

# Paper Pipes of Peace

We sometimes wonder if those cigarette smokers who roll 'em from the "pepperglass" dust-brands are going on the principle that, if there's any chance of smoking hereafter, it is better to get used to the broiling here. But why broil, brother?



Cigarettes rolled from

## PRINCE ALBERT

the national joy smoke

have a way of leaving you perfectly smoke-peaceful. You waltz up to the nearest smoke shop and you spin a dime on the showcase and say, "A tin of P. A., Old Top." That's the countersign. It will get you a spanking red tin of genuine Prince Albert, the tobacco that brought back the jimmy pipe and made a new smoke map in the little old U. S. of A.

You can roll and smoke as many P. A. cigarettes every day as you like. There's no kick or comeback or burnt, parched throat or tongue. The bite's taken out by a patented process.

P. A. is sold everywhere in tippy red bags, 5c; in tidy red tins, 10c; in pound and half-pound humidors.

R. J. REYNOLDS TOBACCO CO., Winston-Salem, N. C.

## Dog Days and Thermometer Terrors

(Continued from Page 14)

bility of contamination of food, particularly milk, meats and fresh vegetables and fruits, by a few definite dangerous bugs. Namely typhoid bacilli, the bacilli of Shiga, which produce the dread "summer diarrhoea," or dysentery, of children, and the group of intestinal "bugs" which produce cholera-morbus and colic.

While this sounds like a considerable number of enemies to be looked out for, yet our defence against them is simplified remarkably, by the fact that they have all one common origin: They all breed only in dirt and are transmitted in dirt, and in one particular form of dirt at that: namely: human excreta. Just keep sewage in all its forms out of the drinking water, out of the milk and off our food and our fingers and we are practically safe from the whole viper's brood.

NEXT after insisting on most scrupulous cleanliness not only of our hands, of our tables, kitchen, pantry but also through boards of health and food inspectors, of shops, markets, dairies and farms, comes the creation of a small artificial Arctic region, in which food can be stored, an ice box of some sort or a refrigerator. This is an absolute life-saver, not only for babies but also for adults and has already, with the assistance of modern cleanliness and fly-fighting, more than half exterminated our summer diarrhoeas, cholera-morbus and colics. Its modus operandi is of the most simple; coldness discourages the growth of "bugs" of all sorts in food. Few germs fall into food, from even very dirty fingers or dust, in sufficient numbers to be dangerous in a healthy stomach. They need to grow and multiply freely in a warm place for hours and even days before they muster strength enough to attack us. So that though the ice box cannot kill the germs, it keeps them from growing until they are swallowed,

and thus performs yeoman service for the protection of health.

As a practical hint, however, it is well to remember that mere coldness is not safety. For there are some germs which actually flourish better in the cold, and will sneak into an ice box and make themselves perfectly at home there. Some of these, notably moulds, produce poisonous products in food, so that it is always advisable to empty the ice box at frequent intervals and clean it, not only with hot water and antiseptics but also where possible by exposure to sunlight.

Finally, within the few past years, we have discovered the chief, if not the principal Ethiopian in the woodpile in the spread of summer diseases, in fact we have been able to equip them with a sort of personal devil, in the form of one abominable, pestiferous insect, the common house fly. Although the germs of all our summer diseases live all the year round, one of the chief reasons why they do not spread in winter is that there are few or no flies at that season. For any town or neighborhood to be able to say with truth: "There are no flies on us" ought to be its proudest boast, for it means practically a clean bill of health for the summer. No filth for them to breed in, no flies, and no flies, few summer diseases!

Mrs. Harvey W. Wiley, Suffragist

Mrs. Wiley, wife of Dr. Harvey W. Wiley, the pure food apostle, is an ardent suffragist. Not only does she believe in votes for women, but she can go on the lecture platform and give you her reasons. One of the best speakers in the suffragist ranks, and of charming presence, she may well have been behind her husband's statement that no woman's club was ever on the wrong side of any vital question, and that but for the women there would be no pure food law.

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