

Decrease of Contagious Disease

Unprecedented decreases in communicable diseases in Pennsylvania were reported by Health Commissioner Dixon last week for the month of June. Typhoid, scarlet fever and measles show the biggest decreases. Whooping cough alone seems to increase. What makes the showing all the more remarkable, in the Commissioner's opinion, is the nearer complete than ever reports received from all parts of the State.

Speaking of the work, Dr. Dixon said: "The people of Pennsylvania will be gratified when they hear that with their co-operation the list of communicable diseases for the month of June is the lowest experienced throughout the State for several years, a total of 7,686 cases being reported, a decrease of 5,162 as compared with the month of May and a decrease of 2,654 and 1,282 as compared with the months of June, 1910 and 1909, respectively.

"This decrease is even more remarkable than appears on its face from the fact that reports for the present year cover practically every city, borough and township in the State.

"The government work, notwithstanding these gratifying results, is criticised by those who have been punished for the violation of our laws governing these sanitary conditions of our commonwealth. Fortunately, the new Medical Bureau of Pennsylvania can consider the moral character of a man before granting a license to practice medicine and that same bureau can revoke medical licenses when the holders of the same are guilty of malpractice.

"The splendid health law formulated by Dr. Charles B. Penrose and passed by the Legislature of 1905 is beginning to show a reduction in the great total of communicable diseases. The special diseases showing marked decreases are scarlet fever and measles, the latter of which has been heretofore looked upon by those in care of children as being harmless, notwithstanding it was so deadly, as shown by the report of the new Bureau of Statistics.

Typhoid Fever.
"Typhoid fever, a disease which should be exterminated, remains lower than for previous years, and the only disease showing a tendency to increase is whooping cough, of which disease the State Department, even with the help of all the newspapers in the State, has not been able to awaken the people to the enormity of the death rate and to its power to leave in its wake tuberculosis and other afflictions.

"The decrease in communicable diseases is not confined to cities, boroughs or townships, but is general all over the 45,000 square miles of territory in the State.

"The enforcement of the sanitary laws only partly accounts for the marked improvement in health; education of our people and their co-operation with the State and with municipalities which are working shoulder to shoulder with the State Department of Health play their part

How to Take Care of the Baby

The hot weather of this season of the year is extremely dangerous to the lives of infants and young children, not only because of the depressing effects of high atmospheric temperature in general but more especially because of the effect of hot weather upon all perishable articles of food, among which cow's milk holds the first place.

It is therefore highly important that cow's milk be used for infants' food should be of the purest and freshest that you can afford to buy. During the hot weather ice is absolutely necessary for the preservation of milk, and all milk used for food should be cooled by ice as soon as it comes from the cow and should be kept next to the ice until ready to be used. A little money spent for ice may prevent illness and its much greater expense for medicine, nursing and medical attendance. As water is often a carrier of disease it is safest to use only boiled water for drinking or the preparation of a baby's food.

The following rules will aid you in keeping your baby well during the hot weather:

Breast Feeding. Every mother should endeavor to nurse her baby. Breast milk is the natural food of the new born baby. There is no other food that can compare with it. A breast fed baby has a much greater chance of living than a bottle fed baby.

Immediately after birth do not give any kind of artificial food to the baby, while waiting for the breastmilk to come. Put the baby to the breast every four hours and give nothing else but water that has been boiled. The baby needs nothing else and will not starve. After the milk comes into the breast nurse the baby every two hours during the day and two or three times at night.

Don't nurse the baby whenever he cries, a moderate amount of crying helps to develop the lungs. Babies who are nursed irregularly, or whenever they cry are likely to get indigestion and then cry the harder from pain. Nurse regularly and the baby will soon learn to expect its nursing only at the proper intervals. Give the baby a little boiled water several times a day.

After the baby is two months old lengthen the time between feeding to 2 1/2 or 3 hours, with only one or two feedings at night.

Do not wean the baby as long as he is gaining and never do so except by advice of your doctor. Do not follow the advice of friends or neighbors about weaning. If the baby remains well but after a time stops gaining in weight, do not think that your milk is of no value, but consult your doctor about adding one or two bottles to help you out.

Never let the baby nurse from the remains of a bottle which he has not finished at once. Take it away from

the crib, pour out the milk, and cleanse at once. Stale milk curds sticking to the inside of a bottle after a few hours become poisonous and may contaminate fresh milk coming in contact with them. It is better to have as many bottles as the number of the baby's feedings, so that all the bottles can be boiled together before the food is prepared in the morning.

Nipples. The simpler the nipple the safer for the baby. Do not use complicated nipples, and under no circumstances buy a bottle with a long rubber tube attached to the nipple. It cannot be kept clean and will certainly cause bowel trouble. After the bottle is finished the nipple should be removed at once, turned inside out over the finger and scrubbed with cold water and a brush kept only for this purpose. After use, always boil the brush.

The cleaned nipple should be kept in fresh borax water (1 teaspoonful of borax to a pint of water) in a covered glass. Rinse the nipple in boiling water before using it.

Do not put the nipple into your own mouth to find out whether the milk is warmed enough. Let a few drops of the milk fall on your wrist; if it feels too hot to your wrist it is too hot for the baby's mouth.

No general instructions can be given about the preparation of a milk mixture for your baby. Each baby needs a combination suited to his digestion. The mixture upon which some other baby is thriving may be too strong or too weak for your baby. Let the doctor tell you how to mix the food. If it is necessary to use cream in the mixture do not buy cream—it is likely to be stale—but get it by pouring off half a pint from the top of a quart bottle of milk, after cleansing the lip of the bottle.

During the summer the baby's food should be brought to a scald after it is prepared. It should then be poured into the clean bottles, corked with baked clean cotton wool and kept next to the ice until needed. Do not heat a bottle when you go to bed and keep it in bed until nursing time because you do not want to go to the ice box for it and heat it when the baby needs it. This is a certain way to make the baby sick.

Vomiting. A bottle fed baby should not vomit if its food is pure and properly adjusted to its needs. If vomiting occur it is usually a sign of approaching illness, either of one of the serious diseases of childhood, or more commonly in hot weather, of summer diarrhoea. Vomiting due to this cause may be the first sign of trouble and the bowels may not become loose until several days later. If vomiting is repeated, stop milk feeding, give boiled water, cool or of the temperature at which the milk is given, and consult your doctor at once.

Clothing. Do not put too much clothing on the baby in summer. During the hottest weather, remove most of the clothes; a thin loose shirt and a diaper are sufficient during the day and on very hot close nights.

Never use clothing made with tight waistbands. Petticoats and skirts should be supported by straps over the shoulders.

Eruptions of the Skin. If the baby has an eruption or breaking out of the skin, consult a doctor. Do not think that every rash is prickly heat; it may be some serious disease like scarlet fever, measles, smallpox or chickenpox.

The Way of a Woman.

"She passed me on the street yesterday without speaking."

"She did?"

"Yes, she stuck up thing."

"I wouldn't say that. Perhaps she didn't mean to snub you."

"Of course she meant to snub me. You see, I had on my old hat."

"That wouldn't make any difference to her."

"Oh, wouldn't it? Once before when I happened to have on an old dress she didn't speak to me, either. Now I'm through with her. If she doesn't care enough for me to speak when I'm in my old clothes she needn't speak at all. I won't speak to her when I'm dressed up. That's all there is to it."

"Did you speak to her?"

"I should say not. It's her place to speak first. Do you suppose I'm going to attract attention by yelling my lungs out for the like of her? I guess not."

"Perhaps she didn't see you."

"See me? Of course she did. I saw her, didn't I? Then why didn't she see me?"—Detroit Free Press.

When the Shoe Pinches.

"My own common sense and the shoe clerk permitting, I shall never wear another pair of tight shoes," said a woman, "but if I should be inveigled into making myself uncomfortable I know what I shall do to allay the pain. The ministrations to the aching feet of a man who called on my Italian cobbler for relief showed me a remedy. The man's shoes pinched in three different places. Having located the painful spots Rafael dipped a long strip of cotton flannel into boiling water and held the cloth stretched tightly across the man's shoes. When the water began to evaporate he dampened the cloth again and repeated the process several times.

"Now," said he at last, "your shoes are set to your feet. No more hurt."

"The man gave him a quarter, which I thought a small price to pay for relief from a pinching shoe."—New York Sun.

Light Men.

At a certain hotel in Liverpool an Englishman, an Irishman and a Scotman were arguing as to which of their respective countries had the lightest men.

The Irishman led the argument by saying:

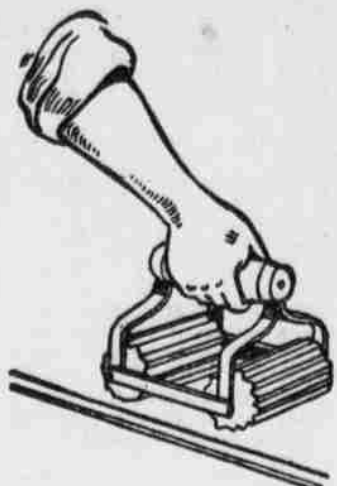
"We have men of Cork!"

"That may be," said the Scotman; "but we have men of Ayr."

"Well," said the cockney, "that is very light, but we have lighter men on the Thames."

HINTS FOR THE BUSY HOUSEWIFE

Rollers Wash Fine Linen Without Injuring Fabric.



BUSA.

The washing of linen fabrics without injuring them is not so easy as some people think. To get the soap-suds properly into the goods some vigorous rubbing is required, and whether a brush or only the hands are used there is apt to be damage. A Frenchman has designed a little apparatus that is said to solve the problem admirably. This is a pair of grooved wooden rollers set into a metal frame, with a handle at the top. The linen is first thoroughly soaked in soapy water and is then placed on an inclined board. The washer is then rolled over the fabric, with not too much pressure, but just enough to work the soap-suds into the goods. This operation distributes the pressure evenly and smoothly and prevents undue strain on any one part of the fabric.

Salmon Cutlets.

One can of salmon, one cupful of white sauce, one tablespoonful of lemon juice, one egg. Pick over the salmon and remove skin, bones and oil. Mix the salmon and lemon juice, then stir in the thick white sauce. Turn out on plate to cool, divide in small portions and shape like cutlets. Beat the eggs slightly, roll cutlets in it, then cover thoroughly with fine breadcrumbs. Fry in deep hot fat till brown. Garnish with parsley and serve.

Thick white salmon sauce for salmon: Four level teaspoonfuls of flour, two tablespoonfuls of butter, one cupful of hot milk, one-quarter teaspoonful of salt and a pinch of pepper. Melt butter in saucepan until it bubbles, add the flour, salt and pepper, mix until smooth, then pour the hot milk in gradually, stirring and beating each time. Cook until it thickens.

Pork Cake.

One teaspoon of finely chopped salt pork, one cup of boiling water, one cup of molasses, four and one-half cups of flour, half a pound of raisins, one cupful of currants, half a teaspoon each of clove, nutmeg and cinnamon, two teaspoonfuls of baking powder. Put the chopped pork into the mixing bowl, pour over it the boiling water, add the molasses and one cupful of brown sugar. Stir until well mixed. Put the spices into the flour, also the baking powder, and sift all together. Stir in one-half of the flour, then add the raisins and currants, then the rest of the flour. This keeps the fruit from sinking to the bottom. Bake in loaf tins, putting greased paper on the bottom.

Milk Soup.

Two fair sized Spanish onions, four to six potatoes, according to size, a little celery and about three crusts of stale bread. Cut the onions, potatoes and celery up and boil with the bread in about a quart of water till thick, stirring and adding more water if wanted. Boil slowly for about an hour, then rub all through a wire sieve. Add about one-half pint of boiling milk and pepper and salt to taste. Do not boil after the milk is added.

Fresh Pork Pie.

Take about a pound of lean fresh pork, grind it in food chopper, take three or four raw potatoes, grind those up with an onion, mix all together with just enough water to cook, put in a kettle and boil till it is done. Make a pie crust as for pies. Line deep pie plate, fill with the meat mixture, salted and peppered to taste. Put top crust on and bake until crust is brown (delicious). Add butter if wanted.

Sour Cream Cake.

One egg well beaten, add one cup sugar and beat very light. Into one-half cup of thick sour cream dissolve one-half teaspoonful of soda. When dissolved add egg and sugar. Into two scant cups of sifted flour sift one teaspoonful of cream of tartar, one teaspoonful of cornstarch and a pinch of salt. Add to first mixture alternately with one-half cup of sweet milk. Bake in quick oven.

Deviled Onions.

Mince six cold boiled onions fine, make a thick sauce of one teaspoonful of flour, one tablespoonful of butter and two-thirds of a cupful of milk. To this add the minced onion and finely mashed yolks of two hard boiled eggs, one tablespoonful chopped parsley and a seasoning of salt and paprika. Butter scallop shells, fill with the mixture, sprinkle with breadcrumbs and brown.

CONGRESSIONAL SCANDAL MILLS BUSY.

Whatever other industries may have been injuriously affected by the talk of tariff tinkering which has filled the air, the Congressional scandal mongering mills are working overtime. Having secured control of the House of Representatives, the Democrats have gone into the muck-raking business on a wholesale scale. It is a way they have. They do it whenever they get a chance, and the recurrent disappointments which they experience have no effect in restraining their eagerness or dampening their hopes. The man who thinks that every one else is a rascal is apt to be a good deal of a rascal himself. He is inclined to impute to others the delinquencies of which he is conscious in himself. That may not be why the Democrats are always so keen on starting investigations at the rare intervals when they attain to power, but they always are and the fact that they seldom succeed in finding what they are looking for, and never succeed according to the measure of their expectations, does not discourage them from repeating the attempt.

They are hard at it now to an extent which the public had only a faint conception, and the indications are that most of the clues they are anxiously following will lead to the accustomed mare's nest. It is a fact that no fewer than twenty-four separate and distinct investigations are now proceeding before special and standing committees of the House, and no one knows how many more will be instituted before the session ends. Unfortunately for the scandal mongers and smellers-out, the amount of grist which has been derived from all this grinding has been lamentably small. One of the most disappointing of the muck rakers is Representative Cox of Indiana, chairman of the Committee on Expenditures in the Treasury Department. He has been doing his very best to expose the hypothetical misdoings of those rascally Republicans, but the paucity of his accomplishment is driving him to despair. "I don't believe there is anything much wrong in the Treasury Department," his special muck-raking preserve, he plaintively remarked the other day, and then he sighed for some more fertile field.

His experience is typical of the rest, and if others were as frank as he they would repeat the same observation. There has been no scarcity but rather an over-abundance of defamatory reports, for scandal flourishes luxuriantly in an atmosphere of suspicion and credulity; but all the crop the investigators have harvested has not been worth the pains. They have discovered a few irregularities here and there, as in the case of the payment made on account of the Day portrait, which no one attributes to anything else than a loose system of accounting, but nothing of any real consequence has been unearthed, nothing that can be used to effect in the campaign which all this investigation has in sight. As for the effort that has been made to discredit the personal integrity of the President, it is so dastardly and contemptible that it is certain to hurt much more than to help the personal and political ambitions that inspired it.

It may be questioned whether the serviceableness of scandal as a political asset is not very much overestimated. The great majority of men are honest themselves and are ready to assume honesty in others, and certainly the American people will be prompt to resent any unsubstantiated imputation on the honor of their Chief Executive.

A Matter of Color.

"Why do you refer to your youngest son as 'the black sheep?'"
"Because he paints the town red."—Toledo Blade.

DEMOCRATIC CANDIDATE FOR COUNTY COMMISSIONER.



NEVILLE HOLGATE.

I earnestly solicit your vote for the primary election Sept. 30.



W. W. WOOD.

Candidate For the Republican Nomination of COUNTY TREASURER, Solicits the kindly consideration of the voters at the primaries.

NOTICE OF INCORPORATION.

Notice is hereby given that an application will be made to the Governor of Pennsylvania, on the 4th day of August, 1911, by W. J. Hopkins, W. J. Cramer, R. Wonnacott, Z. A. Wonnacott, F. R. Varcoe, W. W. Pierson, and D. W. Hull, under the act of Assembly approved April 29, 1874, entitled "An act to provide for the incorporation and regulation of certain corporations" and the supplements thereto, for the charter of an intended corporation to be called the "Waymart Improvement Company," the character and object of which is the purchase and sale of real estate, for holding, leasing, mortgaging, selling and improving real estate, and for these purposes to have and possess and enjoy all the rights, benefits and privileges of the said act of Assembly and its supplements.

E. C. MUMFORD, Solicitor.
Honesdale, Pa., July 6, 1911.

ARTEMAS BRANNING.



DEMOCRATIC CANDIDATE FOR COMMISSIONER.

DR. E. F. SCANLON,

Only Permanent Resident Specialist in Scranton.

TEN YEARS' SUCCESS IN THIS CITY. CURING VARICOCELE

Varicocele impairs the vitality and destroys the elements of manhood. I daily demonstrate that Varicocele can be positively cured without the organs being mutilated; they are preserved and strengthened; pain ceases almost instantly; swelling soon subsides; healthy circulation is rapidly re-established. Dr. E. F. Scanlon, and every part of the Varicocele Specialist-organism affected by the disease is thoroughly restored. A written guarantee with every case I accept. Write if you cannot call. Consultation and examination free. Credit can be arranged.

Office Hours: 9 a. m. to 5 p. m., and 7 to 9 p. m.; Sundays, 12 to 1 p. m.
Offices—43 Linden St., SCRANTON, PA. (Opposite Postoffice.)

FARMER

BANK WITH US
THE BANK FOR ALL CLASSES

M. E. SIMONS, PRESIDENT C. A. EMERY, CASHIER

The Farmers and Mechanics Bank
COR. MAIN AND 10TH ST., HONESDALE

LABORER

\$1 starts you with an account

Open a savings account in your name and then see that you deposit some of your spending money in the bank at intervals. Once establish the saving habit and gratifying results are certain.

With the latest improved vault safe with time lock, fire proof vaults, modern methods, and assured courteous treatment

We Solicit a Share of Your Trade

Bring your deposit in person, send money order, express order, draft or send it with a friend.

LAWYER

KRAFT & CONGER INSURANCE
HONESDALE, PA.

Represent Reliable Companies ONLY

FOR RESULTS ADVERTISE IN THE CITIZEN

JOSEPH N. WELCH Fire Insurance

The OLDEST Fire Insurance Agency in Wayne County.

Office: Second floor Masonic Building, over C. C. Jadwin's drug store, Honesdale.

M. LEE BRAMAN

EVERYTHING IN DELIVERY

Buss for Every Train and Town Calls.

Horses always for sale

Boarding and Accomodations for Farmers

Prompt and polite attention at all times.

ALLEN HOUSE BARN

MARTIN CAUFIELD
Designer and Manufacturer of
ARTISTIC MEMORIALS
Office and Works
1036 MAIN ST.
HONESDALE, PA.

We print bill heads,
We print pamphlets.

We print bill heads,
We print pamphlets.

MECHANIC

BANK WITH US
THE BANK FOR ALL CLASSES

M. E. SIMONS, PRESIDENT C. A. EMERY, CASHIER

The Farmers and Mechanics Bank
COR. MAIN AND 10TH ST., HONESDALE

MERCHANT

\$1 starts you with an account

Open a savings account in your name and then see that you deposit some of your spending money in the bank at intervals. Once establish the saving habit and gratifying results are certain.

With the latest improved vault safe with time lock, fire proof vaults, modern methods, and assured courteous treatment

We Solicit a Share of Your Trade

Bring your deposit in person, send money order, express order, draft or send it with a friend.

DOCTOR

KRAFT & CONGER INSURANCE
HONESDALE, PA.

Represent Reliable Companies ONLY

FOR RESULTS ADVERTISE IN THE CITIZEN