

THE HARRINGTON JOURNAL

C. H. BURGESS and W. C. BURGESS Publishers
C. H. BURGESS Editor
W. C. BURGESS Associate Editor

Subscription Rates \$3.00 Per Year
Out of State \$3.50 Per Year

Office of Publication, 207 Commerce Street, Harrington, Delaware
Entered as second-class matter August 16, 1946, at the Post Office at Harrington, Delaware, under the Act of March 3, 1879.

STOPPING ON SNOW OR ICE

Ice and snow boost the distance a moving automobile requires to stop — but how much?

"The actual differences in stopping ability of cars with and without snow tires, as shown in tests on ice and snow, will astonish many drivers," said Richard H. McMullen, president of the Delaware Safety Council.

Tests show the braking distance of regular tires on dry pavement at 20 miles per hour is 21 feet. This disregards the reaction time — the time a driver takes to get his foot on the brake pedal — which average three-fourths of a second and takes another 22 feet at that speed.

With snow tires the stopping distance is 174 feet and 52 feet on the snow. With regular tire chains the figures show 99 feet on glare ice and 46 feet on loose snow.

The figures quoted were produced after years of experiments conducted by the Committee on Winter Driving Hazards of the National Safety Council.

The subject is covered in a film on winter driving available through the council's film library. The pamphlets "Winter Blunderland" available for free distribution, also deals with that matter.

Mullen recommended seven basic rules for safe winter driving. The first is to have good tires and chains and to remember that slower than normal speeds are a must on snow and ice.

Second is "be able to see and be seen." This means keeping the windshield and windows clear, and to be sure the wiper blades, heater and defroster are working properly.

Third point is "get the feel of the road," by occasionally trying your brakes or gently pressing the accelerator, when traffic and highway conditions permit, to test the traction on slippery roads.

Fourth tip is to follow at a safe distance, well back of the vehicle ahead, to have plenty of room to stop.

Fifth, said the Safety Council president, remember to start slowing down well before you reach a turn, icy intersection or slippery crest of a hill.

Sixth, when applying brakes on slippery roads, pump them by quickly applying and releasing them. This gives intervals of braking followed by intervals of effective steering while the wheels are rolling.

Seventh, remember that long after snow has been cleared from roads there will be icy patches caused by melting and refreezing.

Food Poisoning Deaths Rare

The term "ptomaine poisoning" that is so often used in newspaper reports of food poisonings is not an accurate one.

There is no specific treatment to be used in the majority of food poisonings since vomiting and diarrhea usually eliminate the poisons that have not been absorbed.

Control of food poisoning and infection depends on using proper methods of sanitation. For example, pasteurization eliminates disease-producing bacteria in milk; chlorination does the same for water.

Fortunately the majority of food poisonings are relatively mild and deaths are rare. However, botulism is almost always fatal.

The old-fashioned cold pack method of canning does not destroy Cl. botulinum spores and the organism grows during storage.

Home canned foods such as string beans, corn, beets, and meats should be cooked for a few minutes at the temperature of boiling water before eating.

There is no characteristic odor to food when it is contaminated by Cl. botulinum and the cans do not always bulge.

Frozen foods are safe since the bacteria will not grow at the temperatures at which these foods are stored.

It is a good rule to observe: when in doubt, throw the food out.

SHOP AND SWAP IN THE WANT ADS

Army Offers Good Career and High Pay

Local high school graduates are discovering former Army men and women are securing well-paid technical jobs on the basis of their military training.

The guaranteed program for school, offered only by the U. S. Army, is literally what it says. A man's choice of school is forwarded to Dept. of the Army.

Memorial Services Held For Deceased Firemen And Auxiliary Members

Memorial services were held last Sunday in Trinity Church for the deceased members of Harrington Volunteer Fire Company and the Ladies Auxiliary.

Altar flowers were given by Mrs. Elsie O'Neal in memory of her husband, Frank O'Neal Sr.

Next Sunday, Feb. 7, we will welcome the Boy Scouts of Harrington to worship with us at the 11 o'clock service at Trinity Church.

Let's show our appreciation for these boys and their leaders by attending this service.

Many Things Can Cause A Stroke

A stroke occurs when the blood supply to a part of the brain tissue is cut off, which effects the nerve cells in that part of the brain so that they no longer function.

Sometimes it is difficult to determine what causes a particular stroke. Usually it is due to a blood clot forming in an artery in the brain or in the neck which blocks the flow of blood to the brain tissue.

The effect of a stroke may vary widely from slight to severe, temporary or permanent. A patient who has had a stroke may have difficulty in speaking or may suffer a loss of memory or may be unable to walk.

It is important that therapy be started as soon as possible

since this increases the possibility of restoring use to the paralyzed muscles. Good progress to recovery has been made by even severely paralyzed patients.

The body with its great recuperative powers sometimes is able to by-pass the damaged artery by using smaller neighboring arteries. As a result the nerve cells that have been starved for blood may recover and that part of the body which has been affected by the stroke may gradually improve or even return to normal.

Surgery has been successfully used in treating some strokes caused by brain tumors or by blockage of the neck arteries.

The most important step in treating a patient who has had a stroke is the development of a sound program which will help him resume as many of his normal activities as possible.

Shop and Swap—In the Want Ads

Exercise to Stay Healthy Says M.S.D.

Regular and suitable exercise is important for everyone. It not only helps to maintain good health, but it also helps to increase the level of health.

The greatest single benefit of an exercise program is the improved organization of the body functions which are reflected through greater endurance, strength, and agility.

Medical studies show that those people who maintain an active life seem to suffer less from degenerative diseases, such as heart disease and diabetes and other conditions which are due to obesity.

There are two key words which are important as regards to exercise. They are "regular" and "suitable." Suitable means that

the type of exercise should suit your physical condition. If you have been leading a sedentary life, it is advisable to have a check-up by your doctor before you engage in any vigorous exercise.

Regular, suitable exercise will help to improve both your physical and mental condition. It provides a satisfying, stimulating activity which can give you a new interest in life and can also increase the probability of your living longer.

Veterans News

QUESTIONS and ANSWERS

Q—Is it possible to have my VA benefit checks sent directly to my bank for deposit?

A—Yes it is permissible. You should contact your nearest VA office and obtain the proper form for completion and present it to your bank.

Q—I have National Service Life Insurance and my wife handles all insurance payments. She is not sure that she has taken care of the beneficiary designation.

A—Only the insured can designate a beneficiary. You should take prompt action to have your beneficiary designation brought up to date.

Q—My father is totally disabled due to service-connected disability incurred in World War II. I am 19 years old, married, and have one child.

A—Yes. Marriage or parenthood has no effect on eligibility if you are otherwise entitled.

Q—I am a widow receiving a pension from the Veterans Administration for myself and children. If I remarry, will the pension be stopped?

A—Yes. However, the children will still be eligible subject to certain limitations as to age, income, etc.

Q—I have heard VA programs on both radio and TV. Is it fair to the taxpayer to spend public money in this way?

A—The VA programs you see and hear on TV and radio are broadcast free of charge as a public service by the stations.

Q—Has any bill permitting veterans to reapply for GI insurance been passed and signed by the President?

A—Yes. Reopening of National Service Life Insurance to certain veterans having either service-connected or non-service-connected disabilities will take place May 1, 1965.

Your nearest VA office will send you details.

BE WISE — ADVERTISE

SHOP AND SWAP in the WANT ADS CALL 398-3206

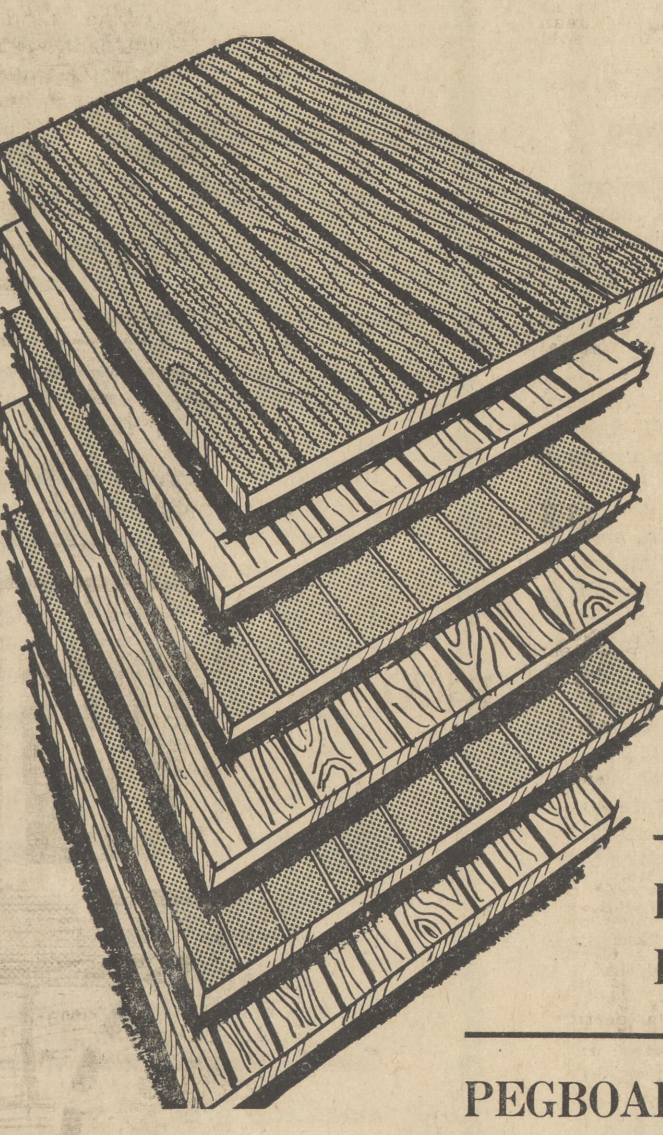
WAREHOUSE CLEARANCE SALE
NO MONEY DOWN CHARGE IT!
HERE THEY ARE... LOW, LOW PRICES ON ALL FIRST QUALITY MERCHANDISE.

Cash & Carry Special... 32"x21" Double Stainless Steel SINK. Regular \$62.99 Masten's Price \$56.88

Cash & Carry Special... Armstrong Excelon Vinyl ASBESTOS FLOOR TILE. Regular 13 1/2¢ Masten's Price .09¢ per tile

Cash & Carry Special... WHITE PINE BOOKCASES. 18" x 48" - Reg. \$10.95 \$7.77

Tremendous reductions on all our paneling stock... beautifully prefinished, V-Groove panels in large assortment of finishes.



- 4' x 8' LUAN \$5.12 A SHEET
HARDBOARD 4 x 8 x 1/8" Tempered \$3.04
PLYWOOD Interior 4 x 8 x 1/4" \$3.20
PEGBOARD 4 x 8 x 1/4" Tempered \$5.76

Free estimates on all home remodeling work. Bring in your plans, sketches or ideas for a free, no obligation estimate.

Disappearing Stairway \$19.95 Rugged wood construction Complete with all hardware Easy to install

SPONGE MOPS Reg. \$1.98 Masten's Price \$1.11
ROAST MEAT THERMOMETERS Reg. 98¢ Masten's Price 49¢
ALL TOILET SEATS \$1 OFF
8" EXHAUST FANS Reg. \$19.95-Masten's Price \$16.95

MASTEN LUMBER HOME Center MAPLE AVENUE .. MILFORD

422-4547 STORE HOURS OPEN Daily 5:30 P. M. Saturday 5:00 P. M.

