

Do You Know Your Nutrition Terms?

Eat well to work well and know your nutrition terms, says Professor C. M. McCay of Cornell who gives some definitions:

Acids are compounds that taste sour, such as vinegar; acid forming foods are foods such as meats, eggs, cereals, cranberries, plums and prunes, which form acids in the body after digestion.

An alkali is a substance such as lime or soda which neutralizes acids, as when soda is added to sour milk. Alkaline foods such as fruits, except cranberries, plums and prunes, and vegetables form alkalis in the body after digestion.

Amino acids are simple chemical substances which in many combinations from different proteins, like egg white or gelatin.

The B-complex is a mixture of thiamin, niacin, riboflavin and many other B-vitamins, that dissolve in water and are in milk, eggs, yeast whole-grain cereals and breads, meats, dried beans, vegetables and fruits.

Calcium is a mineral, one of the chief parts of bone and limestone, found in milk, mustard greens, turnip tops, and "hard" water.

Carbohydrates are organic compounds such as starch and sugar used by the body for fuels.

Enriched flour is white flour to which has been added some vitamins and iron which were present in the original wheat.

Hemoglobin, the red part of the blood, is composed of protein and iron and carries oxygen to every cell in the body.

Iodine is a mineral needed by the body in small amounts to prevent goitre and is in sea food and iodized salt.

Iron is a mineral recognized by everyone in nails and engines but often forgotten as an essential for every body cell and for making red blood.

Phosphorus is a mineral needed for bone making and is found in milk, meat, eggs and cereals.

Proteins are the substances that make up the largest portion of muscles and are found in abundance in lean meats, milk, eggs, fish, cheese, beans and nuts.

Riboflavin is the vitamin which gives them their green-yellow color, prevents sore mouths and eyes, and is furnished in large amounts by milk and organ meats.

Saccharin is a coal-tar product used as sweetening, which has no food or caloric value but is many times as sweet as sugar; 1/4 grain is equal to a teaspoon of sugar.

Vitamins are chemical substances occurring in natural foods, which must be eaten regularly to maintain health and life.

Vitamin A is necessary for good vision and to keep the moist linings of the body healthy. It is present in milk, eggs, liver and in green and yellow fruits and vegetables.

Vitamin B1 or thiamin is needed for normal appetites, healthy nerves and growth of the young, and is in meats, eggs, yeast, whole-grain cereals and breads as well as vegetables and fruits.

Louisa's Letter

Dear Louisa:

I have been trying to decide what to do. I go with a boy who is in the Army, but before he went in he had a very poor job. In fact, he did not make enough to support himself and stayed with his parents. We are practically engaged, although it hasn't been announced.

Since he has been gone I have had a few dates with an old man who is crazy about me and wants me to marry him. He has a big farm and plenty of money, and I can have every luxury if I accept him. People laugh about me going with him and say that he is old enough to be my grandfather, but my mother says you can take a lot of laughing if you have everything else. I love the other boy but if he doesn't make out any better when he gets out the Army than he did before, I am sure we will not be happy.

Which would you advise he to marry?

Vermont. JUNE.

Answer: Neither one, right now. To begin with, I think you sound very cautious when you admit that you are considering jilting the boy you are engaged to for a man who has some money. You knew what kind of a worker this boy was when he left and you should have never become engaged to him if you thought such a marriage would turn out badly. It certainly would be a shabby thing to do to break up with him now, when he is fighting for you and your country. The Army may improve him and you can at least wait and see if he changes for the better.

As for marrying an old man for his money when you love some one else, both you and the old man will

get a raw deal. You will earn every cent you get if you marry a man who is old enough to be your grandfather. And don't fool yourself that it will be only for a short time. I've seen girls who married old men with the idea of it lasting a few years, but who lost all of their looks and happiness, nursing and caring for these old fellows twenty to twenty-five years. Have a little patience and loyalty.

LOUISA.

Dear Louisa: We live in a small town and a young lady who has studied kindergarten is planning to open one this winter. We will have to pay to send our child. My husband says he thinks it will be foolish to spend the money, as Junior can play in our own yard as well as any other place.

What is your idea on the subject? MOTHER.

Louisiana.

Answer: I think a good, well-run kindergarten is a wonderful help to any child. He learns a great deal through stories, songs and hand work, besides learning to play and work with other children. He learns to give and take and to be fair and kind, if he has the right kind of a teacher.

You money will be well spent. Tell your husband that he will be much better adjusted to school life after he goes to kindergarten, than he would be if he spent all of his time in his own back yard.

LOUISA.

Impossible There has been a burglary, and a detective had been sent to investigate.

"H'm," he murmured, after he had been around the house and asked a few questions. "Looks to me like an inside job. The burglar evidently knew just where to find everything."

The householder shook his head. "Couldn't be," he replied. "Nobody in this house knows where to look for anything."

Relieve Itch Fast STOP Scratching

For quick relief from itching caused by eczema, athlete's foot, scabies, pimples and other annoying skin troubles, use cooling, medicated, liquid D. D. D. PRESCRIPTION, a doctor's formula. Greasiness and stinkiness. Soothes, comforts and quickly calms intense itching. 25¢ trial bottle proves it, or money back. Don't tuffer. Ask your druggist today for D. D. D. PRESCRIPTION.

Acid Indigestion

What many Doctors do for it When excess stomach acid causes gas, sour stomach or heartburn, doctors prescribe the fastest-acting medicine known for symptomatic relief—medicines like those in Bell-and Tablets. Try Bell-and yourself, at first sign of distress. They neutralize acid, relieve gas, and bring comfort very quickly—yet are not a laxative! Only 25c. at drug stores. If your very first trial doesn't prove Bell-and better, return bottle to us and get double your money back.

HOW, WHAT AND WHY?

Special to the Andover News

The Andover News has arranged with the Office of Information of the New York State Colleges of Agriculture and Home Economics to answer questions about problems of farm and home. If you enclose a self-addressed, stamped envelope and mention the name of this paper you will receive a direct reply to your query from the colleges. Do not ask more than one question in one letter or on one postcard. Ask as many questions as you like, but make each one a separate communication.

Cricket Control Mrs. D. A. M. inquires: "How can I control the crickets which are in my house?"

Prof. R. W. Leiby of the entomology department replies: "Two kinds of crickets frequently enter houses, the pale brown European house cricket and the common black field cricket. The house cricket may breed in the house; the field cricket usually enters merely for shelter. Crickets sometimes become abundant on garbage dumps and then invade nearby houses. They cause annoyance by their monotonous chirping and sometimes cause considerable damage by feeding on clothing and other fabrics."

Crickets may be destroyed in dwellings by blowing fresh pyrethrum powder or sodium fluoride into their hiding places and haunts. The sodium fluoride is effective, but is poisonous to man and should not be put where it will get into food or where children or pets can reach it.

The crickets can usually be trapped by making a two-inch-wide circular band of either the pyrethrum or sodium fluoride powder about fourteen inches in diameter on a paper or on the floor, and then placing a tablespoonful of dry rolled oats, or bran, or half an apple in the center of the circle. The trap and bait should be placed near a point where the crickets are thought to be hiding.

To Clean Varnished Furniture Mrs. S. M. asks: "What is the best way to clean varnished furniture?"

Prof. E. Cushman of the New York State College of Home Economics answers: "Into a dish containing 1 quart of hot water, put 3 tablespoons of linseed oil and 1 tablespoon of turpentine; set this dish in a pan of hot water. With the mixture wash the varnished surface, until all the dirt is removed, then dry and polish it with a dry cloth."

Longer "Can you write shorthand?" "Yes, sir; but it takes me longer."

Miracle

She was an old Irish woman on her way back to Dublin from the North. The customs man fished out a bottle from it, customary sanctuary in a voluminous nightdress. "And what's this?" he demanded.

"Shure, and it's holy water," said the woman, clutching for it. The customs man had his suspicions; pulled out the cork, sniffed. "This is whisky," he said sternly. Up went the old woman's hands in amazement. "Glory be! A miracle!"

To Relatives and Friends of Members of the Armed Forces Who Are Residents of the State of New York:

Every male and female member of the armed forces of the United States, who is a resident of the State of New York, and a duly qualified voter, has the right to vote at the general election to be held on November 3rd, 1942.

Please fill out the notice below and forward it to the State War Ballot Commission, State Office Building, Albany, N. Y., or to 2 Lafayette Street, New York City, and an application for a war ballot will be sent directly to the member of the armed forces.

Rank _____ Full name of member of armed forces _____
Regiment, company, troop or other command. _____ Name of camp, vessel or base _____
Located at _____
State of _____ Residence at the time of _____
enlistment or induction _____ Street & Number or R. D. Route. County _____

If you suffer distress from Monthly FEMALE WEAKNESS
Which Makes You Blue, Cranky NERVOUS—
At such times if you're troubled by cramps, headache, backache, a bloated feeling, nervousness—distress of "irregularities"—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound! It's helped thousands upon thousands of women and girls to go "smiling thru" such "difficult days."

IT NEVER FAILS

THE NEXT TIME HE VISITED THE PLACE IT WAS FIXED AND HOW
THIS IS A CLASSY THEATRE. ALL RIGHT, BUT WHY TH' HECK DON'T ANY WATER COME OUTTA THIS FOUNTAIN? JUST LOOK AT IT TRICKLE!
I'M SORRY, SIR! I'LL REPORT IT TO THE MANAGER, AND IT WILL BE FIXED RIGHT AWAY!
THE NEXT TIME HE VISITED THE PLACE IT WAS FIXED AND HOW

WHO KNOWS?

- 1. How many States are under gasoline regulations?
2. When did American fliers bomb Japan?
3. Why was Lourenco Marques in the news recently?
4. Will special furloughs be granted American soldiers during the harvest season?
5. What is the meaning of "WAVES" as applied to women enlisted in the Navy?
6. Is there a shortage of housing in New York City?
7. What is the source of agar-agar?
8. Who said, "We have met the enemy and they are ours"?
9. What is a mustang?
10. What Japanese official looks forward to dictating peace in the White House?
(See "The Answers on another page.")

Asthma Mucus Loosened First Day
For Thousands of Sufferers
Choking, gasping, wheezing spasms of bronchial asthma ruin sleep and energy. Irritants in the prescription Mucosa quickly stimulate through the blood and commonly help loosen the thick straggling mucus the first day, thus aiding nature in palliating the terrible recurring choking spasms, and to promote free breathing and restful sleep. Mucosa is not a smoke, dope, or injection. Just pleasantly facilitates palliating tablets that have helped thousands of sufferers. Printed guarantee with each package—money back unless completely satisfactory. Ask your druggist for Mucosa today. Only 50c.

HUCKLEBERRY FINN

ILL'S MOTHER BEHIND HIM ON THE RUN TO DRUG STORE FOR SOME MEDICINE FOR AUNT TESSIE'S TOOTHACHE HERE
FINDS A QUARTER
KISSES NELLIE AND GETS SLAPPED
GET TWO ICECREAMS
THEY'RE HERE

Com
All

Voorhees H
(Mrs. Raymond Church, F
Sept. 2.—Mr. and Mrs. cent and Mrs. C. W. K Wellsville and Mrs. Carl F of Scio called at the home of Mrs. R. B. Church evening.
School opened here Monday Miss Lillian Bird of Albany charge.
Miss Hilda Church is present week with her sister, Mrs. Head in Elm Valley.
Miss Rosalyn Cary passed week-end with relatives in
Mr. and Mrs. Robert C. Andover, Mr. and Mrs. Church and daughter Annville visited the gladiolus of the Church farm Sunday.
Mrs. J. J. Dailey and Mrs. Mary of Niles Hill were the Burritt Perkins home evening.
Mrs. Kathryn Mitchison, Donald of New York City, Christiana of Wellsville were at the home of James L. day.
Mr. and Mrs. H. B. Adams dinner Thursday Messadams Jenks, Grace Halliday and Hann of Wellsville.

Whitesville
(Mrs. Ella Millspaugh,
Sept. 1.—Rev. L. P. pastor of the Methodist church two days last week with in Coudersport, Pa.
The Whitesville Centre will open for organization assignment to classes on and for school work on
Mrs. Anna Huribert was the Crittenden school this
Miss Anna Deck, daughter and Mrs. Deek of the will teach the seventh grade Central School this year.
Mr. and Mrs. Harry Andover were guests Sunday and Mrs. Lee Millspaugh tended the morning service Methodist church here.
Miss Jean Millspaugh Avoca Sunday evening will begin her second year gauge instructor in school Sept. 1st.
Clifford Abbott and Hogansburg, N. Y., arrived day night and are occupying Halet house, the former home. Mr. Abbott is a teacher in the center here.
It is reported that has bought the Emma erty on Main street and pairs will reside there.
Mrs. Edna Bishop of Niagara Falls was guests of her sister-in-law Myrtle Slack.
Mrs. Wayne Slack left Tuesday for a visit with and sisters in Kansas.
Willis Leach and moved from the former now owned by Ronald lands over Leach's garden Pritchard and moved to the house vacated by Leach.
The W. S. C. S. of church will hold a silver home of Mrs. Alvin E. day afternoon, Sept.
Several Whitesville visited the meeting of the publican Club held at of Mrs. Harry Bradley last Friday.

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is Editor—
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