

HEALTH TALK

WRITTEN BY DR. THEODORE B APPEL, SECRETARY OF HEALTH

The Medicine Cabinet

"Recently three notices within a few weeks appeared in the newspapers detailing the deaths of children whose curiosity led them to swallow 'home remedies' lodged in the so-called medicine chest. And only yesterday the death notice of a father of six youngsters stated that in the dark he had taken poison by mistake, thinking it was cough syrup in the bathroom medicine cabinet. These tragic and premature fatalities emphasize the dangers of accessibility and carelessness associated with this legitimate household adjunct," states Dr. Edith MacBride-Dexter, Secretary of Health.

"Needless to say every home should be equipped to handle the more common emergencies by way of first-aid. However, there is a too general tendency to stock up on remedies for all sorts of ailments; not to mention the habit of accumulating the surplus fluids and pills that have been professionally prescribed. These practices tempt many to self-diagnosis and self-treatment, with the consequent delay in seeking the physician's advice. Serious illness and even death have unnecessarily resulted from this attitude.

"Moreover, the very presence of an armament of drugs in numerous instances, has developed a drug complex—a very dangerous type of psychology, indeed. Every physician has his share of people who enjoy being ill, and thus habitually take concoctions and swallow pellets with a gusto that would be humorous were it not so pathetic.

"But even with these possibilities absent, the cabinet containing sugar coated pills and medicinal liquids represents a potential danger if readily accessible to small children. Medicines should be so placed as to be completely out of their reach.

"And finally, a number of premature funerals definitely could be avoided if adults resorting to their medicinal supplies will make certain that the liquid or pill they want to take is the one they actually swallow.

"Thus, while the medicine cabinet as an indispensable emergency chest is extremely valuable, enthusiasm for its use should be kept within reasonable bounds; and if small children are in the home, the danger of ready access to it by them definitely should be removed."

Water Lawn Thoroughly

When the lawn is watered it should be given a thorough soaking once or twice a week rather than a light soaking every day or so. The deep soaking will promote a deeper root system that encourages a growth and a thicker turf, while the shallow root system that may readily permit the invasion of weeds.

Gather Eggs Often

Frequent gathering of eggs is one important way of preserving quality. Where eggs are left too long in the nest they are likely to become dirty or broken and the first ones laid will be warmed by the body heat of the hens using the same nest.



New Thrift Measure Now Widely Adopted A Weekly Dollar Dinner Found Easy on Budget

HOUSEWIVES who have learned by experience that you can't have your cake-money and eat it, are being won over to the virtue of serving a thrift dinner one day of each week. Dietitians have devised some very delicious dinners which can be served at a cost of twenty-five cents per person. By the use of these menus, women have found that a guest dinner each week, can be nicely balanced in the budget, providing one day is set aside for the dollar dinner.

Don't Get the Wrong Idea

And don't think for a moment that this budget dinner need be an unattractive meal. Smart foods are not necessarily expensive ones, and by a little planning you can have a list of foods for these budget meals which will add a very dressed-up appearance to the dinner.

For example, flaked fish—canned tuna, salmon or any inexpensive canned fish—is very delicious and pleasing in appearance when creamed, served in patty shells and garnished with paprika and parsley. Carrot boats made of fresh boiled carrots, scooped out and filled with canned spinach, and bonasing a potato chip for a sail, add a jaunty nautical appearance to your dinner—and a wealth of vitamins.

Keep a Scrap Book

Keep a scrap book for bright ideas on budget foods. It's lots of fun and an endless saving in time when you are trying to con-

CHILD CARE and TRAINING

Parents spend much time worrying about the undesirable habits that their children have acquired. They should realize that it is much easier to prevent bad habits than it is to correct them, once they are firmly established.

There are two classes of bad habits—those resulting from faulty training, and those resulting from emotional difficulties. If such habits creep upon us unawares, we should begin a counter training. When the undesirable trait is first noticed, study the entire situation and discover, if possible, any factors which are encouraging its development. Then determine just what habits you would like to substitute for the undesirable one. Sometimes, building up the desirable habit will in itself cause the bad one to be overcome. This makes the training positive rather than negative by stressing a desired act and, as far as possible by ignoring an undesirable one.

If a child does not eat at meal time, see to it that he does not have anything to eat between meals, that his food is given in small attractive quantities and make it worth while for him to clean up his portion. It is better to have half a glass of milk emptied, than a full glass half emptied. Make comments and praise the child when the plate is empty. Say as little as possible about plates not emptied.

If the child fusses about bedtime, set a definite hour, give him five or ten minutes' notice before the hour is there. Take it for granted that your child is going to bed promptly. Many children fuss about bedtime because they know from the parents' attitude that a fuss is expected, perhaps dreaded. A mother who says "It's time to go to bed" just as she would say "It's time to eat," gets much better results than the one who says, "John, don't let me have to tell you again that it is time to go to bed."

All types of punishment should be administered without scolding or any ill feeling by the parent.

Thresh Wheat Early

Farmers are reminded by Penn State entomologists that wheat should be threshed early to save the grain from damage by the Angoumois grain moth. Threshing from the field is preferable.

Very often a country maid sends out her name and address penciled on an egg. Sometimes this results in romance and marriage. Another proof of the Biblical statement that casting bread upon the waters pays big returns. She sends out an egg and gets a bigger one in return.

OWL LAFFS



BY A WISE OWL

At a base ball game at Lancaster on the Fourth, a woman from town was sitting near me. Along about the third inning I heard her ask her husband why the player behind the batter wore such a large bib. He told her that the catcher didn't want his shirt all mussed up when the ball knocked his teeth out.

In the old days a farmer would say to a merchant, "I'll pay you as soon as I sell my corn." Now he says "I'll pay you as soon as the government pays me for not raising my corn."

A certain chap was about to marry a doctor's daughter Mary and he remarked to his future father-in-law. "There's one thing I want to get off my chest."

The doctor replied, "What is it my boy?" Young man replied, "A tattooed heart with the name Grace on it."

A chap at Florin got on one of our local auto buses and after riding a short distance said to the conductor, "Please let me off at the next stop. I thought this was a lunch wagon."

A woman on East Main street scolded her husband for always wishing for something he didn't have. He said: "What the deuce else can a man wish for?"

John Brubaker, over at Brubaker's store, claims the most pathetic thing he ever saw was a horse sitting on a radiator cap.

My impression of a liar is a person who has no partition between his or her imagination and their information.

While out for bass recently a fellow told me he heard John New-comer say: Lord, suffer me to catch a fish So large that even I In talking of it afterwards Shall have no need to lie.

A tourist told a man at Rheems that the underpass there is a dangerous point and its a wonder they don't put up a warning sign. The Rheems man said, "Yes it is dangerous but there was a warning sign up for over two years, there wasn't any accident, so they removed the sign."

Matching pennies is one time when two "heads" are better than one.

It is said that a part of the \$4,800,000,000 appropriated by Congress will be used to prevent beach erosion along the Atlantic coast of New Jersey. The simplest way would be for the government to hire a lot of gals in bathing suits to sit in the sand and keep it from washing away.

Nowadays when the family car develops trouble in its rear system it costs us lots of money. In the good old days when the family horse developed the same kind of trouble all we had to do was to quit feeding him so much oats.

I told you about the most pathetic thing John Brubaker ever saw but I can beat him. How about a relief worker without a car to go to work, an insect sitting on a blue eagle or a blind man in a nudist colony. That sure is tough.



"THAT LITTLE GAME" Inter-nat'l Cartoon Co., N.Y.—By B. Link



ALMANAC

- 7-11-35-Argentine declares independence of Spain, 1816.
7-10-35-F. P. Dunne (Mr. Dooley), great humorist, born 1867.
7-11-35-German sub Deutschland visits Baltimore, 1916.
7-12-35-First ice cream sodas are made, Philadelphia, 1874.
7-13-35-Great anti-draft riots in New York City, 1863.
7-14-35-Horse thief is whipped in public, Rhode Island, 1837.
7-15-35-Bradley pitches baseball's first no-hit game, 1876.

NO PLACE FOR GOVERNMENT IN DOMAIN OF PRIVATE INDUSTRY

Taxpayers who want less government in business and lower taxes must realize that the time for action on their part is ripe. The electric utility industry is one of the largest taxpaying groups in the country. Annually this industry contributes millions of dollars toward the Federal income.

Government ventures are tax exempt. If and when Government supplants taxpaying private industries, where and how will the loss of the taxes now derived from private industry be replaced? It might be said that upon this one question everything hinges. Widespread attention has been called by the Supreme Court decision in the NRA case to the fact that the constitution of the Government still stands. To the support of this constitution the tax-payers must rally in their own interest and protest to the members of Congress any encroachment on the part of Government into the domain of private industry.

Vegetables Shoot Seed Prolonged periods of low temperature cause beets, cabbage, and celery to shoot to seed. This trouble is quite common this season.

A prominent British financier says that Americans are still children when we recall the way in which we have fallen down on collecting what England owes us we are inclined to agree with him.

The number of pigs in Northern Ireland has increased 20 per cent. Well somebody has to make up for the ones which the AAA burned out in America in 1933.

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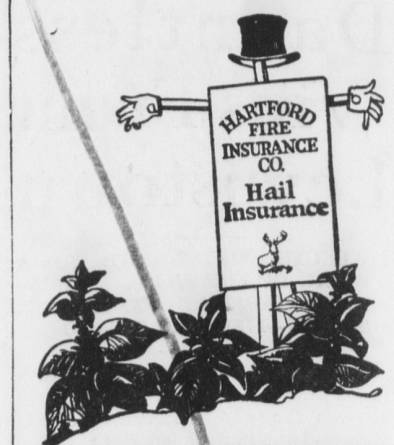
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MY SALE WAS A REAL KNOCKOUT HE USED OUR WNU CUTS IN HIS ADS. Furnished by THIS NEWSPAPER

COULD NOT DO HER HOUSEWORK WHEN everything you attempt is a burden when you are nervous and irritable—at your wit's end—try this medicine. It may be just what you need for extra energy. Mrs. Charles L. Cadmus of Trenton, New Jersey, says, "After doing just a little work I had to lie down. My mother-in-law recommended the Vegetable Compound, I can see a wonderful change now."

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HOW many women are just dragging themselves around, all tired out with periodic weakness and pain? They should know that Lydia E. Pinkham's Tablets relieve periodic pains and discomfort. Small size only 25 cents. Mrs. Dorrie Williams of Danville, Illinois, says, "I had no ambition and was terribly nervous. Your Tablets helped my periods and built me up." Try them next month.

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