

HEALTH for ALL . . .

Would You Believe It

A glowing smile beams out from your television screen and a happy, happy voice cries, "Would you believe it? I have a cold!" The answer we throw back at the screen this month is a loud "yes".

Medicine has made spectacular advances in the past year, but the common cold is just as prevalent this winter as last.

The lady on TV may be able to keep up her spirits with liberal doses of her sponsor's product, but that's just about all she can do. Cold remedies, no matter how attractively advertised, give little more than temporary relief for the symptoms of a cold.

But let's face it. A cold is at the very least an uncomfortable nuisance. If you've discovered some remedy or routine or even a witch's charm that helps you keep your spirits up, more power to you.

Stick to it, as long as your doctor says it's harmless. And keep this thought in mind—if you are otherwise in good health, this cold, too, shall pass away.

On the other hand, you can't shrug off a cold and try to carry on as if it didn't exist. That can lead to real trouble. With the first symptoms of a cold—whether it's sniffles, sneezes, cough, sore throat, aching muscles, running eyes and nose, go to bed if you possibly can. Drink plenty of liquid.

Try to avoid spreading your germs around. Skip school or work or the PTA meeting. Your absence will be more welcome than your presence until you are well on the road to recovery.

The Health Association of Rochester and Monroe County recommends that if your cold persists or if you have a high fever, you call your doctor. And keep hoping. The research scientists haven't given up. Maybe by next winter, there will be a breakthrough.

Luncheon Planned By Anthony Club

Miss Marcella May, new president of the Susan B. Anthony Republican Club, will join with Mrs. Emory Champney, new director, in entertaining board members at a luncheon on February 19th.

After the luncheon, which will begin at 12:30 p. m., members of the board will attend a meeting for discussion of plans for the year. New committees also will be voted on.

Officers elected at the annual January meeting, in addition to Miss May and Mrs. Champney are:

First vice-president, Mrs. Mortimer Goldstein; second vice-president, Mrs. Stanley Frankel; recording secretary, Mrs. Harry Duke; corresponding secretary, Mrs. Charles Kennedy, assistant corresponding secretary, Mrs. Irving Epstein, treasurer, Mrs. Edward Ehrlich, and assistant treasurer, Mrs. Lawton Hawver.

Directors are Mrs. Francis Remington, Mrs. Ralph Murphy, Mrs. Emory Champney, Mrs. G. Alfred Sprout, Mrs. E. William Ickes and Mrs. G. Robert Ahart.

Former presidents of the Susan B. Anthony Club are Mrs. Ellis Gay, Mrs. Barton Baker, Mrs. F. Ritter Shumway and Mrs. Kenneth Power, Rep. Jessica Wels and Mrs. Kenneth Power are life members.

Have you a question? You can get the answer by phoning or visiting your Rochester Public Library.

Happy, Happy Valentine's Day



February 14th
Is the Day!

Choose your own "Weapons"—Flowers, Candy or Sweet Words.

Don't miss out on the BIG observance.

You won't have half as much fun on April 15th—**INCOME TAX DAY!**

Carl Schefer

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Birthday of a Great American



The names of few people in all history have been spoken with such reverence as that of this immortal American who rose from a boyhood of privation by honest, dauntless endeavor to become an outstanding leader of the people.

It is appropriate that on this day so many millions pay tribute to the memory of one who stands tall among the outstanding teachers of tolerance and human understanding of all time.

THE LEGISLATURE

Second of a Series

Last week we learned how a bill is introduced in the legislature, traced its path from the hopper to the governor's desk and the office of the Secretary of State, where it became law. Let us now turn our attention to some individual bills which have been introduced and see how they would effect us or our town.

Under the present law, a voter must reside in the state one year, in the county four months and in an election district 30 days to be eligible to vote in the November general election.

Two Local Cases

In the presidential election of 1956, there were at least two cases of people who had moved into a town and were deprived of their vote for president.

One family that had moved from Pennsylvania 10 months earlier, consisted of citizens born in the United States. The couple could not vote because of the year's residency provision of the law.

This past year one family moved from Canandaigua and one from Palmyra. Neither town is over 40 miles from Greece. Still they could not vote for governor because they had not been in Monroe County for four months.

Last week two bills were introduced into the Assembly dealing with this problem.

Assemblyman Brooks introduced one bill which amends Section 1, Article 2, of the constitution to permit voters to vote for president and vice-president electors after 20 days residence in the election district and for statewide officers and questions after one year's residence in state and 30 days residence in the district.

The Brooks Bill

This bill bears introductory number 474 and rests in the judiciary committee. You will notice that this bill eliminates the county residence requirement.

Mr. Brooks also introduced another bill amending the same section to vote for president and vice president electors and upon all federal questions, after 30 days' residence in election district. This bill has introductory number 475. You notice this bill eliminates the state and county residence requirements.

That our Assemblyman Thomas F. Riley or our Senator Frank E. Van Lare may know how you feel about these bills, why don't you sit down and write them.

The best way to get legislation we favor is to write our elected officials and express our feelings. They are most anxious to follow the dictates of the majority.

Next Week—More bills in the mill.

Couple Observes 45th Anniversary

Mr. and Mrs. Max F. Herrmann of 80 Stanfield Road will be married 45 years Saturday. They will celebrate with a family dinner with members of the family—Mr. and Mrs. Albert Erholt, 786 Stone Road, Mr. and Mrs. David Gleason, 614 Fairmount Avenue and Mr. and Mrs. Charles Legg, Syracuse.

Two-Day Parley Slated By Humane Association

The American Humane Association's 53rd regional management conference will be held at the Hotel Treadway tomorrow and Saturday.

Representatives of humane organizations from five states and Canada will attend the sessions. The Humane Society of Rochester and Monroe County will host the conference.

Tomorrow's program will include the following talks: "New Horizons," by G. W. Rogers of Denver, AHA field department director; "A Picture is Worth Many Thousand Words," by Jack Englert, photographic specialist for the Eastman Kodak Company, and "Law Enforcement in Fish and Game Management," by Clifford Moore, State Conservation Department.

Special Lenten Service

Greece Methodist Church will have a series of special Lenten services beginning February 19 at 7:30 p. m.

The center of worship will be a Christian art masterpiece thrown on the screen during each service.

The first service will be centered around Saliman's "Head of Christ."

The GREEN THUMB

By **GEORGE ABRAHAM**
Naples, N. Y.

Greenhouse Gardening: Just about every gardener longs for a small greenhouse attached to the back of his home. You couldn't make a better investment for health, fun and profit. There are many fine prefabricated greenhouses on the market, some using glass, some plastic, some made of wood, others made of metal.

If you have the money you can buy one for a price anywhere between \$400 to \$800 and if you have good luck you can make enough profit from your investment to pay for the greenhouse in a couple of years' time.

Gardeners who are handy with a hammer and saw can build yourself a little leanto, a type of greenhouse attached to your home, and which takes a minimum of heat.

The handiest arrangement you can have is to attach the greenhouse to your house. This makes a true winter garden for you and you can enjoy stepping from a warm house into a warm greenhouse without sloshing through snow or mud. Besides this, electricity lines, water and drain pipes are usually handy for connecting to the greenhouse.

In many cases the house heating plant will take care of the hot water heating system for the greenhouse. You may have to have a separate thermostat to keep up the heat in the greenhouse at night (when house heat is usually turned down) and to lower it in the daytime (when the sun warms the greenhouse).

Buy or build the largest greenhouse you can afford because you'll find a small one can quickly become too small in a hurry. It costs you more to add on later than it does to build a large one in the first place. For good appearance, build a greenhouse at least two times longer than its width. Before you build or buy you should contact a representative from a greenhouse company.

Spiders in the Home: Many tell us their homes are overrun with spiders of one kind or other. Spiders often find their way into basements in Fall and during the winter months they live in dark undisturbed corners, spinning ugly webs which collect insects and dust.

One reader actually counted four spiders in his own bed and they had bitten him several times.

Control: Sweeping the webs down is only a temporary measure. For permanent control spray the areas with either lindane or malathion. Lindane lasts longer.

Green Thumb Clinic: T. A. writes: "Our poinsettia leaves have all turned yellow. How can I grow the plant on for another year?"

Answer: Send me a self-addressed, stamped envelope for a copy of our free bulletin, "Poinsettia Culture." It tells how to make new plants and keep your old one over.

GOP Women Plan Hair Style Show

Plans for a Spring banquet will be discussed by members of the Greece Women's Republican Club at their meeting Monday at 8:15 p. m. at the Town Hall. Mrs. Norman F. Prince will preside.

Mrs. George Murphy has arranged for a hair-styling demonstration to be presented by Roberts of New York City after the business session. Among the models will be Mrs. Glenn Goodno.

Members are asked to bring a Valentine to carry out the theme and decorations and refreshments will be served by the 34th and 16th district members under the direction of Mrs. Gordon Page and Mrs. Clarence Spencer.

There would be no free press were it not for advertising by the local merchants and industries who support the press but do not control it.—Industrial News Review.