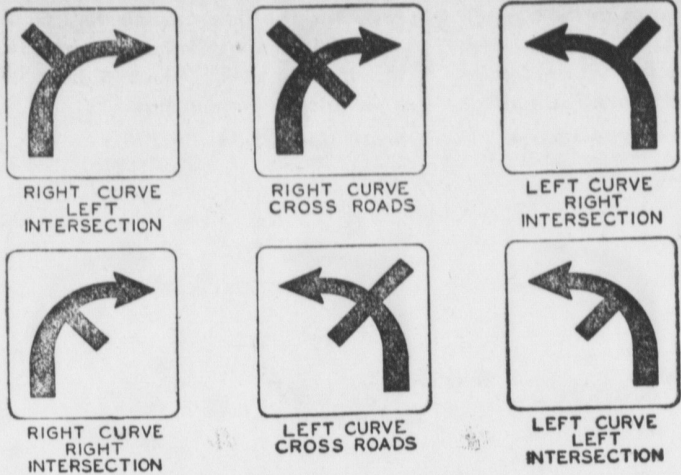


### Supplemental Highway Symbol Signs

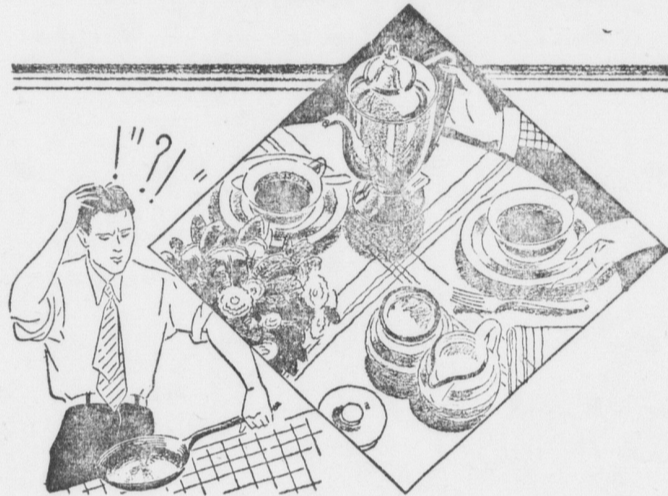


Harrisburg, Nov. 15—The Pennsylvania Department of Highways has, with the approval of Governor Pinchot, adopted additional symbol signs to supplement its new standard of warning characters to apprise motorists of the presence of hazards. These signs, conveying information of road intersections on curves, will permit one symbol to serve for two where this condition is presented.

Secretary Samuel S. Lewis states that the symbol signs already erected on all main State highways are receiving the enthusiastic endorsement of motorists generally. The symbol conveys at a glance the nature of the hazard being approached. The most important improvement suggested by the experimental installations was some means of eliminating one of the two signs, one indicating a curve and the other an intersecting or connecting road, required where these conditions existed in combination. Accordingly, the Department has developed the series of combination signs each of which reveals in a single symbol the

presence of a road intersection on a curve. As explained by Secretary Lewis, a crossroad on a right or left curve will be designated by the appropriate curve symbol intersected by a straight line. In case the intersecting road does not continue through the highway on which the motorist is traveling, the straight line will be shown on only one side of the curve, either right or left, depending upon the direction of intersection.

Motorists are cautioned that the combination symbol may not always designate the exact location of the intersection on the curve. In some cases there may be two or more intersecting roads on the same curve. A symbol designed to show each intersection with its exact location would be more confusing than helpful, and besides would require a specially prepared sign for each situation, so the conventional symbol will be employed instead in all cases. The only safe rule for motorists, the Secretary states, is to proceed with caution entirely through the curve where any combination symbol sign is displayed.



### Better Breakfasts

**WHAT!** No bacon nor eggs? Well, do we always have to serve bacon or eggs for breakfast? If you belong to the followers of the better breakfast campaign, you will enjoy one breakfast a week that omits these two favorites, providing it affords something else very good and different.

#### Vary Your Menus

Winter appetites demand variety in foods, more baked dishes and sustaining menus. Try baked fruits for a change, and hot breakfast cakes are also delicious. The following menu suggests a different way with breakfast fruit, an innovation in cereal, and a very delicious breakfast cake instead of toast. Try it.

**Baked Prunes with Lemon Peel**  
**Boiled or Steamed Rice with**  
**Grated Maple Sugar**  
**Pineapple Breakfast Cake**  
**Coffee**

**Pineapple Breakfast Cake:** Sift together one cup flour, one-eighth teaspoon salt, two teaspoons baking powder and one tablespoon sugar. Cut or rub in three tablespoons shortening. Add one well-beaten egg and two tablespoons milk. Put out into a round greased tin. Drain thoroughly the crushed pineapple from an 8-ounce can, and spread over the top. Sprinkle with one-half cup brown sugar, and dot with two tablespoons butter. Bake in a hot oven—400 degrees, for 15 to 20 minutes. Serve hot. This serves from four to six persons.\*

### How to Reduce Heating Costs

by JOHN BARCLAY,  
Heating Expert



Banking the fire at night always seems to present a problem to the average home owner. As a matter of fact, this is a simple operation when properly done.

The main complaint with most people is that when the fire is banked at night there is not sufficient heat available in the morning. This can be very easily overcome. When you are getting ready to retire for the night, gently shake your fire until you can see the first red glow in the ashpit. (It is not necessary to open the ashpit door in order to see this. When the glow appears it can be seen through the crevices around the slide in ashpit door.)

When you see this first red glow, stop shaking the furnace. Then with your hoe, or shovel, pull the live coals forward toward the feed door. You will then have a bed of fire sloping down from the feed door to the back of your furnace.

Into this hollow, feed fresh coal... but do not cover up the live coals immediately in front of the feed door. This "hot spot" should be allowed to remain so that it will act as a pilot light for the gases arising from the fresh coal.

One thing that is important in this connection is this: Never bank your fire with anything but fresh coal. The old time practice of banking a fire with cinders and ashes will not only cause unsatisfactory heat, but it will cause you no end of trouble.

My previous articles on the proper position of the dampers apply during the banking period. The check damper should be open, the ashpit damper closed. The turn damper, of course, should remain in the same position as usual.

If your dampers are open too wide, the fuel will burn too fast during the banking period, and there will not be sufficient fuel left in the furnace

in the morning to heat the house. If the dampers are not open far enough, the fuel will not receive sufficient air to maintain the proper temperature. If you burn coal that is too large, even if your dampers are closed, more air than is necessary will pass through your fuel bed and will burn up the coal with the result that you will be wasting heat up the chimney and have insufficient heat in your house.

If you follow these instructions, use the right size of coal, put on a sufficient charge of coal, and keep your dampers set in the proper positions, you will have plenty of heat in the morning.

**ANSWERS TO QUESTIONS**  
Mrs. R. V. M., Troy, N. Y.—Air circulation above the basement is very important, and in order to heat the different rooms the doors should be left open as much as possible. The cold air which is formed should be allowed to find its way back to the heater. This is done by placing cold air returns at those locations where there are extra large windows or a group of windows together. One location would be at the bay window in the front room.

The cold air from the second floor must be allowed to descend the stairs. In the hall on the first floor another cold air return can be located. These returns are connected to the heater the same as described for the present cold air inlet. Cold air returns for inside air do not need flat dampers, but a slide damper should be installed in the present cold air return, to shut it off completely.

(If you have any heating problems address John Barclay, Room 1814, 120 Broadway, New York City. He will be glad to reply in a personal letter.)

### HEALTH TALK

WRITTEN BY DR. THEODORE B. APPEL, SECRETARY OF HEALTH

"Despite repeated warnings, many persons continue to lose their lives through asphyxiation. As with other accidents, carelessness is back of most of such premature deaths. Manufacturers of gas heating appliances have been interested in developing mechanisms wherein, so far as the contrivance itself is concerned, it is accident proof. Thoughtless persons who have untoward or fatal experiences with gas apparently fail to realize that, while the heater itself may be fundamentally perfect, all appliances suffer more or less from wear and tear and in time need part replacements," states Dr. Theodore B. Appel, Secretary of Health.

"Manufacturers of such heaters are careful to warn users of them as to the proper method of handling them and of the necessity of keeping them in good condition. Such appliances are perfectly safe to use. Hundreds of thousands are daily on the job. But this fact is little solace to one who nearly or altogether loses his life because he foolishly concluded that such things were so constructed as to go on forever without attention.

"A number of deaths from this cause were recently investigated by the department of Health. In every instance the record revealed that the inexcusable carelessness of the operator was entirely to blame. In one case it was a leaky gas pipe, in another a worn out valve, and still another a deteriorated hose connection, and so the story went.

"Safe performance of gas heating appliances that have been subjected to the use includes a check-up on its parts, as well as free circulation of air in the room. Proper combustion cannot occur in a sealed-tight or near sealed-tight room. Carbon monoxide results. And in traceable quantities this deadly poison produces headaches. In appreciable quantities, as is well known, it kills.

"Users of gas heaters would be wise to have them properly checked. If done, the least result will be better

### HEALTH by DR. O. J. Waring, RESEARCH DIRECTOR, A.D.S. FELLOWSHIP

**HEALTH ODDITIES** by DR. O. J. Waring, RESEARCH DIRECTOR, A.D.S. FELLOWSHIP

IN FRANCE A REVOLVING SANATORIUM HAS BEEN BUILT TO SAVE THE PATIENT'S SUNLIGHT AT ALL HOURS OF THE DAY

**GEORGE A. FOX** CHIEF PHARMACIST'S MATE U.S.N. ASSIGNED TO DUTY AT THE WHITE HOUSE, HAS LOOKED AFTER THE HEALTH OF FIVE PRESIDENTS—WILSON, HARDING, COOLIDGE, HOOVER, ROOSEVELT

**EAU DE COLOGNE** INVENTED IN 1709, WAS ORIGINALLY USED TO "RUB DOWN" HOUSES AS A REMEDY AGAINST PLAGUE © 1933, American Druggists' Syndicate, N. Y. C.

service, and the maximum result conceivably would be the saving of a life or damaged parts could eliminate gas or lives. Indeed, reasonable inspection heater accidents and death."

### To All Who Suffer Stomach Agony, Gas and Indigestion

Money Back If One Bottle of Dare's Mentha Pepsin Doesn't Do You More Good Than Anything You Ever Used.

Why bother with slow actors when one tablespoonful of this splendid and pleasant liquid remedy will cause gas, bloating, heaviness, heartburn or any upset condition of the stomach to speedily vanish. And why should any man or woman suffer another hour with indigestion or any stomach misery when the remedy that acts almost instantly can be easily procured? But there is more to say about this remarkable remedy—something that will interest thousands of despondent people.

Dare's Mentha Pepsin not only quickly relieves stomach distress, but it also conquers stubborn indigestion, dyspepsia and gastritis, and puts an end to dizziness, nervousness, headache, sleeplessness and dependency which distressing troubles are nearly always caused by chronic stomach disturbance.

Dare's Mentha Pepsin is a supremely good remedy that druggists everywhere guarantee—a fine tonic that builds you up and makes you work with vim, eat with relish and sleep soundly.

# PLUS

in **QUICK-STARTING**  
Instant response... no costly grinding of the starter.

in **ANTI-KNOCK**  
Has the same anti-knock fluid formerly used only in premium-priced gasolines.

in **POWER**  
Reserve power for the hills... flashing pick-up for the straight-away.

in **ECONOMY**  
Super-performance... maximum mileage... at no extra cost.



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### Far Cheaper Than You Can Build VERY MODERN HOME

On an 80-foot front lot, house has 8-rooms and bath, slate roof, large porch, hot water heat, oil burner, hot and cold cellar, all cemented, possession any time. This is one of the best built homes in Mount Joy. Only reason for selling, but one person in the family. I will cheerfully show this property. No. 442.

### Modern 7-Room House

On a 60-foot lot, corner, bath, oil burner, slate roof; house recently painted and papered. 2-Car Garage, poultry house, fruit, etc. Come and inspect.

### JNO. E. SCHROLL, Realtor MOUNT JOY, PENNA.

\$ 1.00 PER MONTH MEANS \$ 200.00 SAVED  
\$ 5.00 PER MONTH MEANS \$1,000.00 SAVED  
\$10.00 PER MONTH MEANS \$2,000.00 SAVED  
INSIDE OF TWELVE YEARS

### WE CHALLENGE A COMPARISON

Can any place be found, or any security be purchased on a deposit of one dollar per month where the factor of safety is so great and the yield is so high.

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