

THE CLANCY KIDS



Opportunity knocks But Once

By PERCY L. CROSBY
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GRAND STAND

OUR DEPARTMENT OF AGRICULTURE

EVERY CHILD SHOULD DRINK MILK THREE TIMES A DAY

"What a lot of milk you use," claimed Mrs. Olds, watching the milkman place a 4-quart bottle on her neighbor's porch. "What on earth do you do with it all?"

Mrs. Newsome looked surprised and astonished. "Why?" she replied. "I drink most of it of course. A pint and a half a day or a glass each meal for each of the three children, the pint for grand-mother, a glass or more each for Mr. Newsome and myself, and the rest for breakfast cereals, coffee, and cooking. In fact I often have to buy an extra bottle if I want to make a pudding. Tom especially since he has been on the high-school athletic team, very often uses a glass or two more than I do for him."

"Goodness, my children would drink milk if I paid them," Mrs. Olds took 2 quarts a day, and her husband used all of that. My family uses more than yours too," Mrs. Olds said. "Seven of the children are married that Maude is married to a farmer. I could get Florence to make milk and eggs better than you. She is thin and nervous and tired out so easily. She wants his coffee tea for dinner."

"You don't mean a 4-year-old Billy?" Mrs. Olds asked. "An illumination about her neighbors family," Mrs. Newsome said. "I always supposed the Olds children were delicate and obviously under-nourished, because there were so many of them to bring up on a small salary. Apparently, however there had been a very grave blunder in the diet of the whole family one which could have been avoided even with their limited income, because milk one of the cheapest sources of nourishment obtainable."

"I wish you might have been with me yesterday," remarked Mrs. Newsome. "I heard a talk about nutrition prepared by some milk specialists in the Dairy Division of the United States Department of Agriculture. In fact, I brought home a picture which illustrated the lecture. I think it would interest you." She stepped inside the house for a moment, and then invited her neighbor to sit down while she explained.

"The exhibit was of some white rats and showed the practical results of research work done by nutritionists that the condition of the rats illustrated the good effect of adding milk to an inadequate diet. The rats having milk you see grew large and muscular with strong bones, bright eyes, and glossy hair. Those that had not milk added to their diet had weak bones because they lacked minerals, especially lime, which is so abundant in milk, and also proteins which are unexcelled for making firm, strong muscles. They also lacked vitamins, the important food accessories so essential to growth and health. Poor little things, they did not gain, but actually lost, while their comrades in the next cage thrived, and in six weeks had more than doubled their weight at the beginning of the demonstration."

"The lecturer explained that the exhibit was not an experiment, because the facts had already been proved by experimental evidence. It was merely a practical illustration. 'Of course,' went on Mrs. Newsome, 'we know that a baby will double its weight in six months on milk alone, and really we should not be surprised that these half grown rats have done the same when they had all the milk they wished.'"

"The lecturer showed us the stuffed pellets, which were absolutely life like and the mounted skeletons. The milk fed rats had firm, well-formed bones, because they got plenty of lime, whereas the poor little under-nourished ones had such frail skeletons the bones of them had to be exhibited in bottles instead of being mounted."

Mrs. Olds looked very thoughtful. "I wonder," she said finally, "if the small amount of milk that I have had would partly account for the easily broken bones in other children? Three of the children have fractured arms or legs—and back seems so weak."

"It seems probable, though I can't say positively, of course, Mrs. Olds. The lecturer yesterday confirmed my belief that milk is better for child nervous system than tea and coffee, which as you know are not foods at all, and which contains elements that affect the nerves. It is a problem to break a food habit after a child once forms it. I know; that is why I have always avoided starting the tea and coffee habit."

"I believe," said Mrs. Olds, "that to me if I could tell them the story of the rats—and perhaps show them the picture."

"I'll be so glad to lend it to you," smiled Mrs. Newsome.



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SALVAGERS DID GOOD WORK

Recovering Disabled Ships During the World War Was Matter of Highest Heroism.

Landlubbers link salvaging ships and cargoes to easy deals in treasure trove, but the skippers of the salvaging ships would tell them that salvage is sweaty and poorly paid exertion. They do not regard themselves as adventurers of romance. They are divers of seagoing ambulances. They are marine surgeons, who operate on sick or disabled craft, says the Spokane Spokesman Review.

Salvaging before the war was a matter-of-fact trade, but during the war it became a business fraught with extraordinary dangers. The maritime belligerents had to save every damaged or sunken ship that they could, and the salvager was almost as indispensable to winning the war as was the man-o-war.

At the Dardanelles five vessels were sunk near shore, and yet all were salvaged expeditiously by the Liverpool firms.

In June of 1917 the salvagers recovered four good-sized steamers in ten days that had been sunk in the English channel. They salvaged Beattie's flag-ship and the Britannia and the Asturias; the submarine K-13 after its crew had been submerged two and a half days; the wrecks off Ostend and Zeebrugge.

The salvaging boats had at one and the same time to act as machine shop, power house, pumping station and tug. They worked in a single spot, where they were target for every German submarine anywhere around. They showed a heroism beyond praise.

LEAF FROM LANDLADY'S BOOK

Drummer Devised Shrewd Scheme for Putting End to Series of Petty Extortions.

"Like cures like," said Speaker Gillett, apropos of certain extortions. "Abuse may cure abuse, too."

"I once knew a drummer for a chemical firm. This drummer would visit Pottsville four or five times a year. He would arrive late in the evening at the Pottsville hotel and depart after lunch the next day. He didn't stop a full day, you see; he got no dinner; nevertheless he was always charged a full day's board.

"The extortion got on his nerves at last; so one afternoon when his bill was brought him, he took out his pad and drew up an account against the landlady for a carboy of sulphuric acid.

"Take this to Mrs. Tompkins," he said to the waiter, "and ask her if she would mind settling up at once."

"In a few minutes Mrs. Tompkins herself appeared.

"Why," she said to the drummer, "I never bought any sulphuric acid from you in my life. This bill is a mistake."

"Neither have I ever eaten any of your dinners, ma'am," said the drummer, "but you charge me for them every time I come to Pottsville."

"After that the Pottsville hotel never charged the drummer for things he hadn't had."

The Catch.

A New England spinster was much enamored of a neighboring farmer, but the affection was not returned. One day, starting on one of his weekly visits to town, the maiden came rushing out, crying:

"Yoo-hoo, Mr. Simpkins, do you mind taking me with you?"

The farmer considered warily and finally allowed her to climb in.

In vain the lady tried every topic of conversation without eliciting response and finally in desperation fell back on the passing bits of scenery. Going by the minister's house, she cried: "Oh, Mr. Simpkins, what a beautiful hitch-hiking post Pastor Watson has."

"Gol darn," cried the other cracking his whip. "I knowed there was a hitch in it somewhere. Dobbins, giddap. Ma'am, that's fer hosses only."—American Legion Weekly.

ONE THING AFTER ANOTHER.


It is many years since man was to be cured of all his ills by the removal of a largely superfluous appendix. When the magic of that operation began to pall pyrobia became the chief criminal and the substitution of "dentures" for the unruly teeth of nature the elixir of life. But man's health was still indifferent, and the discovery of the "dead tooth" in all its peril promised a pathway to centenarian vigor. Passing by monkey glands, we now come to the nerve centers of the spine as the seat of all trouble and to a delicate combination of osteopathy and massage as the infallible recipe for perfect health.—London Express.

WILL GREATLY IMPROVE THE STATE HIGHWAY

At a joint meeting of the automobile clubs of Lancaster and Reading, in conjunction with several officials from the State Highway Department, they assured the autoists that the state road from Ephrata to Adamstown will be put in good shape this year. Next year it is the intention of the State Department to build a concrete road from Reading to Adamstown. That's mighty good news and we hope it is more than talk.

A Wonderful Bargain

Undoubtedly the best bargain have had in several years. A double lot, corner, good residential section with 3-story brick house, modern every respect, new heating plant, lights, bath, garage, etc. Call today, \$20,000 and give possession. Don't think too late. E. Schroll, Realtor, Mt. Joy, Pa.



ANNOUNCEMENT

Mr. Edsel B. Ford, President of the Ford Motor Company, gives out the following statement:
"Another reduction has been made in the list price of all types of Ford cars and the Ford truck to take effect immediately. The list prices, f. o. b. Detroit, are now as follows:

| | |
|--------------------|----------|
| TOURING CAR..... | \$415.00 |
| RUNABOUT..... | 370.00 |
| COUPE..... | 695.00 |
| SEDAN..... | 760.00 |
| CHASSIS..... | 345.00 |
| TRUCK-CHASSIS..... | 495.00 |
| TRACTOR..... | 625.00 |

"The big reductions last fall were made in anticipation of low material costs which we are now getting the benefit of, and this fact together with increased manufacturing efficiency and the unprecedented demand for Ford cars, particularly during the past three months permitting maximum production, have made another price reduction possible immediately.

"Ford business for April and May 1921 was greater by 56,633 cars and trucks than for the same two months in 1920; in fact, the demand has been even greater than the supply, so that our output has been limited, not by unfilled orders but by manufacturing facilities.

"During May we produced 101,424 Ford cars and trucks for sale in the United States alone—the biggest month in the history of our company—and our factories and assembly plants are now working on a 4,000 car daily schedule for June.

"The Fordson tractor is still being sold at less than the cost to produce on account of the recent big price reductions, and it is impossible, therefore, to make any further cut in the price of the tractor."

Can you afford to go without a car any longer when Fords are selling at these new low prices? There is no reason now why you should delay purchasing a Ford car, Ford truck, or Fordson tractor.

We will gladly advise you concerning the delivery of a Fordson tractor or the particular type of car in which you are interested. Just phone us or drop us a card.

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