

HOME HEALTH CLUB

By Dr. David H. Reeder, Chicago Ill

Ventilating The Home—Just recently I received a letter from a young lady attending school saying that she has had a cold for several weeks, and that she just sneezes and coughs something "awful." She took great pains to add that she couldn't account for it, because she never slept with her bedroom windows open. To you, Home Health Club readers, I'll give you just one guess as to the cause of the young lady's cold. To transpose one of Solomon's sayings: "What would it profit one to gain a world of knowledge and in doing so lose his health?"

If the value of fresh air were reckoned in dollars, and cents we would all be figuring out ways and means of getting it. Come to think of it, it has, indirectly, a decided money value. Health and a clear brain are worth money. Proper ventilation of the home is requisite to both.

It is true that most of our homes are built without any thought to ventilation. While the fact is regrettable, it is not a valid excuse for living and sleeping in almost airtight rooms. Rooms have doors and windows, and these can be used in such a way, even in the coldest weather, as to give a fair degree of ventilation.

I was walking along the street a few days ago and noticed two men working outside on a house. One was nailing weather strips around the windows against the sash, and the other was putting up a heavy storm door. I was reminded of an old song I had heard somewhere, the words of which ran something like this: "A little more work for the undertaker. A little more work for the casket maker." Colds, consumption, pneumonia—but what's the use, you all see the point.

How can windows and doors be arranged so as to permit ventilation without permitting a draft through the room? The best and most practical device that I have found is the deflector. If one cares to spend the money he can have it made of plate glass. Most any one who can use a saw and hammer can make one out of a pine board that will give as good service as a glass one. The only difference is in the looks. Take a one-half to three-fourths inch board six to eight inches wide and saw it the length to fit into the window frame at the bottom. One edge must rest on the window sill, elevate the other to an angle of about sixty degrees. Now tack small cleats on both sides of the board so as to hold it in position and allow it to be slipped in and out as desired. The edge resting on the window sill may be planed to the proper angle so that it will set firmly.

You see now the window can be raised from a fraction of an inch to 5 or 6 inches and there will be no draft through the room as the air is deflected or thrown upward toward the ceiling.

A window on the opposite side of the room may be lowered from the top, thus securing ventilation. Suppose there is only one window in the room. Use the deflector and lower the top sash. While this will allow only a poor circulation of air it is a great deal better than none.

You see, in getting ventilation, the idea is to have the intake near the floor and the outlet on the opposite side of the room near the ceiling.

If you want to ask the Home Health Club any questions regarding ventilation, feel free to do so.

All readers of this publication are at liberty to inquire for information pertaining to the subject of Health at any time. Address all communications to the Home Health Club, or to Dr. David H. Reeder, 5039 Cottage Grove Avenue, Chicago, with name and address in full and at least 4 cents in postage.

Methodist Church

The church anniversary services in the Mount Joy Methodist Episcopal Church, held on Christmas evening, were of a very pleasing character.

The singing was particularly fine, under the patient leadership of Dr. E. W. Garber, who is deserving of much credit.

The songs by the School though difficult, were fine and well rendered. Miss Mary Stoll sang beautifully, a song written by the Pastor, entitled, "Love's Song—A Christmas Hymn." Dr. Garber also sang a beautiful solo, as did also his little daughter Esther.

All who took part in the various exercises and recitations did well, and deserved many thanks. At the close, each child was presented with a box of candy, which, as far as we have learned was refused by none. The Church was beautifully decorated for the occasion.

Wanted at Once

A bright young man to do printing. Good wages. Start with us.

The Week in Grain

Compiled for the Mount Joy Bulletin, at Mount Joy, Pa., by Wm. L. Bear & Co., Pennsylvania Building, Philadelphia, Pa., by D. B. Lehman, Manager, Woolworth Building, Lancaster, Penna.

Phila. Pa., Jan. 1, 1913

While much of the trading has been confined to professional channels, the market has given little evidence of the holiday dullness that has prevailed elsewhere during Christmas week.

Two influences have served to stimulate purchases of wheat, with the course grain list largely neglected. Southwestern houses led the buying of the new crop delivery, accompanying the orders with claims of damage to winter grown wheat from drouth. While the local element was not disposed to regard the claims seriously so early in the season, they were not inclined to fight its market effect, and prices advanced to new high levels for this movement.

Possibly much more impressive was the Broomhall summary of European conditions. This authority frankly conceded to America the balance of power in the International grain trade, subject to the quantity of native wheat available to import nations. The conclusion that America has the only large surplus available this season, was based upon reduced shipments from Russia and Roumania, the presence of French buyers in the International market so early in the season, and the definite statement that Germany would have no wheat for export.

This authority further placed the surplus available for export from Argentina at 112 million. A private estimate reaching the trade late Friday, placing it at 134 million, bought rather liberal profit taking by recent purchasers on the Broomhall figures. This gave an easy tone to prices at the week end, but the undertone gave the impression of good absorption at narrow declines.

FARM BETTERMENT

Hon. W. W. Griest's Efforts For a County Farm Demonstration

Washington, D. C., Dec. 31, 1912 To all the people of Lancaster City and County:

This letter, which is in the interest of farm betterment, I address to all the people of Lancaster City and County because, relating to that one great industry which is the basis of our county's growth, prosperity and prominence in agricultural and financial stability, it vitally concerns all, whether producers or consumers, business men, or followers of a profession.

The material value of a county farm demonstration bureau has become so generally recognized that the United States Department of Agriculture is unable to grant the numerous requests for the allotment of funds and the establishment of agencies.

Farm demonstration agencies are already established in several counties in Pennsylvania, including Mercer, Butler, Washington, Blair, Bedford and Montgomery, and a number of important agricultural counties are applicants for the allotment of funds, but cannot be accommodated owing to the limited appropriations. In Chester county, it is said, an organization of farmers, business men and bankers has raised funds to finance a farm bureau, but the Agricultural Department is unable to supply its quota of funds before July 1st, 1913.

Inasmuch as the federal appropriation work in Pennsylvania and other northern states with hundreds of counties is but \$50,000, application on behalf of Lancaster county was filed in the hope of securing an allotment before the funds were exhausted. Dr. B. F. Galloway, Chief of the Bureau of Plant Industry, acknowledging my letter, has written in part as follows:

"It is the policy of this Bureau to cooperate with any county in your State which will raise funds and help defray the expenses of maintaining a farm bureau and to lend financial aid if funds are available. It will require approximately \$2,500 to \$3,000 to employ a suitable county agent, and to pay expenses incidental to carrying on the work. Beginning March 1, 1913, we will try to arrange to pay \$100 a month toward the salary of a county agent in Lancaster county, provided the county will raise the balance necessary to carry on the work.

The farm demonstration work is done in cooperation with the state agricultural colleges. A competent man is selected jointly by the U. S. Department of Agriculture and the state institution. He engages in farm management field studies and demonstrations under the direction of an officer of the state institution who is known as a state leader. In Pennsylvania the leader is Dr. K. Hibshman, who is a member of the Pennsylvania Agricultural Experiment Station.

conditions, study the various types of soils, the crops, kinds of farming, and the results from each type of soil. He is required to spend his time in the interest of improved farming by visiting the farms, and studying methods of cultivation, seeds, crops, and every phase of farming so that the scientific investigations conducted can be worked out for the benefit of the farmers. He is also expected to investigate the agricultural tendencies and possibilities, study market conditions, means of transportation, shipping facilities, and become an agricultural adviser to farmers. He will respond to every call made upon him for information and advice. All of this work is expected to produce results in the greatest yield of crops per acre and the greatest financial returns to the farm, and the work is done in entire cooperation with the local people, their agricultural, commercial and banking associations.

In general, the work of demonstration contemplates the adoption of the best known practices for growing and handling of crops like wheat, corn, hay, tobacco, small grains, potatoes, etc. Cooperators agree to handle a field on their farm so that the result of increased production may be an object lesson to the community. Soil tests are made by the trained agriculturist; the use or necessity of fertilizers on individual fields is investigated; the care and spraying of orchards are supervised, as well as the treating of potatoes for scab; wheat for smut, etc.

The agent assists the farmers to knowledge of the best methods in grading and packing their fruit and other products in such form as to command the highest market prices. He prepares bulletins dealing with local facts and conditions of interest to the farmers.

In the presentation of this important subject to the public-spirited citizens of Lancaster city and county it is sought to secure the united cooperation of all men and women interested in farm betterment, especially the farmers, bankers, merchants, business men and carrying companies who profit directly or indirectly through increased crops, greater prosperity and reduced cost of living. To consider the proposition stated by Dr. Galloway as soon as possible, it is suggested that a public meeting be held in the City of Lancaster, at such time representative of the U. S. Department of Agriculture, Pennsylvania Agricultural Experiment Station, and other interested parties be present to discuss the material res-

GREATFUL for the liberal patronage of a public appreciative of good values and painstaking service throughout the year just closing, we desire to extend to our many Friends and Patrons

A New Year's Greeting Of Good Wishes

For a Prosperous and Happy Nineteen Thirteen

Special For Saturday Jan. 4th

We will give Double *25c* Green Trading Stamps

I. D. Beneman

East Main Street, -- Mount Joy, Pa.

Happy NEW YEAR to All

WEBERSOLE

Office - - Mount Joy, Penna.

Black Off--

wornout hasbeens and don a pair of new no kick coming to you 'bout our

\$3, \$4, \$4.50 and \$6

and Shaub's Shoes in any style, any price. Invest invest today.

FOR 35 YEARS. HAVE STOOD THE

WEBER & CO.

RUBBERS and HOSIERY
Street, LANCASTER

Wernerhart & Co.

Heartiest wishes for a happy and prosperous

NEW YEAR Children's Shoes. New Year

like chances with the children's feet.

SOLES ARE RIGHT. PRICES ARE RIGHT

low heels and medium heels—these being girls' foot requirements, and are with the heels cut down; and that's women's shoe with the heel cut down does not meet the anatomical foot

ARCH SUPPORT, PEDOMIC

ers and Gum Boots, as well as the best by far the cheapest. Goodyear

Wernerhart & Co.

Street, -- Mount Joy, Pa.

BLANKETS!

a very fine line, of choice all-wool blankets were made expressly to my order and weaves, size all-wool horse

Plush Robes, \$10, \$12, \$14, \$14.50. 50; Chase all-over Stable Blankets, \$2.00 to \$5.00. See goods cheerfully shown.

GROFF MOUNT JOY, PENNA.



Before we tell you about the boy and his air rifle, we want you to hear about *Leggett & Myers Duke's Mixture*—the tobacco that thousands of men find "just right" for a pipe—the tobacco that makes "rolling" popular.

Leggett & Myers
Duke's Mixture

This favorite tobacco is fine old Virginia and North Carolina bright leaf that has been thoroughly aged, stemmed—and then granulated. It has the true tobacco taste, for the very simple reason that it is *pure* tobacco. Pay what you will—it is impossible to get a purer or more likeable smoke than *Duke's Mixture*. It is now a *Leggett & Myers* leader, and is unsurpassed in quality.

In every 5c sack there is one and a half ounces of splendid TOBACCO—and with each sack you get a book of cigarette papers FREE.

How the Boy Got His Air Rifle

In every sack of the *Leggett & Myers Duke's Mixture* we now pack a Free Present Coupon. These Coupons are good for all kinds of useful articles—something to please every member of the family. There are skates, sleds, balls and bats, cameras, umbrellas, watches, fountain pens, pipes, opera glasses, etc., etc.

As a special offer, during January and February only, we will send you our new illustrated catalogue of presents, FREE. Just send us your name and address on a postal.

Coupons from *Duke's Mixture* may be associated with tags from HORSE SHOE, J. T. TINSLEY'S NATURAL LEAF, GRANGER TWIST, coupons from FOUR ROSES (10c-15c double coupons), PICK PLUG CUT, PIEDMONT CIGARETTES, CLIX CIGARETTES, and other tags or coupons issued by us.

Premium Dept.

Leggett & Myers Tobacco Co.

St. Louis Mo.

