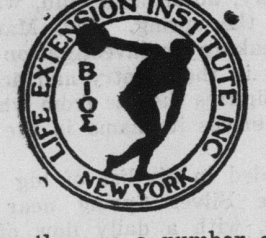


**Your Health,**  
 The First Concern.



Six months ago a number of men were discussing health. A mutual friend had died suddenly of heart failure. One of the crowd painted a very black picture concerning hearts and their peculiar habit of falling down on the job in middle life. The result was that the next day all of them went to a physician and were examined. Two were found to be slightly under par but the others were all right, said Dr. Theodore B. Appel, Secretary of Health.

The moral of this story is not so much in the discovery brought forth by the examination, excellent as that is, but in the fact that one of the more impressive of the men whose heart was given the doctor's O. K., now has a fine case of heart disease in his head! He is suffering from cardiophobia and his perfectly operating heart is laughing at him, but he will not believe it.

"Phobias are all too common. For example, there is the reducing-phobia, the tuberculosis-phobia and the cancer-phobia—to mention a few of the more prominent ones.

With a commendable frankness much popular medical literature is finding its way into the daily press and is being consumed by the reading public, also some unethical advertising material which is especially directed to develop one's fears. The average person is as a result more personally interested in his own welfare than he was even a few years ago.

"One is told to take stock of his physical condition annually, to get plenty of fresh air, to eat good food, to sleep sufficient hours each night, and not to forget recreation. But that is far from saying that because the more evident symptoms of diseases are placed in simple language (not to mention the elaboration of the vicious medical advertisements) one should become unduly introspective, brood upon imaginary ills and develop into a hypochondriac.

Actually there are thousands of people in the United States today who enjoy bad health. They can't eat this or they can't do that. And how they like to tell their friends all about it!

Real disease is a misfortune, great or small, according to circumstances, but imaginary ills are pathetic. Nature being what it is, it indulges in a tremendous amount of regulation without interference or thought on the part of the subject himself. Therefore don't let the fake advertisements or even the actual sick and death rates scare you into a phobia.

Take natural care, listen to your doctor's advice, eat what agrees with you in reasonable quantities, do the things in moderation which you like to do and, barring an acute illness, forget your doctor until it is time to go to him again for your annual examination. Don't become an introspective fanatic on the subject of health."

There is no nation in the world in which the plane of living has been raised to such a high level for the average citizen as in the United States. Many luxuries that were formerly only open to the rich are now in the common possession of the masses. And while this situation has much to commend it, there are also other things to consider in this connection," said Theodore B. Appel, Secretary of Health, today.

Too frequently we are likely to be blinded by the artificialities of living that have sprung up in response to the full purse; and thus the prime essentials of a healthy existence are given little if any real attention.

After all, money or no money, the main factors of health are fresh air, pure water, adequate shelter, rest, exercise and sufficient sunlight. Moreover, it makes no difference as to the size of one's income, the requisites are dictatorial and compel daily recognition if life is to be happy, as well as healthily and lengthily lived.

Automobiles that supplant legs, servants that reduce exercise to a painful minimum, rich and constantly over-abundant food, sheltered and shaded offices and rooms, all are indications of luxurious comfort and ease, but they are decidedly not the things that make for health.

If you are permitting the attractions of America's wonderful prosperity to blur your judgment relative to the art of living then civilization is making a victim of you when in reality you should be its master.

There is no desire to minimize the comforts and advantages of the present age. Most of them augment the natural joy one gets out of life. On the other hand, a too great fondness for the superfluities with an attendant sacrifice of the fundamentals which the body daily requires, is supreme foolishness. It is playing a losing game—one that eventually will lead to unhappiness, unhealthiness and a briefer life than could otherwise have been.

Life is more of a business than most men and women are willing to admit. And a fine place to start with this realization is to put soft living where it belongs. Keep luxuries on the leash. Don't let them run away with you, your happiness and your health."

Regarding the cause of goiter, it is now pretty generally agreed that most of simple enlargements of the thyroid are caused by lack of iodine, either in the food or in the drinking water. Naturally, the easiest way to remedy this condition is to provide enough iodine for the body.

**FOR AND ABOUT WOMEN.**  
 DAILY THOUGHT

I expect to pass through this world but once. Any good, therefore, that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it for I shall not pass this way again.

The bustle bow is back again to join with many other "revivals" of the season. Of course it really is not the old bustle of fifty years ago, but falling draperies behind in an enormous bow or large fan of the material at the back which, except for the fact that it is no longer awkward and cumbersome, takes one back to the days of 1870.

There is also the revival of the tucked-in blouse, a fashion which, when the jumper appeared on the horizon, fair women vowed they never would look at again. They found it untidy and uncomfortable and were certain it meant the return of the pinched-in waist and the wearing of the corset.

But it has come back, and no one has even thought of suggesting a corset and scarcely even the normal waist-line. It strikes a new note especially when the skirt mounts over the blouse in a diagonal line as seen on one of Rasmus' new models. It is sufficiently old to seem quite new and fresh, but will probably be most popular with the young and slim.

Trains are another revival, mere phantoms of the great "floorsweepers" of other days, but trains just the same. Worth puts two pointed ones on a charming evening gown of old fashioned flowered silk in red, yellow and green. It has a high bodice and intricately tied skirt.

On soft chiffons and tulle the train is merely a long end which touches the floor at the back or side.

The slip of a girl may wear a simple chiffon frock and look charming in it; but her mother will add to her dignity and grace if she chooses a material which is more luxurious.

Simplicity is always desirable, but let the simplicity be in the cut of the garment, while the fabric itself is rich and decorative.

As to color, avoid harsh, crude or striking colors. Choose the pastel shades whose neutral tones are livened by touches of some soft shade of orange. Select something which will go well with your hair and eyes.

The V neck and long sleeves are more becoming to the mature figure. If you wish to look taller, lengthen the sleeve in little points which fall over the hand. Wear your dresses a little longer than the mode.

Do not dress merely stylishly. Think of decoration and make your clothes pretty, a bit of lace, a flower or a dash of color can transform plainness into something interesting.

The house dress should be comfortable, allowing freedom of motion. It must be durable, easily laundered and simple in style. It should be beautiful and becoming in color, line and texture. It should slip on and off easily, with the minimum of fastenings. No collars and cuffs to tuck and pin in place, no hunting for a belt nor ties to dangle in the food when that is being prepared. It should have a good fast dye for no dress will have harder usage or more frequent washings. Gingham, cambrays, percales, calico and English prints answer these requirements pretty well for materials. Bright colors, if becoming, add a bit of cheer to the home.

To sum up, the house dress should conform to the following specifications. Wash, cotton material; made by machine with little or no hand work on it; be easily laundered; in a style becoming to the wearer; be loose and easy to work in; be trimmed in some tailored finish such as bias binding.

New slips show the authority of the new flaring silhouette by appearing with much fullness, arrived at by plaits, godets or fine tucks.

The tie-on skirt is a conception of new style. Mounted on a narrow flat belt the skirt ties over the blouse at a low waistline. A wrap-around effect, with plenty of fullness in front conceals the closing.

Stand tall, sit tall lie tall and a n think tall, advise the students of posture. Nor is this just talk. There is health as well as beauty in correct carriage and many serious disorders of the human body are due in whole or in part to poor posture.

An imaginary plumb line dropped from the side of the head should pass through the ear and through the middle of the shoulder, hip, knee and ankle bone, if a person has correct standing posture.

By performing the following movements, one will attain excellent form:

1. Stand with back against wall.
2. Let the head and buttocks touch the wall but place the heels forward four inches.
3. Flatten the lumber (loin) region, attempting to touch the wall with the lumber spine.
4. Hold the body erect, shift the weight forward to the balls of the feet and step off, maintaining the body in this position.

A person inherits from his ancestors a certain type of back and a certain type of posture just as he inherits many other characteristics. Muscular weakness also is inherited, and unequal muscle pull, or muscle imbalance, produces disturbances of posture.

But to a certain extent these inherited tendencies can be overcome. Bad posture in many instances is only a result of habit and by the exertion of will power and by proper exercises good posture habits can be acquired. Deformity and disease have an influence on posture.—Selected by 15263 Jeffries, Athletic Editor.

An appetizing salad to serve with spring chicken is made by slicing a jar of cranberry jelly in thin portions and serving with a cream cheese dressing on lettuce.

Warmed-over rice is excellent for luncheon if you add some bits of ham, a dash of onion, and pimento, and fry a few minutes in very hot butter.

**FARM NOTES.**

Prepare for your fall salads by putting in endive seed.

Start piling up weeds and lawn clippings for a compost heap.

Keep corn and bean plantings in mind every two weeks or ten days to be sure of a succession later in the season.

Potatoes keep best in storage at a temperature of from 34 to 38 degrees Fahrenheit. Good ventilation is an advantage.

Do you have salsify, or vegetable oyster in your garden? It's a root crop, like carrots, and not any more trouble to grow.

Whitewash can be made glossy by adding to each five gallons, a pound of cheap bar soap dissolved in a gallon of boiling water.

Don't cut the asparagus too late if you expect an equally good crop next year. Give it a dressing of fertilizer when you stop cutting.

It's easy to cover seeds too deep. They've got to have air to sprout. About twice the thickness of the seed is the right depth.

Keep all your garden working for you all the time. Just as soon as one vegetable is off plant something else. That is the way to make it show a real profit.

Do you want to know how to take care of summer meats? Tune in on WPSC, 299.8 meters or 1000 kilocycles, at 7 o'clock, Tuesday evening, May 29. The Penn State meat specialist will talk on that subject then.

Damaged shrubs should be cared for as soon as possible. Remove all broken parts and restore original positions by tying to stakes. At the foundation of the house, the porch or any other temporary support may be used.

Measures recommended by poultry specialists of the Pennsylvania State College for the prevention of cocci-

dosis are use only clean eggs in the incubators. Raise the chicks on clean ground or in close confinement. Clean the brooder houses every five days. Install roosts when chicks are three weeks old. Remove cockerels as soon as they can be distinguished. Supply some milk in the growing ration. Avoid overcrowding in the brooder houses.

The tomato is the most generally useful vegetable in the garden. It is in demand the year around. It is so easily grown in the home garden, given only a little space of ground and at least a half day of sunlight that it is one of the most popular of all home garden vegetables. It can even be trained on a back fence if there is no other space available.

The first move in starting to grow tomatoes is to provide stakes. Six-foot inch-square stakes, pointed at one end can be obtained cheaply at the nearest carpenter shop. Sink them a foot deep, leaving a five-foot length above ground on which to train the tomato. Trellises are quite as good as stakes but require different treatment of the vine.

Tomatoes want only fairly rich soil. Too much food sends them to leaves at the expense of fruit production. Potash rather than nitrogen fertilizers are recommended. Set the stakes and plant the plant beside it, tying the main stem to act as a trunk as growth advances. Use rags instead of twine to do the tying as the pressure of the vine in a strong wind against a piece of twine is likely to cut or cause the stem to break.

Nip all but two side branches and tie these in with the main stem to form the bearing trunk. Many limit the tomato to one stem but in ordinary garden practice the trunk and two main branches seem to give more tomatoes. Pinch out other branches and encourage the development of the flower stems.

The one insect pest to guard

against is the tomato worm. This, however, is a large worm, easily detected and knocked off by hand. Fortunately they do not occur in large numbers but one voracious worm can riddle an entire vine in short order.

Give tomatoes the sunniest place in the garden. They need the warmth to ripen and develop the fruit. Ponderosa plants give the largest tomatoes but some of the smooth sorts are better for slicing for the table. The Ponderosa is admirable for canning. In dry spells give the tomatoes a good soaking.

When cows first are turned on pasture, grain should be fed at the same rate as when they are on dry feed, County Agent Ross declares.

Home-grown grains, such as corn and oats, can form the bulk of the grain mixture for supplementing early pasture feeding. Circular III, Feeding the Dairy Cow, which may be obtained from the county agent, contains the recommended rations.

As the pasture becomes more abundant and mature, grain may be withheld from Jerseys and Guernseys giving less than 20 pounds of milk daily and from Holsteins and Ayrshires giving less than 25 pounds daily, if they do freshen in the fall. If they do not freshen until spring, a small amount of grain may be fed.

The root maggot is a serious pest of early cabbage, cauliflower, and radish. The least expensive and a very effective method of control is through the use of corrosive sublimate. Use one pound to 100 gallons of water, one tablet to one pint, or one ounce to eight gallons. Pour the solution around the plant at the point where the stem enters the soil as soon as possible after the plants are set. Corrosive sublimate is very poisonous.

Spring is the time to locate wet spots that need draining. They show up at this time. Map out the drains and dig them when opportunity offers.

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