

## Christmas Seal Job Half Done

Have you any unfinished business? You have done only half the job when you buy tuberculosis Christmas seals. To complete it, you should use the seals and use them early.

There is an important reason for this.

The Christmas seal in itself is a means of education. In the minds of the public, it has come to be identi-



fied with tuberculosis. Anyone receiving mail to which is affixed the seal with the red double-barred cross immediately has his attention focused on this disease. Therefore, the wider the use of the seals, the more effectively will the campaign attain its purpose of eradicating tuberculosis.

This year, especially, the design of the Christmas seal is unusually attractive. The mother and her two children in the charming costumes of the Victorian age, the candle-lighting ceremony and the double-barred cross of the tuberculosis movement combine admirably to make a charming bit of decoration for any card or package. And, certainly, they carry to humanity Christmas greetings of the highest possible significance — HEALTH.

Any campaign that has as its purpose the prevention of tuberculosis should have the backing of every person in the land. A visible evidence of this backing is the appearance of Christmas seals on cards, letters and packages throughout the country.

The dramatic accomplishments in the fight against this disease are largely due to the fact that the Christmas seal focuses at least for several weeks out of the year the attention of all citizens on tuberculosis. Today, every child has five times as good a chance of escaping the dread disease as he had 30 years ago. Slowly, but surely, tuberculosis is being pushed back as our defenses increase against it. Only by continued and persistent efforts can the ground gained be maintained and further advances made. The Christmas seal makes this possible.

It is a simple act to stick a Christmas seal on the back of a letter or a package. But, this act repeated by millions of people, young and old, in cities and in country villages, means that the campaign to protect all homes from tuberculosis is going forward.

Do your part!

## Homemade Jelly For an Old-Fashioned Xmas!

By Alice Blake

Now for a real old-fashioned Christmas! Upswept hair, bare shoulders, billowing hoopskirts and flirtatious muffs have been suitably streamlined to give the new-fashioned woman a daguerreotype look... no wonder she's reviving holiday sentiments that flourished in grandmother's day.

Homemade foods are very fashionable gifts this year, with delicious things like jelly and jam way up at the top of the list. When you're wrapping your glasses remember that white tissue and bright red ribbons, topped with a sprig of holly or mistletoe, are Christmas traditions from way back. As for the glasses themselves, grandmother covered them with writing paper dipped in brandy—but modern, safe paraffin never yet spoiled the old-fashioned allure of a homemade spread!

If you haven't enough spreads to cover your lists, make more now. There's plenty of time for them to set before you need to wrap your gifts. Here's today's easy way of making yesterday's favorites:

### Rose Geranium Jelly

1½ cups (¾ lbs.) geranium tea  
¾ cups (1 lb. 7 oz.) sugar  
½ bottle fruit pectin

To prepare geranium tea, steep about ½ dozen geranium leaves in 1½ cups freshly boiled water; strain. Add juice of 1 lemon for tartness, if desired. Add small amount of coloring to tint a delicate pink.

Measure sugar and tea into large saucepan and mix. Bring to a boil over hottest fire and at once add bottled fruit pectin, stirring constantly. Then bring to a full rolling boil and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 5 glasses (6 fluid ounces each).



### Grape Jelly From Bottled Juice

3 cups (1½ lbs.) juice  
¾ cups (1½ lbs.) sugar  
1 box powdered fruit pectin

Use 1 pint of bottle grape juice. Add 1 cup water to juice and mix well.

Measure sugar into dry dish and set aside until needed. Measure juice into a 3-to 4-quart saucepan and place over hottest fire. Add powdered fruit pectin, mix well, and continue stirring until mixture comes to a hard boil. At once pour in sugar, stirring constantly. Continue stirring, bring to a full rolling boil, and boil hard ½ minute. Remove from fire, skim, pour quickly. Paraffin hot jelly at once. Makes about 7 glasses (6 fluid ounces each).



## “Jerry-Building” Discouraged By FHA Operations

“Jerry-building,” the general term applied to hit-or-miss methods of residential construction in which inferior or shoddy materials are used, is being eliminated through the efforts of the Federal Housing ad-

ministration.

FHA representatives make three separate and definite checks on the methods and materials used in the construction of a home on which a commitment to insure the mortgage has been made.

As a further safety factor, FHA will not insure a mortgage on a home in a neighborhood which in years to come is likely to fall prey to unfavorable influences, such as the encroachment of business or industrial structures, or in a neighborhood which is not adequately serviced by utilities, transportation facilities, and other necessities.

## State Sales of Power Doubled

The use of Boulder dam power in the state of Nevada has more than doubled during the past year, the increase being 117 per cent.

Energy from Boulder dam sold by the state during the second quarter of 1938-1939 totaled 8,763,800 kilo-

watt hours as compared with 4,039,000 kilowatt hours for the corresponding period last year.

Electrical energy used during the month of November, 1938, by the Southern Nevada Power company was 1,376,000 kwh., as compared with 801,000 kwh. during November, 1937, and by Lincoln County Power District No. 1 was 1,874,700 kwh. as compared with 832,000 kwh. during November, 1937.

## Nervous, Weak, Ankles Swollen?

Much nervousness is caused by an excess of acids and poisons due to functional Kidney and Bladder disorders which may also cause Getting Up Nights, Burning Passages, Swollen Joints, Backache, Circles Under Eyes, Excess Acidity, Leg Pains and Dizziness. Help your kidneys purify your blood with Cystex. Usually the very first dose starts helping your kidneys clean out excess acids and this soon may make you feel like new. Cystex must satisfy you completely or money back is guaranteed. Get Cystex (siss-tex) today. It costs only 3c a dose at druggists and the guarantee protects you.

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