

VIRGINIA NEWS
PARAGRAPHED

Richmond—The Chesapeake and Ohio Railway Company in February broke all previous records for coal loading, a total of 53,098 cars being handled, an average of 2,212 1-2 cars for every working day in the month. About 28 per cent of the cars came to the Eastern ports, while 72 per cent went west, the orders from that section being heavy in anticipation of a strike of the miners in the Western fields.

Staunton—Tying a rope around his neck and making it fast to a boat on Middle River a few yards from his home, Stuart Wagner, aged 60, a prominent farmer of the New Hope section, drowned himself early Tuesday morning. His body was found several hours later by two little girls. He is survived by his wife and twelve children. No motive for his act has been assigned.

Harrisonburg — Development of public utilities to cost more than \$204,000 was proposed at a meeting of the City Council Monday night. The proposed improvements will consist of a

steam or fuel oil auxiliary electric power plant to supplement the present hydro-electric plant, costing approximately \$60,000; construction of a 12-inch pipe line from the source of the city's water supply 15 miles west of town, to the new reservoir, at a cost estimated at \$115,000.

INFLAMMATION

A process called inflammation sometimes occurs in tissues that have been injured or invaded by bacteria. Although painful, it is nevertheless one of the reparative processes of the body, and therefore beneficial. Common examples of inflammation are boils, sore throat, and the swollen, painful condition resulting from sprains and fractures. Characteristic symptoms of inflammation are heat, redness, swelling and pain.

When tissue has been invaded by bacteria nearby blood vessels dilate, thus bringing an increased supply of blood to the infected part. This extra supply serves to wash the offending substance and at the same time it brings more white blood corpuscles one function of which is to destroy bacteria. From the increased supply of blood the affected part becomes red and hot, and so much blood may come that the vessels further on are unable to carry it away fast enough. Some of the fluid part of the blood is then forced out into the tissues, and the part becomes swollen. Distention of the tissues and pressure upon the nerve endings cause pain, and the injured part now exhibits the characteristic symptoms of inflammation.

At this point, if the injury begins to heal or the bacterial infection to yield, the extra blood supply is gradually carried off, the blood vessels resume their normal size and the tissues return to their usual condition. If, however, the infection does not yield so quickly, more and more white blood corpuscles assemble and pass through the walls of the tiny blood vessels into the tissues. Here the struggle continues. Some bacteria and some white blood corpuscles are killed, and substances are formed which liquefy these dead cells and also some cells of the surrounding tissues. The resulting fluid is called pus or matter, and in the case of a boil we then say it has come to a head. If the infection occurs near a cavity or near the surface of the body, the pus may escape by breaking through at the point of least resistance, and may carry most of the poisons along with it. If the pus finds no outlet it may gradually be absorbed by the blood stream, and healing may result without discharging. On the other hand the germs may make their way into the circulation, this causing the serious condition known as blood poisoning. Inflammation may be treated by

means of hot applications, cold applications or counter-irritants. The effort of heat is to dilate the blood vessels and hence the reparative processes go on more vigorously and also makes it possible for the accumulated fluid to be carried away more rapidly. Cold acts in just the opposite way. It decreases the size of the blood vessels so that less blood comes to cause pain and swelling; at the same time it diminishes the number of white blood corpuscles and the nutritive substances brought by the blood. The nature and location of the infection determine whether heat or cold is to be preferred.

Counter-irritants, of which mustard is an example, affect the blood circulation of the spot to which are applied and irritate the superficial nerves which stimulate more distant nerves. Thus it is possible for mustard paste applied to one part of the body to affect the blood supply of another part, through a nervous process called reflex action.

RED GROSS

COLD APPLICATIONS

Cold, like heat, may be used either dry or moist. Bags of rubber or of Japanese paper filled with small pieces of ice are used to apply dry cold. When weight is to be avoided the bag should not be completely filled. After the bag has been filled and the air has been expelled, it should be

"NOW I AM WELL AND STRONG"

If You Cannot Truthfully Say This of Yourself, Take Gude's Pepto-Mangan

If you are not as strong and healthy as you used to be what are you doing about it? Are you going to let yourself run down in health and be subject to headaches, indigestion, nervousness, and all that long train of ailments that cause so much pain and misery and unhappiness? Don't do it. Start now to take Gude's Pepto-Mangan with your meals and it will build you up to good health again. It contains a form of iron that gets into the blood easily and gives you strength and greater vitality and a good color—and you will sleep well, because your nerves won't bother you. Then you can say "I feel great" and mean every word of it. Gude's Pepto-Mangan has been used for thirty years—you can depend upon it to help you back to health. Sold in both liquid and tablet form by druggists everywhere, but it will not do you any good if you let it stay on the druggist's shelf. Advertisement.

stopped securely and wrapped in a towel or piece of flannel, since it is possible for an uncovered ice bag to freeze the skin. Ice bags are easily punctured and care should be taken not to bring pressure upon them, especially when filled with sharp pieces of ice. An ice bag not in use should be thoroughly dry inside and out; it should be put away with enough absorbent cotton inside to keep the surface from adhering. Bags of Japanese paper are less costly than rubber, but less durable. To close them one should roll the top over and then tie it tightly with a string.

Cold compresses for the head are often used for patients with fever or headache; they sometimes quiet the patient who is restless. An old handkerchief or piece of soft linen folded with the raw edges inside may be used as a compress. It should be large enough to cover the forehead. Two compresses at least should be provided and a large piece of ice in a basin. One compress should be wrung so that it will not drip, and then applied to the head, while the other is placed on the ice to cool. As soon as the first compress becomes warm, the second should be applied in its place.

In preparing compresses for the eyes soft material should be used. Each one should be cut only a little larger than the eye itself and should fit neatly over it. Several compresses should be placed on a block of ice while one is applied to the eye, and every few minutes the compress

should be changed. If there is discharge from the eye, each compress should be used but once; when used they should be collected in a paper and afterwards burned. Separate compresses should be used if both eyes are being treated. Definite directions in regard to changing compresses and the length of time the applications should be continued are generally given by the physician.

LOOK NEXT DOOR

Next door to a certain school district where the Junior Red Cross flourishes there is a district not nearly so prosperous. Said the Junior, "While we are buying a First Aid kit in both their own school buildings, one of the Athletic Association and one for the Red Cross ambulance and have kept them well stocked. Health work in the school has been vigorously profited and is still being carried on."

IF STOMACH IS BAD LET DIAPEPSIN END GAS, INDIGESTION

"Papes Diapepsin" has proven itself the sure relief for Indigestion, Gases, Flatulence, Heartburn, Sourness, Fermentation or Stomach Distress caused by acidity. A few tablets give almost immediate stomach relief and shortly the stomach is corrected so you can eat favorite foods without fear. Large case cost only a few cents at drug store. Millions helped annually.

Through the local Association Charities news came to the Juniors of need in an Italian settlement close by and money and food in large quantities were donated.

Picture books, dolls and toys were sent to the children in another district. Besides these local activities the Juniors have contributed generously to the work of the Junior Red Cross overseas.

The program of this school is a happy answer to the often heard remark: "But we have no need in our own community." If you have no need in your immediate community—Look next door!

Dye Blouse or Baby's Coat in Diamond Dyes

"Diamond Dyes" add years of wear to worn, faded skirts, waists, coats, stockings, sweaters, coverings, hangings, draperies, everything. Every package contains directions so simple any woman can put new, rich, fadeless colors into her worn garments or draperies even if she has never dyed before. Just buy Diamond Dyes—no other kind—then your material will come out right, because Diamond Dyes are guaranteed not to streak, spot, fade, or run. Tell your druggist whether the material you wish to dye is wool or silk, or whether it is linen, cotton or mixed goods.

RED TAG SALE

HURRY! HURRY!
Sale Ends Wednesday
Night at 9:30

Get your goods before this time—The end of our most successful sale.

SOME OF THE REAL BARGAINS

- \$1.50 Percolator (colonial) 79c
- \$1.75 Mrs. Pott's Sad Irons (set) \$1.09
- \$1.00 Glass Wash Board 59c
- FOR MONDAY AGAIN—**
- 1-8 qt. Galvanized Bucket 10c
- 1-No. 3 Tub 69c
- \$1.25 Sewing Tray (latest style) 79c
- \$2.50 Ball Bearing Roller Skates \$1.98
- \$1.25 2 Way Electric Socket 79c

Some of the few bargains, don't wait too late, see our prizes.

FREE TICKETS WITH EACH PURCHASE—SAVE THEM

With each purchase we give you a ticket. On the last day of sale we will have grand drawing of prizes. Each purchaser get a ticket and we will award the following prizes to the lucky holder:
1st Prize—Electric Vacuum Cleaner.
2nd Prize—Universal Electric Iron.
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Ask For Your Ticket

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Only 4 Days More

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Purina Chows Made the Difference

BOTH are six weeks old, but just look at the difference! The one on the left is an average chick fed an average grain ration. The one on the right is the same sort of chick fed Purina Poultry Chows.

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Order Purina Chows now, before your chicks become stunted from lack of sufficient protein and minerals.

Money-Back Guarantee

If baby chicks, when fed Purina Chicken Chowder with Purina Baby Chick Chow as directed, do not develop twice as fast, during the first six weeks as when fed a grain ration, the money paid for both chows will be refunded.

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FREE! One Baby Chick Fountain with each 100 pound sack of Purina Baby Chick Chow. Prevents chicks from getting wet and chilled, is a preventative for White Diarrhea, keeps water clean and sanitary.



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Watch them shout with glee!

You know how happy you feel when the children are joyful. You can renew their happy spirits every day by serving rich, appetizing AUTH'S Frankfurters—the favorite of both children and grown-ups.

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Introducing an Inducement Sale

at our new store, which is completed and filled with new merchandise, which was selected with the utmost care, consisting of the latest creations for the most fastidious taste—

Sale Begins Saturday, March 18, Will Last 5 Days
A GREAT SAVING ON YOUR SPRING OUTFIT

- New Spring Taffeta, Crepe and Dinner Dresses, about 25 different patterns in this lot. All shades, all sizes, a wonderful value **\$18.98**
- 100 Coats, Misses' and Children's suitable for Spring Wear, sizes 4 to 15 years of age. \$15.00. Now **\$5.98**
- 100 Dresses, ladies' and Misses' all sizes. Serge and Tricotine, \$20.00 to \$25.00. Now **\$9.98**
- 125 Coats, formerly priced as high as \$45.00. Now **\$11.98**
- Ladies' Waists, Georgette Crepe Sizes from 34 to 48, \$8.00. now **\$3.48**
- \$15.00 Waists, of Georgette Crepe. Now **\$5.98**
- Ladies' Extra Fine Silk Underwear. \$6.50. Now **\$4.98**
- Ladies' Silk Hose, \$2.50 to \$4.00. Now **\$1.00**
- Middy Blouse, \$1.50, Now **95c**
- Children's Hose, 50c. Now 3 pair for **90c**
- Children's Dresses From \$1.25 to \$3.00 Per Dress
- New Spring Coats, Latest Styles **\$9.98**
- Summer Sport Scarfs, 20 shades **\$4.98**
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