

Your Health

THE FIRST CONCERN.



THE COMMON FLY

(Concluded From Last Week)

The fly may be attracted by sprinkling a little sugar on the dish containing the liquid.

An excellent solution is prepared by adding one dram (one teaspoonful) of bichromate of potassium to two ounces of water; or if a larger quantity is desired 1 oz. to 1 pint of water, which has been sweetened with sugar.

Colbal chloride in the strength of one dram to 6 ounces of sweetened water is just as effectual, is non-poisonous but is more expensive and much harder to obtain.

Another efficient method is by using a mixture of equal parts (by weight) of carbolic acid crystals and gum camphor. Liquefy the carbolic acid crystals by gentle heat, break up the gum camphor into small pieces and pour the liquid acid slowly over the camphor.

DISPOSAL OF MANURE IN RURAL AND SUBURBAN DISTRICTS

Manure should not be allowed to remain in one place unless it be properly screened or treated chemically to destroy house-fly larvae.

If for any reason it cannot be promptly spread on the fields and turned underground, it should be treated with either powdered hellebore or borax. The former should be used in the strength of a half pound of the powder to every ten gallons of water.

In order to avoid destruction or injury of the fertilizing qualities of manure while treating it to prevent fly-breeding, considerable experimentation has recently been carried on.

The United States Department of Agriculture, after experimentation with various plant infusions and other substances including sulphur, had no results as satisfactory as the hellebore and borax treatments, except with a mixture of common fertilizer ingredients used in making artificial fertilizers.

THINGS TO BE REMOVED FOR THE PREVENTION OF FLIES

First: Flies can only breed in filth of the kinds mentioned and their presence is evidence that such material is at hand.

Second: They carry germs of disease on their hairy bodies and legs.

Third: Keep them away from the sick, particularly those suffering with communicable diseases.

Fourth: Do not allow them to settle on the mouth, eyes, ears or nostrils of infants.

Fifth: Do not permit them to come in contact with food of any kind or to settle on the milk bottles of infants.

Sixth: Open privy wells or cess-pools are particularly dangerous. Sanitary closets should be used, with self-closing seat covers and fly screened openings.

Seventh: Uncovered or unscreened garbage cans and open drains should not be permitted.

Eighth: Physicians should see that the excreta of all persons ill with intestinal diseases are disinfected and cared for in accordance with the regulations of this Department.

Ninth: Manure should be collected twice a week and plowed into fields or stored in fly-proof receptacles.

—Lady: "Can't you give me a room and bath?"

Clerk: "I can give you a room, madam, but my wife's here, you will have to take your own bath."

STANDARD FOR GRADE A MILK DEFINITELY FIXED

Eight rules to Cover Sales of Pasteurized Products to Public

Long continued efforts of milk producers and distributors reached a successful culmination today when Doctor Theodore B. Appel, Secretary of Health, officially approved the definition that had been prepared and agreed upon by various committees, for "Pasteurized A. Milk."

The effort to set up a definite standard for this product began many years ago and has been participated in by practically every farmer's organization, dairymen's league, milk producer's association and milk distributing body in the Commonwealth. The final report and its approval by the Secretary of Health, is hailed by all milk interests as a solution of a problem that long has been actively in the forefront of the dairy business.

The definition, as approved, is composed of eight sections, as follows:

1. "Pasteurized A Milk" shall meet all the requirements of Act Number 428, approved May 2, 1929, and the Advisory Health Board Regulations, approved September 18, 1929, pertaining to the sale of Pasteurized Milk.

2. "Pasteurized A Milk" shall be obtained from cows determined by tests under the rules of the Department of Agriculture, to be free from communicable disease.

3. "Pasteurized A Milk" shall be obtained from cows that have been examined by a licensed veterinarian at least once each year. The record of such examination shall be on file for the inspection of health officers at all times. Cows that fail to pass this examination, shall remain under the care of the veterinarian until he is satisfied the milk is satisfactory for "A Milk" the milk producer always having the right to appeal to the director, bureau animal industry, Department of Agriculture, whose decision shall be final.

4. All containers, utensils and equipment used in a plant in which "Pasteurized A Milk" is prepared for sale, shall be cleaned by the use of steam, or hot water, as set forth in the Advisory Health Board Regulations of September 18, 1929, prior to the handling of such milk.

CONTAINERS

5. Containers used in delivering "Pasteurized A Milk" to the consumer, shall have the pouring lip protected until the milk is delivered.

6. Milk purchased for pasteurization and sale as "Pasteurized A Milk" shall be milk of low bacterial content. It shall be under the supervision of laboratory, the equipment and director of which have been approved by the Secretary of Health. The bacteriological analysis of the milk shall be in accordance with "The Standard Methods of Milk Analysis of the American Public Health Association, and the Association of Agricultural Chemists."

Each dairy farm delivering milk to the plant, must have a bacteriological analysis once each week. The seller of the milk shall submit this analysis to the Secretary of Health, through the bureau of milk control, before the 10th of each month, giving the record of the preceding month's analysis, both before and after pasteurization. Every effort shall be made to obtain a milk supply for pasteurization which will give a standard plate count of not more than 200,000 per cubic centimeter, or a direct microscopic count of not more than 800,000 bacteria per cubic centimeter. When the count exceeds these figures for three weeks in succession, the Secretary of Health shall be notified in writing concerning the action that has been taken to obtain a milk supply within the bacterial limit specified.

7. "Pasteurized A Milk" shall give a standard plate count of not more than 30,000 per cubic centimeter previous to delivery. In the event that the count runs higher, those responsible for the milk supply shall take whatever action is necessary to obtain a milk within the bacterial limits specified.

8. The requirements for the sale of "Pasteurized A Milk" set forth shall be considered as minimum requirements, and nothing in them shall be interpreted as preventing a municipality from ordaining and enforcing additional requirements for the sale of "Pasteurized A Milk."

All milk producers, dealers and others interested may obtain a copy of the official "Definition of Pasteurized A Milk," as approved by the Secretary of Health, Bureau of Milk Control, Harrisburg.

ASKS AUTOISTS TO OBEY STOP SIGNS

Reports of repeated violations of "Stop" signs received by the bureau of highway patrol and safety department of revenue, have brought a reminder from Walter W. Matthews, chief of the safety section of the bureau, that under the Vehicle Code "Stop" means a complete stop.

The code makes it unlawful for a driver or operator of any vehicle, street car or trackless trolley omnibus, before entering a "Stop" intersection to fall to come to a complete stop within a reasonable distance before entering the intersection where a stop sign has been erected. Merely slowing down or shifting gears at such an intersection is not complying with the law, Matthew says.

The penalty imposed for violating this provision is a fine of \$5 and costs of prosecution and, in default of payment, imprisonment for not more than three days.

—Bananas are inclined to turn black when put into the icechest.

HOW MUCH WATER SHOULD YOU DRINK EVERY DAY?

Do you, or do you not, drink sufficient water? This is a vital question, because it so deeply concerns the health and efficiency of every human being. The human body must be kept decidedly wet, but not so wet, of course as Rudolph Philpik, of St. Louis, who boasts he can drink a gallon of water at one time. For it is nearly two-thirds water, and this proportion must be maintained—if health, strength and happiness are to be conserved.

Water takes precedence over every other element needed to support life. It is the magic medium through which all nutritive elements are carried into and through the body, and there held in suspension, for it enters into the composition of all the internal fluids which distribute heat, moisture and body-building material. These functions may be termed its "incoming" service. It is equally important in its "outgoing" service, for without water no waste matter could be eliminated.

The question of how much water one should drink is answered in the forecast by C. Houston Goudiss.

"Most people drink too little water," says Mr. Goudiss. Very few drink too much. For people in nominal health—not engaged in active muscular work—three pints daily, in addition to what is taken in the food, may be regarded as sufficient. A good rule is one glassful at rising, one at each meal, breakfast excepted, one between meals, and one upon retiring at night.

"However, the quantity required varies with work, climate and mode of life. The nature of the food eaten also constitutes a factor, since a diet consisting largely of fruits and vegetables, or one that includes a considerable portion of milk, is high in water content. When the body is surrounded by super-heated air, as in summer, or in certain occupations, or when engaged in active muscular exercise, perspiration is notably increased. The more water removed from the body, the more must be taken into it to replenish the supply and maintain the proper balance."

1. Water enters into the composition of all tissues and fluids of the body.

2. It is the medium that dissolves the nutrient materials in the process of digestion, making possible their absorption and assimilation.

3. It is the chief constituent of the blood, which transports food to the various tissues of the body.

4. It keeps the soft tissues soft, and the moist tissues moist.

5. It acts as a regulator of body temperature.

6. By virtue of its great solvent action, it is a common medium in which all the chemical reactions of the body take place.

7. It assists the elimination of waste products through the intestinal canal, through the kidneys, the lungs, and the skin.

OVER A BILLION DOLLARS TO BE SPENT ON HIGHWAYS

Add a little more than 13 per cent, to the wholesale value of automobiles produced in 1931 by the United States and the result will be the sum spent in 1932 for the nation's highways.

Altogether as reported by State authorities to the bureau of public roads, the estimated State expenditures this year will total \$1,352,837,261.

Comparison with the cost of 1931 projects cannot be made until late summer, when final figures are collected, but it is known that this year's program represents a 19 per cent decrease from the total sum spent in 1931.

It is possible, however, that the 1932 total may be increased since Congress has numerous road appropriation measures pending. The total authorization for federal aid now amounts to \$125,000,000.

State highway departments alone expect to build more than 36,000 miles of road this year. Though 1932 State highway funds are 10 per cent under the 1931 figure, the decline is considerably less than in local funds because they are largely derived from motor vehicle and gasoline taxation upon which revenues there has been no marked reduction.

Nine States have reported total highway programs estimated to cost in excess of \$50,000,000. Ranked according to the total of their projects, they stand as follows:

Pennsylvania, New York, Illinois, California, New Jersey, Ohio, Texas, Missouri and Michigan.

The local programs of road construction will exceed \$25,000,000 in the following states: Pennsylvania, \$50,000,000; New York, \$50,000,000; California, \$33,200,000; Ohio, \$30,000,000; and Illinois, \$28,000,000.

Eleven States reported estimates of road mileage to be built by state highway departments at or in excess of 1,000 miles. They are as follows:

Missouri, 4,517 miles; Pennsylvania, 2,700 miles; Texas, 2,500 miles; Louisiana, 2,300 miles; North Dakota, 1,870 miles; Oklahoma, 1,750 miles; Kansas, 1,243 miles; Iowa, 1,225 miles; Minnesota, 1,130 miles.

Of the highways to be built the total of sand-clay, gravel and macadam roads—17,509 miles—is nearly equal to the mileage of all other types to be constructed. Estimated earth improved roads to be built will total 8,999 miles while asphalt, concrete, and brick highways will amount to 8,863 miles.

OKED WITH PAPA

"Daddy, John asked me today to marry him," said the sweet young thing, "but I told him I couldn't leave mamma."

"That's all right," said father, brightly, "take her with you."

FOR AND ABOUT WOMEN

DAILY THOUGHT

How doth the busy gardener Leap gaily to his toil, His eager pulses all astrir To till the fruitful soil. He wields a rake, a spade, a hoe, With energy and vim Until his brow is all aglow— That is the life for him. He sows tomatoes, onions, beans, About his garden plot, And beets and peas and salad greens To eat when days grow hot. In Spring he plants them in the ground With many a hopeful plan, But when the summer rolls around He buys them by the can.

—Many people have argued whether or not it is correct for a widow to continue to use her husband's name or to use her given name.

Emily Post, authority on etiquette, gives the following information: Question: My husband died less than a year ago. Since his death I have continued to use the visiting cards I always did—"Mrs. John Smith." I also continue to wear my wedding ring. I am told by my friends that I am committing a social blunder, that I should no longer wear my ring on my left hand and that my name is at present "Mrs. Mary Smith." Which is correct?

Answer: This question is asked me perhaps more often than any other. Where the idea originated that a man merely lends his name temporarily and gives his wife the right to wear his ring I cannot imagine. Of course you wear your ring—all your life long. And keep his name and continue to be "Mrs. John." He gave you his ring and he gave you his name. He did not lend them to you. They are yours until you marry again. To call yourself "Mrs. Mary" would be one of the greatest social errors.

—The married woman in industry is one of four most talked about citizens. The feeling against her grows as unemployment increases. She bears the brunt of the unhappy condition which confronts the nation. And it cannot be disputed that many men are walking the streets looking for work, that is being done, in many instances, by wives whose husbands are able to support them. Though there are certain kinds of employment in which women will always have the preference, that does not alter the fact that they are today holding down plenty of jobs that men could fill. They are preferred for one reason only. Because they can be had for less money than men demand. Primarily, therefore, the real culprits in what some term "our economic crime" are the men who do the employing. So long as the pocketbook remains our divine symbol, this and many unhappy conditions must continue.

If we had laws in this country compelling employers to pay women the same wage that men receive, the situation would adjust itself. And there's no good saying that women should not work for less. Are men not willing to work for less now, when work is not to be had at all? Does the man who wants a job more than he wants anything haggle along over the wage? He does not. And he stands today exactly where women have stood in industry ever since they entered it. We have taken what we could get and been grateful.

—Tailored, very short waistcoats of striped wools or wools in unusual weaves are the swank thing to wear with a country suit. The waistcoat should be perfectly plain and button straight down the front.

—The new oxfords which are especially smart for street shoes this year are shown in navy kid blege, underlaid in patent leather; kid ties stitched in ivory and kid with a scroll design.

Sports shoes consisting of ghillies, moccasins and monk shoes are popular this season, too. Pumps and sandals for dress and beach wear are numerous, the latter very much cut out and looking chic and cool for the coming hot months.

—Keep rubber bands in a tightly closed tin box and they will last longer.

—A few bread crumbs added to scrambled eggs will improve the flavor and make the eggs go farther.

—To keep sponges wet wash them occasionally in warm water in which a little tartaric acid or soda has been dissolved. Rinse well in clear, warm water.

—A rich man, lying on his death bed, called his chauffeur and said, "Sylvius, I am going on a long journey, rugged and worse than you ever drove me."

"Well, sir," consoled the chauffeur, "there's one consolation—it's all downhill."

EXTRA TRICKS

(Continued from page 2, Col. 6.)

ly. His chair crashed over backward. He began pacing the room. Each time he passed Dane he shot a glance at her—out of the corner of his eye. He took out a cigarette, lit it, dropped the match on the floor.

"Better step on that match before it burns her rug," she advised. Thoughts hammered his brain. He had asked her—two days ago—she had said yes—she must have meant. Suddenly he wheeled in front of her. He stopped, Dane looked up inscrutable. "Step on that bell," he commanded.

Dane hesitated a moment. Then she rang the bell. Cameron waited. "Mason, have the roadster brought around at once. At 9 o'clock telephone the office that I won't be in for—I don't know how long. When Mr. Stanley gets downstairs tell him that Miss Carroll and I—tell him nothing." Mason disappeared and Cameron swung back on Dane.

"Hurry up with your breakfast." "Why?" "I once told you that you got your vacation when I took mine. Well, I've just decided to take a vacation. You'll take one now, too—with me."

He could not read her eyes, but she was breathing rapidly and four white knuckles of the hand gripping the arm of the chair gave him confidence.

"We're going to be married—probably this morning." "There was a long pause."

"Isn't this—just—an—idea?" "The words came as though forced out one by one."

"I'm not Stan!" "No—you're—"

That sentence was never finished. He had pulled her roughly out of her chair and she was in his arms. A few minutes later Dane sighed and slipped away from him.

"We'll sail for Europe Wednesday," Cameron announced. "You'll have to get your trousseau tomorrow."

"I got my trousseau a week ago, darling." It was a very confident drawl.—Public Ledger Magazine.—by Francis Thayer.

WORLD'S FAIR IN CHICAGO

Q. When will the World's Fair in Chicago be opened and who is running it?

A. The Century of Progress Exposition Commission, Administration Building, Brunham Park, Chicago, has charge of the arrangements and the exposition is scheduled to open June 1, 1933.

Arthur Brisbane, writes of a recent visit to the site thus: The site of the exposition, with lake Michigan on the east, the great city of Chicago on the west, north and south could not be more beautiful or more impressive.

Everything that a great exposition should have this one will have. In addition, progress and science, being emphasized above all else, will give to the exposition an educational value that should not be neglected by any American parents especially.

Great industries and business enterprises will have separate buildings of their own. General Motors, Sears Roebuck, Chrysler, and many others. Chicago and the whole country owe thanks to Mr. Dawes for the valuable time and intelligent industry that he has devoted to this exposition.

The light of the great star Arcturus, by means of a photo-electric cell, will put in motion the machinery of the building of sciences when the exposition opens.

Arcturus was selected because of its brilliancy and because the light of that sun travels forty years through the ether, at 186,000 miles per second, before it reaches this planet.

The Chicago World's Columbian Exposition opened just forty years ago, and the light of Arcturus that will start this exposition left the distant sun as the last Chicago exposition opened.

That should stimulate your imagination. Light comes from our sun 93,000,000 miles away in eight minutes. You can imagine dimly how far Arcturus must be, its light taking forty years to get here. And if that does not exhaust your imagination, think about the distant nebulae whence light comes to us after traveling a million years or more.

You must see Chicago's exposition and have your business represented there if you have a business worth showing.

SCIENCE SAYS WOMEN DRIVE AUTOS BADLY

Inviting battle from femininity the world over and particularly in Pennsylvania, science now declares that women are bad auto drivers.

So bad, indeed, according to two University of Pennsylvania scientists—whose names are not revealed for fear, probably, of the women of their own households—base their opinion on cold facts, says P. J. Rickenbach of the highway safety committee of the Pittsburgh Motor Club.

Striking at propaganda boosting women as superior to the male at the steering wheel, Rickenbach delivered his "expose" to the Typothetae of Pittsburgh:

"A recent study made by two University of Pennsylvania scientists of a taxicab company which used both men and women drivers, disclosed that the female operators had three times as many accidents on the basis of each \$1,000 collected in fares.

"In addition to this the women drivers had the advantage of all new cabs to operate and they were given the choice of hours."—Pittsburgh Press.

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