

ALCOHOL

Leading medical men throughout the entire civilized world have pronounced against alcoholic beverages.

Alcohol is a narcotic drug. It never does you any good (as a beverage). It always does you some It shortens life and decreases effi-

ciency and earning power, even in so called moderation. You are counselled to leave it strictly alone. It has a very limited use as a medicine and should then be prescribed as a medicine.

TOBACCO

The exvessive use of tobacco is not only harmful to the heart and nervous system but is often a manifestation of nervousness wihch can be controlled or overcome in better ways.

Tea, Coffee and Caffeine Drinks

Tea and coffee contain a powerful drug, caffeine. They should be used, if at all, in great moderation—not not more than one or two cups daily. Headache Powders-Patent Medicine

Beware of headache remedies. Do not believe the lying advertisements about cure-alls, kidney cures, and the thousand drugs, offered to the people.

Grin and bear your headache rather than take a drug. The drug harms your heart. A cold cloth on the head, rest and sleep, are often all that is

Have your eyes examined. See a doctor if you are ill, but do not buy a patent medicine.

Nervounsness and Mental Health Promote your mental health by

wholesome pleasures and an outside interest or hobby that is quite different from your daily work. Try the fun of using tools to make furniture or house fixings, or to repair the automobile; paint things; collect stamps, coins; take photographs; play cards, checkers, chess—anything that takes your mind out of its work-aday rut.

day rut. Perhaps housework is your daily tion into every day.

Face the worst that can happen. Everyone who wants the rewards of success in life or any venture must carry responsibility, and know care, disappointment and temporary de-

Accept the fact that things are not right in this world, but do not let that prevent you from enjoying life or do- steel dash. ing your work well, and getting satisfaction from it.

When your body is healthy, doing nothing is not as restful as doing something that gives you self-expression and satisfaction. Try doing this and perhaps your nervous troubles will vanish like magic. If they persist, and you can find no solution of your problems, talk them over with your doctor or one who specializes in

Chemists and physiologists of the University of Chicago, after experimenting for years with gland transplanting to recreate youth or prolong life, have concluded that it cannot be

The only successes attained in part were with lower animals, where glands of the same species could be transplanted. But this was not effec-

Dr. A. B. Luckhardt of the department of physiology is skeptical as to the result of any human success.

"We are handicapped in experiments with humans, because the glands available for such work are from other animals. The moment we introduce a gland of one species into a gland of another, we bring about a peculiar biological action."

Dr. Carl Moore, directing research along these lines in the zoological

along these lines in the zoological laboratories, is a pessimist. "I don't say that gland transplant-ing never will be done effectively, but rather that it never has been accom-

rather that it never has been accomplished," he said.

"It is perfectly true that a transplanted gland will live for a while, but it is equally true that it will not grow or renew its functions. There is not the proper blood circulation through the whole gland to feed it and keep it alive."

Silk stockings and low necks are changing the physical status of women from the weaker sex to the stronger, said Dr. Ephraim R. Mulford of Burlington, N. J., President of the Medical Society of New Jersey, at the Hotel Chelsa today, where he is attending the Tri-State Medical Association meeting. Association meeting.
"Today our American women are

"Today our American women are in better physical condition than our men," he added. "And while there are many reasons, we might credit one to the fact that women do not wear too many clothes, especially in the Summer. Their garments, light in weight and light in color, permit the ultra-violet ray of the sun to give its full benefit. Men, in their dark clothes which completely cover them from neck to ankle. are denied this

is when they are having a manicure or a marcel wave. Men do not rest, even when they are being shaved, for the barber prevents their complete peace of mind.

GREAT CARE TAKEN MAKING FORD GAS TANKS.

The gasoline tank is one of the really revolutionary features of the new model A Ford car and is a striking example of the quality of materials and workmanship in this latest product of one of the most remark-able industrial organizations the

world has ever seen. The tank is made of terne plate, which is sheet steel coated with tin to prevent rust and corrosion. The steel sheets from which the tank is made are from .049 of an inch to .051 of an inch thick.

The two halves of the tank are first pressed out into shape in huge met-al presses and these two halves then go to the assembly line which leads to the welding machines. The opening for the gasoline inlet is stamped out of the upper or cowl section and the filler flange for the cap is rolled into the opening. A steering column bracket is riveted on the outside at the bottom of the lower portion of the tank and these rivets are all treated with tin plate to prevent corrosion. An ignition cable support also is welded to this lower section and baffle plates are soldered inside to prevent plates are soldered inside to prevent

the splashing of gasoline when the car is in use. Then the two tank halves go into a soda bath where they are thoroughly cleaned.

The welding of the two halves takes just four minutes and is the first instance on record in which terne plate has been successfully welded. The process by which these two shaped pieces of plated steel are made into one solid, hollow piece is known as seam welding. It is somewhat similar to the chain stitching method of a sewing machine in sewing cloth. The weld seam around the tank is 120 inches long. This welding job is done completely on one machine, the two edges to be welded being rolled between two electric contact rollers which fuse the two pieces of metal

and make them one. Immediately after the tank is welded it is placed in a testing machine where 15 pounds of air is forced into it. It is then sealed and submerged in a water tank and a careful examination is made to detect any airbubbles which would indicate a leak. The tank undergoes two other smilar compressed air and water tests during the finishing operations, the last of these beng made after the gasoline

But there is still another process which is being used to test frequent samples of the finished tanks. In this test the tank is filled with seven makes a rather soft caramel. this test the tank is filled with seven or eight gallons of water and placed upon an agitator or "shimmy" machine which simulates driving and the same test and placed firmer product cook to 248 degrees F.

Remove from fire, add vanilla, and the same test are the same test and the same test are the s round, then join a club or group that meets once a week. Get some recreation into every day. If you are inclined to worry or find it hard to be cheerful, look for the cause in your body, or living habits. If you have corrected the defects and out developing any leaks or manufacturing flaws.

A light late of special three been thoroughly jounced and jolted continuously for four or five weeks without developing any leaks or manufacturing flaws. a high rate of speed. In some of

During the experimental stages the caramel when cold. several of these tanks were blown up by air pressure until they looked like

When finished, the tank is mounted in the car to form the cowl, and it is separated from the engine by a solid

Schools of State Cost \$193,000,000, \$70.47 Per Pupil.

The division of statistics of the Department of Public Instruction has just compiled statistics, which shows that the current expenditures in Pennsylvania for public schools approximates \$130,000,000 annually. This item includes the expenses of instruction, general control, mainte-nance, auxiliary agencies, fixed charg-es and such other operating expenses recurring from year to year.
In addition to these instructional

expenditures there is a yearly expenditure of approximately \$37,000,-000 for buildings and equipment, \$26,-000,000 for payment of interest and reducing indebtedness.

The current expenditure per pupil in net enrollment is \$70.47. In school districts with a population of more than 500,000 the average expenditure is \$87.75. In those districts with a population of from 30,000 to 500,000 the average expenditure is \$83.03. In districts with a population of 5000 to 30,000 the average expenditure is \$70.16 and in the districts with a population of less than 5000 the expenditure is \$57.96 per pupil in net enroll-

In Centre county the enrollment of pupils total 10,694, and the expenditure \$543,595, or an average of \$51.30 per pupil.

Poison Booze Caused More Than a Thousand Deaths in Illinois.

Poison booze the stuff manufactured in abandoned livery stables and foul basements for foreigners, and adorned with gaudy forged labels, caused more than a thousand deaths in Illinois in the last year. Christmas holiday festivities probably will swell the casualty list considerably. The situation has become so acute that the old Keeley Institute at Dwight, Ill., has been reopened to accommodate the survivors.

Discussing the situation, Dr. Isaac D. Rawlins, of the Illinois Department of Health, said:

The 409 fatalities charged directly to clockly and the Carlotte Control of the Illinois Department of the Illinois De

FOR AND ABOUT WOMEN. DAILY THOUGHT

It is nearly an axiom that people will not be better than the books they read-

HOLIDAY SWEETS

Receipts for homemade candies are always in demand and here are some that can be very easily made: VANILLA FONDANT

Sugar, 2 cups; water 11 cups; light corn syrup, 2 tablespoons;

vanilla, 1 teaspoon.
Put the sugar, water, and corn syrup into a saucepan and cook, stir-ring constantly until the sugar is dissolved. Remove the spoon and do not stir the candy again during the cook-

when the candy begins to boil, cover the saucepan and cook for three minutes. The steam formed washes down any sugar crystals which appear on the sides of the saucepan. Remove the cover and continue cook-

From time to time wash away any sugar crystals which appear on the sides of the saucepan. For this purpose a fork, covered with cheese-cloth and dipped into cold water, may be

Cook until the temperature 238 degrees F. is reached.

Remove from fire and pour at once on a cold wet platter. Cool to 110 F. (lukewarm). Beat with a fondant paddle or a spatula until the fondant down. becomes white and creamy. Add vanilla and knead until the mass is smooth and no lumps remain.

Put away in a crock or glass jar

and allow to ripen for two or three days before using. The fondant can be kept for three or four weeks if waxed paper is laid over it and it is kept tightly covered. If it begins to become dry, it should be covered with a damp clath with a damp cloth.

Cold water test when fondant is cooked to 238 degrees F.: Soft ball Yield: Weight—one pound. If a firmer fondant is desired for molding, cook to 240 degrees F. The fondant cooked to 238 F. is suitable for cake frosting, mints, cocoanut drops, fudge, de luxe, etc.

VANILLA CARAMELS

Large recipe—Sugar, 2 cups; light 1 cup; cream, 1 cup; milk, 1 cup; butter, 2 tablespoons; vanilla, 1 tea-

Mix together all the ingredients except the vanilla, and cook over a low flame, stirring constantly, until the The temperature 246 degrees F.

turn at once into a very slightly greased pan. When cold, turn the block of candy out of the pan in order these tests sample tanks have been to cut it more evenly. Cut into squares

Wrap each caramel in waxed paper. Cold water test of caramels at 246 degrees F.: A ball of the firmness of

Yield (large recipe): 72 caramels; weight-two and one fourth pounds. VANILLA DIVINITY

Sugar, 2 1-3 cups; light corn syrup, 2-3 cup; water, ½ cup; salt, ¼ teaspoon; egg whites, 2; vanilla, ½ teaspoon; spoon; nut meats, 1 cup (pecans or walnuts).

Put the sugar, corn syrup, salt, and water into a saucepan until the sugar is completely dissolved. Continue cooking, without stiring, until the temperature 265 degrees F. is reach-

Wash away any sugar crystals that

may form. Remove from fire and gradually pour the syrup over the egg whites, which have been beaten until stiff during the latter part of the cooking of the syrup. Beat during this addition. Continue beating until the candy will hold its shape when dropped from the spoon. Add vanilla and nut meats; mix

thoroughtly. Drop by teaspoonfuls on waxed paper or turn into a slightly greased pan and cut into squares.

Cold water test of syrup when it reaches 265 degrees F.: Hard, al-

most brittle. Yield: Number of pieces—twenty six (size of a walnut); weight—one and one-fourth pounds.

Dark Fruit Cake .- One pound butter, 1 pound sugar, 1 pound flour, 12 eggs beaten separately, 5 pounds seeded raisins, 1½ pounds shredded seeded raisins, 1½ pounds shredded citron, 1 glass grape jelley, 2 teaspoons melted chocolate, 1 pound crystallized cherries, 1 pound crystallized pineapple (cut fine), 1 pound blanched almonds (cut fine), 1 pound shelled pecans (cut fine), 1 tablespoon powdered cinnamon, 1 tablespoon grated nutmeg, ½ teaspoon powdered cloves, 1 glass grape juice, 2 tablespoons rose water.

spoons rose water. Soak almonds in rose water over night and prepare fruit the same length of time. Cream butter and sugar, and well-beaten egg yolks, spices, grape jelly (warmed) and chocolate

Next the flour (twice sifted) al-ternately with the well-beaten egg whites, then the nuts and lastly the fruit, beating it in a little at a time in order to mix thoroughly. Fruit added in this way need not be floured and will not settle to the bottom of the pan, if the heat is right.

Lift the pans above oven floor a little, to avoid burning fruit. Have oven 250 degres F. Have pans well greased, and put greased paper in the bottom. This recipe, if carefully followed, will give a perfect cake, which will keep for months.

Pumpkin tarts are made in this way: mix two cups canned pumpkin, and one and one-eighth cups sugar clothes which completely cover them from neck to ankle, are denied this energy.

"Women are learning how to relax. While they go whole-heartedly into an increasing number of activities, from home to politics, they realize the importance of once in a while taking a complete rest; and often that time "Paying for health work out of one teaspoon salt, one and one-half teaspoons ginger and one teaspoon cinnamon. Stir in three well-beaten yolks and two cups milk. Beat three egg whites stiffly and fold in. Fill pastry-lined tart tins with the mixture. Bake for ten minutes at a temperature of 450 degrees F., then reduce it to 325 degrees for the rest LUMBER?

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of the time. The tarts are done when a knife inserted comes out clean. Serve with a spoonful of whipped cream on top of each.

Tax the Loafer.

Theoretically, the perfect tax would be a tax on inaction. The proper man to tax would be the loafer, not the worker; idle land, not used land; inac-tive capital, not active capital; lack of enterprise, not enterprise. of enterprise, not enterprise.
Such a tax would not be practical, but it would be a just tax.

Our present taxes are based on an opposite theory.
We tax thrift, action, capital, enter-

We levy taxes in proportion to ability to pay, which means that the harder a man works, the more we tax him; the more thrifty he becomes, the more we soak him; the more efficient he grows the more we knock him

If a man saves his money and buys a house, he is taxed; if he wastes his money in extravagant living, he is not

None of our taxes encourage production by the simple process of discouraging idleness, shiftlessness, inefficiency.

The devil himself could not do greater job of hobbling the race.

Fewer Subcribe to Savings Funds.

While fewer persons adopted Christmas savings idea last year than in previous years, the amount to be paid to the people of the State from X-mas Savings funds of the banks and trust companies in the State will reach staggering proportions it was indicated by officals here.

It is estimated that between \$30,-000,000 and \$35,000,000 will be paid out of the Christmas Savings funds operated in the financial institutions of the State.

This amount will be paid to a total of 704,606 depositors.

Last year the amount paid was \$35,749,412.

Likewise the number of participants in this fund was 727,161. National banks are not included in the figures given for this year and last year and it is believed that the inclusions of such banks would swell the total to well above the \$40,000,-

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