

# Notice to CAR OWNERS!

March 1st is the dead line for obtaining auto licenses

Drivers of cars over the highways of the state of Idaho after that date without the 1922 license plates displayed on the front and rear of their cars will be subject to arrest and fine.

## Excerpts from Rules

The license plates issued to you are to be used only upon the motor vehicle described in your application.

It is a violation of law to attach these plates to any other vehicle.

Two plates must be conspicuously displayed at all times one on the front and one on the rear of the vehicle.

The Sheriff has special instructions from the Secretary of the State to arrest any person caught driving an automobile without the 1922 License plates, after March 1.

## James Dunn

ASSESSOR, BEAR LAKE COUNTY, IDAHO

Read instructions on back receipt given you for licenses.

Japanese Deft With Each Hand.  
Japanese children are taught at an early age to write and draw with both hands, and to this fact has been ascribed the superiority of Japanese art in certain directions, especially in neat sewing.

The matrimonial market, at least can go up without raising a storm.

Secret is Out.  
"The tip is stupid and unjust," declares the Manchester Guardian, "because it is conditioned by some spatial accident of adjacency." We knew there was something wrong with the blamed thing.—Boston Transcript.

Promissory notes carried in stock at the Examiner office.

## You Forget its Washday when you use the wonderful new AutoMatic Electric Washer

These are a few of its new exclusive features

**COPPER TUB**—Its sloping sides and grooved bottom make for easy draining. It is large, durable, easily kept clean, leak-proof, shrink-proof and rust-proof.

**BALL AND SOCKET DRIVE**—a new feature that means increased efficiency—you will appreciate this as soon as you see this wonderful washer in action.

**ENCLOSED GEARS**—giving absolute safety—keeping grit out of gears and prolonging the usefulness of the machine—nothing can catch in the machinery.

**STURDY CONSTRUCTION**—without being heavy and hard to move about, the new AutoMatic is built like a skyscraper—the copper tub and all metal construction make it unusually durable.

**CONVENIENT CONTROL**—whoever designed the control of this machine knew exactly the features women will appreciate. Everything is so handy that operation seems absolutely in keeping with its name—AutoMatic.

**LARGER WRINGER**—large reversible wringer—locks in three positions—it takes the largest pieces without jamming.

These features and other improvements make this 1922 AutoMatic positively the greatest electric washing machine value we have ever encountered at the price.

Won't you come in and let us show you this marvelous new electric washer? You will be delighted with the saving it will effect in your home—a saving in time, labor, clothes and money.

Utah Power & Light Co.

"EFFICIENT PUBLIC SERVICE"

## How to Be Healthy

The Crusade of the Double-Barred Cross

Practical Talks on Disease Prevention

Prepared by the Idaho Anti-Tuberculosis Association

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

### HOW NOT TO CATCH COLD AND HOW TO MINIMIZE ITS EFFECTS WHEN CAUGHT

By S. ADOLPHUS KNOPF, M. D., New York.

EVERYBODY knows what a cold is by its effects, but perhaps not everybody knows that it is due to a germ sometimes called micrococcus-catarrihalis. We may get this germ from the careless cougher, sneezer, or excited talker, through tiny droplets or sprays. The cold may develop at once, or it is quite possible that we also carry the germs for some time within us. When our system is rendered less resistant by chills, overeating, or intemperate acts of some kind or other, or by being badly nourished or overworked, these germs have a chance to multiply and then produce the symptoms of a cold.

To prevent infection, it is of course best to avoid the close proximity of a careless sneezer, cougher, spitter, or excited talker who expels small particles of saliva (droplets) when speaking. If one is on familiar terms with the individual, he can advise caution such as sneezing or coughing in a handkerchief, or at least holding the hand before the mouth during a so-called dry cough, which is in reality never dry, for droplets are expelled whenever there is a cough.

The individual who expectorates should, of course, always try to deposit his sputum in a receptacle (spittoon, cheese-cloth, or handkerchief) when indoors and in the gutter when out-of-doors. In crowded assemblies, street cars and subways, the dangers of becoming infected by others with the catarrh germs of course always exists.

What can we do to protect ourselves by making our system less susceptible when we are exposed? It must be remembered that when we are in good health, the germs of a cold coming from one afflicted with the disease have little effect on us, nor will those which may lurk within us have much chance to multiply and do harm. In the healthy individual the white blood corpuscles in our blood stream take care of the invading microbe. They swallow it; hence the name "phagocytes." Thus the best way to protect oneself from catching cold is to keep in the best physical condition.

In order to make the body resistant to contracting colds, breathe as much good, pure air as possible all the time, breathing quietly and deeply, particularly when out-of-doors. When indoors try to be in a well ventilated room. Whenever convenient, take special breathing exercise every hour or two, raising and rolling the shoulders upward and backward during the act of a slow and deep inhalation, retaining the air for about 5 seconds while holding the shoulders backward, then exhaling a little more rapidly than it took for the inhalation, during which act the shoulders move forward and downward.

Accustom the body to a daily application of cold water in the form of a plunge, shower bath, or a cold sponge. One unaccustomed to the use of cold water must of course begin gradually. This can best be done by standing in water at a temperature of about 103° F. and squeezing out a sponge soaked in cold water at a temperature of 85° over the back of the neck, in front of the neck, and over the left and right shoulder, so that the whole body receives the ablution, the head remaining dry. Should the individual not react, that is to say, feel warm after the bath, he should return to a warm bed for a few moments. In a few days reduce the temperature of the cold water to 80°, then to 75°, until he comes down gradually to 45°, which is the average temperature as it comes from the faucet.

The judicious use of cold water, as just indicated, is the best means to guard the system against what is commonly called "catching cold." The circulation will be improved, the respiration will become deeper and more regular, the skin more resistant, and the whole system less susceptible to chills.

Besides the external use of cold water, always bear in mind that the drinking of five to six glasses of cold water a day between meals, will materially help in the preservation of good health. The constipated individual produces an auto-intoxication, that is to say, creates a poison in his system which renders him below par and more susceptible to the invasion of the germs of common colds.

#### Recover Sanity on Deathbed.

Persons who have been deemed hopelessly insane have been known to regain complete sanity in their last hours of life. One man who had been a maniac for years, confined in an asylum, expressed on his deathbed the most touching regrets for having so long left his mother alone and unprotected. A woman recovered from a profound melancholia, so that she was able to arrange her affairs and bid her friends farewell with the greatest sanity.—Buffalo Express.

#### Muskellunge Gamest of Fish.

Well named the Tiger of the Fresh Water, the muskellunge is today the most sought after big game-fish of the country. Anglers do not feel that they have graduated in the science of fishing unless they have scored at least one of these giant pike to their credit. Their range is limited to the northern, northeastern and central sections of the country, where they are each year, according to statistics, steadily increasing in numbers, Farm Life says.

#### Refinishing Nickel Plating.

A new nickel-plating solution said to yield beautiful results is prepared by mixing the liquid obtained by evaporating a solution of one-half ounce nickel in aqua regia to a pasty mass and dissolving it in one pound of aqua ammonia, with that obtained by treating the same quantity of nickel with a solution of two ounces cyanide of potassium in one pound of water. More cyanide renders the deposit whiter and more ammonia renders it grayer.

#### Latin Words in English Language.

Nearly one-third of the words in the English language are of Latin origin. Anglo-Saxon was spoken in England until the coming of William the Conqueror, in 1066. With the Norman invasion came the introduction of French into the English language. Several thousand of the French words were Latin with a few alterations. Later a still larger number of Latin words were introduced into the English language.

#### African Salt.

A report made to the French Society of Biology shows that 25,000,000 human beings in the Congo region commonly employ salt of potassium instead of salt of sodium for seasoning their food. They obtain this salt from the ashes of certain plants. Since the opening up of the country ordinary salt has been largely imported, but the negroes regard it as insipid, and abandon with regret the use of their familiar ashes. They take the imported salt only because it is cheap.

#### True Thrift.

Thrift is steady earning, wise spending, sane saving, careful investing, and the avoidance of all waste.

WHEN you press a switch button or turn on the light, you may not think of the men stoking the furnaces at the power plant, understand the wires and dynamos that form the background of electric lighting service, or appreciate the great investment needed to supply you with electric current.

So also, when you turn for counsel and help to the funeral director in your time of need, you may not stop to think of the scientific training, the technical skill, the modern equipment and the extensive facilities that form the background of his service.

Yet beyond your vision he serves you in scores of unobtrusive ways—many of which scarcely anyone but he could name—for no other one person ever has contact with all of them.

He does not expect that you will look behind the results to see how they were achieved, but that the results themselves will constitute a beautiful and perfect tribute, the memory of which will be a solace and comfort.

## F. M. Williams Co.

FUNERAL DIRECTORS

Montpelier Idaho

#### Condemned.

Well, we are all condemned as Victor Hugo says; we are all under sentence of death, but with a sort of indefinite reprieve . . . we have an interval, and then our place knows us no more. Some spend this interval in listlessness, some in high passions, the wisest, at least among the children of this world, in art and song.—Walter Pater, in The Renaissance.

#### Care of the Rifle.

The sergeant of marines was instructing his men on the care of small arms, says an item in Our Navy. "The rifle is the marine's best friend," he said. "He must never neglect it. He must treat it as he treats his wife and wipe it over with an oily rag twice a day."

#### Francesco Petrarch.

It is said that the great Italian poet, Francesco Petrarch, died, almost exactly to the day, 70 years after his birth. There seem to be conflicting dates regarding his precise day of birth and death, although the variance is very little. One account says that he died July 19, 1374.—Chicago Journal.

#### Fewer Babies Born in June.

Fewer babies are born in June than in any other month.

Generally it is the mother who is the most expensive kind of suits to have.

Some hick is predicting gasoline at two cents a gallon. But he's safe—the fooleries are about all full.

## O. S. L. Time Table

### PARIS BRANCH

Leaves Daily for Paris	
No. 392	9:45 a. m.
No. 394	3:30 p. m.
Arrives Daily from Paris	
No. 391	8:35 a. m.
No. 393	2:25 p. m.

### EASTBOUND

Leaves	No. 4	No. 6	No. 18
Georgetown	12:09	7:36	2:56
Pescadero	12:18	:	:
Montpelier	12:40	8:15	3:25
Jingle	12:52	8:29	:
Pegram	1:06	8:52	:
Border	1:14	9:01	:

### WESTBOUND

Leaves	No. 19	No. 5	No. 17
Border	5:13	:	:
Pegram	5:22	:	:
Jingle	5:39	:	:
Montpelier	6:00	9:10	3:00
Pescadero	6:12	:	3:17
Georgetown	6:21	:	3:22



## At Last He Advertised!

Don't wait until you have to advertise your business for sale, to learn of the benefits to be derived from Advertising

Advertising is the Luther Burbank of modern business.

It makes money grow where only moss grew before  
It plants the seed of prosperity in the untilled land of opportunity, and it garners a harvest of wealth for the far-sighted and enterprising

THE FIRM THAT KEEPS ON  
ADVERTISING GETS ALL  
THE EXTRA BUSINESS

MONTPELIER EXAMINER