

**Health Topics**

By F. B. Schooley, M. D.

**Nutrition**

The average American diet has no great margin of safety and a deficiency in dietary essentials is found in a large proportion. Our diets are more deficient than the less refined foods that were consumed a century ago. A comparison of our present diet with one of natural foods of the same total caloric value shows a definite deficiency of our present diet in vitamins and minerals. The greater use of less refined foods and increased use of the protective foods will result in better nutrition.

Calcium, protein and vitamin D are three nutritional essentials in childhood. Vitamin D is needed early by all babies, whether breast fed or artificially fed. Vitamin C is needed early by artificially fed babies. The common error in infant feeding is giving too much vitamin D and too little vitamin C and not giving either early enough. Vitamin D is required not only in early infancy but throughout the growth period. Foods containing adequate protein and calcium are not taken in sufficient quantity by many children. Milk is the only constant food source of calcium. Human milk contains only a bare minimum of most nutritional essentials, and despite all the refinements of artificial feeding, breast feeding remains the best procedure.

Better nutrition is important as a health measure. Proper diet improves the health of the mucous membranes, and makes them more effective as barriers against infection. It improves teeth structure and reduces their liability to decay and infection. It safeguards the health of the nervous system and protects the heart and blood vessels against injury caused by bacterial poisons.

Lack of knowledge of the basic principles of nutrition and of how to buy foods economically, and financial inability to buy food for an adequate diet are the principal causes of malnutrition. Nutritional knowledge should be presented as familiar terms of foodstuffs rather than as chemical factors. Less use of over-refined foods should be advised. Adults with improper dietary habits should be shown that better health results from proper nutrition. Adequate nutrition will go far toward reducing the incidence and severity of disease.

**IDETOWN**

June Fehlinger, student nurse at St. Luke's Hospital, Bethlehem, spent the weekend with her parents.

Mrs. Frank Gosart, Jr., and family are moving to Williamsport Saturday.

Mr. and Mrs. Philip Bergstrasser, Allentown, Mr. and Mrs. Henry Bergstrasser, Kingston, Mr. and Mrs. George Goss, of Washington, were weekend guests of Mr. and Mrs. Thomas Stacey.

Jean Mahetta, sister, Diana, and Mrs. Dorothy Lincoln, of Philadelphia, spent the weekend with Mr. and Mrs. Oscar Swan.

Ernest Fritz, who is working in Enola, spent the weekend with his daughter, Mrs. Benjamin Shortkroff, at Philadelphia. He will spend this weekend with his family.

Mr. and Mrs. Thomas Sutton and daughter, Shirley, Mrs. Fannie Sutton, Arien Sutton, Helynn Wydra, of Endicott, N. Y., spent the weekend with Mr. and Mrs. Fred Sutton. Other callers Sunday were: Hildreth Fritz, Edith Spencer, Betty Jane Naugle, Mrs. Cecil Sutton and sons, Cecil and Calvin, Mr. and Mrs. Andrew Wilson and Pfc. Blaine Wilson.

Evelyn Rogers, of Lehman, spent the weekend with Elsie Jean Ide.

Doris E. Ide, employed in Trenton, N. J., spent the weekend with her mother, Mrs. Ruth Ide.

Birthday greetings from Idetown folks to Cecil Sutton and Donald Kreidler.

Martha Dean, of North Angeles, Calif., spent last weekend with her parents, Mr. and Mrs. W. H. Dean.

Mrs. Chloe Spencer has returned after spending three months with her brother, Stanley Pinber, in Michigan.

Mr. and Mrs. James Morton, Kingston, have returned to their cottage at Harvey's Lake.

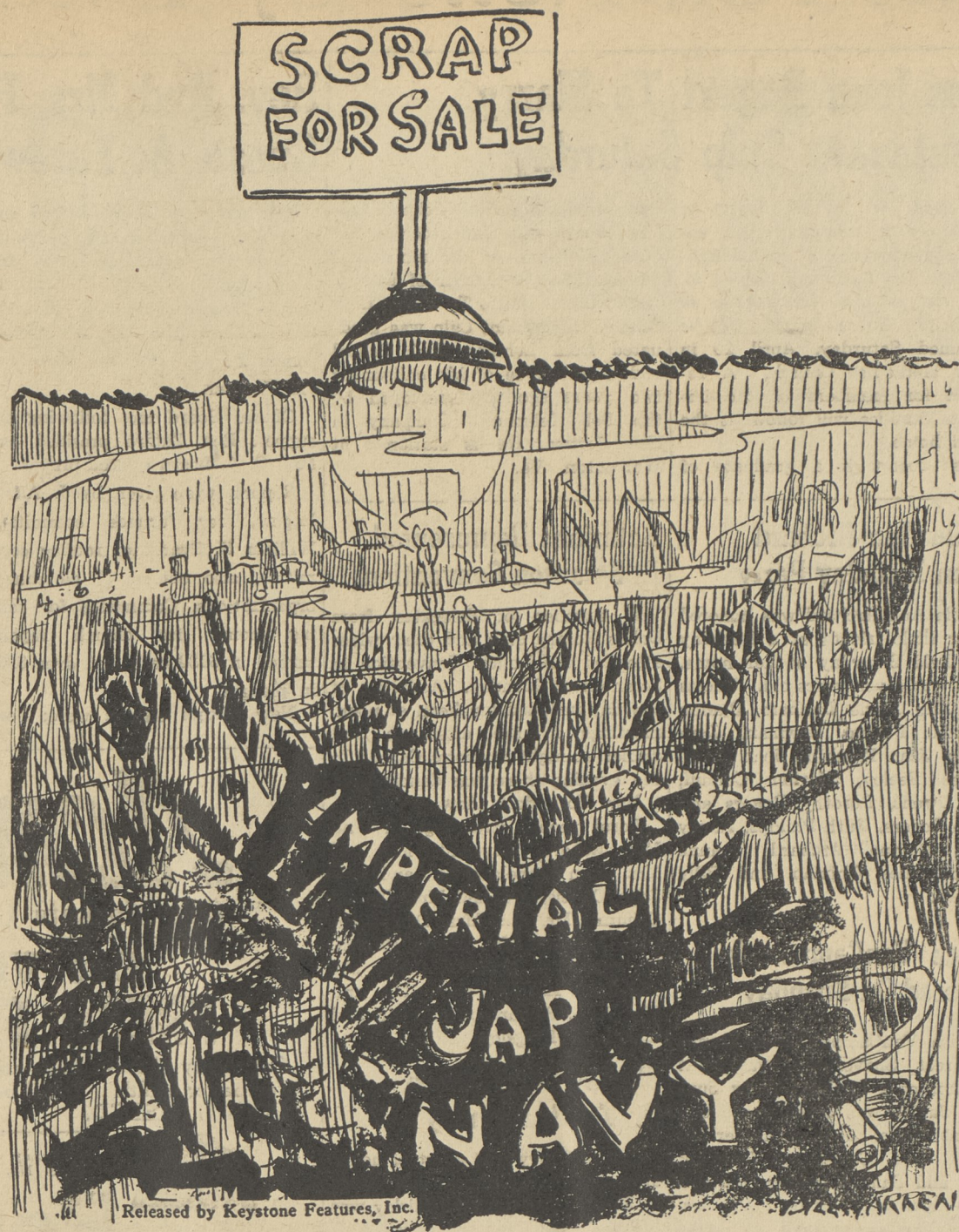
Howard Moore, who is working in Chester, spent the weekend with his wife. Others calling at the Moore home Sunday were: Mrs. Esther Davis, Mrs. Vivian Rinkin and Janet.

Mr. and Mrs. Walter Smith, Baltimore, spent the weekend at their home.

**NOXEN**

Rev. Henry Kraft and Andrew Thomas attended the spring meeting of the conference of the ministerium of Pennsylvania, at St. Paul's Church, in Wilkes-Barre. Among

**Tojo Is In the Scrap Business Now**



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the delegates who attended the evening meeting were: Mr. and Mrs. M. W. Whitaker, Mrs. Francis Belas, Mrs. Albert May, Mrs. Ira Beahm, Mrs. John Hackling, Mrs. Henry Kraft and Miss Myra Siglin.

Marine Pvt. Howard Shook, of New River, N. C., spent the past week with his parents, Mr. and Mrs. G. A. Shook.

Seaman 2/c John Dimmick has completed his boot training at Sampson, N. Y., and is spending a furlough with his parents, Mr. and Mrs. John Dimmick.

Seaman 2/c Lewis Lord and Elwood Patton, of Bainbridge Naval Base, are spending furloughs with their families.

Pvt. Elwood Frajich has returned to Tynall Field, Fla., after spending part of his furlough with Mr. and Mrs. Andy Thomas.

Mrs. Albert Crispell, of Queen's Village, L. I., is visiting her mother, Mrs. A. J. Davis.

Marlene Mills, of Newark, N. J., is visiting her grandparents, Mr. and Mrs. Francis Belles.

Audrey McKenna, of Kingston, spent the weekend with her parents, Mr. and Mrs. William McKenna.

Mrs. R. S. Crosby has returned after visiting Mr. and Mrs. Frank Weinshimer, at Wilkes-Barre.

Mrs. Harry Bean is visiting her mother, Mrs. Maude Mensinger, at Nuremberg.

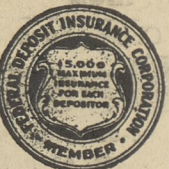
**KUNKLE**

Seaman Corey Besteder, Bainbridge, Md., is spending a week with his family.

Birthday greetings to Pfc. Richard Lutes, U. S. M. C., Grove City, Pa., from the folks of Kunkle.

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Cpl. Stanley Hoyt is spending twenty-one days with his mother, Mrs. Daisy Hoyt. Stanley is stationed along the Alcan Highway.

Mr. and Mrs. Lewis Nulton have received word that their son, Pvt. Alfred Nulton, has arrived safely

**THE DALLAS POST**

"More than a newspaper, a community institution"

ESTABLISHED 1889

A non-partisan liberal progressive newspaper published every Friday morning at its plant on Lehman Avenue, Dallas, Penna., by the Dallas Post.

Entered as second-class matter at the post office at Dallas, Pa., under the Act of March 3, 1879. Subscription rates: \$2.50 a year; \$1.50 six months. No subscriptions accepted for less than six months. Out-of-state subscriptions: \$3.00 a year; \$2.00 six months or less. Back issues, more than one week old, 10c each.

Single copies, at a rate of 6c each, can be obtained every Friday morning at the following newsstands: Dallas—Tally-Ho Grille, Hisslop's Restaurant; Shavertown, Evans' Drug Store; Truckville—Leonard's Store; Idetown—Caves Store; Huntsville—Hontz's Store; Harvey's Lake—Edward's Restaurant; Alderson—Deater's Store.

When requesting a change of address subscribers are asked to give their old as well as new address in order to prevent delay.

We will not be responsible for the return of unsolicited manuscripts, photographs and editorial matter unless self-addressed, stamped envelope is enclosed, and in no case will we be responsible for this material for more than 30 days.

National display advertising rates 60c per column inch. Local display advertising rates 40c per column inch. Classified rates 2c per word. Minimum charge 25c.

Unless paid for at advertising rates, we can give no assurance that announcements of plays, parties, rummage sales or any affairs for raising money will appear in a specific issue. In no case will such items be taken on Thursdays.

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★ In Armed Service.

in England.

S/Sgt. Claude Warden is spending a furlough with his wife, Doris Warden. Claude just returned from England, having completed his missions with the U. S. Air Corps.

Cpl. Marvin J. Elston is spending a furlough with his parents, Mr. and Mrs. Ralph Elston. Jiggs is stationed at Camp Lejeune, N. C.

Mr. and Mrs. William Weaver entertained Mr. and Mrs. Fred Dodson at dinner on Sunday.

Mr. and Mrs. Harry Wright, of West Nanticoke, spent the weekend with Mr. and Mrs. Charles Wertman.

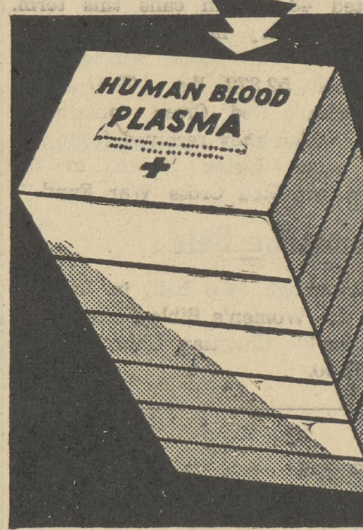
Jeanne Wasser, Waterbury, Conn., spent several days recently with her parents, Mr. and Mrs. William Wasser.

**LEHMAN**

Mr. and Mrs. Harold B. Rice entertained over the weekend, Darrell Crispell, of Forty Fort.

Mr. and Mrs. John Milton announce the birth of a baby boy at

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for **BLOOD PLASMA CONTAINERS** U. S. Victory WASTE PAPER Campaign



**THE SAFETY VALVE**

Dear Editor:

Will you kindly publish this notice in your paper:

The hard-hearted person who dropped the little white dog with the name, Butch on his collar, out Demunds road way, will be glad to learn that it was picked up and placed in a good home. It is a darling little dog and its name has been changed to Tiny.

One of Your Oldest Subscribers.

**Englishman Says Dallas Is Like English Town**

Richard Hale, of Khurstyan, Iran and London, England, spent a fortnight visiting Mrs. William Howey and family, at Dallas recently. Mr. Hale arrived in New York on March 17th, and commented on the fact that although the ship was blacked out during the crossing, no enemy craft of any type was encountered.

He was pleased with the town of Dallas and its likeness to English Villages and felt quite at home. He expects to stop here for the Christmas holidays on his return from South America.

**Organized For Fire**

A Fire Brigade of about twenty boys has been organized at Lehman High School, with Carl Aston as Fire Chief. The boys are stationed as policemen in halls, as roommen, and manage fire drills entirely. They will receive instruction on the operation of fifteen new extinguishers recently received by the school, and will aid in fighting grass or forest fires in the community.

**Johnson Brothers Complete Training**

Cpl. Frederick M. Johnson, son of Mr. and Mrs. Arthur Johnson, of 34 Carverton Road, Trucksville, has been graduated from Harlingen Army Air Field, aerial gunner school of the AAF Training Command. Along with his diploma, he received a pair of Aerial Gunner's wings and a promotion in grade at brief graduation exercises.

His brother, William A. Johnson, was commissioned a Second Lieutenant and received his pilot's wings on March 12th, at Moody Field, Georgia. He received his training at Miami Beach, Fla.; North Carolina State College, Raleigh, N. C.; Maxwell Field, Ala.; Douglas, Ga.; Cochran Field, Ga., and Moody Field, Ga. He is now at Sebring, Florida, learning to fly four-motored bombers.

The Johnsons have one other son, Benjamin C., in the service.

**Township Junior High To Present First Play**

The Junior High School Drama Club of Dallas Township is presenting a three-act comedy entitled "Just Like Cinderella", on April 28th. This is the first Junior High School full-length play that has been given at Dallas Township.

The Cast is as follows: Higgins, Bobby Henney; Mollie, Clara Ann Evans; Percival Brown, David Parsons; Mrs. Carleton, Mariela Sullivan; Katherine, Harriett Prater; Elizabeth, Irene Wilson; Cinderella, Margaret Juba; Mr. Carleton, Ray Kuhnert; Julia Goodrich, Florence Jackson; Buddy Fernsworth, Glen Howell.

Proceeds will go to the athletic association treasure.

**Owners Are Urged To Keep Dogs Tied**

Home owners of Huntsville road and Lehman avenue have registered complaints about the damage done by stray dogs running wild over their yards and gardens. Now that spring plants are beginning to shoot through the ground, owners are urged to keep their dogs tied. Most of the damage is caused at school time when faithful pets follow their young masters as far as the door—then tear off in droves to gambol on the neighboring lots.

**Idetown Men's Class**

Men's Class of Idetown Sunday School will meet tonight in the Church Hall.

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**Many Thanks**

I would like to thank the voters of South District, Dallas Borough, for choosing me as Republican Committeeman. I hope that I may prove worthy of your confidence.

WALTER DAVIS

**To The Voters of Jackson Township**

I want to take this means to thank all my friends and supporters for coming to the polls during the recent Primary election and electing me to the office of Republican Committeeman.

I will do my utmost to fulfill the duties of the office. Thanks to you for the vote of confidence.

LOUIS T. WILCOX

**Thank You Friends**

Thank you, friends in Southwest District of Kingston Township, for everything you've done for me. I'll do my best to fill my new office efficiently.

EUGENE PIATT, Republican Committeeman, Southwest District, Kingston Township

**To North District Voters, Lake Township**

To all my friends in North District, Lake Township, who chose me as Republican Committeeman, my grateful thanks. I'll try to be worthy of the trust you have put in me.

RAYMOND SMITH, Republican Committeeman, North District, Lake Township