

chief and tells the child to "blow hard" she unconsciously is paving the way for the child to become deaf at an early age.

Where the back of the nose and the mouth join there is one opening of a small tube and the other opening of that tube is in the middle ear back of the drum. Colds as a rule spread from the nose to the vocal cords and then to the bronchial tubes. Generally they show a disposition to skip the tube running to the ear except when germs and pus are blown up to the ears.

Thus when a person grips the nose hard, pinching in the nostrils as a great many people do, and then "blow hard" they usually blow infection into the ears. Even when only one nostril is held tightly and a person blows hard there is a great chance that infection will be blown into the ears.

The danger of blowing germs into the ear and the colds that result is more fully understood when one learns that most people who become deaf in middle age are generally suffering from the after-effects of colds which have traveled from nose to ear.

There are small, delicate bones by which sound waves are transmitted from the ear drum to the internal ear and these bones are joined together at very small delicate joints. When these joints become stiff and out of order from some disorder of the ear then the hearing becomes poor.

As nature arranged to have the secretions in the nose run out of their own accord it is only necessary to hold the handkerchief up to the nose (not to grip it) and then blow lightly.

Probably half the deaths that do not come from old age are due to ignorance. It is knowledge organized into sanitation, diet rules, medicine and surgery that has so wonderfully reduced those terrible death rates of medieval times and will reduce them still more in the days that are to come.—The Outlook.

RE-ELECTED PRESIDENT AT THE D. A. R. CONVENTION



Mrs. W. Cummings Story has again been chosen to head the Daughters of the American Revolution.

TODAY'S TESTED RECIPE

By Caroline Coe.

Escalloped Salmon and Peas.—One can salmon, 1 can peas, 2 cups white sauce, bread or cracker crumbs. Drain oil from salmon, remove any skin or bones and flake in small pieces. Butter pudding dish, sprinkle with crumbs, put in layer of salmon and peas. Cover with white sauce and repeat until all is used.

Cover top with buttered crumbs and bake in hot oven until crumbs are brown. Serve hot.