

ATTACKS MILK SUBSTITUTES

Dr. McCullom, School of Hygiene and Public Health, John Hopkins University, attacks milk substitutes in hearing before House Committee on Agriculture at Washington. Considering Voigt bill to prohibit manufacture and sale of milk compounds.

In Part He Said

"I guarantee that any infant that is fed for a few weeks on one of these milk substitutes will develop rickets as severe as this," said Dr. McCullom, showing a photograph. "The milk substitutes are an inferior product. How many people in the crowded quarters of the cities understand the finer points of the label?"

Dr. McCullom denounced the use of coconut oil as a substitute for butterfat, saying the dairy cow cannot compete with the coconut cow. He claimed that the health of children will be seriously endangered by the substitutes whose manufacture has reached tremendous proportions. He said the coconut oil is lacking in vitamins necessary to children's growth.

Eat greens, Keep Young

There are many persons who, through improper diet, are as old looking at forty years as they would be at sixty-five on a proper diet, asserted Dr. McCullom when seen later.

Dr. McCullom said a satisfactory diet cannot be made out of cereals, peas and beans, potatoes, fleshy roots and muscle meats, of which Americans are so fond. "Our national dietetic sin," he said, "is living too much on wheat flour, on bread made from it, and other cereals having similar dietetic properties; on tubers such as the potato, and on meats."



DR. E. V. McCULLOM
School of Hygiene and Public Health
John Hopkins University

Quart of Milk a day

"We should take at least a quart of milk per day, or its equivalent, and we should reduce our meat consumption to approximately 5 percent of the energy value of the diet. Substitute milk for half the quantity of meat now used and cultivate the habit of using green salad dishes."

PUTTING MORE MILK IN FOOD OF FAMILY

Numerous Dishes Are Enumerated by Home Specialists.

Milk Toast, Cream Soups, Creamed Vegetables, Fish and Scalloped Dishes Are Favored—Recipes for White Sauce

Milk toast, cream soups, creamed vegetables, creamed fish and scalloped dishes are all good ways of putting more milk into the daily food of the family, say home economic specialists in the United States Department of Agriculture. The milk for all of these is thickened into a sauce, thick or thin.

To make the sauces, melt the fat, stir in the flour, add the milk gradually, and cook until thickened, stirring constantly unless a double boiler is used. All measurements are level in these recipes.

Thin White Sauce

1 cup milk
1 tablespoon flour
1 tablespoon fat
1/4 teaspoon salt
1/8 teaspoon pepper

Medium White Sauce

1 cup milk
2 tablespoons flour
2 tablespoons fat
1/4 teaspoon salt
1/8 teaspoon pepper

Thick White Sauce

1 cup milk
3 tablespoons flour
3 tablespoons fat
1/4 teaspoon salt
1/8 teaspoon pepper

For milk toast and with vegetables use the thin sauce. For scalloped or creamed vegetable and meat dishes use the medium sauce. The chief use for the thick sauce is as a binding material in croquettes and loaves.

NEW GOVERNOR OF HAWAII



This is Wallace Rider Farrington, who has just been appointed governor of Hawaii by President Harding. Mr. Farrington was born in Maine and was a newspaper editor before he went to the islands. He has been editor of the Pacific Commercial Advertiser, and the Honolulu Bulletin. He is now vice-president and general manager of Honolulu Star-Bulletin.

SUCCESSION NOTICE

Succession of John M. B. Monroe, No. 180.

Notice is hereby given to all whom it may concern to show cause within ten days from date (if any they have or can) why the final account presented by Dr. R. B. Paine should not be approved and homologated, according to law.

W. E. BLOSSMAN, Clerk of Court.

au27-31

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LEWIS L. MORGAN
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C. SIDNEY FREDERICK
Attorney-at-Law—Notary Public
Office in Bradley Building, opposite Commercial Bank & Trust Co.
Covington, La.

MILLER & BURNS
Attorneys and Counselors at Law
Covington Bank Building
Covington, Louisiana

THOMAS M. BURNS
Attorney at Law
Office in Covington Bank & Trust Company Building.
Covington, La.

L. C. MOISE
Attorney at Law and Notary Public
O. Box 123
Covington, La.

DR. M. R. FISHER
Dentist
Office in Covington Bank Building
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J. P. HUQUOT, M. D.
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Two blocks from public school building.
Hours 12 to 6. Phone 240

R. H. WARREN
Physician and Surgeon.
Covington, La.
Office: 219 Columbia street
Phone 66. Residence Phone 61

DR. A. H. GRIMMER
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Covington Louisiana
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In your homes at night? Yes. Edison's bottled sunshine. Electric light is by far the cleanest and best, and in case that your home is not equipped come to us and let us convince you of the small cost and its superiority over all the other old-fashioned lighting methods.

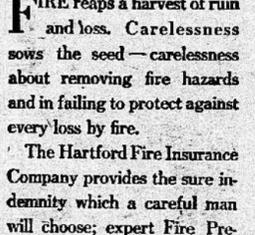
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Boarding and Day School for Girls and Young Ladies
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For particulars, apply to Mother Priores



DODSON'S LIVER TONE
INSTEAD OF CALOMEL.
Calomel is quicksilver. It attacks the bones and paralyzes the liver. Your dealer sells each bottle of pleasant, harmless "Dodson's Liver Tone" under an ironclad, money-back guarantee that it will regulate the liver, stomach and bowels better than calomel, without sickening or salivating you—15 millions bottles sold—Adv.



ASPIRIN
Name "Bayer" on Genuine
Beware! Unless you see the name "Bayer" on package or on tablets you are not getting genuine Aspirin prescribed by physicians for twenty-one years and proved safe by millions. Take Aspirin only as told in the Bayer package for Colds, Headache, Neuralgia, Rheumatism, Earache, Toothache, Lumbago, and for Pain. Handy tin boxes of twelve Bayer Tablets of Aspirin cost few cents. Drugists also sell larger packages. Aspirin is the trade mark of Bayer Manufacture of Monoacetyl-salicylic acid.

A Tonic For Women

"I was hardly able to drag, I was so weakened," writes Mrs. W. F. Ray, of Easley, S. C. "The doctor treated me for about two months, still I didn't get any better. I had a large family and felt I surely must do something to enable me to take care of my little ones. I had heard of
CARDUI
The Woman's Tonic
"I decided to try it," continues Mrs. Ray. "I took eight bottles in all. . . I regained my strength and have had no more trouble with womanly weakness. I have ten children and am able to do all my household and a lot outdoors. . . I can sure recommend Cardui."
Take Cardui today. It may be just what you need.
At all druggists.

CARDUI The Woman's Tonic

PHILLIP SCHULTZ
Deep and Shallow Well Driller and Pump Well Repair Work.
Phone Ewell's Store, No. 208.
Covington, La.

PARTITION SALE

S. D. Bulloch vs. Celeste Rodriguez, Wife of Albert Burnthorn.
No. 3432.
Twenty-Sixth Judicial District Court, Parish of St. Tammany, Louisiana.
Notice is hereby given that by virtue of a judgment of partition and sale issued out of the above entitled court, in the above numbered and entitled matter, and to me directed, I shall proceed, on
Saturday, September 10, 1921, at the principal front door of the courthouse at Covington, St. Tammany Parish, Louisiana, to sell the following described property, to-wit: Southwest quarter of section 35, township 4 south, range 10 east, together with the buildings and improvements thereon.
Terms of Sale—Cash.
WALTER GALATAS, Sheriff.

NOTICE

No trapping or hunting allowed on my land. Any one found trapping on my land will be prosecuted to full extent of the law, and will be held responsible for stock killed or hurt by traps.
mr6 ROBT. H. VOSS.
Classified ads. produce results if placed in The Farmer.

BECAUSE you carry a policy of insurance does not always mean that you are insured. You must read your policy carefully and ascertain that the company which issued the policy is a solvent one. Few people do this, and that is why we try as far as is humanly possible to write your policy carefully, and in first class companies.
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Covington, La.

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ABITA SPRINGS GARAGE
REPAIRS OF ALL KINDS
On All Makes of Cars, Tractors and Internal Combustion Engines
Work Guaranteed Prices Moderate
AUTO FOR HIRE BY HOUR OR TRIP
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"ABITA-SPRINGS, LA.
Box 134

NOTICE.
All persons are hereby warned and prohibited from cutting, burning, deadening, carrying or floating away, or otherwise injuring or destroying any trees, timber or wood growing or lying upon the lands of the undersigned, on the lake front from Lewisburg to the Tchoufouca river, formerly known as Amand Marigny and McQuinn tracts, and are also prohibited from fishing, hunting or trapping with dog or torch or trespassing in any way on lands belonging to the undersigned. One hundred dollars reward will be paid for information and conviction of trespassers.
H. H. HEDDEN,
P. O. Box 678,
New Orleans, La.
July 18, 1921.

ORDINANCE NO. 82.
Whereas, in the opinion of the Town Council of Covington, La., it is necessary and advisable that a special election should be ordered to be held in the Town of Covington, La., at which shall be submitted the following proposition:
To levy a special tax of three (3) mills on the dollar on all the property of the Town of Covington, La., subject to taxation annually for a period of five years, for the purpose of providing additional means for the construction, repair and maintenance of the public streets of the Town of Covington, improving the Bogue Falaya Park, and the Public Cemetery of said Town, the amount of \$500.00 out of said tax to be used annually for said park, and the amount of \$200.00 out of said tax to be used for said cemetery, which said proposition shall be submitted to the qualified electors of said town. Therefore be it ordained by the Town Council of the Town of Covington, in regular and legal session convened:
Section 1. That a special election be, and the same is hereby ordered to be held in the Town of Covington, La., on the 6th day of September, 1921, on Tuesday, for the purpose of submitting to the qualified electors of said Town of Covington, La., entitled to vote thereat, the question of a levy of a special tax of three (3) mills on the dollar of all property in the said Town, subject to taxation, annually, for a period of five years, for the purpose of, and the proceeds of said tax to be used in the construction, repair and maintenance of the public streets of said town, improving the Bogue Falaya Park, and the Public Cemetery of said Town, the amount of \$500.00 out of said tax to be used annually for improvement of said park, and the amount of \$200.00 out of said tax to be used annually for said cemetery.
Section 2. Be it further ordained, etc., That the secretary of the Town

Council be and he is hereby instructed to have prepared for use at said special election a sufficient number of ballots, on each of which shall be printed the proposition set forth in section one hereof, and in the following form:
Ballot.
Proposition to levy a three (3) mill special tax on all property in Town of Covington, La., subject to taxation, for a period of five years, annually, for the purpose of the construction, repair and maintenance of public streets of Town of Covington, La., improving Bogue Falaya Park, and the Public Cemetery of said Town, amount of \$500.00 out of said tax to be used annually for improvement of said park, and amount of \$200.00 out of said tax to be used annually for said cemetery.
Taxable valuation \$
Signature of Voter.
Notice to Voters: To vote in favor of the proposition submitted upon this ballot, place a cross (X) mark in the square after the word "YES"; to vote against it, place a similar mark after the word "NO."
Section 3. Be it further ordained, etc., That the secretary of this Council, be and he is hereby ordered to cause to be prepared for use at said election the tally sheets, lists of voters, assessed valuation of property, blank statements for the compilation of vote, in number and amount, and other election blanks that may be required for the purpose of holding the said election to cause them to be placed in the ballot boxes for use at the polling place.
Section 4. Be it further ordained, etc., That the polling place of said election shall be in the St. Tammany Parish Courthouse in the Third Ward, in Covington, on Bogue Street, and the following three commissioners and clerks of election appointed to-wit: L. M. Bourgeois, Mrs. J. C. Burns, C. L. Smith, a commissioner, and S. D. Anderson, a clerk of said election, and the said election shall be conducted under the laws of the State applicable thereto.
Section 5. Be it further ordained, etc. That the Mayor of the Council is hereby instructed to give notice of the special election hereby called, by proclamation to be published according to law, and in said proclamation he shall announce that at 10 o'clock a. m., on Friday, September 10, 1921, the Town Council will meet at its usual meeting place in the Town of Covington, La., and in open session, proceed to open the ballot box, examine and count

Uncle John's Josh
NO, BOLSHEVISM HASN'T DONE ITS WORST. NOT ALL THE RUSSIAN PEOPLE ARE DEAD YET.

666
quickly relieves Constipation, biliousness, Loss of Appetite and headaches due to Torpid Liver. jcl8-154

NOTICE.
The public is hereby warned not to trespass in any way on the property of the undersigned, located along the line of the N. O. G. N. and the Y. & M. V. R. R. and the Penn Mill public road, immediately north and northwest of Covington, La. Trespassers will be prosecuted to the full extent of the law.
HARVEY E. ELLIS.
NOTICE.
All persons are hereby warned and prohibited from cutting, burning, deadening, carrying or floating away, or otherwise injuring or destroying any trees, timber or wood growing or lying upon the lands of the undersigned. They are also prohibited from hunting, fishing or trapping with dog, gun or torch or trespassing in any way on lands belonging to the undersigned.
E. P. ROBERT,
H. H. MAYFIELD,
H. J. MAYFIELD,
R. A. ORR,
JAS. PROVOST,
GEO. H. GAUSE.
NOTICE.
All person sale prohibited from trespassing upon the lands of Mrs. M. Loubat Williams in the town of Abita Springs. Any one caught cutting trees or wood will be prosecuted in full accordance with the law.
M. LOUBAT WILLIAMS.
NOTICE.
All persons are prohibited from trespassing upon the lands of C. L. Baker, known as the Deitrich tract, about one mile northwest of Sibley, and from cutting any trees or timber on said lands or hauling any wood therefrom, or taking or nailing any advertisements or notices on any of the trees. Ten dollars reward will be paid for information and conviction of any one trespassing on said lands.
C. L. BAKER,
Sibley, La.
no24-18
I, the undersigned, forbid all hunting, trapping and trespassing on my land. Anyone caught so doing will be punished to the full extent of the law.
JAS. BARRINGER.
The undersigned forbid all hunting, trapping or trespassing on their lands. Anyone caught doing so will be punished to the full extent of the law.
QUEEN & CRESCENT LUB.

SHERIFF'S SALE.
James D. Lacy vs. American Pine Products Corporation.
No. 3439.
Twenty-Sixth Judicial District Court, Parish of St. Tammany, Louisiana.
Notice is hereby given that by virtue of a writ of seizure and sale issued out of the honorable aforesaid Twenty-Sixth Judicial District Court, and to me directed, bearing date the 13th day of July, 1921, I have seized and will offer for sale to the last and highest bidder, at the principal front door of the courthouse in the Town of Covington, Parish of St. Tammany, State of Louisiana, between legal sale hours for judicial sales, on
Saturday, August 27, 1921, the following described property, to-wit:
All the movable property of the Forest Products Company situated and being on a certain tract of land owned by James D. Lacy, which is more fully hereinafter described and which said property consists of the entire plant on said property formerly operated by the Forest Products Company and consisting of the buildings, except office building and all reprints, rest cars, receiving coolers, wood sawing outfit, piping above and under ground, storage tanks, boilers, stills and distilling apparatus, material on hand, electric motor monorail cars, rails and accessories, water and light systems and everything belonging to said plant now situated upon said premises, excepting flotation oil now in storage tank reserved by the Forest Products Company; also including tools or appliances on the premises, or that which may have been loaned to the Salmen Brick & Lumber Company and now in their possession, it being the purpose of this act to convey all property belonging to Forest Products Company now situated upon the hereinafter described real estate.
That said above described property is situated on the following described real estate, to-wit:
A certain tract of land commencing at a point 130' north from the center of the Salmen Brick & Lumber Company railroad track on the east bank of Bayou Vincent in the Parish of St. Tammany, and State of Louisiana, thence a 27 degrees east 520'; thence a 63 degrees east 192' to right of way of New Orleans & Northeastern Railroad Co.; thence a 27 degrees, a 333' 8" along the said right of way; thence a 53 degrees w 495' to Bayou Vincent; thence in a southerly direction along the meanderings of said bayou to point of beginning, as per plat annexed to act of sale passed before Arthur A. Moreno, Notary Public, on the 3rd day of July, 1914, which said act of sale is deposited with the Clerk of Court of St. Tammany Parish.
Being the same property acquired by James D. Lacy from J. A. Salmen by act of sale passed before Arthur A. Moreno, Notary Public in and for the Parish of Orleans, registered in Book 72, folio 511, of the Parish of St. Tammany.
Terms of Sale—Cash, without appraisalment.
WALTER GALATAS, Sheriff.
jul23-6t

NOTICE.
I, the undersigned, forbid all hunting, trapping and trespassing on my land. Anyone caught so doing will be punished to the full extent of the law.
JAS. BARRINGER.
The undersigned forbid all hunting, trapping or trespassing on their lands. Anyone caught doing so will be punished to the full extent of the law.
QUEEN & CRESCENT LUB.

NOTICE.
I, the undersigned, forbid all hunting, trapping and trespassing on my land. Anyone caught so doing will be punished to the full extent of the law.
JAS. BARRINGER.
The undersigned forbid all hunting, trapping or trespassing on their lands. Anyone caught doing so will be punished to the full extent of the law.
QUEEN & CRESCENT LUB.