

Shoeing the Very Small Person

Mothers of children of kindergarten age, marvel at our assortment of fine little shoes for tender little tootsies. They wonder at the moderate prices and splendid qualities which prevail in these shoes—and are simply delighted in the way that we measure the little feet, so as not to fit them to short, but on the contrary to give them the proper length which insures comfort to their little feet.

Charlie Voglewede

The Shoe Fitter.

ABOUT TOWN

Donald Anderson of Payne, Ohio, is the guest of Mrs. Goldie Steele and son, Ervin, also attending the basket ball tournament.

Mrs. Carrie Andrews returned today from a visit with friends at Elwood.

The weddin' o' Mr. Lester Mapes an' Miss Pansy Mopps, Tuesday, wuz one o' th' social events o' th' season. Relatives o' th' contractin' parishes, Prohibition Enforcement Agent Al Thomas, an' many friends attended th' ceremonies. Anyhow, times would have been a good deal harder this winter if it hadn't been for Sipe.

Abe Martin in Indianapolis News. Ed. W. France of Pleasant Mills was an early business visitor this morning.

Joe Spangler of east of the city attended to business here today.

John A. Harvey of Monroe spent the day in Decatur.

Leo Lengerich from west of the city was here on business this morning.

Henry Fuhrman from north of town was here this morning attending to business.

Mr. and Mrs. Ed. Arnold and sons of near Peterson visited in Decatur today.

Miss Laura Reiser of Berne is the house guest of Miss Melvina Butler during the tournament.

John Masure and Eugene Runyon were business visitors at Warren today.

Misses Martha Ehle, Alice Louise Boham, Kathryn Frazier, and Harriet Longden of Bluffton are the guests of Mr. and Mrs. Herb Burroughs during the tournament.

Levine Hirsch of Portland attended the tournament today.

Misses Marjorie Kunkel and Mary Painter and Mrs. George Louden of Bluffton spent the day in Decatur attending the district tournament.

Chris Siebold of Bluffton was a Decatur visitor today.

Albert Gray of Monroe made a business trip to Decatur today.

Reverend and Mrs. Jungkuntz of Wells County shopped in Decatur this

HOARSENESS

Swallow slowly small pieces
—rub well over the throat.

VICKS VAPORUB

Over 17 Million Lbs Used Yearly

The Bank For You

You want your bank to take a friendly interest in your success. It should have ample capital and surplus to provide protection. It is advisable to choose an old bank that has stood the test of time. If it is a National Bank and a member of the great Federal Reserve System, so much the better.

Depositors find that this institution meets every requirement as to strength and service. You will like this bank and even if you start in a modest way, your account will be valued.

FIRST NATIONAL BANK

You Are a Stranger Here but Once

FEDERAL RESERVE SYSTEM

the winter at Lake Charles, La., attending to his extensive farming interests in that territory, arrived home last night to spend the summer here.

Miss Rose Moyer, assistant in County Superintendent Christens office will go to Lima, Ohio, tomorrow to spend the week-end with relatives.

Jesse Burnett of this city made a business trip to Rockford, Ohio, yesterday.

CAR IS BURNED

Ford Sedan of Menno S. Liechty Caught Fire—Is Completely Destroyed.

Monroe, Ind., Mar. 3—(Special to Daily Democrat)—While Menno S. Liechty, well known citizen and bond promoter of this place, was driving home from Berne this morning, his new Ford sedan caught fire, just west of town, in front of the L. C. Mills home and was completely destroyed. An effort was made to extinguish the flames, but to no avail, and within a few minutes the car was a total wreck. Mr. Liechty just recently purchased the sedan. He stated that the fire was due to the fact that the radiator was frozen.

CHURCH OF GOD

Sunday school, 9:30; John Chilcote, Supt. Preaching and worship, 10:30. Y. P. M., 6:45. The subject will be "What God demands of his people." Misses Agnes Brown and Lena Hawkins, leaders. A general service will begin at 7:45.

Wednesday evening prayer meeting, 7:30 p. m., Mrs. Minnie Chilcote, leader.

The good work is progressing finely. Time is swiftly passing by. Let one and all give heed to the words of our Lord where he said: "I must work the works of him that sent me, while it is yet day; the night cometh when no man can work." Jno. 9:4. Each one has a work to do. Everybody is invited to come and be with us.

SMALL FIRE AT GYMNASIUM

A small blaze caused by an overheated chimney resulted in the fire department being called to the gymnasium at 10 o'clock this morning. The blaze was noticed by Superintendent Worthman, who rushed over to the fire department and requested them to get to the scene with as little noise as possible. This resulted in the fire being extinguished with scarcely more than a dozen of the hundreds of people in the building at the time witnessing the tournament games, becoming informed of the fact.

WANT ADS EARN

WON'T KNOW IT

(Continued from page one)

He home on the pretext of buying an auto.

To obtain possession of the car, he killed both single-handed with a club. The dismembered body of one was found buried in the basement of the Church home. The other was found in a river.

Church wanted the auto to "show off" in front of his girl, it was said at the trial.

FOR CLEAN FAIRS

(Continued from page one)

Such an event will be on the program at each meet. The idea is to promote better speed events and possibilities.

With better premiums offered it is believed horsemen will endeavor to produce better and speedier colts.

All associations in the circuit will also give \$300 and \$400 purses for harness events and will include running races in their programs. Development of their own programs was left with each association.

All of the fair officials belonging to the Eastern Indiana Circuit plan to make this year's events meet the real purpose of county fairs—to promote better conditions locally, both as to home life from the educational standpoint and the encouragement and breeding of better live stock. Encouragement will be given boys' and girls' Livestock clubs. Lectures and demonstrations along the helpful lines will be arranged for to lend assistance in betterment of farms and home life in general.

CANDIDATE FOR TRUSTEE

Please announce that I am a candidate for the democratic nomination for trustee of Washington township, subject to the decision of the voters at the primary election, Tuesday, May 2nd. Your support will be appreciated.—L. L. BAUMGARTNER 52-31x

EAT AT BITTNER'S CAFE

Meals 40c. Lunch 30c.



The moon's seen many a desperate man

Without a tire and without a plan.

If all the cross roads curse words were dollars and they could be gathered in one heap they would pay off the national debt of every nation. Without a tire and without a plan—except perhaps running back on the rim with a big repair bill at the other end of the journey. We'll sell you a dependable tire.

The Shop That Gives Your Dollar a Long Ride

STEPLER BROS.
Under Boston Store

ADAMS COUNTY
MILK CAMPAIGN

March 13 to 24



Have You Had Your Milk Today?

MILK AND THE INFANT

By Benj. F. Beavers, M.D.
Decatur, Indiana

Up to the time for weaning, one year of age, Mother's milk is the ideal food for an infant. It is more suitable for the baby for the simple season that it is made up of the six constituents of most foods found present in the amount which is for the best good of the baby's growth and development.

Water is by far the most predominating element in Human milk, making up over 87 per cent of the whole.

Sugar is the constituent next in abundance. It constitutes 7-12 per cent of all the milk of the Mother. This sugar is not the ordinary table sugar, saccharose, or cane sugar, but lactose or milk sugar. This type of sugar is found in the milk of all mammals, and is present in cow's milk to the extent of 4-3-4 per cent.

It belongs to the type of foods called carbohydrates, which consists of such food as fruit, vegetables, etc. Sugar supplies a great amount of energy and heat to the growing baby. It acts as a laxative manner on the intestine and to some extent is stored as fat.

Protein is also a constituent and exists in Mother's milk to the extent of 3-1-2 per cent. Protein forms the chief constituent in all meats and is present in lesser and varying amounts in practically all other foods. Protein is that substance from which body tissue, muscles, etc., are built up.

Fat exists in both human and cow's milk to the same extent, that is 4 per cent in each. Fat is used as a producer of energy, and an over supply is stored in the body as fat, to be drawn on in case of need.

Salts and vitamins are also necessary constituents of milk. Salts exist in the amount of 0.2 per cent in human milk, and 0.7 per cent in cow's milk. They aid in digestion and in the retention of water in the body. Vitamins are not so clearly understood, but they are necessary and protect the baby from certain diseases such as rickets, scurvy, and beriberi.

Thus, to the growing infant, milk but especially human milk, is a necessity; because it holds the elements mentioned in the right amounts for the needs of the baby. The element protein provides the building material for the growing muscles and tissues while fat and carbohydrates furnish the fuel. Water aids in carrying off waste, and is also stored in the tissues and body fluids. The salts and vitamins have also their part to play. So an infant should never be taken from the breast unless there are clear indications for doing so, and there are fewer indications for feeding babies by the bottle than commonly supposed. Infants often have intestinal or bowel

trouble while on the breast not because the Mother does not give proper attention to nursing.

Babies should be nursed at regular intervals, at exact times of the day. A baby soon learns when it is feeding time, if fed at these exact hours. From three days to three months of age a baby should nurse 7 times in 24 hours, at three hour intervals. From 3 to 6 months of age a baby should nurse 6 times in 24 hours, at three hour intervals. After 6 months of age a baby should nurse 3 times in 24 hours, at four hour intervals. An exact time should be set for each nursing and this hour should be observed. The child should be nursed for a period of 20 minutes at each nursing.

If however there is good reason to believe that Mother's milk does not agree with the child, then cow's milk properly prepared is the best substitute. Holstein cows are the best from which to obtain milk for the baby. The milk must be clean, should be fresh, and must come from cows free from disease, especially tuberculosis. The milk must be prepared properly and varied with the age of the child.

Many people use certain foods, already prepared; in fact the children often grow quite fat on them. But fatness is not always a sign of health in an infant any more than in an adult, often it is just the opposite. Average healthy male babies weight 21 pounds when a year old, female babies weigh 19 pounds when one year of age.

Cow's milk is more easily modified than any other substance outside of goat's milk, which is not common in this country. Below is a table representing the composition of human milk, cow's milk, and various proprietary foods for babies. The figures in case of the foods are copied from their own advertisements. A perusal of the tables will enable anyone to determine which would be easier to modify by adding water and sugar, etc., as to more resemble human milk.

Cow's Milk:—Fat 4 per cent, Sugar 13-4 per cent, Protein 31-2 per cent, Salts 0.7 per cent.

Human Milk:—Fat 4 per cent, Sugar 7 per cent, Protein 11-2 per cent, Salts 0.2 per cent.

Mellin's Food:—Fat 0.16 per cent, Sugar 79.75 per cent, Protein 10.35 per cent, Ash 4.3 per cent.

Tagle Brand:—Fat 9.61 per cent, Sugar 54.94 per cent, Protein 8.01 per cent, Ash 1.75 per cent.

Iorlirk's Malted Milk:—Fat 8.75 per cent, Sugar 67.95 per cent, Protein 16.35 per cent, Ash 3.86 per cent.

GEORGE WILL STICK

United Press Service, London, March 13.—Lloyd George has weathered another political crisis "die hard" in the unionists ranks who will have forced the resignation of he premier, or a general election will be checked by leaders of the conservative party at stormy meetings which lasted until early today.

Arthur Balfour is understood to have used his influence, heightened by his achievements at Washington, to aid Lloyd George.

The Face in the Mirror

Your face, does it wear the contented expression of good health, or are its features drawn and pallid? In the after case, your story is read by all who see you, and what woman of spirit wants to be pitted for her physical condition? There is a way to get the sanguine, tired lines out of your face and the slump out of your body. The use of that standard remedy, Lydia E. Pinkham's Vegetable Compound, will strengthen the nerves and tone up the system to resist that excessive fatigue.

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The little sacrifices made in this way upon your part today will mean everything to your child later on. It will later encourage THRIFT, and Saving will become a fixed rule through life.

When through college and ready for the world's battles, it will be no hardship to lay aside part of the earnings for a "rainy day".

CANDIDATE FOR ASSESSOR
William Zimmerman of Kirkland stated yesterday that he was a candidate for the democratic nomination for Assessor of Adams County, subject to the decision of the voters at the primary, Tuesday, May 2nd.

Just Received
SHIPMENT OF NEW
SPRING COATS, WRAPS
AND CAPE
MRS. M. MOYER
131 No. 8th St. Decatur

WITH THE CUSTOMER

WHEN the Old Adams County Bank considers the problem of its customers, it aims to do so from the customer's point of view as well as from the banker's.

Your business is held confidential.

THAT'S one reason why THIS bank grows. Its service is based on understanding individual requirements and characterized by the genuine desire to co-operate.

We buy and sell Liberty Bonds and other high grade securities.

WE WANT YOUR BUSINESS.

Old Adams County Bank

USE TRACTION SERVICE

To Fort Wayne, Indiana, March 7th and 8th
Account

Basket Ball Games Between
NEW YORK CELTICS, World's Champions
and

KNIGHTS OF COLUMBUS,
of Fort Wayne, Indiana.
Ask Agent for Particulars

Indiana Service Corporation

Savings Accounts For The Children

Start an account for the little one today; it will come in handy twenty years hence to defray college expenses.

One Dollar will open such an account here. It will surprise you how the odd pennies, nickels or dimes, placed in a toy Bank each day and deposited with us at the end of each month to the credit of this account, will amount up.

The little sacrifices made in this way upon your part today will mean everything to your child later on. It will later encourage THRIFT, and Saving will become a fixed rule through life.

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