


Parish Educational Business Bulletin

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"Compare" is the motto of the ideal located at 42 State St. Compare and let your own sense of values be your guide.

The ideal are particularly requesting at the present time, that their many friends and customers compare styles, values and prices at their store.

The proprietor fully appreciates that at this time and with conditions as they are, the buying public must receive one hundred cents value for their dollar and that they are justly and truly giving this.

The ideal are always glad to have customers look through their stock whether ready to buy or not and their sales force show nothing but the most attentive courtesy.

A "Special" of some sort is always being run as a leader and by paying a visit to the store you are apt to find something just to your liking at a greatly reduced price.

The motto—"Compare".

Advises Adjustments for Health

Nature is the chiropractor's only aid—adjustments remove the pinch on the nerves and enables nature to do her part in making and keeping the body well.

Ninety per cent of diseases are due to pressure upon the nerves. This pressure interferes with their functions; hence inflammation, pain and distress are manifested where these nerves end.

All diseases are prolonged until pressure upon the nerves leading to the affected parts are adjusted. The Chiropractor releases this pressure by hand and health is the result.

Ancient methods and cure-alls put but little check on disease; times have changed and science is progressing. Chiropractic adjustments, and relieving nerve impingements, permit nature to remove the cause of disease and correct abnormalities without the use of anything.

Ray W. and Harriet K. Sherman
Chiropractors, 885 Main St., West
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It is always well to be prepared for any temporary emergency which may arise, and there is a certain amount of satisfaction in having at least one month's supply of fuel ahead for all purposes.

Charles McAllister, 82 Canal St., is in a position to fill any and all orders at a time to suit his customers and can assure them of prompt and efficient service.

Either a personal call or telephone order Main 1964—will have most courteous attention.

FRANKLIN'S COLD-AIR BATH

Homely Philosopher Was One of the Earliest American Advocates of the Open Window.

The cold bath in the morning is a social fetch that makes two clear divisions of mankind—the thoroughly virtuous who do not shrink from the full rigors and the Laodiceans who play with the hot water tap. As a custom it may be peculiarly English, but one hears less of a variation of it that has respectable authority, says the Manchester Guardian.

Benjamin Franklin, while representing the American colonies in London, wrote in one of his informing letters to a French correspondent that the "shock of cold water hath always appeared to me as too violent, and I have found it much more agreeable to my constitution to 'bathe' in another element—I mean cold air. With this view I rise early almost every morning and sit in my chamber, without any clothes-on whatever, half an hour or an hour, according to the season, either reading or writing." The practice is not in the least painful, but, on the contrary, agreeable, and if I return to bed afterward, before I dress myself, as it sometimes happens, I make a supplement to my night's rest of one or two hours of the most pleasing sleep that can be imagined.

Franklin was sixty-two at the time. He had still to live twenty-two of the most active years of his extraordinary career, so that in his case cold-air baths seem to have done no harm. Franklin was before his time in his belief in fresh air, and he wrote some savage things about the "aerophobia" that at present distresses weak minds and makes them choose to be stifled and poisoned rather than leave open the window of a bedchamber or put down the glass of a coach.

The man who imagines that he never did a foolish act is too stupid to know what folly is.

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Cooking Chicken.

Old saying is, no one can eat a quail a day for 30 days. H. J. Jalmar, Baptist missionary in the Congo, hasn't tested the quail theory. But he has seen chicken three times a day for two years.

Don't pity Jalmar for monotony of diet. Pity his wife, who had to plan the meals to make them attractive. She evolved 22 ways of preparing chicken. No man has a task as difficult as his wife has, in planning meals. Doubt it? Ask her.

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