates to those whose oysters are above suspicion. Every effort will be made to keep oysters

from uncertified shippers off the market.

The federal health service will cooperate with the state agencies in deciding upon the minimum requirement for approval. The success of the plan as outlined at present will depend quite largely on ability of local health officials to keep their communities protected by shippers' certificates.

The practice of taking oysters from contaminated areas and attempting to make them safe by placing them in chlorinated water in storage tanks, a method that has come into recent popularity with some oyster producers, is not yet regarded as a safe procedure in the estimation of the United States public health officials.

"Women Have Changed," Says Woman Editor.

Miss Gertrude B. Lane, editor of the Woman's Home Companion, is said to be the highest paid business woman in the world. No definite figure is given for her remuneration as the head of one of the greatest periodical enterprises in the country, but it is known that she receives a higher salary than the President of the United States, and she also owns a large share in the \$25,000,000 company which publishes this magazine and four others, of national note and enormous circulation.

Miss Lane, in an address of editors and publishers a few days ago, answered the oft-repeated question: Have women changed? She said:

"Of course they have changed,—in their attitude of mind, in their habits of life, in their participation in affairs. They have changed so amazingly and dramatically that the past decade has become one of importance to everyone whose business involves women in any way.

"As regards the home, they are organizing its business. The day of the amateur home-maker is passing. "Whether woman's rapid rate of progress will continue for another decade no one can say. But it behooves all of us who are engaged in shaping her opinions to watch her. One thing is certain—she is no longer the static creature we once thought her."

According to Miss Lane, 41 per cent of the checking accounts in the United States are in the names of women, or are held by women jointly with men. Among other interesting figures cited by her are the following:

There are 14,000,000 bobbed heads in America today, and 3,500 tons of hair have been shorn from the heads of American women.

Beauty shops collect \$400,000,000 a year from 60,000,000 customers, and they employ 70,000 people. American women spend \$1,825,000,000 a year for beauty, which has become a major industry.

Salaries paid to women have increased enormously in the past decade. There are hundreds of business concerns today, such as department stores, insurance companies, banking houses, magazines and newspapers, where \$10,000 salaries for women are nothing unusual.

Neither editors nor advertisers any longer "talk down" to women. There are 13,000,000 homes in this country, and in most of them the major part of the expenditure is in the hands of the women of the household.

The Coming Primary.

With approximately three months between now and the date for the spring primary election, Tuesday, April 24, and the first day for securing signatures to petitions for nominations to be filed with the Secretary of the Commonwealth, Wednesday, January 25th, there is a lot of time remaining for the setting up of political fences.

The coming primary is a very important one. There are to be nominal presidential electors, a State Treasurer, Auditor General, Representatives in Congress from all districts, representatives in the Legislature from all districts, one Judge of the Superior Court, County Committeemen and State Committeemen, not to mention at least one United States Senator, and perhaps two, in case the Vard dispute is decided as anticipated in time for that office to figure in the primaries.

The long list of proposed amendments to the State Constitution will not figure in the primary election, but they are apt to loom up with highly important angles in the general election, with various groups interested in the various loans and other subjects to be passed upon, contending vigorously for their pet projects and a general tendency to slash into a general increase of indebtedness, which would be felt subsequently in increased taxation.—Huntingdon Monitor.

A Wood-lot That Has Paid for Itself.

When Clayton Dunham, of Eagles Mere in Sullivan county, bought about two hundred acres of young timber 15 years ago, he started the practice of removing dead timber. To date, from the sale of wood, he has received more than the original purchase price.

Finding that the growth of timber was exceeding the amount cut, a short time ago he decided to invest in a sawmill. The mill is now set up ready to operate with a 30-horsepower electric motor. Dunham will first cut all the poor trees from the area, a recommended practice, and then will cut only an amount equal to the annual growth, or from 40,000 to 50,000 board feet each year.

—At the close of a lecture, Dr. James Moffat, translator of the Bible, who at present is in this country responding to the persistent applause by a brief bit of characteristic humor. The difference between a young minister and an old one, he remarked, is that the young man wonders why people do not come out to hear him; the old preacher, why they do. "In this sense," said Dr. Moffat, "I am a very old preacher."

FOR AND ABOUT WOMEN.

DAILY THOUGHT.

That action is best which procures the greatest happiness for the greatest number.—Hutchinson.

The approaching season is to be white.

The report comes not from the Alps, where society is playing at winter sports, but from the south—the French and Italian Riviera—where other members of society are sunning themselves and getting their first inkling of what the spring styles will be.

Cream white soft woollens are the conspicuous early success of the Riviera. Cream-and-brown is as standardized for the new styles as black-and-white was last summer.

Many important creators of fashion are showing southern models of cream color, made in two and three-piece sport costumes. With brown leather belts, brown hats, brown gloves and brown shoes they make striking ensembles.

It is still too early to know what the chosen color will be, for silk things. Many indications point to pink, for much pink, particularly pink satin, is seen. Pink kashas, djersakashas and muslikashas are also favorites.

For the young girls pink kasha skirts cut slightly circular, or as the French say, "en forme," are very well liked as accompaniment to the pink sweater with vari-colored pastel bands or polka dots woven into it. The same scheme is carried out in a large, draped scarf of chiffon with colors introduced in large dots, small plaids or basque checks.

There are evidences that colored straw hats will replace colored felts in the South. This is translated in Paris as meaning that next summer will see a large revival of straw hats.

Predictions from Paris announce that soon pierced ears will be as common as they were 50 years ago. French beauty specialists are finding clients asking to have their ears bored for earrings so that they may wear with safety the elaborate and rather heavy ornaments that are now fashionable, says the New York Times.

With the passing of such inconvenient feminine fashions as wasp waists, crinolines, hobble skirts, chokers and false hair one might suppose that the modern woman had given up all other styles which interfered with her comfort. But apparently she is finding the discomfort of pierced ears less than her fear of losing some cherished jewel.

One jeweler has estimated that an earring of the screw type is kept by its owner a scant six months. This is good business for jewelers, but makes ear-screws a great extravagance. If some one would only inaugurate a fashion for wearing metal earrings as pendants, brooches and bangles for bracelets, or set the dashing taste of wearing a lone ornament—a sack fashion, many fair ears might be saved from the barbarous needle.

Study your type and learn to develop the personality that becomes you, is the suggestion for a New Year's resolution for women which is given by Eileen Bourne, beauty expert, in Liberty.

"If your hands are lovely," explains Miss Bourne, "learn to use them well in gesture and pose. If your feet are large wear well fitted plain shoes. Spend time trying which coiffure is really best for you.

"The fun of it is that when once you become conscious of all these little ways to improve your charms, you receive hints from every quarter, and at all times," explains the writer.

"One day it will dawn on you that to keep the feet close together effects the best standing posture. The next you'll discover which shade of lipstick is the most becoming and natural. Suddenly you'll find that with little care you can produce a lovely speaking tone, and then you'll never be satisfied with sloppy speech and nasal voice production.

"Stop, Look, Listen! Let 1928 mark a great gain in the individuality of the American woman."

Is daughter a bit slow about learning A, B, C's? Then by all means, make her a smart little dress from the new radium silk with a blue ground on which all the letters of the alphabet are scattered in gay profusion. She will find it most becoming and certainly a great help in acquiring an education.

Worth is making his winter sports costumes in delicate shades of angora and other soft woollens. Fox is doted to dress in the pale blues, greens, pinks and yellows.

A lavender tweed daytime frock is a wrap-around coat dress with three huge bone buttons fastening its diagonal closing.

Face veils must match their hats, says Paris. A green turban adds unusual charm to a face covered by a dotted green veil.

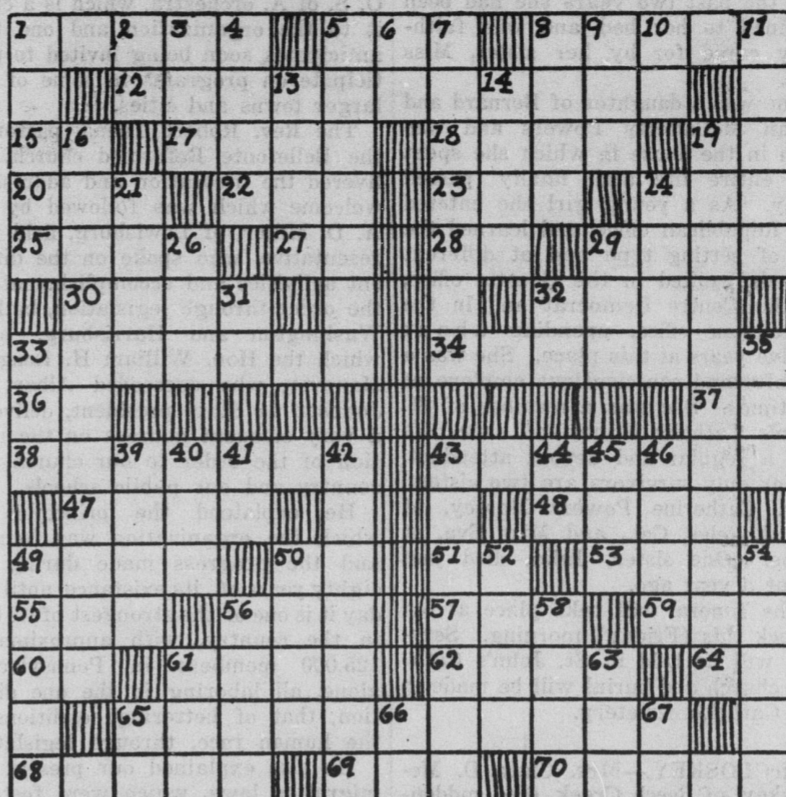
Paris is now using the wrong side of transparent velvet for diversity. An absinthe green gown, has its side drapes reversed.

CORN PUDDING.

One can corn, one cupful evaporated milk, four tablespoonfuls flour, one-half teaspoonful salt, one-eighth teaspoonful white pepper, two teaspoonfuls baking powder, two eggs. Chop the corn; add the milk and mix well. Sift flour, salt, pepper and baking powder together and add to the corn mixture; add the egg yolks, which have been beaten until thick; then cut and fold in the stiffly beaten egg whites. Put in a buttered baking dish and bake from 30 to 45 minutes in a medium oven. Serve as a vegetable dinner.

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. Thus No. 1 under the column headed "horizontal" defines a word which will fill the white spaces up to the first black square to the right, and a number under "vertical" defines a word which will fill the white squares to the next black one below. No letters go in the black spaces. All words used are dictionary words, except proper names. Abbreviations, slang, initials, technical terms and obsolete forms are indicated in the definitions.

CROSS-WORD PUZZLE No. 1.



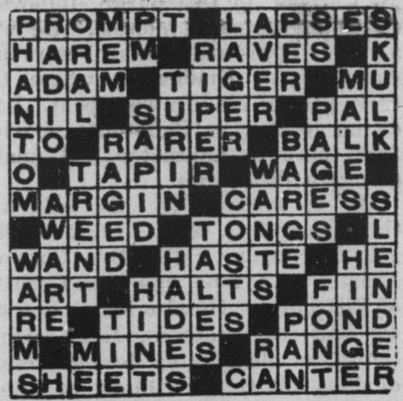
(© 1928, Western Newspaper Union.)

- Horizontal: 1-To agree to, 5-Friend (French), 12-Vendors of illicit liquor, 15-Preposition, 17-Any wrongful act for which a civil action will lie, 18-Short letter, 19-Company (abbr.), 20-That woman, 22-To bind, 24-Juice of a plant, 25-To vend, 27-Conjunction, 28-Note of scale, 29-Only, 30-Outbreak by a mob, 32-Game played on horseback, 33-Non-professional, 34-Seaman, 35-Non, 37-That thing, 38-Stung as a hurt, 43-Alexandrian astronomer, 47-Pitcher, 48-The Eternal City, 49-Part of a stairs, 50-Addition to a letter (abbr.), 51-Low Latin (abbr.), 52-Number under 12, 53-Fruit stones, 55-To marry, 56-To stroke gently, 57-Personal pronoun, 58-Number under 12, 60-Land measure, 61-Two of a kind, 62-Opening in a fence, 64-Sun god, 65-Star students, 66-Git's name, 69-Over there (poetic), 70-Embarks. Vertical: 1-Turf or sod, 2-Month of Hebrew calendar, 3-Negative, 4-To blow a horn, 5-One who makes alterations, 6-This person, 7-Pays no attention to, 8-Festival, 9-Before (poetic), 10-Like, 11-Inclination, 12-Three singers, 14-Departed, 16-Instrument for measuring heat, 19-Instrument for measuring calories (physics), 21-New styled by Charles Lamb to group of essays, 24-Song sung by one, 25-Piece of ground, 28-A many-sided figure, 31-Tellurium (abbr.), 32-Jumbled type, 33-Commercial announcements, 35-Pig pen, 39-Affected with reverential fear, 40-Heavy ribbed material, 41-Initials of a president, 42-To annihilate, 43-Two of a kind, 45-To chop off, 46-To throw off, 49-Crane-like birds, 52-Kind of soil, 54-Breaks, as a twig, 56-Top of the head, 58-Shoshonean Indians, 61-Greek letter, 63-Period of time, 65-Printed selling talk, 66-Negative, 67-Note of scale.

Solution will appear in next issue.

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