

CHEAP TRANSPORTATION A FACTOR IN HEALTH.

Little Talks on Health and Hygiene
By Dr. Samuel Dixon.

Upon the health of the generations to come depends the prosperity of the Nation. Nature made us rich with coal, oil, lumber and fertile lands. These natural resources are fast becoming exhausted. We have spent our principal as if it was income and the time is approaching when we must live on those things which we produce by labor.

As the economic struggle becomes keener the strain upon the individual grows greater. The rapid development of our cities and the concentration of population in surroundings which are in many ways detrimental to health and which deviate so materially from those natural conditions for which man is accustomed by Nature, have a weakening tendency.

The closely built up portions of our cities prevent the free movement of fresh air. The conditions of employment are largely affected and there is a tendency away from the natural methods of life which make for good health. To keep where we now stand in the scale of industry and morals, we must work for the proper housing and amusement of the workers.

As transportation made cities possible, so it must be and is being developed to carry the people into the suburbs at small cost. Here city worker's families may have individual homes with fresh air and they can raise a few vegetables and flowers. The germinating seeds, the development of plants, the eternal miracle of nature's reproductive powers, offers wholesome occupation of interest to most men and women. As an amusement it is as much fun as playing golf and tennis and at the same time brings an income instead of being an expense. It may not be fashionable but it has a deep appeal to the majority of mankind.

VIM

Miss Orpha Pike spent several days of last week near Markleton visiting friends.

Elmer Vought and family, of Boynton, spent Sunday at the home of Milton Pike.

Mr. and Mrs. W. W. Nicholson and son, Cyrus, spent Sunday at the home of P. W. White in Larimer township.

Fremont Pike and son, Samuel, and John Dietle are painting Hiram Schroek's barn this week.

It is reported that a wedding will take place in our town in the near future.

Mrs. Wm. Schultz, of Greenville township, was a Vim visitor last Sunday.

Miss Winnie May, who is staying in Meyersdale, spent last Sunday at the C. W. Treasurer home.

A. J. Baer and family spent last Sunday in Salisbury at the home of Wm. Engle.

What to Do in Emergencies.

What would you do if you found a man seriously injured? Would you know the proper way to relieve his sufferings? The Pennsylvania railroad recently has taken a long step toward preparing its employees for such an emergency. Medical examiners of the relief department are giving lectures at every division point, and their work is supplemented by the issuance of "First Aid" packets and pamphlets telling what to do when a man is hurt. Here are the directions, which every one should know:

Hemorrhage—Place compresses on the bleeding part and secure firmly with the elastic bandage. If this fails, tie a bandage around the limb between the point of hemorrhage and the body, and twist tightly with a stick until bleeding stops.

Fracture—Broken bones should be treated with splints secured in position by triangular and other bandages. Folded newspapers, pieces of board or anything sufficient to prevent movement of the broken ends of bones upon each other will answer.

Burns—Do not forcibly remove clothing; cut the clothes away, if necessary. Common baking powder, dissolved in water, should be used to saturate the bandage. Don't use oil preparations; they are liable to cause infection.

Shock From Accident—Don't give whiskey, drugs or any other stimulant; use hot coffee, hot milk and other hot drinks and blankets, hot-water bottles, etc.

Unconsciousness—Loosen the clothing about the neck and abdomen and give the sick person plenty of air, laying him upon his back in a quiet place.

Fits—Keep the person quiet and on his back, loosen his clothing and be careful he does not injure himself.

Stroke and Exhaustion—In the former apply ice to the head and abdomen, and in the latter treat as in a case of shock.

In all cases those in authority are urged to KEEP COOL, send for the nearest physician and avoid touching open wounds with the hands.

BUCKWHEAT CHOP at \$1.25,
C. E. DEAL.

Good Bread Made With Potato Meal

Bureau of Chemistry Tries Out German Potato Flake, and Also Makes Experiments to Determine the Value in Mixed Flour of Such Inexpensive and Healthful Products as Chestnut, Banana, Rice and Peas

Baking experiments to test the value of making bread of potato meal mixed with wheat flour are now being undertaken by the U. S. Department of Agriculture's Bureau of Chemistry. This is to test the possibilities of the potato in the same manner as Germany and Austria are now advising their people to do. The increased cost of living throughout the world has emphasized the fact that flour made of other substances than wheat, or of these substances mixed with wheat, might provide people with healthful food quite as nutritious as the pure wheat flour, and at the same time be cheaper.

Austrian bakers are now compelled by law to use at least 30% potato meal in making their bread. The Bureau of Chemistry's potato meal bread has been baked with from 25 to 60% potato meal and the remaining percentage wheat. The most satisfactory loaves in combining economy and appearance were those made with the minimum percentage allowed in Austria or less. The loaves made with more than 30% potato meal were not so satisfactory as they were heavier and less attractive in form. The bread has a rather coarse texture and dark appearance, but possesses a distinctive and agreeable flavor. It also retains moisture for a much longer period than ordinary wheat bread.

The Bureau of Chemistry used the imported potato flake in some of its experiments, and in others meal made by slicing, milling and drying potatoes on a small scale in its laboratories. It should be added that such ordinary "potato flour" as is on our American markets is not the same as the German "potato flake," or "Waismehl," which has given such satisfactory results in the experiments.

The question has been raised as to whether the ordinary cooked potato might not be satisfactorily substituted for the prepared potato meal. The experimenters believe that it might serve the same purpose if used in just the right proportion, but this would be difficult for the average housewife to determine, as there is great danger of using too much and producing a very soggy loaf. However, the custom of adding a very little potato is already used by many housekeepers to keep their bread moist, and this practice can very well be recommended for more general use.

Dried bananas, ripe and unripe, and chestnuts are other substitutes for wheat flour with which experiments are being made by the Bureau of Chemistry. Still other products that offer promise of furnishing the public with a cheap and nutritious bread are the following: Bran, soy bean, white bean, millet, kafir, milo, dashen, buckwheat flour, oatmeal, cassava, buckwheat, rye, corn gluten, kaoliang, rice (polished and natural), peas, potato (Irish and sweet), corn meal (white and yellow).

The breads made from these various ingredients have already been photographed and analyzed. The flour from which the breads were made are being analyzed, that it may be known exactly how nutritious they are in comparison with the pure wheat flour. The soy bean and cottonseed flours, when mixed with wheat flours in proper proportions (about 25%) give a bread with about twice the amount of protein (muscle-building element) that the ordinary wheat bread contains.

The Bureau of Chemistry is making these experiments in spite of the fact that there is a law which makes it difficult for manufacturers to make mixed flour satisfactorily. This law surrounds the manufacture of mixed flour with so many restrictions that the business has not become a popular one. The result is there is very little mixed flour at present manufactured and offered for sale.

The Mixed Flour Act was passed in 1898, before there was a Food and Drugs Act, and was passed for the purpose of raising a war revenue at a time when many of the common articles of food did not command so high a price as now.

The tax of four cents which is now imposed on every barrel of mixed flour is not in itself a heavy one; it is the collection of it, with the attendant regulations and restrictions, that hampers any manufacturer who would like to make such flours.

It should be stated in connection with the mixing of other materials with wheat flour in making bread that it is not always be done economically. There must be taken into consideration the prevailing market price of the commodities to be used.

This article is written primarily for the purpose of bringing to the attention of the public the fact that in order to obtain good, nutritious and wholesome bread it is not necessary to use an entirely wheat flour. A mixture will in many cases produce a bread which is quite as satisfactory. With this a matter of common knowledge it is believed in times of overproduction and the consequent favorable market prices of substances suitable for mixing with wheat flour that bakers may wish to experiment with certain mixtures. Care should be taken, however, in marketing or selling of bread to which has been added in appreciable amount any ingredient other than wheat, that no deception is practiced and that the consumers are aware of the kind of bread furnished them.

NEW CHURCH DEDICATION.

The Jerome Union Protestant Church erected at an approximate cost of \$4,000 through the united efforts of the people of all denominations and creeds residing in Jerome and vicinity, will be formally dedicated on Sunday, October 17, with services every night beginning last Tuesday.

The church building is of frame construction, with shingled gables and is erected on the plan of an L. The task of digging out the foundation and putting in of the concrete walls was taken care of by the members of the congregation who donated their services. The general contract was in charge of Chas. Kauffman, of Davidville. Gerber Bros. of Johnstown did the painting; the Johnstown Supply House the plumbing and the American Seating Company of Chicago put in the pews. Jeweler Huff, of Johnstown, has offered to donate a clock.

Practically the entire cost of the building has been taken care of so that no attempt will be made at the dedication exercises to raise money. Only basket collections to defray current expenses will be taken.

The Jenner-Quemahoning Coal Co. donated the site of the building and gave a cash donation of \$625 while The Penn Mercantile Company contributed \$150 towards the expense of the church building.

The union congregation is not a part of any charge or circuit and does not have a regular pastor. Services are held regularly, however with ministers from various churches occupying the pulpit.

The governing body is the Board of Trustees, composed of Dr. W. W. Keim, chairman; W. H. Brown, treasurer; Samuel Calverly, secretary; Richard Maize and C. A. Truxal.

The erection of the church and its successful completion was looked after by a building committee consisting of Dr. W. W. Keim, chairman; A. H. Shumaker, treasurer; Samuel Calverly, secretary; Richard Maize, Wm. H. Brown, M. A. Truxal and Jos. W. Kidlow.

BEST AUTOMOBILE TIRES FOR HARD USE

Some automobile tires give very fine service when given but ordinary use, but when subjected to service over rough and rugged roads, worse than the ordinary, or over hard and flinty streets, they very often go to pieces. The best tires for most service are Double Service Tires, which are the product of the Double Service Tire and Rubber Co. of Akron Ohio. These tires are made with a double thickness of tread which imparts an average of 12 piles of fabric and one inch of service rubber. This is like putting an extra sole on a shoe. The result in service being the same in comparison. The tread is so thick that punctures are practically impossible, yet the tires contain the same air space and the same pressure, as is used in any other makes, so their resiliency and riding qualities are the same. Owing to the excellent method of manufacturing and selling adopted by the Double Service Company these tires sell for less than standard regular made goods, yet are guaranteed 7,000 miles service.

TRY TO BE SATISFIED.

Too much dissatisfaction with one's condition or town is to be deplored. Try to get the Stoic spirit that worries at nothing.

Last Thursday the State of Indiana did great honor to the Hoosier poet, James Whitcomb Riley. For a time in his earlier life he lived in the little insignificant village of Tallhott, but read what he says about it and then perhaps you'll be content with your own little burg.

"You can boast about yer cities, and their stiddy growth and size, And brag about yer county-seats and yer business enterprise, And railroads, and factories and all such foolery— But the little town o' Tallhott is big enough for me!"

THE WOMAN'S VOTE.

If men are doing so poorly that women must come in in order to help them out, what shall we say of the women who have trained these men? If any mother feels that on election day she is handicapped when her son goes to the polls because she cannot direct his vote, it is because she forgot to do what John Boyle O'Reilly used to tell us to do—"Catch him while he is young, because," he said, "you can do what you will with us while we are young." WILL THE DAUGHTERS WE HAVE TRAINED ACCOMPLISH BY THE VOTE WHAT THE SONS WE HAVE TRAINED FAIL TO ACCOMPLISH?—Adv.

Knowledge will not be acquired without pains and application. It is troublesome and deep digging for deep waters; but when once you come to the spring they rise up and meet you.

WAVERLY

Waverly—the best petroleum products made—all made from high grade Pennsylvania Crude Oil.

Gasolines, illuminating oils, lubricating oils and paraffine wax. For all purposes.

350 Page Booklet Free—tells all about oil

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P. J. COOVER & SON,
MEYERSDALE, PA.



HOUSEHOLD GOODS OF HIGH DEGREE.

ALLS and stairways beautified and made comfortable with our home necessities. Specially made carpets for them which will harmonize with your furniture and decorations. Rods with decorative knobs to hold the stair carpet in place. Screens, fancy tables and umbrella and hat racks. One of our door mats will add to the appearance of your front porch.

Do Not Pass Us By!
R. REICH & SON

First Thing in the Case

the printer always picks is
FIVE BROTHERS.

Not "Pi", Mr. Printer, but P-I-E. It's the real old toothsome pie for you, too, when you get hold of FIVE BROTHERS tobacco. You're never mugged up when you've got FIVE BROTHERS. It's a rich, sweet, healthy smoke or chew; and the printer is glad of a chance to use printer's ink to tell the rest of the world how good it is.

FIVE BROTHERS Pipe Smoking Tobacco

is a prime favorite with printers and all live, hustling he-boys who know and like a smoke or a chew of real man's tobacco.

And FIVE BROTHERS is always the same—always satisfying. We don't let FIVE BROTHERS go out of the factory until the tobacco has been aged from three to five years, so that all the rich, mellow sweetness of its Southern Kentucky leaf is at its best.

When you're tobacco hungry, you want clean, honest, juicy tobacco with some backbone to it. You never see a FIVE BROTHERS user switch to some other brand. He knows nothing can compare with FIVE BROTHERS for downright satisfaction.

A week's trial of FIVE BROTHERS will prove this to you—will make you a permanent user of FIVE BROTHERS.

Get a package today—sold everywhere.

THE AMERICAN TOBACCO COMPANY



WELLERSBURG

Rev. and Mrs. Jewell of Barton were callers in town Sunday.

Mr. and Mrs. J. G. Redding and daughters, Helen and Lorena Belle, were callers in Cumberland one day last week.

A number of people from town attended church at Barrelyle Sunday night.

The Old Dominion show which spent Saturday afternoon and evening here proved to be quite a success; from here they went to Ellerslie, on Monday morning.

Miss Elsie Wilhelm, of South Cumberland, spent Sunday with her parents, Mr. and Mrs. Edward Wilhelm.

Mr. and Mrs. Henry Everline and family, Aradella and Chester, spent Sunday with relatives in town.

The Wellersburg-Barrelyle base ball team motored to Cresaptown Sunday afternoon and played a game which ended at a score of 7 to 4 in favor of the Wellersburgers.

Mr. G. W. Witt and son, Robert, spent Monday and Tuesday in Berlin on business.

CHURNOLD BUTTERINE

SOLD ONLY BY

Donges Market

There is None as Good or as Pure.

About 3,000 persons, last Wednesday, attended the dedicatory ceremonies of Bedford's new federal building. It is built of Indiana limestone, of Colonial style and cost \$58,000.

The Knickerbockers, of Hooversville, have purchased the old Hoover estate from Justice Irwin M. Hoover and will have it at once remodeled into a clubhouse.