

Next 'SCHOOL OF COOKERY' MARCH 20—HOLY ROSARY PARISH

Common Colds Are Enemy To Health

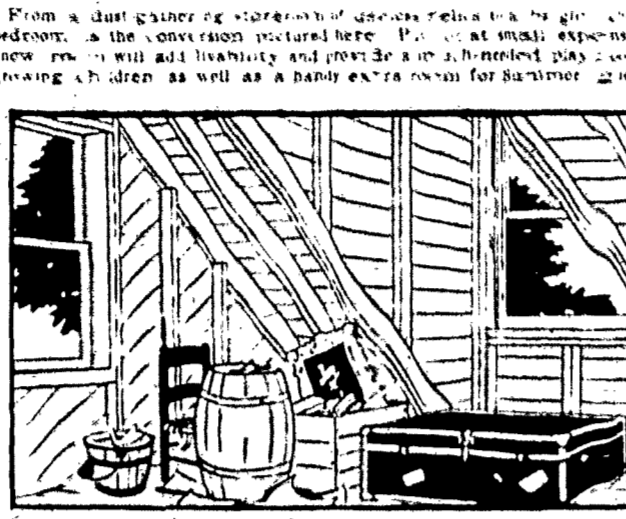
The common cold is a common enemy. Every winter it destroys millions of hours of productive work in factories, homes, offices. For millions of persons who "catch cold" vitality is sapped and resistance to disease lowered to say nothing of the discomfort caused to the sufferer himself and to those around him.

Despite the tremendous cost and importance of nature's original healing doctors and scientists who have tried to discover causes and cure. Yet while knowledge about colds is still in the research stage it is clear from a practical angle that defense against this common enemy is in the hands of each one of us. If individually we take proper precautions we can so much to prevent colds for ourselves and for others. What is clearly necessary is that each one of us observe a certain few simple rules which the doctors will use as a guide to their own research.

Foremost of all is scrupulous attention to cleanliness. This is the strongest possible prophylaxis against the common cold. It is not enough to wash hands and face with soap and water. The hands must be scrubbed thoroughly and frequently. The face should be washed with soap and water. The nose should be blown frequently. The throat should be gargled with a weak solution of boric acid. The mouth should be kept clean. The body should be kept clean. The feet should be kept clean. The hands should be kept clean. The face should be kept clean. The nose should be blown frequently. The throat should be gargled with a weak solution of boric acid. The mouth should be kept clean. The body should be kept clean. The feet should be kept clean.

In this connection, it must be

Better Homes Better Living



From a dust gathering storehouse of olden days to the bright, clean, modern kitchen pictured here. The FHA System has made it possible for millions of people to own a better home. The FHA System has made it possible for millions of people to own a better home.



In remodeling an old-fashioned kitchen other materials may be used for the walls and ceiling or they may be plastered. A good quality flooring should be used. The work and the cost of the kitchen should be planned so that it will be a pleasure to use. The kitchen should be a place where the family can enjoy their meals and where the mother can do her housework with ease and comfort.

FHA System Widens Base Of Ownership

Millions of people are now enjoying the benefits of the FHA System. The FHA System has made it possible for millions of people to own a better home. The FHA System has made it possible for millions of people to own a better home.

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Package Receiver Is Time Saver

FHA officials believe that a package receiver built on the inside of the kitchen door will save space and time. The package receiver will save space and time.

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War Creates Need For Vegetable Seed

The war has created a need for vegetable seed. The war has created a need for vegetable seed. The war has created a need for vegetable seed. The war has created a need for vegetable seed.

Injury To Workmen Should Be Considered

Injury to workmen should be considered. Injury to workmen should be considered. Injury to workmen should be considered. Injury to workmen should be considered.

Check Furnace For Fire Danger

Check furnace for fire danger. Check furnace for fire danger. Check furnace for fire danger. Check furnace for fire danger.

Carrier Service Depends On Streets

Carrier service depends on streets. Carrier service depends on streets. Carrier service depends on streets. Carrier service depends on streets.

Questions and Answers

Q: I plan to anticipate a snow storm. What size should I use? A: Snow storms which will not be in large quantities should be anticipated. The size of the snow should be considered. The size of the snow should be considered.

Bring Your Friends to the 'School of Cookery'

Bring your friends to the 'School of Cookery'. Bring your friends to the 'School of Cookery'. Bring your friends to the 'School of Cookery'. Bring your friends to the 'School of Cookery'.

LEAVE IT TO A HUSBAND to appreciate Pillsbury's Best baking!

THE FIRST TIME I BAKED WITH PILLSBURY'S BEST, MY HUSBAND NOTICED THE DIFFERENCE!

— says Mrs. Frank Goff of Chicago, Illinois —

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