

How to Keep Well

By DR. W. A. EVANS

Questions concerning hygiene, sanitation and prevention of disease, submitted to Dr. Evans by readers of The Bee, will be answered personally, subject to proper limitation, where a stamped, addressed envelope is enclosed. Dr. Evans will not make diagnosis or prescribe for individual diseases. Address letters in care of The Bee.

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USEFUL VACATION TIPS.

Those people who live in hot sections would do well to read the story of how the United Fruit company keeps in good health the people who live on its plantations in Costa Rica, Honduras, Panama and other countries in Central and South America. Here are some items of advice, some of which may prove helpful in hot weather for people in almost any part of the United States:

Clothing—It is better to wear very light cotton underwear, as all wool and wool combinations tend to cause prickly heat.

Owing to excessive perspiration, underwear should be frequently changed.

Outer garments may consist of khaki, white duck or very loosely woven, unlined woolen garments of light color and weight.

If much time is spent in the sun, wear a well ventilated, light colored helmet.

Food—Persons leading sedentary lives should eat freely of green vegetables and fresh fruits, and should restrict the use of starchy or sweet foods and meats.

Great care should be taken to protect all food from contact with flies. Uncooked fresh vegetables should be thoroughly washed before being eaten, and fresh fruit should be peeled.

Food should not be handled by any one suffering from a contagious or infectious disease or any one who is a carrier thereof.

Water—To make doubtful water safe:

Dissolve half a level teaspoonful of chlorinated lime of good quality in a pint of water. Keep the stock solution well stoppered and in dark, cool place.

To use: Add nine drops of the stock solution of disinfectant to one quart of drinking water, or 36 drops to a gallon, or one teaspoonful to two gallons.

Let the water stand one-half hour before drinking.

Building—The ceiling should be 11 feet high at least.

Beneath the roof should be screened openings, permitting circulation of air.

The walls should be thick enough to prevent heating through.

The building should have three feet of ventilation between the floor and the ground.

All doors and windows should be screened with 18 mesh to inch screening.

In the tropics the screen wire must be 98 per cent pure copper.

To protect against ants, surround all pillars with gutters filled with crude oil or creosote.

Leave space of one inch between the porch steps and the building.

Mosquitoes—In addition to screening, drainage, the use of oil of mint and training vegetation, Paris green can be used as a larvicide.

Two teaspoonfuls of Paris green mixed with 20 ounces of road dust will be 100 per cent efficient in killing mosquito larvae over an area of 1,000 square feet if repeated at intervals of 10 days.

Standing to the windward of the area, throw the dust into the air and let the breeze spread it.

Ticks—To remove ticks from the skin, apply ammonia, chloroform, kerosene or turpentine.

Bed Bugs—The company recommends removal with a needle and application of carbolic salve.

In my experience nothing equal chloroform.

Ants—Go over the floors once a week with a mop moistened with kerosene.

Snake Bite—Throw a cord around the limb and suck the poison from the wound. Give anti-venom serum when that is available.

Wear the Baby Now.

Mrs. G. S. writes: "Kindly give me your advice when a mother should wear her baby. My baby will be a year old soon and weighs 20 pounds. I have heard that to wear a baby during the summer months would be injurious."

REPLY.

Wear him now if you wish. You have some time to get him accustomed to new food before the real hot weather.

When you give him cow's milk, boil it and dilute it.

Thirst May Be Diabetes.

S. S. writes: "Am a man of 45 and for the last six months am thirsty all day long—even get up at night to drink. Until this year had never wanted to drink. Would laugh at my friends if they would drink a bottle of beer. Do you think this is the beginning of some disease?"

REPLY.

It may be diabetes. Find out.

People Spread Coughs.

Mrs. R. I. G. writes: "When my baby was 6 months old she had a little crib and mattress given to her which had been used by a boy who was troubled greatly with bronchitis."

REPLY.

"When 10 months old she took whooping cough (not to our knowledge having been exposed to it) and this last winter had quite a few attacks of croup and bronchitis."

"The crib and mattress had not been in use for a couple of years before being given to her."

"1. Might her trouble come from using this mattress?"

"2. Would you advise me to buy a new one?"

REPLY.

1. No.

2. No.

Children catch whooping cough and bronchitis from people, not things.

Do You Want a Vacation?

A real vacation, that builds you up in strength and energy, that puts a new gladness in your step? It is a vacation that you can prolong for week after glorious week, always gaining in health and efficiency. You want such a vacation? Then try the Cantilever Shoe.

Give your feet a Cantilever vacation. Your whole body will feel better. Ordinary stiff-soled shoes restrain the foot muscles, check the circulation, weaken the arch, upset the nerves, and subtract from your strength and your vitality. But the Cantilever Shoe gives the foot perfect freedom. It has a flexible shank that bends WITH the foot. It encourages the foot to exercise. Cantilevers correct and prevent flat foot by strengthening the muscles surrounding the bones of the arch.

The natural shape of the shoe and the well-set heel encourage correct posture. With the weight properly distributed, you can walk or stand for a long time in Cantilevers without the fatigue experienced in other footwear. The style of Cantilever Shoes is correct for daytime wear. Trim oxfords in several leathers or white linen; also high shoes.

All guesswork eliminated; every shoe is now fitted by X-Ray without extra charge to you.

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Any Article of Furniture Worth Up to \$50.00 Will Be Delivered To Your Home For \$1.00 Down

WE HAVE gone to the limit in preparing a feast of exceptional values for this unusual event. Dollars that have looked and acted like weaklings for years take on a robust appearance at this tremendous Dollar Picnic Monday. Dependable furniture for every room in your home is greatly underpriced.

Goods Sold Out of Town On Easy Terms. Write For Information

End Tables in mahogany finish with turned legs and roomy top at **\$4.95**

Brass Bed, an attractive full-size model in satin finish with two-inch posts is **\$11.50 \$14.50** up

Roomy Cedar Chests, well built of Tennessee Red Cedar and trimmed with copper—have strong lock and extra bag of Cedar Chips, at **\$16.50**

Dressing Table in walnut finish—triple French plate mirrors at **\$19.50**

Handsome Rocker, large, roomy model with mahogany finished frame and spring seat and back upholstered in genuine brown Spanish leather, is now **\$37.50**

White Beauty Kitchen Table with white enamel frame and "second" porcelain tops only **\$5.95**

Dining Chair built of hard wood in golden finish are each **\$1.95**

Colonial Buffet in solid fumed oak with long French plate mirror is **\$29.50**

Massive Chiffonier in walnut finish with many drawers and roomy wardrobe, **\$29.50**

Dining Table—A square pedestal model in solid golden oak with 42-inch top that extends to 6 feet, is only **\$16.95**

"Kroehler" Bed Davenport Sale and Demonstration

Come in Monday and learn the many advantages possessed by this exquisite piece of "Parlor-Bedroom" Furniture.

A "Kroehler" Bed Davenport makes one room seem like two. It gives you an extra bedroom that enables you to accommodate unexpected guests or members of your family and quickly earns its low price in rent saved. Models for apartments and homes.

We Are Omaha Headquarters Models at Low as \$46.50

Couch Pad FREE! During this demonstration a big, comfortable full size, all white Cotton Couch Pad will be included FREE with each Duofold or Duofold Suite sold.

A Kroehler Given Away With 49 Other Useful Articles Friday

Monday Only! This Useful Pantry Set \$2.19

This is wonderful, SIX-PIECE outfit in white enamel finish comprising an extra large Bread Box, big Cake Box, Flour Tea, Sugar, and Coffee containers—the complete outfit, Monday only at \$2.19.

Dependable Brooms are... 29¢
Adjustable Porch Gates at... \$1.95
No. 2 Galvanized Wash Tub... 85¢
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Ice Cream Freezer, 95c **Copper Bottom Boilers, \$2.59**

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50 feet at... \$6.95
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Visit Our Exchange Dept.

Our Exchange Department will take in your old furniture at a fair value on any new furniture you select. This used furniture is, in turn, low priced for quick clearance.

Handsome Chiffonier—A tall model in solid golden oak with five drawers and French plate mirror is... **\$27.50**

Gas Range with four powerful, gas-saving burners and good baking oven with white enamel door, in the Anniversary Sale only... **\$32.50**

Attractive Day-Bed—Complete with neat cretonne-covered mattress—gives you a davenport by day and a section slides out, giving you a bed at night, only... **\$17.50**

Large Oak Dresser—In beautiful golden finish with four roomy drawers, strong French plate mirror, is... **\$27.50**

Four-Passenger Lawn Swings—Made of hard weatherproofed wood, trimmed in red, with bolt construction, for only... **\$8.65**

Porcelain Top Kitchen Cabinet—With spacious drawers, sliding front doors and other labor-saving conveniences... **\$36.50**

BRIDGE LAMPS as pictured only **\$11.95**

Folding Lawn Sotties—With maple seat trimmed in red and priced **\$1.59**



Scores of New Ideas in Smart Summer Dresses

At Moderate Prices and on Easy-to-Pay Terms

Summer days, when you want to look your best, are just ahead, and Dame Fashion has created the most adorable and becoming frocks imaginable for women and misses. They are made of fine ginghams, voiles, Swisses, linens and rattines, in figures, checks, plaids, dots, etc., in dainty shades of lavender, green, yellow, pink, blue, etc. Make selections now, but pay later at your convenience.

\$7.95 Up

Summer Millinery All Spring Apparel 1/2 Off
Stunning creations in taffeta, Georgette, Milan, straw and combinations of materials at **\$3.95 up**
This extraordinary saving applies to all Suits, Coats, Dresses, Waists and Skirts

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Boys' Skull Caps 15c
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Unrestricted Choice of All Men's Suits

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GOOD Clothes are an economy—and here's an old fashioned sale of suits whose good styling and careful tailoring give one assurance of long and satisfactory service.

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