Your Health



office. "I think I have, doctor," said a in 1932. tailor, arising and presenting a bill. "I

thankful for our priceless gift of developed. sight and do all we can to conserve

Read with a clear, good light falling from above your left shoulder. Hold your book or paper about 14 inches from your eyes.

Always read with your head up. Keep book or paper clean; a soiled page is hard to read.

in small type, or on glossy paper.

Rest your eyes frequently. If your eyes ache, or if you have trouble in seeing things distinctly, have your eyes examined.

GOOD SENSE IN SHOES

"A firm foundation is just as essential for the human body as it is for a building. Judging from the They are uncertain even in Janufor a building. Judging from the crippled feet that many persons ary and February and really do not have brought upon themselves, em- begin to lay well until March. Where phasis of this rather obvious fact the egg production falls below 15 per appears to be justified. In most in- cent during the winter months, one stances the primary cause has been is not making much profit. a false pride or a too exacting adstates Doctor Theodore B. Appel, Secretary of Health.

"While it is perfectly proper to until eight or nine months of age.

Choose shoes from the aesthetic This means that if a 50 per cent standpoint, utility and comfort egg yield is wanted in November matching jacket.

Standpoint, utility and comfort egg yield is wanted in November matching jacket.

To go with these, nothing is betshould in no way be sacrificed in the puncts should be latered quilets.

March or April; May hatched pullets are looking than a pump.

Stockings to go with these shoes? Stockings to go with these shoes? Stockings to go with these shoes? Taupe is smartest with blacks and thus the puncture and unusual garnish for salads and description. lowers of extreme styles and thus will lay a little, but as a rule, not tmporarily or for all time injure the 40 or more per cent daily. foot is carrying the thing quite too narrow and short, however sensible vegetable garden this spring, care they may be in other particulars, is should be taken in locating the gar-

equally bad if not worse. "If people could be made to real- plant food. ize that nothing is as likely to take Good soil is essential to a success-the rainbow out of life more last-ful garden. It is often possible to ingly than painful and injured pedal select a site a little distance from the extremeties, the now too general house that will yield better results, favor for the wrong shoe could be with less labor, than one closer to definitely lessened.

physically very little whether most the garden fairly close to the house. garments exactly fit. But it does A sandy soil, on land that slopes matter exceedingly if one does not gently to the south is desirable, for make a successful effort to have generally it will "warm up" early shoes completely adapted to the in- and enable the gardener to plant and dividual foot. However, many people harvest early crops.

Good drainage is very desirable. A are over-scrupulous regarding the former and permit their eyes alone good fence around the garden is oft-to determine their choice for the lat-

"Perhaps if it were better appreciated that rneumatism, neuritis, spinal troubles, 'nerves', backache and even our old enemy headache can frequently be traceable to outraged feet, a more rational attitude would be assumed by thousands who are now comparatively thoughtless on this most important subject.

"Shoes should be comfortable and of good appearance. If even a slight portion of either must be sacrificed, by all means favor the comfort. Poor and painful feet make a sorry vehi-cle for the body. And remember that to obtain the fullest satisfaction out of life, much unimpeded natural locomotion is essential."

FORTY THOUSAND BENEFITED IN TUBERCULOSIS SANITORIA

A conservative analysis of the discharge records in the sanitoria at Mont Alto, Cresson and Hamburg James F. Taylor, dairy herd demonindicates that a number of adults in strator of East Point community, indicates that a number of adults in excess of 25,000 have been sent back their homes since the inception of their work, definitely "better," many of them a great deal better,

their home environment. Cresson—is a work that is vastly encouraging. The discharge figures under the headings "arrested, quiescent or improved" among the youngsters, runs at a much higher proportion than does that of the adults. From 800 to 900 now pass through these institutions annually, and a total number of 15,000 who have been materially benefitted by the Sanitorium life would not be placing

the results at an extravagant figure. If the statement quoted above is true, then the work of the State Department of Health Sanitoria, com-mencing in 1912, can justify the expenditures made through it by the tax payers of the Commonwealth, in presenting a total of 40,000 adults and children who have been helped and benefitted by their stay in some on of the tuberculosis Sanitoria of

-We will do your job work right mixture for spraying weeds.

FARM NOTES.

Alfalfa is a weed in red clover, is it is inseparable.

Oats furnishes somewhat more digestible protein than corn, pound Corn must sell for less than 40 cents per bushel to be a more economical horse feed than

-By growing corn after turning under a lespedeza sod, George Dowdle of Macon county, North Carolina, produced 125 bushels an acre. He used a high grade of fertilizer also.

-Fashions change in everything. An advertisement of twenty years ago would seem strange now; a wo-man dressed in the styles of 1900 "Well, who's been waiting the long-est?" asked a physician, cheerfully, as he opened the door of his consultation campaign would not get many votes

Those who reach the condition delivered your clothes three months ago." known as being "garden conscious," who become observant of outdoor beauty, quickly learn that fashions We who are fortunate enough to be able to see should not forget the thousands of Americans who cannot. Remembering them we should be the grounds about a home should be

Many remember when it was considered the height of fashion to have According to the National Society a cast-iron deer or dog prominent in for the Prevention of Blindness one- the front yard; when round beds of half of the blindness is preventable. cannas or geraniums always punc-Science has now discovered all of its tured the center of a grass plot; and major causes. It remains for such the height of attainment for a pubpublic spirited organizations as the lic gardener was a clock made of National Society to educate the pub- flowers or a "carpet bed" in which lic in prevention. To minimize the a geometric pattern was worked out hazards to sight, follow these simple with flowers crowded so closely together that it was difficult to tell what any individual flower looked

All these are passed today; new ideas prevail in gardening just as in dress and these are changing somewhat from year to year, just as dress ideas change. And the garden, just as one's dress, should be kept up-to-Avoid books printed indistinctly, date. The idea that landscape work once done is done forever will not work. And who wants it so?

> ed the early hatched pullet is, with- costume above them. For there are out doubt, the one to depend upon. shoes for every kind of costume—Yearling hens and those older ones tailored, dressy, formal and informal.

The age at which most pullets beto the mode of the hour," gin laying is from six to seven months; some lay at four and onehalf to five months, and others not

-In selecting the site for the den on soil that is well supplied with

Good soil is essential to a successthe house with unfavorable soil. As "In the final analysis it matters a rule, though, it is desirable to have

the crops from farm animals, including poultry.

No amount of cultural care will replace sunshine! This highly important truth should not be overlooked in selecting the location for the vegetable garden and in arranging the

Careful consideration should be given to the number of hours of exposure to sunshine each day. As a rule, foliage crops such as lettuce and spinach do fairly well in partial shade, but should have not less than

three hours of sunshine per day.
Plants which ripen fruit, such as tomatoes, require more sunshine, and should have a minimum of five hours of sunshine daily.

-In spite of the low milk prices Jersey cows have turned home-A conservative analysis of the grown bulky feed into profit and Wood county, Texas. As reported by James W. McGown, county agent, the ration for the first three months of the year consisted of 10 pounds and all of them with a new knowledge of how they should live, and rest, and eat in order that the work of restoration might move along in and 21/2 pounds cottonseed meal. They produced an average of 20 pounds of milk per day and at markand care in the Sanitoria in which et prices it brought \$20 per ton for they are received—Mont Alto and the grinding, and counting the mathe cows. Mr. Taylor states that the cows have given more milk during this period on this demonstration system than ever before at the same time of the year.

> —Soy bean oil meal, cottonseed oil meal, and linseed meal all have relatively the same value as a part of the ration for cattle. It is best to feed a mixture of the two cheaper

-If the farm horses are to winter in a shed remove their shoes to prevent injury.

-There is a difference in the yield of seed potatoes from seed taken from the top and bottom of the same storage pile.

Sodium chlorate—one pound to one gallon of water-is the usual

FOR AND ABOUT WOMEN

DAILY THOUGHT

"Give Us, O, God, the strength to build The city that hath stood Too long a dream whose laws are love, Whose days are brotherhood, And where the sun that shineth is God's grace for human good."

-. Which is the more formal, "My dear Miss Brown" or "Dear Miss Brown?" A .- "My dear Miss Brown."

Q .- What verse in the Bible did George Washington kiss at his first inauguration? A .- According to tradition he kiss-

ed the Bible at Genesis 49:14. Three quarter sleeves are appearing in all sorts of different ways. Dressy let effect, which is a puff pushed up on the forearm so that the loose part hangs down. They are charming, but difficult to wear. Fashion, realizing that the style requires either a beautiful hand and wrist or some

disguise, provided the disguise. It may be a pair of long gloves wrinkled up on the elbow or it may be a long, straight cuff into which the full part of the sleeve is gathered. Sometimes the effect of a guimpe is given by means of lace, contrasting silk or a fagoted section of the material coming down below the full sleeve. And if there are none of these there should be innumerable brace-lets or the aforementioned beautiful hand and wrist.

-Cottons are the vogue of the moment-everybody's wearing 'em Quite the loveliest of the new cottons is a revival of a quaint old-time fabric given the smart new name of "sheer tucks." And sheer tucks it is, a white cotton as sheer as silken hose with narrow tucks woven into the material. Can't you see it made up in blouses to use with the new suits, in guimps for the new frocks and in sheer so smart garden party

-Fashionable feet in the Easter -Where eggs in winter are want- parade looked just right with the

> It's smart in spring's new brown just a little lighter than winter browns, with an underlay of beige beneath the perforations. You'll see it that way with green, brown beige and bright blue suits. And if your suit is navy, shoe in

navy blue with underlay of white is the thing.

If the weather is warm enough there'll be jacket dresses with their

blues. But beige goes better with NEW VOCATION FOUND FOR beige or brown costumes and bright

ABOUT SOUP STOCK -Somewhat less than a quart of water to a pound of meat is a good rule for making soup stock. As a usual thing soup should be made from raw meat cold and brought slowly

to a boil and gently simmered through the entire process, Occasionally left-over meat can be used to advantage to add flavor. This

applies especially to cold ham, sausage, tongue or corned beef. But in this case the cooked meat should be added to the raw soup

bone and meat. Soup stock is said to be better the second day than the first. It should never be boiled long after it is once made, but should simply be brought to the desired temperature.

stock once it has begun to boil. The proper amount, if possible, should be added boiling hot, as cold water is said to destroy the flavor. Soup stock should be free fat. If possible remove all fat from

Water should not be added to soup

the soup meat before beginning to boil, as the fat does not add to the goodness of the flavor. Every bit of fat should be skimmed from the top of the soup kettle. To make a thoroughly good soup

stock you will need one pound of shin beef, or one pound of knuckle of veal, or a half pound of each. Any bones, trimmings of fresh meat, slices of lean bacon or ham is credited with the easiest assign-

add to the flavor, Add one tablespoonful of butter, clove or two, a quarter of a turnip, and ale by accompanying his charge. a piece of carrot, a few stocks of celery, a bit of mace, herbs as desired, a saltspoonful of sugar and one quart and a cupful of cold

The meat and bacon should be cut into small pieces. Rub the butter on the bottom of the stewpan. Put in a cupful of cold water and the meat and all the other ingredients.

Put the cover on the stewpan and place over a slow fire, occasionally stirring.

Granulated sugar sifted over the top of a sponge cake before putting it into the oven gives it a rich brown crust when baked.

An attractive salad is made by scooping out the centers of large red apples and filling the cavities with chopped nuts and celery.

Shape mashed sweet potatoes into small pumpkins, place them on a greased cookie sheet and bake for ten minutes in a moderate oven. Make stems from tiny pieces of green pepper.

or a knife makes an attractive and

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UM UTENSILS?"

STUDENTS WHO WORK WAY THROUGH COLLEGE

Boys have done everything from freight-hauling to embroidery as a means of earning their ways through college, but some Columbia University footballers have hit upon a brand new idea. They act as modified nursemaids for young sons of Park Avenue's more wealthy sections.

football player of parts, who turned from table-writing to his latest

It was, of course, the Lindbergh kidnapping that inspired the plan. Parents the country over were panicky enough, and, possibly, were more disturbed in New York than farther west. So they hired stalwart football players and other athletes to guard their young while the youths worked off their excess energy in Central Park

plan. They believe the manly influence of the young men is a good thing for their offsprings.

not soft spots. Jack Kilgore, 200pound tackle, has been assigned meet the 11-year-old boys at a fashionable school and to take them to the Park each afternoon. They skate and he carries their books. His mates insist he's losing weight. Otto ment. He has a youngster who often attends the musical hit shows on a few slices of onion, stuff with a Broadway, and Otto earns his cakes

FOREST OWNERS

The farmers of Pennsylvania are the largest single group of forest owners, according to records compiled by the department of forests and waters. To them belong 4,000,000 acres, or almost one-third of the forest land of the State. Of this amount 2,500,000 acres are in farm woodlots and 1,500,000 acres in mountain land. Applications have been received from the farmers throughout the State by the department of forests and waters for 4,000,000 forest tree seedlings to be planted this spring.

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What is a Bladder Physic?

A medicine that works on the bladder as caster oil on the bowels. Drives out impurities and excess acids that cause irritation which results in getting up nights, frequent desire, burning, leg pains and backache. BU-KETS (5 gr. Tablets) is a pleasant bladder physic.

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Parents are all in favor of the plan. They believe the manly influence of the young men is a good hing for their offsprings.

The "nurses" insist their jobs are the following the plane of the plane of

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