

**WEEKLY HEALTH TALK**

As Compiled by the Medical Society of Pennsylvania.

What of the lunch boxes carried to school by Nellie and Freddie and Millicent and Cedric?

Will they answer the call of the appetites of these healthy, happy, eager, care free school children?

Mothers are taxed to their utmost to devise and prepare a satisfactory school lunch for their children.

Lunch boxes get scuffed and soiled on the outside.

On the inside they should be immaculately clean, neat and appetizing. They should contain a suitable and satisfactory lunch.

Quantity is not as important a factor, as are balance, quality, appeal and selection.

Milk, eggs, butter, fruits and vegetables are desirable.

Peanut butter and jelly sandwiches, with a hard boiled egg, help to make a balanced ration.

Cheese sandwiches supply calcium, especially when milk is not available. A tomato and an orange or other fruit are always important.

What ever food is put into the lunch box should be wrapped in clean, preferably waxed, paper.

This not only keeps the food fresh but makes for attractiveness, and the children are definitely sensitive to the appearance of food.

The child who eats a cold lunch at school, should have a well balanced hot evening meal.

**DO YOU KNOW?**

There have been fourteen cases with nine deaths due to botulism in the United States this year. All deaths were due to eating vegetables improperly canned at home. All home canned food should be boiled for 15 minutes just before eating to kill possible germs of botulism.

**IS WAR TOO COSTLY?**

By Ruth Taylor.

"War is the most expensive form of education." I read that sentence a week or so ago and, frankly, I've puzzled over it ever since. Is war really a great educator? Do we need war to reassess values?

True, we learn in war. War teaches us cooperation. War arouses ingenuity. War stimulates thought. War breaks down mental barriers. I grant you all of that.

Of course, we learn from war—but war is the most expensive form of education. Are we so weak minded that we need a crisis to make us work constructively or live intelligently?

Common suffering welds people together in time of war. Cannot common aims, aspirations, ambitions, weld people together in time of peace? If we worked one-tenth as hard and as selflessly for peace as work for war, we could make peace permanent and assure to all the peoples of all the earth a healthy adventurous life.

It is not impractical idealism to look ahead. The really practical souls are those who plan for peace; who create something for which to work; who admit imperfections; who, striving always toward perfection, try to correct mistakes, not by tearing down what has been built, but by salvaging the good and building upon it.

There is a paragraph from a speech by Philip Marshall Brown that I think pretty well expresses the situation: "Peace is indivisible. It does not emanate from governments but from people. This has been called a 'People's War.' There must likewise be a people's peace. Tranquility of order results from the sum total of human relationships. If men and women cannot agree to live justly and peaceably in their own homes and in their communities; if employer and employees wage an increasing and undeclared war; if racial hatreds are fostered; if religious denominations are antagonistic; all that can only conduce to general unrest, disunity and demoralization."

Peace can be made by governments. It can only be kept by people—and people means you and me, every one of us no matter what we are or at what task we work. War is too expensive education. It is up to us to prove that peace can also teach!

**"SO PROUDLY WE HAIL" GIVES COMEDY IDEA TO PICTURE SOON AT GRAND**

Incidents which happen during the filming of one picture often lead a writer to incorporate one of them into a new picture. Therefore, because "So Proudly We Hail" was a serious emotional drama, Mark Sandrich has one of the funniest sequences in his current Paramount picture, "I Love A Soldier," that he has ever had in his previous twenty years devoted to directing comedy. This sounds more than slightly wacky, but it's true. When making stark drama, especially with tricky, hard to do scenes in the rough surroundings, a movie crew invariably finds outlet by doing a bit of clowning at lunch time. Boyish, practical jokes usually ensue.

Several days on "SPWH" were put in amid scorching heat, dust and hazardous explosions at the Paramount ranch, and one day some one came up with a new one. He filled a paper cup with ice water, slipped it into another's pocket and watched the fun. This situation was in front of Sandrich's mind when he began planning "I Love A Soldier," and he made the best of it. The picture comes to the Grand Theatre, Patton next Sunday and Monday, with a matinee on Sunday at 2:30.

Paulette Goddard and Sonny Tufts are the stars.

**Official Greeter**



BEAUTIFUL Claire Poe, 18-year-old high school girl, has been named an official greeter for the city of Miami Beach, Fla., for the month of December. Other girls will represent the city as greeters during October and November. (International)

**Santa Has A Lot of Traveling to Do This Year!**



**Overseas Christmas Gifts Must Be Mailed Before the 15th of October**

SANTA'S OFF TO AN EARLY START THIS YEAR. HIS ANNUAL CHRISTMAS JOURNEY WILL TAKE HIM AROUND THE GLOBE WITH STOPS AT LITTLE SUN-BAKED ISLANDS IN THE PACIFIC, AT THE SNOW COVERED ALEUTIANS, IN AFRICAN DESERTS, IN RUINED FRENCH AND ITALIAN VILLAGES, AND IN THE CROWDED CITIES OF ENGLAND AND AUSTRALIA. YES, CHRISTMAS WILL COME AS USUAL TO OUR SOLDIER BOYS IN THE FAR OFF CORNERS OF THE WORLD . . . THE LITTLE GIFTS THAT ARE A TOUCH OF HOME AND A TANGIBLE PROOF OF LOVE FROM THE DEAR ONES BACK HOME WILL BRING GAYETY AND CHEER TO OUR BATTLE WEARY WARRIORS. MAIL YOUR GIFTS EARLY . . . DON'T DISAPPOINT THEM—YOU OWE IT TO THEM TO DO YOUR CHRISTMAS SHOPPING EARLY.

Another Gable Contribution to the War Effort!  
Gable's Will Package and Mail the Overseas Gifts  
Chosen Here **Postage Free!**

**GABLE'S--Altoona**

**SHOES STILL RATIONED.**

Civilians cannot hope for an early end of shoe rationing. WPE says, unless imports of hides increase or unless there is a large cut back in military orders. Hide shortages continue in spite of a large domestic kill of cows and calves. Heavy civilian and military consumption and decreased imports account for the shortages.

**STOVE RATIONING.**

The rationing of coal and wood stoves to consumers will end October 15, the War Production Board and OPA have announced, although rationing of oil and gas stoves will continue. Supplies of coal and wood stoves have grown sufficiently since nation-wide rationing began in August 1943, to make continued rationing unnecessary.

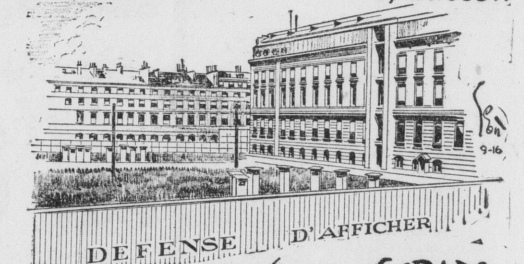
**INTO BUSINESS THEMSELVES.**

As many as three million returned veterans may choose to go into business for themselves after the war, according to estimates cited in an article in Domestic Commerce, monthly publication of the Department of Commerce. To help the veteran learn something about small business before he embarks on an enterprise, the Department of Commerce is preparing a series of text books covering small business in many fields. These

books will be used for voluntary study in the Army Education program and in other branches of the armed services

**SCOTT'S SCRAP BOOK**

By R. J. SCOTT



THREE BILLION DOLLARS IN GOLD WAS BURIED IN A VACANT LOT ADJOINING THE BANK OF FRANCE IN PARIS—BURIED UNDERNEATH ROCK, STEEL AND CONCRETE.

THE FIRST POLAR VOYAGE—MADE BY WILLIAM BARENTS IN 1596—REACHED A POINT LESS THAN 1,000 MILES FROM THE NORTH POLE.

WHO WROTE THE FIRST MODERN DETECTIVE STORY? POE—MURDERS IN THE RUE MORGUE.



ASIDE FROM FINDING MOST EVERYTHING CITY STORES HAVE IN STOCK IN THESE WAR-TIME DAYS, YOU'LL ALSO FIND MANY ITEMS OF MERCHANDISE LISTED AS "HARD-TO-GET" AT BINDER'S—ITEMS THAT REALLY ARE SCARCE. YOU'LL FIND OUR PRICES RIGHT, ALSO.

**Folding Cots**  
Folding cots are a scarce item. We have a good stock. Each **\$7.75**

**Showers**  
A shower all ready to install, with all necessary fittings **\$7.79**

**Jars — Jars**  
One Quart Jars **59c** dozen  
One Pint Jars **50c** Dozen

**Yard Clothes Line**  
Save walking and all the trouble with wire or rope, by using the Yard Clothes Line **\$10.89**

**Folding Gates**  
Folding Gates have been off the market for months. We have a stock.  
3-foot **\$1.49**  
5-foot **\$1.89**  
7-foot **\$2.19**  
9-foot **\$2.59**

LOOK OVER THIS SCARCE MERCHANDISE AND GIVE US A CALL

**BINDER BROS. HDWE.**  
**BARNESBORO, PA.**

**Cold Pack Canners**  
The only logical way to can or preserve. Holds 7 qt. jars **\$17.85**

**Odora Chests**  
Now is the time to get space to store those summer clothes. Moth-proof and dust-proof chests priced **\$3.49 TO \$8.29**

**Extension Ladders**  
High quality extension ladders, 28, 30, 32, and 36 ft. Per foot **65c**

**Step Ladders**  
Extra strong and carrying a safety guarantee, 4, 5 and 6 foot step-ladders. Per foot **75c**

**Combination Doors**  
Both a screen door or a storm door, to suit weather.  
6-light **\$9.50**  
9-light **\$10.50**