

### 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 receive correspondence for individual diseases. Address letters in care of The Bee.

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#### LIBRARY BOOK GERMS.

P. M. P. writes: "Possibly you would like to comment upon the subject of books and germs as related to public library circulation and give your opinion concerning the little circular enclosed."

#### COMMENT.

The little circular put out by the Syracuse public library is entitled "Books and Germs." This circular gives the Syracuse practice as follows: "All books which have been in houses where there are cases of measles, mumps or chicken pox are disinfected by exposure to two weeks to sunlight in a special room on the roof of the library. Books which have been in homes where there was scarlet fever, diphtheria, smallpox, and other highly contagious and highly dangerous diseases are turned over to the city hospital for use in the contagious disease wards. Presumably, books that have been exposed to smallpox go to the small-pox ward, and so on. Such books are never returned to general circulation. "During the infantile paralysis epidemic of a few years ago all ex-

posed books were fumigated with formaldehyde gas."

The leaflet quotes the health commissioner as holding that there is very little danger that library books will spread contagion.

Dr. Cabot is quoted as saying that exposure to sunlight is better than fumigation.

I have no quarrel with the methods employed on the ground of lack of care.

On the other hand, the care taken far oversteps the necessities of safety. Regardless of the disease, sufficient sunning will make the use of the books safe, and two weeks is more than sufficient sunning. All those books sent to the city hospital could be sunned, and then placed on the circulation shelf with safety. Millions of books circulate yearly in thousands of homes where there is contagious disease, or where there are contagion carriers, and the current health journals contain no reports of contagion spread by books.

Filthy, dirty books should be destroyed for the sake of decency—all others can be sunned and then circulated. About the only danger that

I see in handling books is from book dust. I am sure that persons who work around books, particularly in private libraries, contract colds from book dust.

I would like to see libraries burn fewer books, and put the money saved in vacuum cleaners with which book dust could be controlled.

#### Announcing a New Fad.

Miss A. B. writes: "As I value my teeth highly, I would like a little advice from you. My teeth were never pure white, but lately, my friends have been telling me that they are turning yellow."

"Now, I cannot understand why, for I brush them twice a day with paste and sometimes a dental polish. Can you please tell me what to do to keep them from turning yellow?"

#### REPLY.

Assuming that your teeth are becoming yellow by natural processes and not through being stained by tobacco or other dyes, you are to be congratulated. The teeth which stand like the Rock of Ages are the yellow boys. Having yellow teeth is, in some measure, an indication that your teeth and bones are built according to specifications as to minerals.

On the other hand, pearly white

teeth break easily and decay easily. They indicate that you are not built right.

Why not start a yellow tooth fad?

#### Explaining Cola Cola.

H. P. writes: "Will you please tell me what Cola Cola is? Is it a drug?"

"Does it affect the kidneys or bladder?"

#### REPLY.

Coca Cola contains a fair dose of caffeine, sugar and some aromatics. It is a drug in the sense that coffee is a drug. I doubt if it has any deleterious effect on the kidneys and certainly it has none on the bladder.

#### Less Dinner Will Do It.

I. H. A. writes: "I do not drink water much to gain weight. I drink two glasses of water the first thing in the morning and about five during the day. I eat a roll and coffee for breakfast; about two slices

of bread and some fruit and a regular dinner with meat and everything in the evening."

"I walk from two to three miles a day and still I am gaining in weight. What to do?"

#### REPLY.

L. No. Eat less dinner.

#### May Not be Malaria.

Mrs. S. writes: "Will you kindly inform me the proper way to take quinine for malaria to effect a cure?"

"I am 40 years old, and for five years have had frequent attacks of malaria, and while I always take quinine it relieves, but does not cure."

#### ADVERTISMENT.

Drive constipation out of your family—and with it will go most of the ills humanity is heir to, because authorities tell you 90% of sickness can be traced directly to constipation.

Did you know that constipation is the DIRECT CAUSE OF DIABETES and BRIGHT'S DISEASE? Don't minimize the dangers of constipation that threaten you and every member of your family. Fight constipation!

Pills and cathartics only aggravate already dangerous conditions. What you need is IRAN—Kellogg's Bran, cooked and krumbled. It is heartily endorsed by physicians for constipation! Bran's action is entirely mechanical, but it is positive! It sweeps, cleans and purifies, yet it is simply a nature food—a "roughage" that the eliminative

I do not live in a malarial district, and I am the only one in the family so affected."

"Would you recommend anything else?"

#### REPLY.

I advise you to have the diagnosis checked up.

Your history, including your location, does not suggest malaria.

If the diagnosis is confirmed, take ten grains of quinine in two five grain capsules at bedtime each night for eight weeks.

Hand drawn pongee handkerchiefs, hemstitched with self color, are smart for sports wear this summer.

#### ADVERTISMENT.

tract demands and that assures relief. We guarantee that Kellogg's Bran, if eaten regularly—at least two tablespoonfuls daily; in chronic cases, eat it with each meal—will permanently correct the most stubborn case of constipation.

Kellogg's Bran, through its regulative value, makes children grow big and robust; it preserves the health and energy of workers and gives the aged relief from constipation worries as nothing else can.

Headless, Kellogg's Bran is an unequalled food stimulant. You will enjoy the deliciousness of Kellogg's Bran, its nut-like flavor adding greatly to the enjoyment of all hot and cold cereals. And, you never tasted better raisin bread, graham, macarons, cookies and endless other bakery products that can be made with Bran! Buy Kellogg's Bran at grocers!

### 17th Infantry Band Will Play at Sunday Concert

The 17th Infantry band, which has entertained big crowds twice a week at Fort Crook, will play at Riverview park at 4 Sunday afternoon. It will be the farewell number of the City Concert club's series.

Phone AT-1000 Telephone Your Sunday "Want" Ad NOW

### Peach Melba Ice Cream

Peaches and Cream! The delightful flavor combination you enjoy so well may now be had as a Harding Sunday Special Ice Cream. Freshly frozen—at the sign of

Harding's ICE CREAM



### SOMMER BROS.

Har. 0188, 28th and Farnam Sts. SATURDAY SPECIALS

Richard Hellmann's BLUE RIBBON Mayonnaise, small size, at 15¢ large size, 32¢ pint size, 59¢ This is absolutely the best Mayonnaise on the market, we bar none. Try it and be convinced.

Blue Bell Flour, old wheat, per 24-lb. sack, 97¢ Jelly Glasses, per doz., 42 1/2¢ Glass Top Fruit Jars, pints, per doz., 98¢—quarts, doz., \$1.19 Ball Mason Jars, pints, per doz., \$2.25—quarts, per doz., 95¢ Best Creamery Butter, lb., 36¢ Apple Blossom Milk, 3 cans, 25¢

Pearl White Soap 10 Bars - 39¢

Iceberg Head Lettuce, each, 10¢ and 12 1/2¢ Fresh Green Lima Beans, 2 lbs., 25¢ Oranges, sweet and juicy, small size, 2 doz. for, 69¢ Isle of Pines Grapefruit, 1922 crop, very juicy, each, 25¢ Fancy Bartlett Pears, per basket, 25¢ Fancy Freestone Peaches, per basket, 25¢ Jonathan Eating Apples, small basket, 25¢ California Grapes, small basket, 30¢ Fresh Dressed Spring Chicken, per lb., 32¢

Announcement: Colorado Elberta Peaches for canning will arrive next week.

We SKINNERS the highest grade Macaroni, Spaghetti and Egg Noodles.



Safe Milk For Infants & Invalids NO COOKING The "Food-Drink" for All Ages. Quick Lunch at Home, Office, and Fountains. Ask for HORLICK'S. Avoid Imitations & Substitutes

CENTRAL MARKETS Everything for the Table 16th Douglas Phone AT 5490 16th Harney Phone DQ 1796

Table with 4 columns: Prime Rolled Rib Roast (25c), Fancy Young Veal Roast (17 1/2c), Fancy Young Veal Breast (9c), Lean Pig Pork Roast (17 1/2c), Dold's Lean Wide Breakfast Bacon (22 1/2c), Fancy Fresh Spring Chickens (28 1/2c), Fancy Fresh Dressed Young Hens (26 1/2c), Fancy Native Steer Pot Roast (13 1/2c), Best Cuts Steer Shoulder Roast (16 1/2c), Fancy Fresh Pig Pork Spareribs (9c), We Carry a Full Line of COLD MEATS and SALADS

10 lbs. Best Cane Sugar for 75¢ 100 lbs. Fine Granulated Sugar for \$7.35 100 lbs. C. & H. Cane Sugar for \$7.49

Table with 2 columns: 48-lb. sack Pillsbury's Best Flour (\$2.00), 48-lb. sack Pillsbury's Family Circle Flour (\$1.75), Oil Sardines (25¢), Advo Extra Sifted Peas (\$2.90), Extra Fancy Tiny Sifted Kamo Peas (\$2.50), No. 3 cans Del Monte Spinach (\$2.75), No. 3 cans Del Monte Pineapple (\$3.25), No. 2 cans Del Monte Strawberries (\$1.00), No. 2 cans Del Monte Loganberries (\$1.00), High Tea, a high-grade English style wafer, assorted Chocolate and Vanilla (\$2.75), Extra Fancy Central Special Coffee (88¢)

Table with 2 columns: Extra Fancy Yellow Freestone Peaches (85¢), Jelly Grapes (65¢), Fancy Home-Grown Sweet Potatoes (69¢), Fancy Cauliflower (15¢), Fancy Colorado Peas (2.75), Blue Plums (38¢), Large Red Onions (39¢), Fancy Jonathan Apples (35¢), Wild Plums (65¢)

Table with 2 columns: McCombs' Home-Made Pecan Roll (69¢), Delicious Double Cream Caramels (50¢), Central Xtra Quality Creamy Butter (36 1/2¢), Guaranteed Fresh Country Eggs (22 1/2¢), Finest Brick or American Cheese (23 1/2¢), CIGARS—Just Inside the Door: Tuxedo Smoking Tobacco (98¢), 3 Genuine Gillette Blades and Razor for (59¢)

Quaker BREAD IT'S MADE WITH MILK LET THE QUAKER BE YOUR BAKER

FAIRMONT'S Delicia THE BETTER ICE CREAM Caramel Nut Rich and "velvety" Ice Cream made the Delicia way, with fine Caramel flavor, and filled with tasty Almonds, granulated to blend with the cream.

BUEHLER BROS. OMAHA'S MONEY-SAVING BUSY STORES Quality Meats and Provisions—Lowest Prices Mail and Express Orders Filled From This List

212 North 16th Street 2408 Cuming Street 4903 South 24th Street

MARKET SPECIALS FOR SATURDAY: Prime Beef Rib Roast (20c), Choice Beef Chuck Roast (12 1/2c), Choice Cut Round Steak (20c), Choice Rib Boiling Beef (5c), Choice Veal Shoulder Roast (14c), Choice Veal Stews (12 1/2c), Choice Veal Chops (18c). PORK CUTS: Choice Pork Loin Roast (17c), Choice Lean Pork Butts (18c), Choice Fresh Spareribs (9c), Choice Fresh Neck Bones (25c), Choice Lean Pork Chops (20c), Choice Salt Side Pork (18c), Fresh Made Breakfast Sausage (20c), Choice Leaf Lard (12c). GENUINE SPRING LAMB: Choice Hindquarters (20c), Choice Forequarters (13c), Choice Lamb Chops (25c). SMOKED MEATS: Sugar Cured Skinned Hams (25c), Sugar Cured Picnic Hams (16c), Sugar Cured Breakfast Bacon (22c), Fancy Strip Bacon (18c), Cudahy's Puritan Skinned Hams (30c), Armour's Star Hams (30c). SAUSAGE AND LUNCHEON MEATS: Choice Frankfurts (18c), Choice Wieners (18c), Fresh Liver Sausage (15c), Fresh Bologna Sausage (15c), Choice Mincied Ham (20c), Choice Pressed Ham (20c), Choice Veal Loaf (20c), Fancy Summer Sausage (20c). BEEF CUTS: Choice Beef Pot Roast (10c), Choice Sirloin Steak (20c), Choice Porterhouse Steak (20c), Fresh Hamburger Steak (15c), Sweet Pickled Beef Tongues (25c), Sweet Pickled Pig Feet (25c). CARNATION MILK: Carnation Milk, tall cans (9c), Carnation Milk, baby size, 2 for (9c).

KITCHEN KLENZER CUTS CLEANING COSTS As it cleans antiseptically, thoroughly, economically Hurts Only Dirt

### "Shop" Here By Telephone

It's easy—Look over these prices, jot down the things you need and call us. It will really pay you. PHONE US FRIDAY EVENING IF YOU LIKE. Our Order Dept. will be at your service until 8 p. m. Of course your order will be delivered in a hurry Saturday. OPEN SATURDAY UNTIL 9

The Food Center BETTER THINGS TO EAT Phone AT. 4603 1814-16-18 FARNAM OUR PRICES ARE NEVER HIGH Free Delivery on Any Order From \$2.50

Table with 2 columns: SUGAR: Carload Genuine C. & H. Cane Sugar, nothing better, 100-lb. bag, \$7.53; 10 lbs. Cane, 75¢. FLOUR: Food Center Flour, 48-lb. sack, \$1.65; Omar Wonder Flour, 48-lb. sack, \$1.79

CHICKENS: Fresh Dressed Spring Chickens, 26 1/2¢ Fr. Dressed Roasting Chickens, 17 1/2¢

Table with 2 columns: FRESH MEATS: Fresh Pig Pork Loin (15 1/2¢), Fresh Pig Pork Chops (17 1/2¢), Genuine Spring Lamb Legs (24¢), Prime Rib Roast, boned and rolled (20¢), Steer Pot Roast (12 1/2¢), Steer Steak (15¢), Fancy Young Veal Roast (14 1/2¢), Young Veal Stew (8 1/2¢), Fancy Young Veal Chops (22 1/2¢), Pure Leaf Lard (12 1/2¢), Fresh Cut Hamburger (15¢)

Table with 2 columns: HAMS: Puritan or Supreme Skinned Hams, half or whole, 28¢; Sugar Cured Picnic Hams, lb., 14 1/2¢; Sugar Cured Bacon, lb., 18 1/2¢; Lean Breakfast Bacon, lb., 26 1/2¢; Cudahy's Puritan Bacon, lb., 32 1/2¢

Table with 2 columns: FRUITS AND VEGETABLES: Fancy Evergreen or Country Gentleman Corn, dozen (12 1/2¢), Italian Prunes, per crate (81.19), Sunkist Oranges, dozen (20¢), Fancy California Elberta Peaches, large size (84¢), Heart o' Gold Cantaloupes, 3 for (25¢), Mascato Sweet WATERMELONS (25¢), New Potatoes, per peck (19¢), Market Basket Colorado Bartlett Peas (89¢), Concord Grapes, 4-lb. basket (19¢)

Table with 2 columns: CANNED GOODS: Del Monte Grated Pineapple (19¢), Red Dot Sifted Peas, 3 cans (43¢), Standard Peas, extra fine, 3 cans (34¢), Standard Corn, 3 cans (25¢), Nominis Pork and Beans, 3 cans (27¢), Libby's Tomato Soup, 3 cans (24¢), No. 2 size New Pack Strawberries or Raspberries, 2 cans (49¢)

Table with 2 columns: COFFEE: Food Center Coffee, 3 lbs. (88¢), Peaberry Santos, 3 lbs. (74¢), Sunbeam Coffee (39¢). CEREALS: Shredded Wheat (11¢), Kellogg's or Post Toasties, 3 for (25¢)

Table with 2 columns: CONDENSED MILK: Elk-horn or Pet (25¢), or Carnation, 3 for (25¢), Carolene, 2 for (15¢). CANNED FISH: Tall Alaska Chum Salmon, 3 cans (29¢), Domestic Sardines, 8 cans for (25¢), King Oscar Olive Oil Sardines, special (15¢)

Extra Values You'll Be Pleased to Buy: Large 10c Roll Toilet Paper (5¢), Quart Advo Olives (39¢), Sun-Maid Raisins, 3 1-lb. pkgs. (44¢), Dr. Price's Baking Powder (14¢), Yacht Club Salad Dressing, 20c seller (13¢), Quart Heerman Cider Vinegar (23¢), Wm. Baker Bitter Chocolate, 1/2-lb. cake (15¢)

Table with 2 columns: BAKERY: Pecan Nut Butter Rolls, pan (25¢), Sandwich Buns and Rolls, per doz. (15¢), Assorted Cookies, per doz., 15¢; 2 doz., 25¢. CIGARS: Just Inside the Door: French Briar (50¢ value), And pkg. tobacco free, Whale Smoking, full lb. (45¢)

Try KERNELS OF WHEAT The New Whole Wheat Breakfast Food (23¢)

Table with 2 columns: Dairy Products: 37¢: Danish Pioneer Butter (36¢), Country Creamery, carton (35¢), Rex Nut Butterine (20¢), Wm. Nippy Brick (22¢), Cooking Eggs and Cheddar, carton (20¢)

Table with 2 columns: SKINNER'S MACARONI, SPAGHETTI, 25¢; SOAP: 10 Bars, 36¢

Table with 2 columns: M. J. B. COFFEE: We sell hundreds of pounds of this coffee every week... Tree Tea: Aromatic, flavorful and of fine strength. People every day are coming back for more of this good tea. Try the one-half pound tin. We know it will please you. ONE-HALF LB. (35¢)