HOW TO FIGHT THE COMMON, ORINARY,

The best defense against a common cold is to keep one's body in such physical condition that resistance against disease is at its maximum, according to an editorial in the January issue of Neighborhood Health, issued by the Bureau of Health Eductation of the New York City Department Health

'While it may not be possible to avoid every cold it certainly is possible for the individual to keep his body in such physical condition that his de-fenses against disease will be at their maximum fitness," the editorial says.
"Then, even if he does catch cold the disease will be mild, of short duration, and free of complications.

The rules for maintaining the efficiency of the body are well known. They are no different in the case of the common cold than they are in othconditions

Health requires eight hours of sleep for the adult and ten hours for the child, the article states. A balanced diet, clothing according to the weather, outside exercise daily, avoidance of people with colds, self medication and avoidance of fatgue, are other "musts" along with washing the hands with soap and water before eating.

the common cold. Dr. Yale Kneeland, Jr., associate in medicine at the College of Physicians and Surgeons, discusses "What Can We Do About the will find a sheet of instructions

ion is that "it does not seem able to records do anything about the common cold." The stresses the fact that as colds are caus- filled out and returned regardless primarily by a filterable "that is, a germ too small to be seen by a microscope which is passed directly from individual to individual," it is apparant that the medical profession "is sorely handicapped when it or return was expected."

Walter J. Rothensies, colector of revenue in the First district, said that judging from business reports a rection "is sorely handicapped when it ord return was expected." ion "is sorely handicapped when it comes to preventing them."

Judging from Susiness reports a record return was expected.

"The country seems to be definitely

munize the individual himself are concerned, no method has yet been devised to immunize against the filterable MISERABLE COLDS virus of colds," Dr. Kneeland says. "If this were possible the problem of cold prevention might be solved."

caused annually both to employers and employees as a result of the common cold, says Dr. Leverett D. Bristol, the health director of the American Telephone and Telegraph Company, in his article, "The Common Cold and Indus-

Dr. J. Leon Lascoff ,president of the American Pharmaceutal Association, points out that despite the advances made in public health education, there are still many individuals who call upon the family druggist, for "something good for a cold." In a majority of instances, Mr. Lascoff says, the modern druggist urges the customer that the cheapest and safest method to treat a cold is to go to the family doctor.

PENNSYLVANIANS ARE FLIRTING WITH INCOME

A half million Pennsylvanians are flirting these days with their second big headache of 1939—income tax re-

If you haven't yet received forms on which to do your mental gymnastics, don't be too clated. They will be along. The current issue of the publication Here are some of the tips from the is devoted principally to discussion of Internal Revenue Department which

one white and two green forms. The Dr. Kneeland points out that one of white form and one of the green ones the commonest reproaches that lay pe-ople hurl against the medical profess-second green form is for your own

do anything about the common cold."

Admitting that this criticism would seem entirely justified Dr. Kneeland stresses the fact that as cold ease. virus, whether you are required to pay

Walter J. Rothensies, colector of

"As far as measures designed to im- out of the business recession, meaning | bright colors.

Some of the weather of the past week or two rather vividly

brought home to us the fact that Cold Weather may visit us for

quite a spell-and the need of good, warm, stylish clothing can be

utilized to great advantage. And we've SUBSTANTIALLY RE-

DUCED the prices on all our winter merchandise. You'll find that

on the price tags in every winter-wear garment or accessory in

our store. COME and SAVE! The following prices and items are

just a few picked at random. There are scores of others.

SWEATERS Odd lot of Children's Sweaters, reduced to 60c and duced to 69c and

\$5.00, \$3.00 and

DRESSES Girls' Cotton Print Dresses, 3 to 6

DRESSES Girls' Cotton Dresses, 8 to 16 years,

years, reduced to 69c down to...

prices now \$1.29 down to

Winter Hats drastically reuduced, 95c,

Laadies' Winter Coats, priced now

Children's Winter Coats, reduced

and priced at from \$6.95 down to

from \$14.95 down to

KNIT CAPS Girls" Knit Caps, priced now

KNIT CAPS Girls' Knit Caps, with Ear Muff,

YARNS Odd lot of Yarns, One ounce ball

DRESSES All Winter Dresses, reduced to

Winter's Not

Nearly Over

that incomes were much larger than in 1937," he said.

CHANGE OF CLIMATE WON'T ALWAYS CURE THE NOMAD PATIENT

The climatic mirage has always been Especially has this applied to chronic sufferers from tuberculosis, hay fever

In countless cases, a family has been torn from its economic and social roots and transported to some distant point where relief from physical ailment is

anticipated. Unfortunately in to many cases, relief was not to be found in change al-

ped to high and dry climates for re-lief.

The change, from familiar environment, the economic strain times resulting. The severing of family TAX HEADACHES AGAIN than the expected climatic benefit.

Sufferers from hay fever and asthma are not always relieved by removal to another climate.

The cause of the disturbance in the patient must first be known.

Often the casuitive agent in an allergic disease can be eliminated In some cases, removal of an allergic

patient to another clime has confounded the situation. Some individuals are allergic

dust-either house dust or wind blown Naturally removal to dry climates

may only make matters worse Sensitivity to food is no relieved just by moving to another state. Wise medical advisors exhaust possible chances for relief at home be-

fore advising a climatic change for the The layman who seeks a "cure" in I some hoped-for climatic utopia without first seeking professional advice on his

Exeprimenters report that fish have a sense of smell, and can distinguish

15c

52.00

Vatican State Holds Records

Is First in Percentage of Autos, Radios and Even Soldiers.

VATICAN STATE. — The pontifical state, newest and smallest of nations, holds more records than any other country in the world.

Whether it be telephones, automobiles, radios, soldiers or even prosaic elevators and refrigerators, it is the Vatican City that has more of the per capita than any other country

Although there are only 600 names listed in the Vatican telephone di-rectory, it is estimated that each inhabitant averages more than one phone apiece. With a population estimated slightly above the 700 mark, the per capita rate is roughly .85. The United States, with 15,295,-852 telephones, is far behind with approximately one-eighth of a phone

Actually the papal state's average is higher than .85, because many of the phones connected with Pope private and official apartments and other interapartmental hookups are not listed in the direc-

Fifteen Outside Lines.

The Vatican also has 15 lines with the outside world, which in this case is Italy. There is no country that can boast of such a high average of

interurban lines for its population.
The Vatican has 32 electrically driven elevators and in a few months the figure will be increased to 35. Although there are about 100 buildings in the small territory, twothirds are small one and two story structures used as small offices and residences for Vatican em-

This means that there is one elevator for each of the larger buildings. Yet 20 years ago the Vatican State could only boast three elevators and all of the hydraulic type. King Edward VI rode on one of these old-fashioned lifts when he came to see the then-reigning pope early in the Twentieth century.

The fat, pompous elevator boy who piloted King Edward to one of the upper floors is still on the job. His job has been greatly simplified. Instead of lugging on a cable, all he does now is to press buttons and modern science takes care of the

It is estimated that there are more than 200 automobiles in the miniature state. It is calculated that there are two cars for every seven inhabitants. Even the United States, which boasts of one auto-mobile for every 4.9 inhabitants, cannot match this mark

It is estimated that there is an average of one radio and one elec-tric refrigerator per Vatican family. Although the Vatican can be considered the most peaceful of states, on the surface it gives the opposite impression of being classed among the most military. Its army makes up about two-thirds of its entire population. Even Russia, Germany, Italy and Japan, which are consid ered the most heavily armed, fall far behind. However, the Vatican army, composed of Swiss, pontifical and noble guards and papal gendarmes, does not possess a single cannon, a machine gun, an airplane or even a tank. That in itself is another record.

Birth Certificate' Valid

Delaware Still Insists DOVER, DEL.—Delaware is prepared to defend again the validity

of its "birth certificate." New Jersey tried unsuccessfully in the United States Supreme court and in the English courts to prove that the parchment deed granted William Penn 100 years ago was turned over by Penn to James, duke of York, and that the present bound-

aries of Delaware are not correct An announcement at Trenton, N disclosed the state intends to bring an expert from London, William LeHardy, to examine papers New Jersey claims, will show that Penn made the transfer, and that he never received another grant in its

The original parchment deed establishing Delaware's boundaries is preserved in the state house here.

Giant Lemons Displayed

NEW ORLEANS.—Lemons that the grower, Fred Smith, of Myrtle Grove, claimed would make half a gallon of lemonade each were dis-played here. The lemons, of the Ponderosa variety, were from 15 to 20 inches in circumference.

Grades of Athletes

Found to Be Average LINCOLN, NEB.—A popular belief that athletes are not outstanding in the classroom is not borne out in a study made of the scholarship of University of Nebraska varisty players by Dean T. J. Thompson.

He found that more than half of the Husker athletes last year ranked above the university scholastic average of 77 per cent. His survey did not include men participating in tennis and golf.

A majority were partially self supporting and several earned their entire expenses.

Have you ever driven a

FORD CAR HYDRAULIC BRAKES?

NO? Then climb into any 1939 model, slip that satinsmooth 8-cylinder engine into high and head for a traffic light. You've got a real thrill coming!

OK . . . green . . . amber . . . RED! Just touch the pedal. It goes down evenly, easily-under full control all the way. You stop smoothly, swiftly, surely —from any speed—in a straight line, without swerve or side-slip.

Those things you can feel underfoot. Just as important are the things you seldom see - the husky construction of the hydraulic system—the big brake drums and the large lining areas that contribute so much to fast stops and long life.

Grand new brakes are only one reason why all America's cheering the 1939 Ford cars. Some of the others are listed below. Read them there and prove them for yourself on the open road. Seeing is believing-and a lot of fun!

TOP-VALUE FORD FEATURES

Style leadership — The luxury car in the low-price field.

V-type 8-cylinder engine—8 cyl-

inders give smoothness. Small cylinders give economy.

Triple-cushioned comfort-New flexible roll-edge seat cushions, soft transverse springs, double-acting hydraulic shock

Hydraulic brakes - Easy-acting quick, straight stops.

Stabilized chassis—No front-end bobbing or dipping. Level starts, level stops, level ride.

Scientific soundproofing -Noises hushed for quiet ride.

Low prices - Advertised prices include many items of desirable equipment.

FORD-BUILT MEANS TOP VALUE

Stoltz Motor Co.

Authorized Ford Dealer

Patton Penna.

TEN THOUSAND DOL-LARS TWARDED MAN FOR INJURIES BY JURY

A jury in civil court last week reurned a verdict in the amount of \$10,-000 in favor of Joseph Martin of Cresson, who was injured on May 4, 1936, in an automobile accident at the intersection of Routes 22 and 53 in Cress-

The jury deliberated three hours and fifteen minutes in arriving at its verdict, which was one of the largest au-tomobile accident injuries damage verdicts ever received in Cambria county Martin's car was struck by an autonobile operated by Walter Nicholson f Barnesboro. Councel for Martin of Barnesboro. Councel for Martin contended Nicholson failed to observe a stop sign at the Cresson intersection nd that the accident was a result of failure to observe the sign. claimed that as a result of the accident he had only slight perception of sight in his left eye and 20 per cent

vision in his right eye.

James Birchall, Jr., 50, of Barnes boro, a passenger in the Nicholson car. was injured fatally in the mishap. It is probable counsel for Nicholson will file a motion for a new trial

WILL SERVE SUPPER. The Unemployed Brotherhood of Gallitzin will serve a supper in the Lutheran Church basement in that town from 6 to 8 o'clock on Saturday evening, January 21st and the general pub-lic is cordially invited to patronize the effair. Members of the ladies aux-iliary of the Brotherhood will cater.

follow the supper.

IN THE 1939 MANNER

turnips, kohl-rabi and radishes.

flower, kale, Brussells sprouts, broccoli



About the only place straps are used for support today are on street cars. Not, at least, on milady's bathing suit. Strapless swim gar-ments made their advent in Los Bingo and other entertainment will Angeles during market week recently.

Fannie C. Wetzel. Carrolltown, Penna.