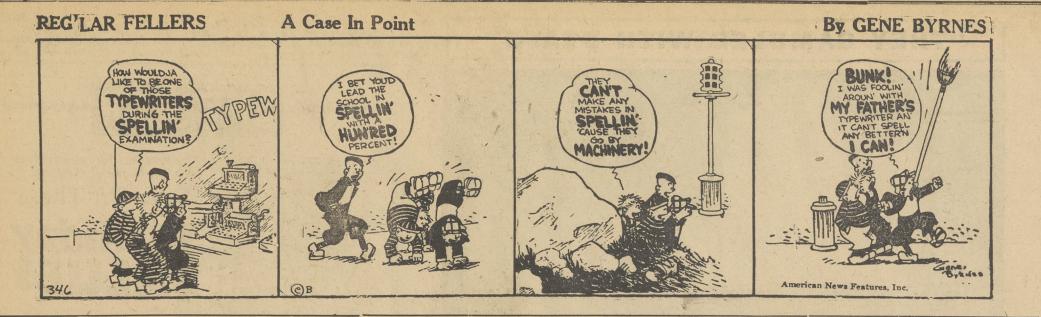
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THE DALLAS POST, DALLAS, PA., FRIDAY, FEBRUARY 14, 1936.



Don't Neglect Your Cough If Over 40

Play Safe and Let Your Doc-tor Look You Over

Dy Dr. John L. Rice Commissioner of Health New York City

More than twice as many men as women die from tuberculosis after the age of forty. This is almost the reverse of the situation in ado-



cent survey in New York City: In the forty year group 151 men out of each 100,-000 died of tuberculosis as against

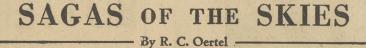
Dr. John L. Rice 60 women; out of each 100,000 in the 45 year group, 171 men to 63

women; in the 50 year, 180 men to 56 women; in the 55 year, 203 men to 59 women; in the 60 year, 192 men to 67 women; in the 65 year, 184 men to 62 women.

Tuberculosis can be permanently arrested if it is treated in its very early stages. Often it begins as a cold and if treatment is neglected the disease gets so firm a hold that cure is difficult. If you have a cough that has "held on" more than four weeks you should be on your guard. Such a cough will not wear off," usually it wears down the individual, frequently to a point beyond aid.

Play safe and let your doctor look you over. If necessary have him arrange also for an X-ray ex-amination of the chest, for this will disclose the actual conditions of the lungs.

No matter where you are, how-ever, do not neglect a cough; do not try to cure it with patent medicine-your doctor is the only one who can really help you. It will pay you to place yourself under his care.



Manager, Aviation Division, Sales Department Standard Oil Company of Pennsylvania

DILOT M. D. "Doc" ATOR is a modest man. His reports contain only what the forms call for. Nowhere, in any of them, can be found an inkling of two exploits that have made him the most celebrated flier along the Illinois-Indiana section of the American Airways system between Chicago and Atlanta. But, al-



dived to investigate and then went into immediate action. A brush of the fresh scent of new-born fire, fanned by a freshening breeze, was advancing rapidly upon the unleaves and blossoms seemed to be wafted up to him as he sped above the countryside. Even the roofsuspecting settlement. Banking his tops of Centralia appeared to have taken on a new lustre. All but one. plane swiftly, he dived at the vil-lage, zooming upwards with a roar when he was a few feet above the housetops. Startled villagers threw up windows and rushed into the Above it hovered a cloud of smoke through which avid fingers of flame clutched at dry wood. For the secstreets. And then, as clouds of smoke assailed them, the alarm was given, and in a body they ran to fight the flames which were al-ready licking greedily at some buildings on the outskirts. Three bouwses in the willage were do ond time within a year, "Doc" Ator pitched, roaring, headlong towards earth to warn of fire. And once again he saw his warning heeded. A woman and two children rushed from the burning house into the houses in the village were de-stroyed but the rest were saved. street and crouched in fear against a neighboring building just as the roof of their home caved in, and a

A hint of summer was borne to Pilot Ator as he piloted his Atlanta-shot high into the sky.



ARE WE RED? THE

Some say yes, some say no-economically speaking. Fashion promoters unanimously agree it's a season of reds. Walk down the avenue and see how many red coats you can count.

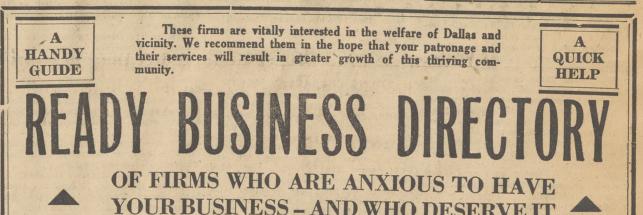
Why not make your table fash-ionably red, and incidentally brighten up the red cheeks in your family, by serving lots of tomatoes this winter?

Gay and Good

Stewed Tomatoes and Mushrooms: Drain the liquor from one 4-ounce can of mushrooms and sauté the mushrooms gently in one tablespoon butter for three minutes. Add the contents of one No. 2 can of tomatoes, salt and paprika to taste, one bay leaf and one slice of onion. Stew gently for ten minutes. Remove the bay leaf and onion and serve with a triangle of toast on top of each serving. This serves six persons. Scalloped Tomatoes and Pecans: Mix the contents of one No. 2 can of tomatoes with three-fourths teaspoon salt, one tablespoon sugar and a few grains of pepper. Then put alternate layers of to-matoes, chopped pecans (using one-half cup of nuts in all) and grated cheese into a buttered bak-ing dish. Cover the top with crumbs and bake in a hot oven, degrees, for twenty-five minutes. This serves six persons.



Tomato Consommé: Mix the contents of one No. 2 can of tomato juice with two 10¹/₂-ounce cans of consommé. Bring to boil-ing. Season to taste with salt and pepper. Heat one-third cup of heavy cream. Pour the first mix-ture into the hot cream and serve at once, with croutons if desired. This serves six persons.*







Minerals in Food

To anyone who has not studied chemistry, it must be baffling to read about iron in the blood, lime in the bones, and phosphorus in



the nerves. Indeed, it does sound spooky. Nevertheless, it is true. More than that, the presence of minerals in the right

> quantity is very important, not only to

general health but in the prevention of certain diseases.

Of course, the source of minerals is the food we eat. Perhaps the best known source is milk and milk products. From these we get most of the lime or calcium and phosphorus we use. In children, these minerals furnish the building material for bones and teeth. When they are insufficient in amount, the well-known disease called "rickets" results.

Iron has long been a stand-by among home remedies. Adults will remember the days when "iron tonics" were popular. Today, we know that iron is easier and pleasanter to take in food. The best sources are cabbage, lettuce, spinach, milk, egg yolk, liver, peas, string beans, and beef.

Iodine is familiar to residents of the so-called goiter belt in this country. Its great contribution is to the very important thyroid gland. We find it in many foods, but most abundant in fish and other seafood, onions, and lettuce.

Perhaps you have noted this fact while reading. The mineral-rich foods are also the vitamin foods. This fact makes everything simple. Just build meals around the essenials-green vegetables, fruit, milk, bread, and butter-and stop worrying.

SELECT SEED EARLY

Growers who want to plant the leading strains and selections should order their seews early. Later, they may have to take poorer types,

The Snapshot Guide PICTURING SNOWFLAKES



Snow storm snapshots need a wide lens opening and a dark background

FYOU want to take pictures these | the picture, preferably of the femshows the falling flakes, and again to the wintriness of the scene. for one representing the blizzard type of storm.

You may shoot and shoot into a swirling snow storm and the flakes themselves will not show in the picture, but if you choose the right sort of snowfall, the proper background and the right distance, set the focus right and give the correct exposure, you will get a picture in which the curtain of tumbling flakes is vividly portrayed.

The kind of snow storm for this is one that occurs when there is little wind, and when the temperature is about at the freezing point. Under these conditions the flakes usually come down large and fluffy and hence individually are more visible. The proper background is importhey will not show very well except against a dark background; so take your stance before a dark or shaded building and not more than say 50 feet away. If you are much farther away, there will be so many flakes between the camera and the building that the picture will show, too many of them overlapping each other, as it were. What is needed is a few of the multitude. Now put a picture will do. lit'le life interest into the scene. Get some one in dark clothes into

winter months that you will be inine sex. Have her about 15 to 25 proud of, watch the snowfalls and feet away and let her be well muftry for a photograph that actually fied up to give an additional touch

> Now for setting the camera. The lens should be focused not on the building but on your human subject. With box type outfits or other set focus cameras, just use the largest lens opening and click the picture -you will be sure to get something interesting, even if the day is only fairly bright. The chrome type of film should record the picture quite satisfactorily, although the supersensitive will help out a little more on darker days. For cameras with double lenses, the aperture should

be no smaller than f.8 with a shutter speed of 1/25 second. If there is a slight wind this shutter speed may not entirely "stop" the flakes but very slight movement will tend to show the flakes all the more defitant. Since snowflakes are white nitely. The flakes that show will be those that fall within a distance of a few feet from the subject.

A regular swirling snow storm can also be caught and will be another type of winter storm picture that will fairly make you shiver to look at. The picture will not show individual flakes nor should it, if you want to produce a realistic picture that looks like a roaring blizzard. The same exposure suggesa distinct record of comparatively tions as given for the other type of

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