

How to Keep Well

By R. 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 a diagnosis nor prescribe for individual diseases. Address letters in care of The Bee.

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WAYS TO SAVE HEAT.

A man was in to see me the other day to tell me the history of carpets and rugs—why they were invented and their uses way back at the beginning of things. Whatever the reason then, the reason now, aside from vanity, is to keep the floor warm. Ordinarily, when we think of covering, we think of the top side. Some of us sleep cold on cold nights because we think of the top side. Some of us wear a feather bed or cover underneath us. Some of us live in cold rooms because we forget the advantage of putting an overcoat on the floor.

Besides wrapping it up, there are some other methods of keeping the floor warm. Deadening placed between floors and ceilings serves to keep the floors warm as well as to lessen sound transmission. A floor free from cracks will be warmer than one that leaks air. A tight air space below the floor helps. Therefore it pays heat to plaster the cellar or seal the underside of the floor joists where there is no cellar. A layer of paper under the cellar floor helps to keep it warm.

In many cases the cellar or furnace room is very much overheat. In the opinion of W. H. Dittell, who writes on the subject in the Popular Science Monthly, a very warm cellar or basement, assuming that to be the location, means that the furnace is improperly constructed or is being operated improperly.

If the basement is overwarm, it is better that the rooms immediately over it should not be heated, than that the floor. The temperature of the floor is very apt to be affected by faulty construction in other parts of

of potash is about as good a mouth wash as there is. The solution should be a pale wine color.

To preserve your teeth against decay, clean them well. Clean after each meal with a toothpick.

Once or twice a day clean each tooth individually, using for the purpose either a towel wrapped around the finger, or paper or a brush.

Cut proper food.

Cut down on starches and sweets.

Food for Infant.

Mrs. J. R. writes: "I have a 7-month-old baby. Would it hurt him to feed him anything besides the breast?"

REPLY.

A baby 7 months old, in addition to breast milk, should have fruit juice, tomato juice, cereal and vegetable soup.

Hollow Chest.

Miss D. O. writes: "1. What is meant by a hollow chest? 2. Is it hereditary?"

REPLY.

1. In hollow chest, the shoulders are moved forward (stooped); the shoulder blades stick out; the chest is narrow and deep. It is the position of the shoulders which give the hollow chest appearance in the man.

2. To a certain extent.

Outrunning Hay Fever.

O. E. L. writes: "Between sneezes I have enjoyed reading your recent hay fever articles.

"1. What may I safely eat during the asthmatic stage? What leave alone?"

"2. Where could one live in this country and be free from the ailment for all time?"

"3. I have heard that Gulf of Mexico points are safe. If so, why can't

that be, when most cases are benefited by cool weather?"

REPLY.

1. Diet is a minor factor in hay fever. It is well to eat moderately. There may be some little advantage in living on a diet that is low in meat and eggs.

2. Searching for a hay fever free section is a good deal of a gamble. One should find out what pollens disturb him and then find a section where those pollens do not abound. It is possible to get both sets of facts. Life spent above the 6,000-foot level or at sea or on a barren island is reasonably apt to be free from hay fever hazards.

3. Occasionally a person escapes the pollens which are his bane by crossing parallels of latitude. However, going to Gulf of Mexico points for relief is apt to prove disappointing.

Parents' Problems

How can children be taught not to discuss family matters with persons outside the family?

Family matters should not be discussed in the presence of very young children. But they should early and constantly be impressed with the propriety of airing one's private affairs, aside from the fact that outsiders are not interested in them, concerning only members of the family.

Woman Convicted of Murder; Life Term Recommended

Florence, Ariz., Dec. 8.—Miss Catherine Encina was found guilty of first degree murder for the slaying of Dr. W. G. Randall, prominent Florence (Ariz.) physician, by a jury in superior court here today. The jury recommended life imprisonment.

In Japan rice straw is made into straw shoes.

Uncle Sam Says:

Leasing a Farm.

The importance of this subject is indicated by the fact that 37 per cent of all farms in the United States are operated by tenants, while 9.3 per cent are operated by owners renting additional land. Part or all of the land and improvements of about 2,000,000 farms are rented. Since the majority of lease contracts are for one year, and since the average period which the tenant remains on a farm is about three years, it is probable that each year about 2,000,000 lease contracts must be made or renewed.

This booklet tells about the necessary legal points in a farm lease and suggests the points which should receive careful consideration before executing a lease.

Readers of The Omaha Bee may obtain a copy of this booklet free as long as the free edition lasts by writing to the Division of Publication, Department of Agriculture, Washington, D. C., asking for "F. B. 1164."

Daily Prayer

Hitherto hath the Lord helped us— I Sam. 7:12.

O Lord, our Lord, Creator, preserver and bountiful benefactor of men, in Whom we live and move and have our being, we adore Thee for Thy loving kindness and tender mercies. With shame in our hearts we confess before Thee our many sins. Our lives do not meet Thy requirements. Our footsteps have wandered from the pathway of rectitude. Our Father, look upon us in mercy, and do Thou be pleased to have pity upon us in our sins. Look upon Thy Son, Who died for us, and do Thou for His sake accept us as righteous before Thee. Grant that our sins may not only be blotted out of the book of


thy remembrance, but that by the power of the Holy Ghost we may be enabled to die unto sin, and to live unto righteousness. Comfort the despondent, cheer the saddened, bring friends to the friendless, teach the ignorant, give visions to trembling faith, set the star of hope in the overhanging clouds, and hurry the forces of Thy Kingdom. We can trust all to Thee. As our Shepherd, lead us today. As our King, defend us from the enemies that watch for our souls. As our priest, teach us the will of God for our salvation. O God, our Father, overshadow our pathway with Thy merciful providence, and let each one of us bear some part in the advancement of the Redeemer's glorious Kingdom. Through Jesus Christ our Lord. Amen.

W. J. MILLIAN, D.D., Baltimore, Md.

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| P & G SOAP White Naptha, Limit 10 Bars, 10 Bars for | 41c | POTATOES Nebraska Grown Early Ohio, 15-lb. Peck | 17c |
| SYRUP Log Cabin, Table Size, | 22c | PANCAKE Flour, Aunt Jemima, pkg. | 12c |

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|  | 6 lb. bag 24c 12 lb. bag 45c 24 lb. bag 80c 48 lb. bag \$1.59 |
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1 pkg. ASSORTMENT DE LUXE and 1 box UNEEDA BISCUIT, 50c value... **33c**
PACKAGE COOKIES, large assortment, PRE-WAR PRICES, package... **5c**

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| Your Luck | COFFEE | No Better at Any Price—Per Lb. | 39c |
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21—CLEAN AND BUSY STORES—21

OPEN UNTIL 9:30 SATURDAY EVE

| | | | | |
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| 6602 Underwood Ave. 113 S. 16th St. 818 N. 16th St. 1256 S. 13th St. | 3922 Farnam St. 1518 N. 24th St. 2417 Farnam St. 8301 N. 24th St. | 2324 N. 24th St. 2508 Cuming St. 2305 Leavenworth St. 1112 Vinton St. | 6110 Military Ave. 4821 S. 24th St. 3307 N. 36th St. 236 W. Broadway, Council Bluffs. | 2822 Sherman Ave. 1919 Missouri Ave. 2908 Leavenworth St. 4094 Hamilton St. |
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| 212 N. 16th St. | 2408 Cuming St. | 4903 S. 24th St. |
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| Fresh Killed Young Hens | Small Lean Pork Loins (1/2 or whole) | Small Lean Pork Shoulders | Fresh Killed Spring Chickens |
| 23c | 15c | 12 1/2c | 23c |

MAIL AND EXPRESS ORDERS FILLED FROM THIS LIST

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|--|-----|
| Choice Cut Round Steak | 14c |
| Choice Cut Sirloin and Porterhouse Steak | 15c |
| Choice Beef Pot Roast | 8c |
| Choice Beef Chuck Roast | 10c |
| Choice Rib Boiling Beef | 5c |

Specials For Saturday

| | | | |
|----------------------------|---------|--------------------|---------|
| Fresh Spareribs | 12 1/2c | Fresh Boston Butts | 16c |
| Choice Veal Shoulder Roast | 14c | Fresh Leaf Lard | 12 1/2c |
| Choice Veal Stew | 10c | Choice Veal Chops | 17c |

PORK PRODUCTS

| | | | |
|--------------------------|---------|-----------------------------|-----|
| Fresh Neck Bones, 5 lbs. | 25c | Sugar-Cured Picnic Hams | 14c |
| Fresh Pig Tails | 12 1/2c | Sugar-Cured Skinned Hams | 20c |
| Fresh Pig Snouts, 3 lbs. | 25c | Sugar-Cured Breakfast Bacon | 25c |
| Fresh Pig Ears, 4 lbs. | 25c | Armour Star Bacon | 34c |
| Fresh Pig Hearts, 4 lbs. | 25c | Cudahy Puritan Bacon | 34c |
| Fresh Pig Liver, 2 lbs. | 15c | Armour Star Hams | 24c |
| Fresh Ox Tails | 8c | | |
| Pickled Pig Feet, 3 lbs. | 25c | | |

SMOKED MEATS

| | |
|--------------------------------|--------|
| Liberty Nut Butterine, per lb. | 21c |
| 5-lb. carton | \$1.00 |
| Evergood Oleo, 2 lbs. | 45c |
| Evergood Oleo, 5 lbs. | \$1.05 |
| Best Creamery Butter | 52c |

GENUINE LAMB

| | |
|--------------|-----|
| Forequarters | 15c |
| Hindquarters | 22c |
| Lamb Chops | 22c |

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|------------------------------|------------|-----------------------|------------|---------------------------------------|------------|----------------------|------------|
| Choice Fresh Hamburg Steak | 15c | Pure Lard, Special at | 14c | Prime Beef Rib Roast Boned and Rolled | 16c | Fresh Pork Hams | 20c |
| Fresh Breakfast Pork Sausage | 18c | | | | | Home-Made Mince Meat | 15c |

Carnation Milk, tall cans... 10c P. & G. Soap, 10 bars... 45c

STEP IN AND SHOP

SATURDAY AND MONDAY

For better service TELEPHONE your order EARLY SATURDAY, or, you can call us FRIDAY EVENING until 8 p. m. if you wish. FREE DELIVERY to all parts of the city. PHONE AT. 4603. OUT-OF-TOWN PEOPLE take ADVANTAGE of these PRICES. MAIL UR YOUR ORDER. (Please include postage.)

SUGAR, 10 lbs. BEST CANE 75c

MILK 3 tall cans PET or CARNATION, 29c

FLOUR Food Center, nothing better, 48-lb., \$1.64 Gold Medal, 48-lb., \$1.98; 24-lb., \$1.05

POULTRY Fresh Dressed Young Hens, lb., 20c Fresh Dressed GEESE, lb., 22 1/2c

MEATS Fresh Pig Pork Loin, lb., 13 1/2c Fresh Pig Pork Chops, lb., 17 1/2c

| | |
|---------------------------------------|---|
| 3 lbs. Pure Leaf Lard, 90c | Fresh Ox Tongue, lb., 22 1/2c |
| Steer Porterhouse Steak, lb., 22 1/2c | Bacon Ends, sliced, lb., 19 1/2c |
| Steer Round Steak, lb., 14 1/2c | Sugar Cured Bacon, lb., 22 1/2c |
| Steer Pot Roast, lb., 10 1/2c | Sugar Cured Ham, lb., 14 1/2c |
| Steer Rib Roll, lb., 9 1/2c | Fresh Pickled Salt Pork, lb., 17 1/2c |
| Fancy Young Veal Roast, lb., 14 1/2c | Armour Star Hams, one-half or whole, 23 1/2c |
| Young Veal Steer, lb., 7 1/2c | Armour Star Bacon, one-half or whole, 33 1/2c |
| Young Mutton Legs, lb., 19 1/2c | |
| Genuine Lamb Steak, lb., 22 1/2c | |

FRUITS Fancy Jonathans, 20c; Apples, doz., 20c; 6-lb. Basket Tokay or Emperor, 40c; Extra Fancy Wrapped Jonathan Apples, in lashed boxes, \$2.05; 10 Skin Florida Blue Goose Grape Fruit, each, 5c; Extra large size, 3 for 25c; Cal. Valencia Oranges, doz., 30c; Florida large Oranges, doz., 30c

VEGETABLES Selected Neb. Potatoes, peck, 10c; Celery Hearts, bundle, 20c; Jersey Sweet Potatoes, 6 lbs., 23c; Hothouse Leaf Lettuce, 3 for 10c; Iceberg Head Lettuce, 10c; Large Heads of Cabbage, 8c; Red Globe Onions, peck, 33c

CANNED GOODS AT COST—Limit 12 Cans

Del Monte Whole Sliced Pineapple, No. 3 size can, 37c—3 for \$1.05
Advo No. 3 size Yellow Cling Peaches, can, 37c—3 for \$1.05
Nomus Royal Ann Cherrers or Bartlett Pears, No. 3 size can 27c—3 for 80c
10-oz. Tall Can Red Alaska Salmon, can, 22c—3 for 65c
Extra Standard Evergreen Corn, can, 10c—3 for 27c
Tulip Sweet Winkled Peas, can, 12c—3 for 35c
Red Dot Famous Peas, can, 15c—3 for 40c
Diner's Delight Extra Fine Tomatoes, No. 2 size can, 12 1/2c—3 for 35c
Windmill Country Gentlemen Corn, can, 14c—3 for 40c
Crown Jewel Norwegian Sardines, can, 15c—3 for 40c
Turtle Extra Standard Wax or Green Beans, can, 14c—3 for 40c
Heinz Oven Baked Beans, 10-oz. cans, 3 for 30c

GROCERIES Santa Clara Prunes, lb., 18c; 3 lbs., 40c; Blue Rose Head Rice, 4 lbs., 25c; Hand Picked Michigan Navy Beans, 3 pounds for, 25c; Extra Nice Mail Peaches, pound, 10c; 3 pounds for, 28c; Thompson's Seedless Raisins, pound, 17c; 3 pounds for, 50c; Advo Large Green Olives, quart jar, 40c; Breakfast Cup Wonder Coffee, 2 pounds for, 55c; Jap. Tissue Toilet Paper, 5 large 10c rolls for, 24c; Imported Italian Spaghetti, Macaroni or Noodles, special, pound, 10c; Large Bars Florence Castle Soap, special, 3 bars, 18c; Heinz Large Bottle Katsup, 3 for, 70c

DELICATESSEN Fresh Sauerkraut, per quart, 10c; Aunt Sally's 1000 Isle or Mayonnaise Dressing, quart, 25c; Our Own Make Bologna, Liver Sausage, Ham or Weiners, lb., 17 1/2c

P & G SOAP 10 bars for 43c

DAIRY Country Cry. Pkg. Butter, 50c; Thomsen's Dairy Maid Butter, 55c

BAKERY Bread, 15c—2 for 25c. Bread, 10c—3 for 25c; Cream Puffs, per dozen, 60c; Genuine Fruit Cakes, per lb., 75c

CIGARS JUST INSIDE THE DOOR
Prince Albert, tall lb., \$1.29
Army and Navy Cigarettes, carton, 10 packages, \$1.19
Genuine French Briar Pipes, 23c
American Citizen Cigars, 3 for 10c Box of 50 \$1.50

SKINNER'S Macaroni or Spaghetti, 3 PACKAGES for 27c

PEARL WHITE SOAP, 10 bars for 35c


M. J. B. The Highest Quality Coffee in America. 1-lb. vacuum can 47c

TREE TEA If you like Tea, drink TREE TEA, 1/2-lb. pkg., 35c

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