

Your Health

THE FIRST CONCERN.



"The humblest and least distinguished of all the organs of the body can order the lordly head to ache for it, and the head has no alternative but to obey."

On the radiator or dashboard of many automobiles you can see a little indicator which is called a motometer. It is a simple instrument, but a valuable one. It is constructed on the principle of a thermometer, and serves to warn the motorist when the engine is overheating.

Now, suppose the motometer of your car were to show this danger signal—would you not stop, look, and listen? Would you not seek to discover why the motor is overheating?

What would you think of the automobile, who, instead of trying to find the source of the trouble, doused his motometer with cold water?

The Human Motometer—Now, the odd feature of this is that, while probably not one in a hundred thousand automobiles would be foolish enough to cool his motometer when it signaled danger, there are millions of men and women who act in this foolish and dangerous manner when they develop a headache.

Consider the headache! It is the most common of symptoms. It is present in practically every sickness—be that sickness mild or serious. In the majority of ailments it is the first signal that pops up.

Beacons to guide pilots in night flying are arousing the interest of air-minded business in different parts of the State.

Headaches are of many varieties and types. They differ in regard to the part of the head involved. They differ in the character of the pain suffered, whether sharp or dull, constant or in paroxysms.

RE-DISTRICTS STATE. The State has been divided into seven districts for game law enforcement instead of eight as formerly under plans adopted at the last meeting of the Board of Game Commissioners.

complaint as indicative of something else that is wrong. He searches for the cause, and finding the probable one or ones, he proceeds to treat both cause and symptom.

Dr. Martin G. Brumbaugh, who was president of Juniata College and former Governor of Pennsylvania, died suddenly on Friday from a heart attack suffered on the golf links at Pinehurst, N. C. With Mrs. Brumbaugh he had gone to Pinehurst a week before for a rest.

TO ENFORCE ALL AIR REGULATIONS

Violations of the Pennsylvania Aeronautics Acts relating to operations of unlicensed pilots and unlicensed planes, together with disregard for air traffic rules promulgated by the State Aeronautics Commission are to be rigidly enforced.

John B. Kratzer, an alleged offender of the Aeronautics Act, has been taken into custody at Clarion and bound over to court on a charge of not having a pilot's license or a license for his ship.

After the completion of his term as Governor he engaged in various educational activities, spending two years in the national physical education service and teaching at Bates College, Lewiston, Maine, before returning to Juniata College in 1925.

His writings were numerous, and reflected his interest in education, history and government, including a "History of the Brethren," Juniata Bible lectures, "Stories of Pennsylvania" and the "Story of Roosevelt" and a work of transportation.

Dr. Brumbaugh married Miss Anna Konigsmacher of Ephrata, in 1884. She died in 1914, and in 1916 he married Miss Flora B. Parks, of Philadelphia.

Following the extensive land purchase program for which the sum of \$200,000 is set aside annually the Board of Game Commissioners is endeavoring to provide more suitable public hunting grounds for the small game hunter.

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SUDDEN DEATH OF EX-GOV. BRUMBAUGH.

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Martin G. Brumbaugh's term as Governor from 1915 to 1919, was somewhat in the nature of a scholar's excursion into politics. Years of labor as a teacher and educator lay behind him when he was elected.

During his first years of service as president of Juniata he was appointed professor of pedagogy at the University of Pennsylvania, and served from 1895 to 1900 and from 1902 to 1906.

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FOR AND ABOUT WOMEN.

Daily Thought.

Dear Lord! kind Lord! Gracious Lord! I pray Thou wilt look on all I love. Tenderly today!

The openings already show certain themes as predominant in the new Spring clothes, which are established beyond question. The cape, for instance. We have long capes, short capes and capelets, capes for morning, afternoon and evening; and just when the last word has apparently been said upon the subject a new model appears more charming than the last, and we succumb to the inevitable.

For street one must be smart, perfectly tailored, "bien soignée," preferably in dark blue or black, and if the costume be a suit, with a feminine touch in a boutonniere, and sheer lingerie or soft crepe blouse. Frocks for street go in for simple lines, usually have accompanying jackets or three-quarter coats, and may be an inch or so longer than the sports costume.

Engineers have found that 62 per cent. of the heat escaping from houses leaves through the roof or top story ceiling.

That is where the great heat losses occur in winter, and where the excess heat of summer penetrates to make upstairs rooms unbearably hot. The roof is the place that is cheating home owners of comfort and of fuel money every year.

It is only necessary to hold one's hand over a hot radiator to establish the fact that heated air rises, and as this heated air strikes the ceiling it transmits its heat on through to the attic.

Furthermore, there is less resistance to the flow of heat at the ceiling than in the walls, for only a thin layer of plaster separates top floor rooms from the attic, and above this there is little to stop heat from escaping.

It is very difficult to make construction tight at this point, and when winter comes the cold air enters through these openings and the heat created at great expense is lost.

Soaking any kind of fresh meat in water before cooking it is a mistake. It draws out the juices which give the characteristic flavor and add to its food value.

Remember that the table is a place for good comradeship with one's children and not for discipline or nagging. Take it for granted that the child will eat happily everything served to him, and be sure that he becomes acquainted with a variety of foods.

Left over egg yolks have many uses. They are a valuable source of iron and so should always be utilized. They may be hard-cooked in the double boiler, mashed, and seasoned for sandwich filling.

Macaroni and cheese are as inseparable as bread and butter and for dietetic reasons. The macaroni provides the starch and the cheese the protein and minerals.

Beat 2 eggs whites and yolks separately. Mix 1 cup milk, 3 egg yolks and 1 cup soft bread-crumbs and fold in macaroni and vegetables and fold in the stiffly beaten egg whites.

Don't the children love a baked cheese omelet? Scald 2 cups of milk. Add 1 cup grated American cheese and stir until melted.

Get your job work done here.

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Certified Seed Potatoes

Table listing certified seed potatoes and their prices: Michigan Russets, Irish Cobblers, Green Mountains, Early Rose.

Clover Seed.

Table listing clover seeds and their prices: Adaptable Red Clover, W. B. Sweet Clover, Alsike.

Baby Chicks

Table listing baby chicks and their prices: S. C. White Leghorns, S. C. Brown Leghorns, Barred Plymouth Rocks, White Plymouth Rocks, Rhode Island Reds.

Your orders will be appreciated and have our careful attention.

A. F. HOCKMAN

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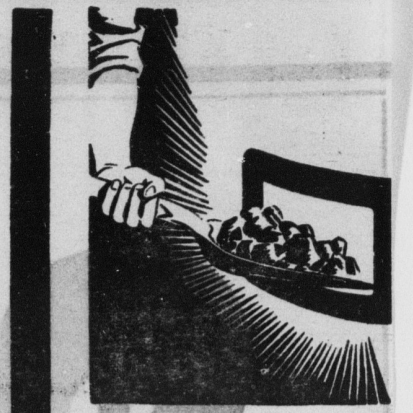
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