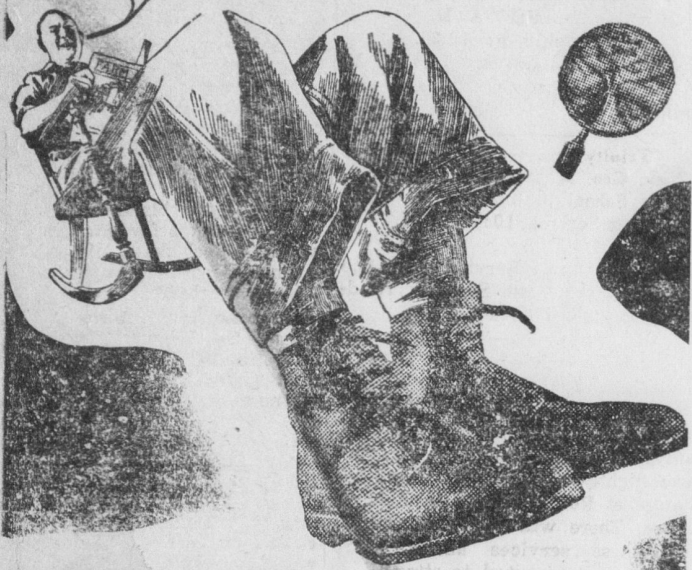


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BY HITT



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"H. Z. Mitchell's 'Sentinel,' published at Bermidji, Minn., wins the prize as best weekly in the National Editorial Contest. This is a good time to remind the public in general, and national advertisers in particular, that country weekly newspapers are the most important organs of public opinion and protectors of public welfare.

"And, their advertising per mill line, is not excelled by any publication, of any kind.

"The reader of a country weekly buys everything from shingles on the roof to cement in the cellar floor, and every advertiser has in him a possible customer."

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AID FOR VETERANS IS RED CROSS PLEDGE

Service and Ex-Service Men Are Helped in All Problems.

Service to World War veterans in hospital, for able-bodied veterans, and for dependent families of both called for expenditures of \$753,000 by the American Red Cross during the year just ended. In addition, Red Cross Chapters spent \$1,963,000 in veteran relief, and also for men still in service. Although eleven years have passed since the Armistice, there remain 25,500 disabled and sick veterans of the World War in hospitals, and the peak of the number who will require hospitalization is not expected by Veterans Bureau authorities to be reached until 1947. For these men the Red Cross must continue its service of providing recreation and comforts, according to James L. Fieser, chief chairman of the Red Cross.

"Under its Charter from Congress, the Red Cross is required to maintain service for veterans of wars and for the men still in the service," Mr. Fieser said. "The funds for this work come from the annual roll membership fees. In addition to the sum spent in maintaining contact with the veterans, the Red Cross expended \$308,000 in its service to the men still in the regular Army, Navy and Marine Corps. The society and a majority of its 3,500 chapters handle claims for these men for insurance, compensation and other benefits they are entitled to under the law, and also where necessary arranges to provide for dependents of the men.

"Red Cross workers are maintained in forty-eight Veterans Bureau Hospitals, as well as in all regular Army and Navy hospitals, whose duty it is to supervise recreational facilities for the patients, and to provide small comforts. In the Army and Navy Hospitals, the workers also do social service for the patients. These tasks also are performed at all Army Posts and Navy Ports by Red Cross workers, and in addition Red Cross representatives to handle claims are established at the majority of Veterans Bureau regional offices."

Mr. Fieser urged that all citizens enroll in the Roll Call, from Armistice Day to Thanksgiving Day, November 11 to 28, in order to aid in supporting this work.

SIX MILLION CHILDREN IN JUNIOR RED CROSS

The year 1929 marks the tenth anniversary of the founding of the American Junior Red Cross. There are now Junior Red Cross societies in forty-one nations, all pledged in the common cause of service to their fellows.

Membership in the American Junior Red Cross in the United States and insular possessions is 6,878,000, and is largely through grade and high schools and private schools. The organization is governed by the boys and girls. One of its chief features is conduct of international correspondence with schools of other nations, through exchange of albums and small gifts. The American Juniors sent 85,000 Christmas boxes of small gifts to children of many nations last year.

The American Junior Red Cross gained 349,171 in membership last year.

RED CROSS HONOR FLAG GOES TO NEW HAMPSHIRE

The honor flag, given annually to the State which enrolls the greatest percentage of its population as member of the American Red Cross, went this year to New Hampshire. The decision was so close between New Hampshire and Vermont that it hung in the balance for a time. California ranked third in the honor list and Connecticut fourth.

A final tabulation of figures of the 1928 Roll Call showed a nationwide membership of 4,127,946. The banner rests with New Hampshire where it is hung in the State House, until the 1929 Roll Call—held between Armistice Day and Thanksgiving Day—is completed and new figures available for the 1929 winner.

Bladder Irritation

If functional Bladder Irritation disturbs your sleep, or causes Burning or Itching Sensation, Backache, Leg Pains, or muscular aches, making you feel tired, depressed, and discouraged, why not try the Cystex 48 Hour Test? Don't give up. Get Cystex today. Put it to the test. See for yourself how quickly it works and what it does. Money back if it doesn't bring quick improvement, and satisfy you completely. Try Cystex today. Only 60c. W. D. Chandler, W. Main St., Mt. Joy.

Turn useless articles about your home into cash. Advertise them in our classified column.

Novel Use of Fan Bans Heat Spells

Next to the hearth, the fan is the oldest instrument of comfort humankind has had, points out the Holland Institute of Thermology of Holland, Mich., and it remains today one of the most potent sources of heat relief available.

Only, instead of being an exquisite fabric worn as a personal adornment, or an elegantly decorated plume waved by a slave, or a "punkah" kept moving by a coolie on the veranda of an East Indian bungalow, the present-day fan used for cooling purposes is an efficient mechanical affair, run by electricity, and installed in the heating system.

Operated during a summer "hot spell" this type of air propeller keeps strong currents moving through all the rooms of the home. This air motion, according to the engineers of the Holland Institute, cools the bodies of the occupants by two methods.

First, moving air brushes off, so to speak, and conveys away from the body more heat than still or stagnant air can do. This process is known as convection, and it helps



Cooling Currents Make for Sleep.

materially to lower the body temperature during hot weather. Also, moving air has a greater capacity to evaporate perspiration from the skin. Evaporation causes coolness, so that the air motion increases the comfort effect by this means, too.

So, merely by installing the electrified propeller in a warm air circulating heating plant, and without the addition of expensive and complicated refrigerating or dehumidifying machinery, a distinct cooling effect is produced.

In winter, the function of the propeller is to distribute warm air from the heat generator in the basement rapidly throughout the home. Thus equipped, the home heating plant runs on the principle of a large volume of moderately warmed air moving at steady velocity rather than a small volume of superheated air reaching the rooms in a hot blast.

This makes for greater health and comfort, more uniform temperatures in each room, greater heating efficiency and ample heat in every room, no matter how far distant from the heat generator in the basement it may be.

Cold Baths

A friend, in the hospital last winter, found his recovery hastened by fresh air which was admitted to his room despite zero temperature. If the window remained closed long he felt "winded." The fresh air was a tonic. Fortunately he had been prepared to stand cold temperatures by daily cold plunges. The frequent bath is something which the Western world learned from the Far East. India taught the British conquerors the value of the daily bath. Oriental peoples had been taking daily baths for a thousand years before Perry visited Japan—Grove Patterson, in the Mobile Register.

Fish Armed With Knives

A "physician" fish, accoutered with razor-edged lances which are used to wound, however, instead of heal, has been listed with the Smithsonian Institution's vast Philippine collection. It is known as the surgeon fish. On each side of its tall are sharp pieces of cartilage, so keen that they are veritable knives. In an instant they can be made to stand out from the body for a clipping blow. A slight slap from the tall is sufficient to cut a man's hand to the bone. Many of the lances are poisoned. The surgeon fish is confined to the tropical parts of the Indian and Pacific oceans.

Hopeless

For more than two hours the club bore had been telling his stories to the occupant of the chair opposite him in the smoking room. At last the victim decided he would have to be rude if he were to escape at all. When the next story came to an end he gave a prodigious yawn. "Excuse me," he said. But the club bore was a match for the best where rudeness was concerned. "That's quite all right," he said. "It doesn't bother me at all. You see, I've lived close to the entrance of a railway tunnel for the last five years."

"GREEN FROGS"???

What are they? Why are they? You want one!! CENTRAL CUT-RATE STORE 45 E. Main St.

RED CROSS EXPENDS EIGHT MILLIONS FOR RELIEF IN DISASTER

Year Just Closed Put Heavy Task on Society—120 Calls for Help Were Met.

An unusually large number of disasters in the United States and its insular possessions have required assistance from the American Red Cross during the year just closed. The organization sent emergency relief workers to the scenes of 120 tornadoes, floods, fires and other types of catastrophes and expended \$8,020,000 in relief and rehabilitation of the victims.

Calls for aid came from eleven other nations in which earthquakes, floods and other problems caused distress to large populations, and the Red Cross sent \$76,300 to help in relieving the suffering.

The catastrophe causing the greatest loss of life and most widespread devastation was the West Indies hurricane of September, 1928, in which more than 2,000 lives were lost in Florida, Porto Rico and the Virgin Islands. A relief fund of \$5,885,725.62 was contributed by the public, following a proclamation by the President of the United States, to which the Red Cross added \$50,000 from its own treasury, and the society was enabled to give relief to more than 700,000 persons.

In the early Spring, river floods in the southeastern states cost a heavy loss to many persons, 76,000 inhabitants being affected in four states. The Red Cross assisted 4,383 families, approximately 28,000 persons, with food, clothing, temporary housing, feed for stock and seed for replanting.

In all, thirty-eight states were visited by calamities during the year, affecting 364 counties. Twenty-eight counties were devastated twice by storms, fires and floods.

Red Cross expended \$434,000 from its treasury in giving relief in these disasters, and at one time had as many as 120 disaster relief workers, nurses and other representatives in the field.

Funds for this relief work are obtained in the annual roll call for members, which occurs from Armistice Day to Thanksgiving Day, November 11 to 28. Only once a year—during this period of Roll Call—does the Red Cross ask public support to carry on its many activities.

NEW CROPS IN FLOODED STATES BRING PROSPERITY

The introduction of new habits of planting, following the Mississippi Valley flood of 1927, has brought added prosperity to farmers in many of the Mississippi Delta counties, according to Red Cross officials.

Almost every cabin has a fine vegetable garden, whereas cotton formerly grew right to the doorstep, the Red Cross states. The home demonstration and agricultural agents have followed up the project inaugurated by the Red Cross, immediately after the flood of 1927, with very gratifying success. There is a large acreage in corn whereas formerly cotton was the one crop. Alfalfa has gained a firm foothold, and the growing of this crop is bringing good financial returns from the three or four cuttings each year. Live stock also is showing improvement due to these new crops.

Everything considered, the Delta sections which escaped a backwater problem in the Spring of 1929 are in a prosperous condition, as a result of the follow-up and rehabilitation by the American Red Cross.

RED CROSS VOLUNTEERS PRINT BOOKS FOR BLIND

One of the most appealing services that is carried forward by women volunteers under the American Red Cross is that of transcribing popular and scientific books into Braille for reading by the blind. This work was started at Evergreen hospital, where blind veterans of the World War were sent after the Armistice.

The Red Cross now has 1,155 volunteer Braille transcribers, and last year they produced 442 titles in 1,849 volumes, or 175,000 pages of Braille. The majority of the books go to the Library of Congress and public libraries throughout the country, although some of the books go to schools for the blind and, in a few instances, text books are transcribed for some individual scholar in order to help him complete his course in some study.

The work is supported from the Red Cross Roll Call for members which occurs each year from Armistice Day to Thanksgiving Day.

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An Outdoor Supper

WHO doesn't want to eat his supper out-doors in the fall, perhaps under the shade of a gnarled old tree which makes a sheltered spot on the top of a cliff above the sea, or perhaps just at home in his own garden. And what fun there is in such a picnic out in the cool twilight air with the setting sun decorating the horizon for your delectation!

Here is a menu for such an outdoor supper:

- Camp Baked Potatoes and Sausages
Ham Salad Sandwiches
Bread and Butter Sandwiches
Whole Tomatoes and Mayonnaise
Pineapple and Cherry Pie
Lemonade

Baked Potatoes and Sausages: With an apple corer cut a hole

through the center of as many potatoes as desired. Put a canned Vienna sausage in each hole. Place the potatoes in a frying pan balanced on rocks above hot embers. Cover, and put embers on the lid of the pan. Bake until done.

Pineapple and Cherry Pie: Run four slices of pineapple and one cup of canned sour pitted cherries through the meat grinder, add two tablespoons flour and one-half egg, beaten, and cook in a saucepan until slightly thickened. Pour into a small pie tin lined with pastry, cover with upper crust and bake, having oven hot (450° F.) for the first five minutes, then moderate (375°) until done. To measure half an egg, beat the egg slightly, measure the number of tablespoons, and take half that number.

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