HEALTH FOR ALL

This column is sponsored, in the interest of better health, by the Allegany Health & Tuberculosis Association, 44 Schuyler St., Belmont, N. Y.

Colds

Although he obviously suffers, with his running nose and eyes, sneezing and coughing, a cold victim probably gets less sympathy than any other ill person.

One reason may be that most people average two or three colds a year and most people look on a cold as just a temporary nuisance. Another reason for this lack of sympathy might be that people realize a cold is catching and so they avoid the sufferer. The person who carelessly spreads his cold germs by neglecting to cover his coughs and sneezes with his handkerchiefs or tissues is especially unpopular.

For the so-called "common cold" is highly contagious. The victim most frequently spreads his cold at the time the symptoms first appear, but his cold can be spread even before he himself starts coughing and sneezing.

The cold germ—a virus so small it cannot be seen under an ordinary miscroscope—is usually spread by direct contact. Things like sitting in a draft and getting wet feet are not sufficient in themselves to produce a cold. But doctors believe that sudden changes in temperature and severe chilling or wetting sensitize the membranes of the nose and throat and make a person more vulnerable to cold germs. Cold germs can lodge beforehand in the membranes of the nose and throat and not "take hold" until sudden chill or cold weaken surrounding tissues.

A cold, of itself, is never the cause of death. If neglected or ignored, however, a cold can lead to serious illness or complications which may prove fatal. Colds not properly cared for can result in pneumonia, tonsillitis, diseases of the ears and of the throat, or secondary infections of the sinuses, largynx, bronchial tubes and even the eyes.

The best way to avoid a cold is to avoid those suffering from colds. But since this is not always practical, the best defense is building natural resistance to all illness, mainly through proper diet and sufficient rest.

If a cold does strike, despite precautions, a person should get as much rest as he can, and take light and easily-digested foods, such as soups, milk, and fruit juices. If possible, he should stay at home. Prompt action against the early symptoms of a cold can mean "licking" it in a few days and perhaps warding off a serious illness that might have struck had the cold been ignored and the body's resistance further weakened.

The groom, slightly confused, said hesitatingly, "I was to buy either a casserole or a camisole. I can't remember which."

"That's easy enough," answered the clerk, "is the chicken dead or alive?"

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BETTER THAN MONEY IN THE BANK

When an accident occurs in your family, nothing is worth so much as the knowledge that a good hospital is ready and waiting to give necessary assistance. Last yera Jones Memorial hospital, where this youngster had his picture taken, lent aid to 1,104 out-patients, including the injured, those suddenly taken sick and others requiring special x-ray or laboratory tests. In the new and modern hospital for which a $500,000 building fund is being raised in this area, there will be a large and well-equipped emergency room, opening off a special ambulance entrance, where injuries, ranging from a sprained ankle to major burns and fractures will receive prompt attention. Such protection adds to the safety of every home.

History of Oil Complete In Book "Empire Oil"

We have just found time to read a finely prepared and authentic account of the oil industry in New York State, written by John P. Herrick of Olean.

It is a fascinating narration, unfolding the history of the oil and gas industry in New York State by undoubtedly the only man living who could tell it from first hand, personal knowledge.

An oil man himself, Mr. Herrick not only knew most of the early participants in the industry's history in this state, but had an "inside seat" in the advancement of the industry from its early stages. His book gives a detailed account of the beginning and development of every oil and gas pool in the state.

The book contains detailed descriptions of the oil stock in the Freedom coal pits in 1832, '27 years before the Drake discovery well at Titusville, the Seneca Indian oil lease of 1859, the Richburg oil boom and right on down to the most recent Wayne gas pool of a few years back. This factual history, interspersed with anecdotes and illustrations makes the book both informative and pleasure reading. As William R. Boyd, Jr., president of the American Petroleum Institute says in a forward, "Empire Oil is both history and literature."

Our copy of the book is a gift from the publishers, which we wish to acknowledge with thanks. However, there is a copy of it in the Andover Free Library or you may secure one from Dodd, Mead & Company, of 432 Fourth Ave., New York 16, N. Y., if you wish one for your own library.

When a young fellow tells a girl he can't do enough for her—maybe he's right!

Special on PERMANENTS

Feb. 20 to Mar. 1

MACHINE or MACHINELESS $7.50

COLD WAVE $8.50

VOGUE BEAUTY SALON

Phone 173 "Jerry" Lynch Andover

FLANNEL NIGHTIES .. $1.98 up
Ladies' Flannel Pajamas . $2.75 up
CANNON NYLON HOSIERY ... $1.15-$1.35
DRAPERY MATERIALS ..... 59c yd. up
FRUIT OF THE LOOM PRINTS .... 49c yd.

DRESS GOODS
Variety of Patterns and Materials

All orders must be in by 10:30 a. m. for 11 a. m. Delivery, and by 3:30 p. m. for 4 p. m. delivery

THE H. H. WILLIAMS CO.
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January Milk Price Announced At $3.91

New York, Feb 14—A uniform price of $3.91 per hundred for milk deliveries made in January to pool-approved plants in the New York milkshed was announced today by Dr. A. J. Pollard, Acting Market Administrator. In December the uniform price was $4.26 and in January a year ago, $4.84.

The Acting Administrator also announced a producers butterfat differential for January of 5.6 cents for each tenth of a pound of fat above or below the 3.5 standard.

Dr. Pollard reported that the volume of milk produced in January was the heaviest for the month since the federal-state marketing orders were established in 1938. He said receipts of milk last month, totalling 514,696,919 pounds, bettered deliveries of a year ago by 9 210,000 pounds.

A gain of 2.03 percent in fa milk consumption last mon was also reported.

Total farm value of ja month's production is $20,78 614.46, made up of $20,12 649.53 at the uniform price a $656,964.93 in butterfat and 1 cation premiums.

William Reeder New President Seneca Counc

William H. Reeder, Olean bu inessman, was elected preside of Senica Council, Boy Scout at a recent meeting held at th Cogswell Inn. He succeeds M E. Mitchell of Wellsville.

Dates Claimed

Feb. 18: Rebekah bake sale a Vickers store.

Feb. 24: King's Daughter bake sale.

SACKETT'S SUPER SPECIALS

It Isn't Magic

THAT OUR MEATS ARE FRESH AND TENDER

The fussiest shopper in town is just a piker compared to our methods of buying Meat. . . . . No baby in its cradle receives more attention than we give to the Meat in our displays . . . WE DON'T ROCK IT—WE JUST FUSS WITH IT!

FRESH GROUND **BEEF - lb. 55¢**

HOME MADE **Pork Sausage 49¢**

Bacon SQUARES lb. 29c
Pork LIVER, lb. 29c
Boston BUTTS lb. 49c
Fish FILLETS lb. 39c
Center Sliced HAM .... lb. 89c
CHUCK ROAST lb. 49c
ALL STEAKS lb. 89c
PORK STEAK lb. 55c
Fresh OYSTERS pint 65c
End Sliced HAM .... lb. 69c

CHICKEN

LEGS AND BREAST - 85c lb.
WINGS - 39c lb BACKS - 29c lb.

GROCERY SPECIALS

GOLD MEDAL FLOUR .... 25 lb. bag $1.99
MOTHER'S OATS ..... lg. box 33c
PET MILK ..... lg. can - 5 for 59c
SCOTT TISSUE TOILET PAPER, 2 rolls 21c
ROSEBUD MATCHES . carton of 6 boxes 39c
JELLO - All Flavors ..... 3 pkgs. 23c
SHURFINE KETCHUP ..... 14 oz. btl. 19c
NUCOA OLEO ..... 2 lbs. 49c
CORN COUNTRY BUTTER in ¼'s .. lb. 69c

FOOD MARKET
SACKETT'S
Self Service Phone 159

HAPPENINGS of Local Interest

The Friendly Class of the Methodist church will meet at the home of Mrs. Clayton Burger tonight, Thursday, Feb. 16, at 7:30.

Mr. and Mrs. Lawrence Deloff of Little Genesee observed their 50th wedding anniversary Sunday, February 12, with open house at their home in the afternoon and evening.

Mrs. Charles Slocum is reported confined to her home with grippe and asthma.

George W. Johnson, chairman of the Endicott Johnson Corporation at Endicott, has accepted the chairmanship of the 1950 New York State Cancer Drive, scheduled for the month of April.

The public are invited to a Stanley Brush demonstration sponsored by the W. S. C. S. of the Methodist church at 8 p. m. Monday night, February 20, in the church parlors.

Clifford D. Lyon of Friendship, prominent in Masonic circles for a number of years has been elected president of the Allegany County Scottish Rite Association.

Tickets for the Barber Shop Quartet, sponsored by Andover Grange, may be obtained at Baker's Hardware or Higby Electric Store.

McGills Move to Olean

A card from "Kit" McGill advises us to change their address from Holyoke, Mass., to 22½ N. First street, Olean.

County American Legion To Meet in Andover

Allegany County American Legion will meet at Andover Legion home next Tuesday evening, February 21st at 8 o'clock.

Grange Sponsors Youth Workshops

The third annual series of discussion groups for young people will be held by the N. Y. S. Rural Youth Conference and cooperating agencies in various parts of the state beginning February 14.

Harry L. Graham, of Ithaca, state chairman of the "workshops", announces that "at the request of the young people, group discussion methods, organization, techniques and resources will be studied and demonstrated". Mr. Graham was enthusiastic about the support of education branches of state, church and farm organizations to make this a successful year of accomplishment.

"Anyone may attend," Mr. Graham said, "and the workshops are designed to be of maximum assistance to young people out of school, or of camparable age, or adults working with young people."

The "workshop" for this area will be held in the David Howe library, Wellsville, on February 24. The meeting will start at 9:30 a. m. and adjourn at 3:45 p. m.

Births

Feb. 3: To Mr. and Mrs. Lawrence Torpey of Cuba, a daughter.

Feb. 5: To Mr. and Mrs. Lee Taber of Belfast, a son.

Feb. 4: To Mr. and Mrs. John Gorton of Alfred, a daughter.

Feb. 8: To Mr. and Mrs. Douglas Sweet of Belfast, a daughter.

Feb. 9: To Mr. and Mrs. William Donovan of Caneadea, a daughter.

Feb. 9: To Mr. and Mrs. Alton Morse of Belmont, a daughter.

Feb. 3: To Mr. and Mrs. Jack Bullock of Bolivar, a son.

Feb. 10: To Mr. and Mrs. Charles Whitney of Wellsville, a son.

Feb. 10: To Mr. and Mrs. John Cunningham of Wellsville, a son.

Feb. 10: To Mr. and Mrs. Donald Hall of Wellsville, a daughter.

Marriages

Feb. 4: Miss Madeline Barrett of Friendship and Henry McLaughlin of Chattanooga, Tenn.

Feb. 12: Miss Dorotha Fanton and Robert C. Heers, both of Wellsville.

Feb. 10: Miss Mildred Fuller of Scio and Keith Rumsey of Friendship.

Feb. 11: Miss Lena Mae Cornelius of Willing and Herbert Cummings of Olean.

Feb. 11: Miss Florence Newland of Wellsville and Carl D. Thompson of Mount Morris.

Deaths

Mrs. W. Arthur DeLong, 72, of Yorks Corners, Feb. 13. Her husband and two daughters survive.

Joseph Shafer, 87, of Angelica, Feb. 13. His wife, four sons, seven daughters, a sister and a brother survive.

Mrs. Claude Allen, 65, of Allentown was instantly killed Feb. 8 when the car in which she and her husband were riding was struck by Erie train 8 near Belmont. Surviving are her husband, who was not seriously injured, and a daughter.

Buffalo News 1950 Almanac Is Issued

We note from the copy of the Buffalo Evening News Almanac and Fact book for 1950, which has reached our desk that unless there's a parking meter at the spot, don't be tempted to let your car stand in Buffalo, either with or without a driver, in that nice clear space near a corner. If you do, you'll get a "ticket" for traffic violation.

There are many other regulations governing traffic in Buffalo which might vary from rules of other cities, but Western New York motorists need not worry if they'll read the digest of Buffalo's traffic rules in the Buffalo News Almanac.

Other facts of interest to Western New Yorkers in this handy volume include a list of federal, state, county, city village and town officials, etc. Also a complete text of the United States Constitution.

Husbands prefer clinging gowns—the ones that cling for at least five years.

VETERANS' News Letter

Veterans in training under G.I. benefit laws are advised by Raymond F. Shear and Hugh M. Gregory of the County and State Veterans' Services that changes in dependency should be reported promptly to the Veterans Administration. The same applies to veterans receiving compensation for 50 per cent or greater disability.

Changes in dependency which should be reported include marriage, birth of child, adoption of child, or dependency of parents. Payment by the Veterans Administration to the veteran may be increased on account of changes in dependency. Such increase would be effective on the date of receipt of proof by the Veterans Administration. Veterans should see Mr. Shear or Mr. Gregory for further information and assistance.

Veterans in training on-the-farm or on-the-job or in school are reminded that wage and earning reports called for by the Veterans Administration must be submitted on time to prevent stoppage of VA payments to the veterans. Farm earnings for 1949 must be reported by March 1, 1950. Others in training must submit reports on forms provided by the VA within five days after the end of the period covered in the report.

Veterans who receive the special insurance dividend payment may receive with the check a slip with insurance numbers on it. This piece of paper should be preserved carefully. If complaint is made about the payment, it must be identified by all the data on this slip. Any veteran who wishes to may file this slip with the records of the County Veterans' Service Agency at Belmont, Raymond F. Shear, director.

Mr. Gregory is available to help veterans on insurance problems, and is at the office of the New York State Employment Service, Wellsville, every Thursday, and at the Campus Union, Alfred every Wednesday from 10 a. m. until 2 p. m.

"Look here, mister," snarled the customs officer, "you told me there was nothing in the suitcase but clothing and I found a bottle of whiskey!"

"Sure", replied the accused, "that's my nightcap."

Baker's Hardware News

For Muscular Aches Get a G-E INFRA RED HEAT LAMP

Has glare reducing red filter and rugged hard glass bulb

only $2.95

TAKE KINKS OUT OF SORE MUSCLES WITH A G-E SUN LAMP

Penetrating warmth from a G-E Sun Lamp relaxes tired aching muscles and gives a glorious summer like tan in the sun.
Price $8.50

FOR GOOD HARDWARE
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PEEK-A-BOW

. . . here for your footloose, fancy free opening night of comfort and style is this black nusuede ribbon trimmed ballerina.

Promenade in comfort.

Only 2.98

BOSTWICK'S

IS YOUR CAR READY TO TAKE THE COLD WEATHER

BRING IT IN FOR WINTER SERVICE AND TUNE UP

CENTER STREET GARAGE
Mingus and Hoover

You can bet, they're right here—real, honest-to-goodness bargains—not just low prices, but savings on high quality foods—today and every day!

THE Market Basket Stores

CRISCO

3 lb. glass or tin 73c lb. glass or tin 28c

Sunsweet Prune Juice ..... Quart Bottle 27c
Armour's Treet ..... 12 Oz. Can 39c
Cheezee Cheese yellow or pimento 2 Lb. Box 69c
Chiffon Soap Flakes 1c Sale—One large pkg. 1 med. pkg.—Both for 27c

Campbell's Tomato Soup

Grand as a Soup! Delicious as a Sauce!
3 cans 27c

Choc. Covered Cherries Brachs Villa Brand Lb. Box 49c
Blue Boy Sweet Peas ..... 2 No. 2 Cans 39c
Cream Corn Starch ..... Lb. Pkg. 12c
Hunt's Peaches Calif. Yellow Cling halves in heavy syrup No. 2½ Can 25c
Musselman's Jellies all flavors 2 12 oz. jars 27c
Lipton's Continental Soup Mixes
Noodle 3 pkgs. 33c Tomato Vegetable 3 pkgs. 35c

Sunkist Lemons
California 300 size doz. 39c

Southern Green Onions 3 Bunches 25c
New Texas Cabbage .... Lb. 5c
MacIntosh Apples .... 4 Lbs. 25c
Cooking Onions ..... 5 Lb. Bag 25c
Fresh Tomatoes ..... Tubes 15c
Iceberg Lettuce Crisp Yuma size 5 3 heads 29c