

SHAVERTOWN

Mrs. Charles Willauer of Kingston was the house guest of her parents, Mr. and Mrs. Fred Kromelbein of Shag Bark Drive a few days the past week.

The Shaver family reunion will be held at Fernbrook Park on Wednesday, August 7th. All members are urged to attend.

Mrs. John Alden of Plymouth was the house guest of Mr. and Mrs. Charles Ayers the past week-end.

Miss Ann Hummel and Richard Evans of Wilkes-Barre, were guests over the week-end at the home of Mr. and Mrs. F. C. Malkemes.

Mr. and Mrs. Robert Lansdale and daughter of Wilkes-Barre were guests at the home of Mr. and Mrs. John Gallagher during the week.

Entertains At Dinner

Mr. and Mrs. Russell Hauser of Spring street entertained the following at a family dinner Sunday: Mr. and Mrs. W. L. Morgan, Mr. and Mrs. Llewellyn Morgan and son Robert, Mr. and Mrs. Fred Turner and daughter Marion, Miss Margaret Morgan and John L. Morgan.

Miss Ruth Lamoreaux of Ferguson avenue entertained on Sunday: Miss Lena Yorks, Wilmington, Del.; Mrs. Emma Honeywell of Luzerne and Rev. and Mrs. C. B. Henry.

Mrs. E. J. Roberts and son of Highland Park, Philadelphia, have been visiting Mrs. Harry F. Henry for a week.

Mrs. Anna Roberts and son, Tracy, were guests on Sunday at the home of Mr. and Mrs. W. W. Brace.

Mrs. Margaret Coolbaugh has returned to her home after having spent her vacation at the home of Mr. and Mrs. W. W. Brace.

Mr. and Mrs. John Gallagher spent Sunday at Falls.

Fred Huff Very Active

Fred Huff is constructing a red ash driveway at his home and is also building a curb to prevent water from washing out the drive. Fred is 78 years of age and one of the most active men in this vicinity. He has also been kept very busy the past week improving one of his cottages at Idetown.

Birthday Party

Mr. and Mrs. Edward Preston of Main street entertained recently in honor of their daughter Emily's thirteenth birthday anniversary. The party was held on the lawn, with the tables being decorated with pink, white, green and yellow streamers. Games were played and prizes were awarded to Ruth Schwartz and Elwood Williams. Music was furnished by the Jazz Pirates. Luncheon was served to the following: Sennie Kunkle, Warren Reed, Dick Suttle, John Morris, Billy Hoffmann, John and Edward Gallagher, Alden Ayers, Elwood Williams, Lawrence Heffernan, Arnold Leach, Helen Carey, Beatrice Carey, Ruby Carey, Peggy Coolbaugh, Helen Gallagher, Agnes Gibbons, Dorothea Ayers, Thelma Walker, Ruth Schwartz, Emily Preston, Dorothy Preston, Doris Caladine, Carl Russ, Emily Gannon, L. T. Schwartz, Mr. and Mrs. James Caladine, Mr. and Mrs. Williams, Mrs. Gibbons and Mr. and Mrs. Edward Preston.

To Serve On Jury

The following men of the township were drawn to serve during the September criminal court: Herbert Hill and Arthur Johnson during the week of September 8th; Edward Avery and George Reynolds during the week of September 29th.

Briefs

Charlotte Monk and Dorothea Ayers who are members of Girl Scout Troop 9, are spending a two week's vacation at Camp Onnawamnah at Tunkhannock.

Mr. and Mrs. Fred Kromelbein of Shag Bark Drive motored to Wyalusing on Sunday, where they were the guests of Mr. and Mrs. Charles Kromelbein.

To Hold Reunion

The 22nd family reunion of the Kocher family will be held at the Harvey's Lake picnic grounds Thursday, August 28th. The meeting will be called to order at 10:30 A. M. In case of rain the reunion will be held the following day.

The Cease-Lamoreaux family reunion will be held at Croop's Glen on Saturday of this week. A program of sports has been arranged and prizes will be awarded to winners. All members and friends are urged to attend.

Dorothy Brace of Orange is the house guest of Mr. and Mrs. G. Harold Lloyd of West Centre street.

Seen and Heard

By Will Wimble

Well folks, here we are back on the old job again after having enjoyed a vacation for the past two weeks. The old typewriter is pretty well covered with dust, but we'll try our best to get out the column for this week's issue.

We noticed on our arrival back home on Sunday morning that Sherman Warden was busy swatting flies on his front porch about 7:30 A. M. But he hasn't got a thing on Phil Cameron of Noxen when it comes to swatting the fly. Phil, you know, is having an endurance contest all his own. Up until this writing Phil had not taken his hammock down from under the tree beside his home for 19 days, due to the fact that we haven't had rain for that length of time. While in the hammock, Phil is kept busy swatting flies. Phil also has a hen that he has trained to come and sit on his lap and take a nap along with him. Phil says that all he needs to do is to get in the hammock and the chicken is right after him and that is when he gets busy with the fly swatter, for all the flies that are swatted the hen finishes.

We noticed Preacher Henry on a Sunday afternoon recently, throwing apples out into Pioneer avenue so that the machines that were passing could smash them up. Don't do that Par-

son, save them for Louie Button, for he is in the cider making business at the present time and could make good use of them.

We notice in our travels that Clyde Breckenridge is giving his home a new coat of paint, and that John Eck is having an awful time in keeping his car in the garage since the boys have bought a new flivver, so John is rebuilding his garage at present. Sam Anthony was busy reading after getting home from the ball game. We wonder if Sam has joined the Snake Eaters club?

On Sunday we journeyed up to Dallas, where we witnessed two very good games of ball, even though the Dallas boys did lose two games. The Independents were short the services of several regulars and had to use Wyoming League players. Tom Reese, the "Old Reliable," played in right, and came through with a nice triple but was unable to score. In the second game with Ashley, Tommy was in a fog. Maybe the party the night before had something to do with it, eh, what, Tommy?

Mrs. Fred Kunkle should be church-ed, as an Independent correspondent told a local resident once, for playing baseball on Sunday, but Mrs. Kunkle was not playing baseball at Dallas. She was soliciting subscriptions for the Post, among the fans present.

Three girls in beach pajamas, made their appearance noticeable on the ball field on Sunday.

The "Chocolate Kid" was also among those missing on the ball field but was present in the grand stand.

Dallas played the best game we have seen it play this season. At no time during the game were any of the players laying down. The "Irish Battery" worked to perfection.

"Billy Thomas" made his appearance on the ball field in uniform.

Ira Cooke had his hands full keeping the crowd off the first base line.

Dave Lewis chawed a whole pack of tobacco while witnessing the game. Tim LaBarr was busy handing out the soft drinks and candy bars. The "Big Sap" (bars) that Tim handles sure are saps says "Baldy" Morris.

Sorber hit a homerun, sending the ball into farmer Weis's barley patch, which the Ashley boys were calling potatoes.

They say that a person must eat a half peck of dirt before he dies. If that is true, more than one person ate more than his share at the ball game Sunday.

Carverton

Rev. and Mrs. E. M. Greenfield and daughters Dorothy and Mildred and son Richard are spending their vacation at Grand Haven, Mich.

Mrs. Charles Knorr, Mrs. Bertha Anderson, Herbert Knorr and Starkey Knorr spent Sunday at the home of M. J. Hefft.

Mrs. John Rauch and son Jack of Toledo, Ohio, Misses Edna and Mary Hefft of Camden, N. J., are spending some time at the home of their brother, Ziba Hefft.

Sunday services, August 17th: Sunday school in the morning at 9:30. Howard Leek of Shavertown was the speaker at the services last Sunday.

Mrs. Theodore Knorr and daughter Alice of Kingston are spending some time at the home of Mr. and Mrs. George Knorr.

Miss Esther Schooley and Marie Hoover were recent guests of Sarah Knorr.

Iva Conklin is spending some time at the home of her sister, Mrs. Harry Heisler of Leighton.

-Orange-

Mrs. Henderson of Chicago, Ill., is visiting her daughter, Mrs. Jack Fowler.

Mr. and Mrs. George LaBarr and John Berlew visited Mr. and Mrs. Al Dymond at Trucksville Sunday.

Visit Scout Camp

The following visited the local Boy Scout camp at Mehoopany on Sunday: Mr. and Mrs. George Ferry, Mrs. Mildred Boston, Capitola Boston, Clarence Boston, George Stanton, Mr. and Mrs. Arthur Gay, Eudora Gay, Mary Sickler, Mr. and Mrs. Hiram Harris and family, Mr. and Mrs. Howard Perry, Mr. and Mrs. Howard Lewis, Mr. and Mrs. Norman Lewis, Mrs. Sutter, Grace Miller, Mr. and Mrs. Charles Ross, Mr. and Mrs. Donald Hislop, Allen Snyder, Margaret Snyder, Shirley Snyder, Lillian Mann, Billy Frantz, Mildred Snyder, Timothy Goble, Mr. and Mrs. Leslie Dymond, Elsie Dymond, Frances Dymond, Freda Eyet and John Sickler.

Entertains

Mary Sickler entertained at cards on Saturday evening. Lunch was served to Mr. and Mrs. Wesley Dymond, Mr. and Mrs. Frank Heitsman, Mr. and Mrs. John Sickler, Florence Heitsman, Madge Dymond, Myron Ide, Lois Heitsman and Mary Sickler.

Mr. and Mrs. Laird Stanton, Mr. and Mrs. Wesley Dymond and Jean Harris visited Mr. and Mrs. John Love at Mehoopany on Sunday.

Mr. and Mrs. David Emmanuel and family attended the Davis reunion at Sans Souci Park on Saturday.

Ida Evans has returned home after visiting her aunt at Plymouth.

Russell Miller and Clarence Boston have returned home after spending the week-end in Atlantic City, N. J.

Frances and Elsie Dymond have returned home after visiting their aunt, Mrs. Fred Eyet of Tunkhannock.

To Hold Social

The Epworth League will hold an ice cream social in the Community hall Friday evening, August 15th. Home made ice cream will be served. Marion Brace has returned to her home after visiting friends at Lake Ariel.

Mr. and Mrs. D. H. Whaley of Morristown, N. J., were recent visitors at the home of Mr. and Mrs. George La-

Hens Produce

One Tenth of Farm Income

Poultry Is Raised On 86 Per Cent of Farms of U. S.—Eggs Surpass Poultry Meat In Value.

As in almost everything else, the United States leads the world in poultry and egg production.

Poultry are raised everywhere in the world. Everybody eats eggs. But one third of all the world's domestic poultry are in this country. We have five hens to every human being which is a very much higher proportion than is to be found anywhere else.

This is one branch of agriculture that is not confined to farms. As everybody knows, residents of villages and of the suburbs of cities are as frequently as not found keeping "backyard" flocks of poultry. Something more than half a million backyard flocks are estimated by the Federal Department of Agriculture, which has computed the total number of farm flocks at 5 1/2 million, or a total of about 6,000,000 in all.

Poultry is raised on more than 86 per cent of the farms of the country. About 85 per cent of the fowls are raised on general farms in flocks of 50 to 400 hens, principally in the grain producing north central states.

The number of chickens on farms in 1929 was about 442,000,000, with a value of \$403,000,000. The income from chickens and eggs amounted to about 10 per cent of all farm income in 1929, being estimated at \$717,000,000 for eggs and \$458,000,000 for chickens or a total of \$1,175,000,000 out of a total income of \$11,827,000,000 from farm production. Poultry products were exceeded in value in 1929 by only four other farm products—corn, milk, cotton and swine. Over 2,500,000,000 dozen eggs and more than 500,000,000 chickens are produced annually.

The poultry industry of the United States represents on the one hand a widely distributed enterprise supplemental to general farming, and on the other hand a high degree of specialization in commercial plants. In producing sections near the larger cities on the Atlantic seaboard and in the Pacific coast states of California, Oregon and Washington, there are areas in which commercial poultry production predominates. In other localities, the keeping of poultry for breeding stock and for the production of eggs for hatching is important, the baby chicks being sold to those who keep both large and small flocks for commercialized egg production.

Throughout the farm-production areas as well as in the commercial poultry districts are many high specialized egg-producing plants, poultry-feeding and slaughtering plants, poultry canning plants, and egg-breaking plants, while cold-storage warehouses are devoted to an important extent to the storing of poultry products.

Although the industry is made up primarily of producers and handlers of chickens and chickens eggs, the turkey, duck and goose production is also important. Few products are as widely distributed and consumed as poultry, meat and eggs.

The poultry industry has developed from a small beginning when the first settlers brought fowls to North America, and the production of poultry for meat and eggs has been an important source of food supply for the cities for over 100 years. The commercial development of plants devoted to poultry raising alone began about 1870, and thereafter increased attention was given to breeding, feeding, and management. In about 1873 standards were developed, and in 1874 the first standard of perfection was printed. Beginning about the year 1890, hatching in incubators on a large scale developed, and in 1916 the International Baby Chick Association was organized.

In the early history of the poultry industry the egg market offered the main stimulus to better methods. In this land of abundant meat supplies, eggs were more of a luxury than poultry. Until the development of cold storage, marketing was limited by the lack of means of preservation. Eggs were often preserved by immersion in limewater and were sometimes preserved in ice houses. As facilities became available, cold storage came into more general use as a means of preserving the surplus production of the Spring months for consumption in Summer and Fall. The introduction of the 30-dozen egg case to displace the barrel as a package for eggs, which occurred about 1880, was a considerable economy. The production of dressed poultry for market was greatly stimulated by the use of refrigeration for transportation and storage.

Poultry raising occupies an important place in the organization of North American farms. Not only is poultry raised on about 90 per cent of the farms, but on many farms poultry products are one of the best paying products.

The value of eggs represents about 57 per cent and the value of poultry meat about 43 per cent of the total value of all poultry products. Chickens contribute about 95 per cent of the value of all poultry products and are the only class of poultry raised extensively for the production of eggs, all other classes being raised primarily for the production of meat.

Give Flowers Good Care

Chrysanthemums require much care now. Keep the plants well watered and fertilized. When the buds begin to appear do not apply any more fertilizer.

Spend Time Wisely

It is poor economy to spend \$10 worth of time to repair a machine which is not worth that much when the job is done.

Big Fields Plow Best

Large, rectangular fields are the easiest to plow, for less time is lost on the turns and in plowing the head-lands.

-Noxen-

Breeze Ely is a patient at Nanticoke State hospital, where he is suffering an infection of the leg.

Mrs. F. C. Risley, who has been ill at the home of her son Walter B. Risley, is much improved.

Mrs. Hattie Sawyer was recently guest of honor at a party in honor of her birthday anniversary. Games were played and music was enjoyed and a pleasant time was enjoyed by all. A dainty lunch was served to: Mrs. Lloyd Newell, Marguerite Newell, Mrs. H. Thompson, Vivian Thompson, Mrs. Schock, Mrs. Beahm, Mrs. Ed. Miner, Mrs. J. Dotter, Mrs. W. Doty, Mrs. E. Montross, Mrs. Ida Phoenix, Mrs. F. Kresge, Myrtle Pauline and Arlene Kresge, Mrs. C. L. Boston, Mrs. Sarah Ferguson, Mrs. Clara Van Campen, Mr. and Mrs. C. Turner and daughter, Mr. and Mrs. F. Turner, Russell and Doris Turner, Mrs. F. Schooley and daughter Jean, Mrs. Edna Bercham and daughters of Hazelton; Mr. and Mrs. Henry Magnolia and son, Richard, Mr. and Mrs. Lloyd Phoenix, Albert May, Emory Newell and Mrs. E. R. Rote.

Fire Warden Turner has been busily engaged fighting forest fires at Cider Run and vicinity. Game Warden George Hunt has issued warnings to weiner roast parties and picknickers against the building of fires.

Mr. and Mrs. James Crispell of Lake Road report deer have been eating and destroying vegetables in their garden.

Bread Is Best Single Food

But U. S. Public Health Service Explains That Man Can Not Live By Bread Alone.

(By Caleb Johnson)

That "bread is the staff of life," is an old saying familiar to everybody. It was a wise man, whose name I have been unable to find, who added, "but bread and butter is a gold-headed cane."

For the experiments in diet conducted by the United States Public Health Service, while they indicate that the nearest approach to a perfect food is whole wheat bread, fully bear out the truth which is set forth in the Bible, in both the Old Testament and the New, that "man cannot live by bread alone."

There is no single perfect food, though there are so-called "dieticians" and food experts who claim that all bodily needs can be satisfied by a single substance. If that were so, and we could find that substance, what a care-free world this would be! No more worry about choosing our meals, only one thing to grow to feed everybody—it would be marvelous. But that isn't the way Nature works, the men at Washington say whose business it is to keep their finger on the Nation's pulse.

There are only a few substances which contain the proportions of protein and the fuel foods necessary for human needs.

If, for instance, you eat enough beef to satisfy the protein needs of the

body and eat nothing else, you will have an insufficient supply of fuel. If you eat enough beef to supply the fuel needs of the body you will take in too much protein. On the other hand, if you try to live on fruit you will have to eat about the equivalent of 35 pounds of apples to supply the necessary protein whereas 9 pounds would supply sufficient energy but there would be a shortage of protein. Baked potatoes, onions, corn, almonds and bread approach a balanced diet, but even these fall far short. Potatoes and corn alone would have to be consumed in large quantities to meet the needs.

Taken by itself, good bread, made of whole grain, comes the nearest, perhaps, of all food articles to furnishing a balanced food diet of satisfactory bulk. With bread is included a variety of flour preparations such as macaroni, biscuits, Vienna rolls, and crackers, but to try to live on these alone would be manifestly absurd.

If we cannot live on bread alone, certainly we shall not be able to find any other one substance that will meet the dietary requirements of the day. It is necessary to combine high protein foods with low protein foods in such proportions as will furnish bulk, the proper nutritive ratio, and will, at the same time, suit the taste. Protein foods are, as you know, mostly of animal origin and foods low in protein value are mostly of vegetable origin. A balanced ratio, selected to meet all three requirements, bulk, protein ration, and taste, is likely, therefore, to contain materials of both animal and vegetable origin. At any rate it is only by means of a mixed diet that we are able to maintain a satisfactory ration. For infants milk is, of course, a complete food, especially mother's milk—but as the child develops this even does not suffice.

A large part of the malnutrition in children is due to the lack of a balanced diet. People who are unacquainted with the importance of a balanced diet often purchase food entirely on the basis of appetite or the temptations of market. Also there are those who are so poor as to be unable to buy anything but the cheapest articles to be obtained, and such persons often suffer from malnutrition.

In the case of school children the indulgence of the appetite in an excessive amount of sweets and the consequent throwing of the diet out of balance has been found to be one of the most frequent causes of malnutrition. The resort to cheap foods may lead to malnutrition through an excessive amount of starches. Starchy foods are usually the cheapest foods that can be purchased, and while good foods, should not be used to excess.

There are two serious objections to the excessive use of meat. The first objection is concerned with the chemical side. There are substances produced in the digestion of meat which may prove injurious to the cells of the body, particularly if too much is eaten. Some individuals are able to throw off these substances more easily and as a result do not suffer. Other people, however, accumulate these products in the body until they result in injury.

With the excessive use of meat a person is likely to accumulate an ex-

cess of protein. This is a danger which should not be minimized because any excess of proteins, unless burned up by physical exercise, must be thrown off from the body by the action of the liver and kidneys because the body has no way of storing up a surplus of proteins. If we take too much fat or carbohydrates we are usually able to convert some carbohydrates into fat. This is deposited in cells under the skin, and likewise should be gotten rid of by proper habits of exercise.

Most of us of sedentary habits could probably get along with much less meat than we use and most of us would probably benefit by reducing the amount of meat in our daily diet. Some people depend more upon meat than do others and in favor of meat it may be said that the proteins which are contained in meats are apparently more easily digested and more easily absorbed than are proteins contained in vegetables.

There is an old superstition that "has gained much general credence. You probably have heard it said that "every part feeds a part," that is that certain foods should be eaten for the benefit of special parts of the body. Some people believe that beef should be eaten to develop the muscles, fat should be eaten to preserve the hair, fish should be eaten for brain food, and celery for nerve food. If you stop to consider that in the process of digestion all carbohydrates are changed to simple sugars, all fats to simple soaps and glycerines, and all proteins to simple nitrogenous compounds you will see how absurd it is to claim a special value for one kind of food in connection with the building up of any special part of the tissue.

All products of protein, fat and carbohydrates after digestion are distributed in great measure, without discrimination by the blood, and the cells of the body draw their supply of nourishment from this general store.

Another fact should not be lost sight of. Ordinary food materials contain an abundance of salts in their natural condition and it is rare to see a person suffering from lack of minerals in the diet. With the development of manufacturing processes, however, and the overrefinement of certain foods which are prepared for the market, some lime, much of the phosphorus, and other of the mineral substances are frequently lost. The advice holds that the nearer you can secure your foods in nature's original packages the less you need to concern yourselves with your ration of minerals for the day.

It should be borne in mind that the digestive system is subject to individual peculiarities but that there are some foods that are more easily digested than others. Milk contains fats, carbohydrates, proteins, and salts in a very easily digested form. Milk proteins and fats of all kinds are digested with relative ease but the protein and fats of meat are inclosed within cell walls. The material of which these cell walls are composed is not so easily digested. In cooking much of this material is broken up but here again the manner of cooking has an influence upon digestion.

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