

Straight Talks to Women

About the Home and Other Things

EDITED BY
Dorothy Richmond
FOR THE UNION ADVOCATE

Has it ever occurred to you that two of the deadliest diseases known are gotten by merely breathing the air which contains their germs? Tuberculosis and Diphtheria.

These terrible germs are so light that they float in the air and when inhaled, lodge in the throat or lungs, are incubated in the sensitive and tender membranes, multiply and travel upon the blood—and then is the beginning of a long and wasting illness. If tuberculosis, or a quick and tragic death, if diphtheria. A person infected with the tubercular germs may spit on the street or sidewalk or other places, where other persons are; the sputum dries, freeing the germs, which then begin to float about and, sooner or later, are inhaled into the lungs of other persons.

The odor or gases from a sink or garbage heap or other foul places may carry the germs of diphtheria. A child inhales the odors; the germ lodges in the throat, incubates within in the period of a few hours; a film or false membrane rapidly forms and, unless quick and skilled attendance is sought, this deadly film extends over the wind-pipe—and the poor child dies a dreadful and agonizing death, from suffocation.

Nor is breathing the only means by which these deadly enemies are gotten into the body. Perhaps you have noticed that nearly all grocery, meat and vegetable shops expose their food stuffs in the open for display purposes. Fruits, meats, fish and bulk foods are placed along the counters, on tables and everything hung outside the doors, and along the floors—where dirt and filth of every kind is skuffed up and, of course, lodges in great quantities on the foods. The shop is swept, the dust and dirt stirred up, the doors left open—so that more dirt gets in and nine times out of ten the food is handled with dirty hands. Add all this with sublime indifference (both seller and buyer) to the fatal consequences of such careless practices.

True—many of these foods, which may be literally covered with germs, are rendered harmless in cooking—if cooked thoroughly; but think of the foods that are bought taken home and

eaten without even being washed. Fruits, tomatoes, bread, cakes, candies, raisins, figs, dates, biscuits and a dozen other foods.

Your child complains of a headache or sore throat; a slight fever develops, the doctor comes in, notes its pulse, takes its temperature and writes a prescription. He does all that can be done. He is not expected to tell you WHERE or HOW your child got the germs. He can deal only with what he finds. Possible a few days later typhoid or diphtheria or scarlet fever develops. Possibly a few weeks later the frail body is carried away in a little white coffin.

Perhaps you bought some apples from an open barrel. Perhaps the clerk had the germs on his hands, and perhaps you gave an apple to your child—without washing or peeling it. Perhaps an ordinary household (which breeds and hatches ONLY in filth) crawled across the child's bread and butter—leaving the germs from its always slimy feet or the butter. Perhaps you gave it a piece of candy which had been handled by infected hands or was sold from an uncovered bucket or dish.

Practically all of the fatal diseases are caused by germs, and nearly all of the germs which we get into our bodies are taken in through the mouth. Therefore we are slowly beginning to realize the simple truth that cleanliness of the body and cleanliness of what goes into it—Food, Air and Water—and an absolutely clean home to live in, is the right path, and the only path to Health, Happiness and the Joy of Living. Now let me give you my

HOUSEHOLD CREED

No fly shall live within my home.
No dirt shall accumulate there—in places, seen or unseen.
No food shall be used that is not clean and pure.
No night shall pass, without fresh air in every sleeping room.
No day shall pass, without one hour in the out-of-doors.
No evening shall pass, without effort toward the Mental and Spiritual uplift of Me and Mine.

QUESTIONS AND ANSWERS

Dear Miss Richmond:
Please tell me what I can put on my hair to keep it from getting oily

so soon after it is washed. E. S. Answer:—Put in a scant teaspoonful of ammonia to each quart of water used.

Dear Madam:
Will you be so kind as to let me know if there is some way I can get thinner. I am too fat. Mrs. H.

Answer:—Obesity is caused either by hereditary influences or by over-eating, too little exercise and improper diet. Take plenty of exercise in the open air, leave off starchy foods, also fats and sweets and eat only lean meats, fish, green vegetables, fruits and toast. Drink a glass of hot water three times a day—and don't be persuaded to take "Anti-Fat" drugs. And don't expect to get thin quickly, for you were a long time getting fat.

Dear Miss Richmond:
I read your straight talk about feeding children, and would like for you to give me a good recipe for making creamed cod fish and boiled custard. Mrs. W. D.

Answer:—Soak cod fish in cold water overnight; drain off water in morning and boil in slightly salted water, until tender; drain and pick into flakes; re-heat in a rich white sauce, made as follows:—put two tablespoonsful of butter into a saucepan; stir until melted and bubbling; add two tablespoonsful of flour; salt and pepper to taste and stir until well mixed. Pour on one cupful of milk, gradually stirring, until well mixed and smooth and serve on hot toast.

BOILED CUSTARD—One pint of hot milk, the yolks of three eggs, 4 cup of sugar, a little salt, vanilla flavoring. Heat the eggs slightly, add sugar and salt, then the hot milk—stirring constantly. Cook in a double boiler until coating will adhere to spoon; strain, let cool, add the flavor, and serve.

In asking for the two above recipes, you have shown excellent judgment, as both of them are highly nutritious foods for children.

A CELLAR HELP

If your cellar is dark and your coal shovel is hard to find—don't swear; just paint the handle white, and you can always find it.

DOROTHY RICHMOND.

A POSITIVE CURE FOR RHEUMATISM

Hundreds of People Have Found "Fruit-a-tives" Their Only Help

READ THIS LETTER

Superintendent of Sunday School in Toronto Tells How He Cured Himself of Chronic Rheumatism After Suffering for Years.

"For a long time, I have thought of writing you regarding what I term a most remarkable cure effected by your remedy 'Fruit-a-tives'. I suffered from Rheumatism, especially in my hands. I have spent a lot of money without any good results. I have taken 'Fruit-a-tives' for 18 months now, and am pleased to tell you that I am cured. All the enlargement has not left my hands and perhaps never will, but the soreness is all gone and I can do any kind of work. I have gained 35 pounds in 18 months."

R. A. WAUGH

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"Fruit-a-tives" is sold by all dealers at 50c a box, 6 for \$2.50, trial size, 25c or sent postpaid on receipt of price by Fruit-a-tives Limited, Ottawa.

22 long rifle cartridges.
P. J. K. Vancouver, B. C.

What particular kind of a gun, pistol or automatic should I use for all-round service, for home protection, self-protection, to carry with me both in the city, going back and forth to work at midnight and also in the jungles as at Panama? Should it be an automatic pistol or revolver? What size and what kind is the best manufactured of such kind on the market? Would there be any trouble purchasing same?

It is quite impossible to select one particular revolver or automatic pistol which will be perfectly well adapted for all-round service, when all-round service is expected to include home protection, pocket use and holster work in the open. A .38 calibre is generally considered the nearest approach to an all-round size, although a revolver small enough for pocket use can hardly be considered large enough for backwoods work. As to the quality of the various makes, select from any reputable manufacturer and you will not be far wrong.
W. L. W. Grayville, Ill.

1. Do self-loading shotguns shoot as hard as other shotguns of the same size using the same load? Is a self-loading shotgun as good as other kinds of guns for shooting quail, wild geese and wild ducks? Does a thirty-inch barrel shoot harder than a twenty-eight-inch barrel? Does a full choke bore shoot harder than a modified choke? Is the full choke bore that tapers from the breech of the gun to the muzzle better than the full choke that does not taper from the breech to the muzzle?

Self-loading shotguns of the locked breech type (which is the only type manufactured in this country) shoot as hard as pump or double barrel guns rising the same load. The self-loading shotguns produce exactly the same pattern and penetration as the hand-operated styles and are therefore equally effective for shooting quail or wild fowl. A 30 inch barrel will not shoot any harder than a 28 inch barrel. A

full choke bored barrel shoots closely, i. e., the shot do not spread as much as with a modified choke, but the penetration is the same. There are no shotguns made which have a uniform taper from breech to muzzle, and if there were, no choking effect would be noticed—they would shoot no closer than cylinder bore guns, as the choke depends for its effect on the sudden jamming together of the shot as they leave the muzzle.

2. In shooting at wild geese, should the shooter aim just ahead of the goose or at the goose? In shooting at wild geese in flight, it is necessary to aim considerably ahead of the game, especially if the geese are flying rapidly.

3. Can we hunt wild geese and ducks in Illinois at this time of year? According to the Federal game law, the open season on wild geese and ducks in Illinois is September 1st to December 16th. You are, therefore, not permitted to shoot this game in Illinois at the present time.

E. W. Phiensville, Wis.
1. What is the muzzle energy of each of the following cartridges, 38-40 and 44-40 high velocity and also when loaded with black powder? The muzzle energy of the 38-40 high velocity is 1159 foot pounds, that of the 44-40 high velocity is 1081 foot pounds. The black powder loads give 701 foot pounds and 752 foot pounds respectively.

2. What is the accurate range of each? The low power cartridges are more accurate than the high velocity cartridges. The low power smokeless 38-40 cartridge will give about three inch groups at 100 yards for ten shots.

alfred P. Lane

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Sunday School, 2:30 p. m.
Preaching service, Derby, 3 p. m.
Evening service, Newcastle, 7 p. m.
Mid-Week Service—Wednesday Prayer and testimony meeting 7:30 p. m.
Seats free, all welcome.

St. Andrew's Church
(Anglican)
Rev. W. J. Bate
Holy Communion—1st Sunday in month at 11 a. m. 3rd Sunday in month at 8:30 a. m.
Morning and Evening Prayer—Matsins at 11:00 (except 3rd Sunday in month). Evensong at 7:00. Wednesday Evensong, 7:30.

St. Mary's Church
(Catholic)
(During winter months from November to May.)
Early Mass with sermon, etc., 9:00 a. m.
Late Mass with sermon, etc., 11:00 a. m.
St. Aloysius Society for boys, 1:30. Children baptised, when there are baptisms, 2:00 p. m.
Sunday School Classes, 2:30 p. m.
Vespers, with Benediction of the Blessed Sacrament, etc., 7:00 p. m.

Methodist Church
Rev. Dr. Harricoa
Sunday Services 11:00 a. m. and 7:00 p. m.
Prayer and Praise Service, Wednesday, 7:30 p. m.

The Kirk
St. James Presbyterian Church
Rev. S. J. MacArthur, M. A., B. D.
Worship Sunday, 11:00 a. m. and 7:00 p. m.
Sabbath School, 2:30 p. m.

Salvation Army
Capt. P. Forbes
Holiness Meeting—11 a. m.
Praise and Testimony Meeting—3:00 p. m.
Salvation Meeting—8 p. m.
Public Meetings—Tuesdays, Thursdays and Saturdays—8:00 p. m.

If the Minister is coming to dinner on Sunday

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Target Tips and Hunting Helps

by Alfred P. Lane
Send questions to Mr. Lane care of this paper.

4 New Questions and Answers Department of Interest to Shooters

Readers are reminded that this column is open to questions which should be sent to me in care of the Sporting Editor, and to discussions by the readers on anything connected with hunting or target shooting.—A. P. L.

F. M. M., Chicago, Ill.
I should very much appreciate any information you could supply relative to one's becoming proficient in marksmanship with a Colt's Police Positive .38 Special—whether it would be well to use shorts for target work, etc?
The .38 short Colt's cartridge can be used in any revolver chambered for the .38 S. & W. Special cartridge, which is a rather powerful cartridge for use in the arm you mention. For target work I would suggest rather than use the .38 short Colt's cartridge, which is not long enough to fill the chamber, that you use the .38 S. & W. Special Mid-range cartridge.

I should also like to know the law regarding the use of a revolver for target practice, both as to Chicago and outside of the city but in Illinois.
I cannot seem to locate any information regarding the law covering the use of revolvers in Illinois. I would suggest that you write to the Illinois State Revolver Association, Secretary and Treasurer Capt. E. Bittel, No. 904 Elgin Ave., Forest Park, Ill. He will be able to give you the information desired.
C. J. E., Hardwood, N. Y.

Will you please tell me through the Column what you think about the Standard Gas Operated Rifle? I have just bought me a .35 calibre Standard for deer shooting

next Fall.
It is my impression—although I am not positive—that the Standard Gas Operated Rifle is no longer manufactured. I do not seem to be able to locate any information regarding it either favorable or otherwise.
"Old Timer," Derry, N. H.
1. I have a Colt's special .38 4-in. barrel, also Ideal No. 6 powder measure. I use .38 special shell. What do you think of a 3-gr. primed No. 1 Dupont smokeless rest of black? Load FFG, Dead Shot black—bullets lead, solid or hollow base? I have plenty of Bull's Eye, but it is too violent and risky.
This sounds like a good load. However, as no two combinations of powder produce the same results I should certainly suggest that you write to the manufacturers of powder and find out if this load is safe. Ordinarily, revolver shells are loaded with black powder of the FFG grade without the smokeless priming. Such a load if safe should work satisfactorily with solid or hollow base bullets. With regard to Bull's Eye powder when properly loaded this powder is hard to beat. Another smokeless powder of about the same quality is "RSQ." In loading Bull's Eye powder or any other dense powder, it is always well to check the powder measure frequently by means of actually weighing on a chemical balance.

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