

The Dallas Post

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An independent paper, of the people, devoted to the great farming section of Luzerne and other counties.

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CLEANING UP

Wilkes-Barre has called William Maniear from the service of the United States Government to actively lead the Taxpayers' Association. This is just another organized movement for the people who pay the bills to demand a knowledge and to present an organized voice as to how that money shall be spent.

Wilkes-Barre's move is commendable and a good example. Every taxpayer should be interested in knowing where his money goes in his respective town or township. Right now Dallas has one adjusting process (cleaning up, if you wish), which must be recognized. It is not a whim nor a fancy, just a sheer fact and that is the equalization of assessed property valuations. There is a lot of talk about borough taxes being high. They are pretty high for some folks and pretty low for some others. Houses of equal quality should carry the same valuation—they don't always. The Post believes that there should be a standard by which these assessments should be adjusted. An equalization of assessment will not produce a tax panacea—but it will correct one tax condition. The Post is willing and is prepared to provide an experienced appraiser to sit, without cost to the borough, with a citizens' committee. This committee to assist the assessor in arriving at an equitable adjustment of valuations. In the meantime, we are still waiting for the audit of the borough and of school finances.

International Sunday School Lesson THE RETURN FROM CAPTIVITY

Rev. Samuel D. Price, D. D.

Fulfillment of prophecy is finely exemplified in this lesson study. Years before Isaiah had declared that there would be deliverance for the Jews in bondage by one named Cyrus. Jeremiah in writing a letter of encouragement from Jerusalem to the brethren in captivity stated that after seventy years there would be a release. In that fullness of time the event took place which perfectly met both prophecies. It was just seventy years from the first deportation, in the fifth year of king Jehoiakim, to the first year of Cyrus. Also the same period between the destruction of Jerusalem and the completion of the second temple.

Keep in mind that Daniel was an old man when he interpreted that handwriting on the wall on the same night in which the Chaldeans were captured by Darius, as the waters of the Euphrates were turned aside and the enemy entered under the city walls. Within three years Cyrus became king in Babylon. If Daniel was still living he would surely be a man that Cyrus would wish to meet, for he had great fame as a man of wisdom and one who could interpret dreams. He had been a prime minister and anything he said would command respect from a thoughtful monarch.

When it was read from the Scripture rolls that Isaiah had said in prophecy that one named Cyrus would be the man to restore Jerusalem special attention was given thereto. Further, it was strategy to have a favorable people in Palestine, for that little country was on the highway to Egypt. The decree was promulgated giving permission to any captives to return to the land whence they had been taken. Many were so well settled in Babylonia that the opportunity did not appeal to them. The younger who may not have been fully satisfied where they were, the adventurous and those who were strict religionists and were ever thinking back to the Temple days were among those who said, "We will go and rebuild Jerusalem and its Temple."

The brethren were urged to make gifts with which to further the work in the home land if they did not care to make the return personally. Cyrus did the noble thing, in contrast to Belshazzar who hurled insult by the use of the vessels taken from the Temple in plunder. These were given to the returning colonists. The total was 5,400. The route chosen by the 50,000 was probably by the more northern way of Aleppo and Damascus rather than the direct way across the desert. Safety was a greater consideration than speed on this journey.

GUIDEPOSTS TO Health and Happiness

By Bernarr Macfadden



PROPER CARE OF THE TEETH

Every so often some scientist foretells what, in his opinion, the man of the future will look like. Not all of the prophecies tally. But on one thing they seem to be fairly unanimous—that is that man is gradually becoming a toothless animal. The teeth must go, they say, the same as the hair that once upon a time covered man's entire body has almost vanished. Clothes now take its place. And because of soft foods that require little or no chewing they claim our teeth are gradually deteriorating.

It is not likely however that such a change will occur for many generations. Despite what these scientists say I do not believe that teeth must go. With the proper care man need never lose his teeth. With just a little trouble and the application of common sense we can all add ten or fifteen years to the life of our teeth. But until the "toothless" age descends upon us, here are a few simple precautions that will prolong the life of your teeth, keep them strong and healthy, and ward off many unnecessary diseases—thereby improving your general health and condition.

Brush the gums as well as the teeth.
Massage the gums with a rubber massage cup (made for the purpose) or a cloth wrapped about the forefinger.

Avoid extremes in temperature both in foods and liquids.
Chew hard whole grains and other resisting foods that will keep the spaces between the teeth and the point where the gums cover the teeth free from particles of soft food that decay and cause pyorrhea.

Strengthen the teeth and jaws by gripping tenaciously between the teeth a small hand towel, folded lengthwise until it is narrow enough to enter the mouth. Pull it through the teeth with as much force as you can stand. At first it may be painful to the front teeth, but if you persist in a short time you will be able to tug the towel with sudden jerks without any discomfort whatever. Gripping towel with the teeth and pulling is another splendid exercise. Fastening a weight to the other end of the towel and swinging it is also good.

But the fundamental principle that lies behind healthy teeth is the same as that which lies behind the healthy body and the healthy mind—a good general physical condition. Adhere to a natural diet. Take regular exercises that increase circulation and thereby purify the blood. Regular elimination. The daily cold bath that stimulates the muscles and glands. Sufficient relaxation and sleep. And, of course, avoid stimulants and tobacco.

In short, anything that benefits the general health also benefits the teeth.

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Contributors' Column

Dallas, Pa., Aug. 6, 1929.

Dear Editor:
I am pleased to renew my subscription to the Dallas Post. It has been a welcome weekly visitor in our home for a number of years. Before that, in my parents' home on Pike's Creek, I remember as a small child lying on the floor with my sister and spelling the big words in A. R. Ryan & Sons' advertisement on a sheet of the paper my mother had pasted over a bit of rough board in the ceiling.

And I recall that it was Brother Frank's custom on Saturday nights to jump on the horse and ride to Dallas for the Post and the week's Wilkes-Barre papers. How different now, with a daily delivery of mail at your very door. Thirty-seven years ago we little believed a modern world such as this could exist. And even in spite of the convenience of automobiles and the pleasure of radios, the good old days sometimes seems best.

Very truly yours,
MRS. C. W. MOSS.

PAGE, LINE AND PARAGRAPH

The meat packer makes profitable use of every by-product of the packing business, and the grain farmer can do the same by salvaging the dockage, or screenings, from his grain, and feeding it to livestock. The average screenings are comparable, roughly, to oats in composition. Heavy screenings from which the chaffy material has been removed are nearly equal to corn wheat or barley in percentages of the various nutrients. To avoid contamination of the soil through weed seeds all screenings used as feed should be thoroughly ground except when fed to sheep.

Eggs are scarce on most farms during the fall and winter because the chickens do not get enough protein for rapid growth during the summer. An egg, aside from the shell, contains 13.4 per cent protein, while poultry flesh contains 21.5 per cent protein. A mixture of corn, wheat and other grains contains only about 10 per cent protein, and should be supplemented with a mash containing high-protein feeds. Proteins from animal sources are generally better than those of vegetable origin. Meat scrap, fish meal, milk, and tankage are good sources of animal protein. Such feeds not only increase egg production but lower the cost of production.

Rats appear to have a strong aversion for certain odors, such as creosote, carbolic acid, and other coal and wood tar derivatives, kerosene, and peppermint and wintergreen oils, and this fact may be taken advantage of in protecting stored grain from the rodents, or in preventing reoccupation of old rat burrows. Flake naphthaene scattered on the floor and over the bags of sacked grain will keep away the rats and won't injure the seed. Non-odoriferous compounds that avoid can be used where an odoriferous material would be objectionable, as where foodstuffs are kept. Among these are powdered sulphur, lime, lye, and copperas. Sulphur particularly has been found to be excellent in protecting stored grains from the ravages of rats.

"INSIDE INFORMATION"

Tomatoes, fresh, raw, or canned, are a good source of vitamins A, B, and C. Includes them very frequently in your menus. Young children and even babies may be given tomato juice.

Variations of the V-shaped neck-line are usually becoming to the round, Plump face, rather than a round neck-line which repeats the lines of the face. Asquare neck is also becoming to this type of face.

Be careful not to cook corn on the cob too long or it will be tough and tasteless. Have a large kettle of water

Anyway, Something Has Made Him Feel Better By Albert T. Reid



boiling rapidly and drop the corn into the water for from 8 to 10 minutes, if there are not many ears.

To clean burners on a gas stove, take them out of their sockets and brush off all loose dirt. Boil in a solution of washing soda by adding one half pound of soda to each gallon of water, for one half hour. Rinse and wipe dry, then put back and light the gas to finish drying off.

Shirred eggs are a pleasant change for breakfast or lunch. Drop the eggs into a shallow buttered baking dish, sprinkle buttered bread crumbs on top, and bake in a moderate oven until the eggs are set. Individual baking dishes may be used, and the eggs sent in them to the table.

Opportune

A man does not become celebrated in proportion to his general capacity, but because he does or says something which happened to need doing or saying at the moment.—John Morley.

One Consolation

First Horse—"It's tough having these motor cars taking our places." Second Horse—"Well, it gives the men something else to swear at besides us."

Frank Randall

Respectfully Solicits Your Vote

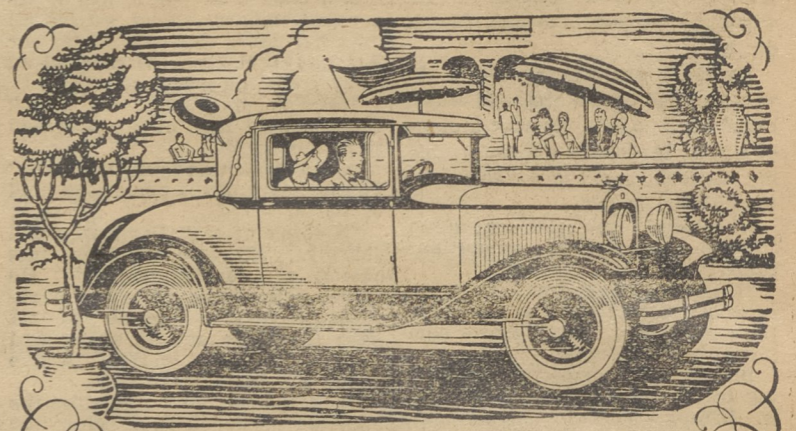
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