

HOW TO FIGHT THE COMMON, ORINARY, MISERABLE COLDS

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...

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...

minize the individual himself are concerned, no method has yet been devised to immunize against the filterable virus of colds.

Tremendous losses financially are caused annually both to employers and employees as a result of the common cold, says Dr. Leverett D. Bristol...

PENNSYLVANIANS ARE FLIRTING WITH INCOME TAX HEADACHES AGAIN

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

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 present. Especially has this applied to chronic sufferers from tuberculosis, hay fever and asthma.

The change, from familiar environment, the economic strain so many times resulting. The severing of family ties, have been more of a handicap than the expected climatic benefit.

Some individuals are allergic to dust—either house dust or wind blown dust. Naturally removal to dry climates may only make matters worse.

The layman who seeks a "cure" in some hoped-for climatic utopia without first seeking professional advice on his chances for relief is, in fact, but following the lure of the climatic mirage.

Expeimenter report that fish have a sense of smell, and can distinguish bright colors.

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.

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

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, two-thirds are small one and two story structures used as small offices and residences for Vatican employees.

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.

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 rest.

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 automobile for every 4.9 inhabitants, cannot match this mark.

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 considered the most heavily armed, fall far behind.

'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 boundaries of Delaware are not correct.

An announcement at Trenton, N. J., 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 place.

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 displayed 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 varsity 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.

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TEN THOUSAND DOLLARS AWARDED MAN FOR INJURIES BY JURY

A jury in civil court last week returned 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 Cresson.

The jury deliberated three hours and fifteen minutes in arriving at its verdict, which was one of the largest automobile accident injuries damage verdicts ever received in Cambria county.

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 public is cordially invited to patronize the affair.



About the only place straps are used for support today are on street cars. Not, at least, on milady's bathing suit. Strapless swim garments made their advent in Los Angeles during market week recently.

Winter's Not Nearly Over

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.

- YARNS Odd lot of Yarns, One ounce ball for 15c
SWEATERS Odd lot of Children's Sweaters, reduced to 69c and 29c
DRESSES All Winter Dresses, reduced to \$5.00, \$3.00 and \$2.00
DRESSES Girls' Cotton Print Dresses, 3 to 6 years, reduced to 69c down to 29c
DRESSES Girls' Cotton Dresses, 8 to 16 years, prices now \$1.29 down to 49c
HATS Winter Hats drastically reduced, 95c, 49c and 29c
COATS Ladies' Winter Coats, priced now from \$14.95 down to \$4.95
COATS Children's Winter Coats, reduced and priced at from \$6.95 down to \$1.95
KNIT CAPS Girls' Knit Caps, priced now at 29c
KNIT CAPS Girls' Knit Caps, with Ear Muff, at 49c

Fannie C. Wetzel, Carrolltown, Penna.