

**Don't Disregard Colds  
Advise Specialist**

Colds seem of very little consequence to many people, and, as a result, often lead into such serious illness as pneumonia and tuberculosis, says the state extension foods specialist.

It is because persons with a cold do not consider the disease dangerous that they not only neglect themselves but go about spreading the germs among other people by coughing and sneezing without protecting the mouth. In their homes they may even use a common drinking cup, and in this way one member of the family after another becomes a victim.

Easily digested food, sunshine, fresh air, sleep, and rest are the best preventives of a cold. A generous use of milk, eggs, vegetables and fruits, excluding rich desserts and sweets from the meals, will make the work of digesting food very much easier and help the body to build up good resistance.

Children with a cold should be kept out of school, not only to recover more quickly from the disease, but also to prevent others from contracting it. Breakfast in bed will give added rest and relaxation for the body. Outdoor play in the sunshine for an hour just before the noon meal will stimulate the body and the appetite for food. A rest in the afternoon, more sunshine and play, and supper in bed, with twelve hours of sleep, will overcome a cold more quickly than home prescribed medicines. Only a reputable physician should be employed for prescribing medicine. The adults in the family would do well to follow a similar schedule when they acquire a cold.

The person who eats easily digested food at a definite hour each day, is out of doors a part of each day, and sleeps the required hours, seldom contracts a cold—if he does it is thrown off within two or three days.

If there were greater competition for good health with prizes awarded, as in other contests, some children, and grown folks too, might be aroused to strive more seriously for good health.

**Blizzard's Blanket to  
Be Lifted Electrically**

This winter will see in operation the latest device for snow removal, says the New Jersey Public Utility Information Committee.

A large wagon with a funnel-shaped body has been designed, at the bottom of which is a series of electric heaters. As the snow is shoveled into the wagon it is melted by the red hot plates and then flows away into the sewer.

One form of the snowmelter is hauled by a tractor which

takes its current from any convenient tap; another is mounted on a caterpillar truck and carries its own generator. The appliance was perfected and tested last winter and is said to be efficient and economical.

Several steam railroads have

already adopted a method of snow removal by which specially-designed gas burners are placed near frogs and switches. These burners heat the rails and thus melt the snow and ice in that area.

Each set of burners does as

much work as four men could do in the old-fashioned way, does it more quickly and more efficiently.

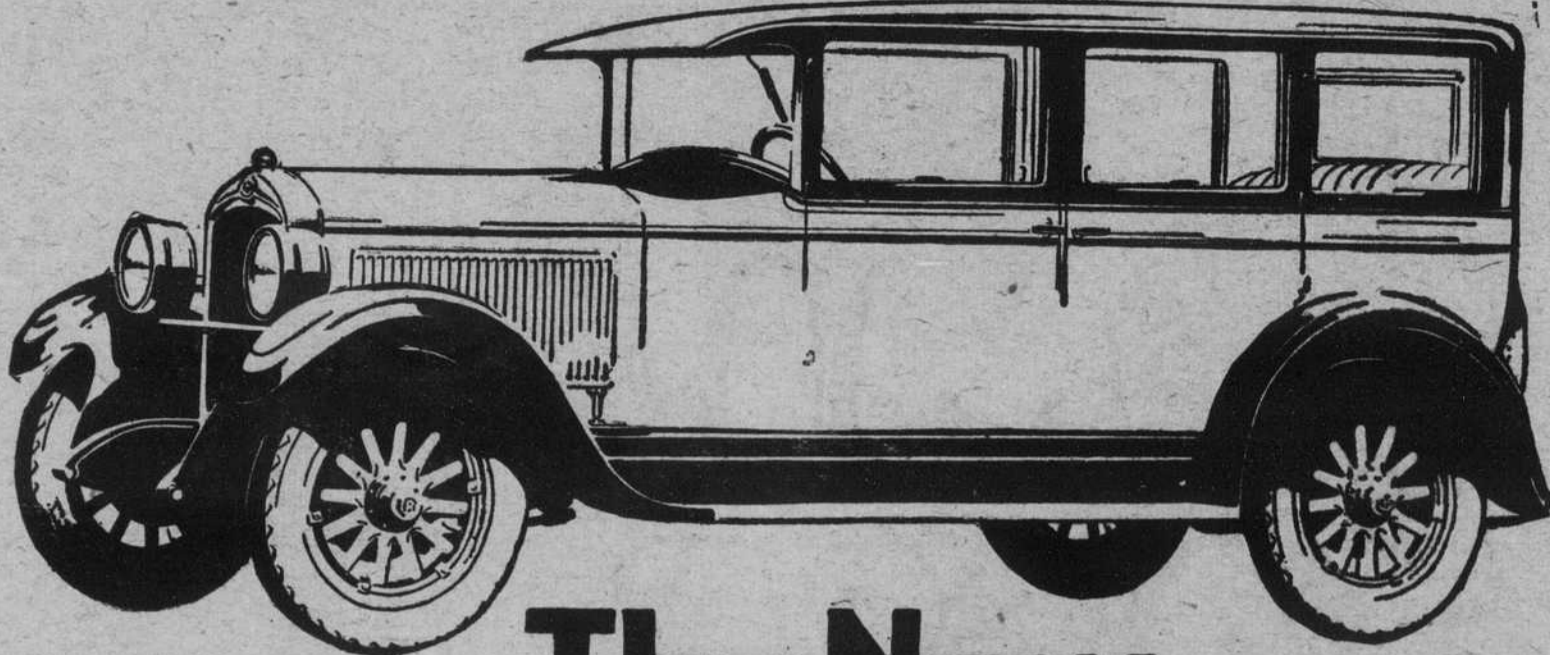
Atlantic City will, it is understood, not invest in such a machine as the light winters experienced in this city do not

require any such elaborate machinery to keep the streets and Boardwalk cleared of snow.

**Interesting Facts**

If the thirty pieces of silver which Judas got for betraying

Christ had been placed at 4 per cent interest, assuming their value to be half a dollar each, the Judas Foundation today would claim a mass of gold equal to 845,000 globes the size of this earth.



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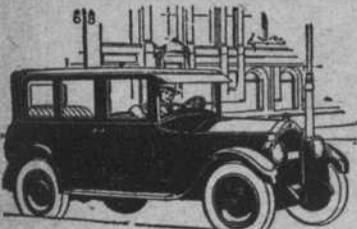
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