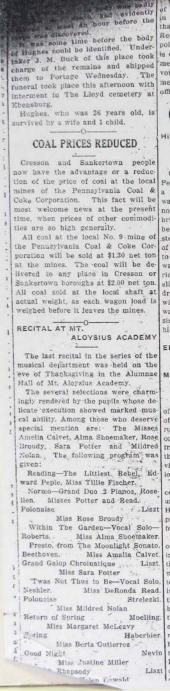
Page 41



while Mr. Wertz had the support a few Republicans in this county in securing the appointment, it is said that a number of other prominent Republicans were opposed to the appointment of the Ex-Senator and there is evidence of considerable disappointment among the regular Republican vothers of this county in the appointment of Ex-Senator Wertz to the office of County Controller.

George Blair Injured

Hip Injured When He was Knocked Over by a Beam While Placing Bridge

George Blair, a carpenter for the Pennsylvania, Railroad Company and a prominent resident of this place was painfully injured yesterday after noon while helping to place a new bridge at Bakerton. The bridge was being dropped into place by a huge steam derrick and Mr. Blair had hold of a beam with which he was helping to guide the bridge into place as it was being slowly dropped by the derrick. The derrick chains suddenly slipped and the bridge gave a lurch, driving the beam against Mr. Blair with considerable force. Mr. Blain was knocked over. His injury con Mr. Blair sists of painful abrasions about the hip.

EBENSBURG LIKES IDEA OF HAVING OFFICE THERE

Mr. Myers as Referee in Bankruptcy Will Suit County Seat Very Well

While Attorney Herman H. Myers of Ebensburg has not yet received his official commission as referee in bankruptcy in the United States district court, for Cambria county, Mr. Myers' friends in Pittsburg have gone into the matter thoroughly and have advised him that there can be no quest-ion as to him having been appointed.

Mr. Myers does not expect to receive the papers commissioning him until possibly a week or so later, as Horace R. Rose of Johnstown, the present incumbent, will not retire before December 17.

Mr. Myers has many friends through-

out the county who have been extend-ing to him their hearty congratulations since learning that the appointment goes to the Ebensburger. At-torney Myers offices are located immediately across the street from the courthouse. Ebensburgers are highly gratified over the knowledge that the appointment goes to the county seat, as they believe too little recognition generally is given Ebens-burg in such matters. They argue Nevin that it is no more of a hardship for Liszt Ebensburg Attorneys to travel to the city than it is for Johnstowners to so to Ebensburg during bankruntcy

The public is cordially invited to hear Dr. Turnbull at the morning services. The topic is one of vital importance to us all. The Dr. is eminently qualified to tell us about it, about the things we should know concerning the dread disease J. S. HELM, D. D. Pastor.

Methodist Church

The following services will be conducted in the Methodist Church next Sunday:

Sunday school at 2:00 p. m Preaching Services at 3:00 P. M. Prayer Meeting every Thursday evening at 7:30

Epworth League at 7:30 P. M. A cordial invitation is given to all to attend these services.

JOHN HALL,

DONATIONS RECEIVED AT CRESSON SANATORIUM

During Thanksgiving week a number of donations have been received for the patients at the Cresson Sanatorium. The donations consisted of clothing for the boys, girls, men and women and material for making night clothing.

The excavating is about completed and the concrete footings are being put in for the new \$300,000 wing being erected to the sanatorium.

Dr. Cowan has succeeded Dr. Zabakes as resident physician at the sanatorium. Dr. Zabakes has been transferred to the Hamburg institu-

See No. 18, "The Million Dollar Mystery," Moose Theatre, tonight.

Fire Insurance

Blair C. Seeds

Ist National Bank Building

Cresson,

Pa.

GEORGE M. LANG

Fire Insurance

Post Office Building



GOOD THINGS FOR THE XMAS CAKE

Fancy Citron, Ib 24c
Choice Lemon Peel, Ib 200
Orange Peel, Ib 20d
Extra Large Layer Figs
pound
Fancy Dates, pkg 10c
Mologa Raisins, pkg 20d
Not-a-Seed Raisins pkg12d

Visit Our Big Shoe Department

Christmas season finds in our footwear department a wide range of choice styles and dependable make of shoes and slippers for every member of the family.

Black or tan; lace, button, gun metal, patent leather, in all the prevailing popular styles. You'll find the prices pleasing, too.

One lot of felt house slippers in various styles, all sizes, 50c to \$1.50.

Free Doll

Little people, you have another opportunity to guess the name of the large doll now on display under conditions already advertised. Use this coupon and deposit in box.





XMAS TREE ORNAMENTS



Now is the time to purchase material to adorn the Christmas tree. They increase the childs bewilderment on Christmas morn, and cause their eyes to sparkle with merriment.

We still have an ample stock of books, games, dolls, mechanical toys, etc, and urge your early selection.

STATIONERY IS ALWAYS APPRECIATED



If you wish to give an unexpensive present that anyone would be pleased to receive, send a nice

tion, Bt. Bridget's Catholic church, ti Ancient Order of, Hiberians and ti Loyal Order of Moose.

The funeral will take place from S Bridget's Catholic church at 9 o'cloc Saturday morning. The Lilly mer bers of the Knights of Columbus an other organizations with which he wa affiliated will attend in bodies. Intement will be in St. Bridget's cemtery.

CRESSON'S NEWEST INDUSTRY

The Palace of Sweets candy factor is working over time producing large variety of delicious home-mad candies for the Xmas trade. Watci for a display of them in their window and would suggest that you plac your orders early for your wants it this line, as they are rushed in the home-made department.

SANTA CLAUS WILL VISIT SANATORIUM

Giant Christmas Tree and Gifts for the Children Patients

Dr. W. H. Turnbull, head of the medical staff at the sanatorium, has announced to the children-patients that he has been informed by Santa Claus that he will positively appear here on Christmas day.

The biggest celebration the sanatorium has ever seen will be held. One dining room in the main building will be fitted out for the day. There will be a giant Christmas tree, gaily decorated and it will be surrounded with gifts.

Santa Claus will be on hand to talk to the youngsters and to help them enjoy the day. The children are looking forward to a big time and they are preparing a big program.

are preparing a big program.

There will be a children's chorus which will render music during the day. There will be solos, recitations and readings. Religious services will be held too.

The patients dining tables will be removed into one dining room this week while the other dining room is decorated and arranged for the Christmas celebration.

Do not miss the 6th Episode Trey O'Hearts, Monday evening.

A SWEET DISPLAY

You will find the sweetest display of Sweets, in home-made, neat pkgs. from half to five pounds and loose goods of every variety for Xmas at the Palace of Sweets Candy Store, Bank Building.

Chocolates, all

Tired Out! It will, sure, If You Don't Do Your Shopping EAR!

ECORI

RESSON CAMBRIA CO., PA., FRIDAY DECEMBER 10, 1915

PRICE TWO CE

JSINESS MEN WILL BANQUET VICTORIOUS FOOTBALL TEAM

borate Program Has Been Prepared and Catholic church, the Rev. J. D. Brison of the Methodist Episcopal church Johnstown, the Rev. S. J. Good Time Is Assured

nday, Dec. 13th, is the day set Shoulder-F. Wilson. ie banquet to be given by the 20 Tackless men of the town to the mem-Rotandaro. of the foot ball and track team | 21 Why solocal high school.

see in charge of the affair are | 22 How

ng post prandial menu

viewed by the School
M. Snyder.

good feed when they see one.
The following menu has here Athletic Banquet

of Athletics to the pared: ol-Prof. R. Peter-

W. W. McKin-

"The Ladies"-

20 Tackling as a Side-issue-G. 21 Why I was late in Starting-E,

games all season wields the staff of for a Union Chapel to be built ry one from the sedate business of the inconspicuous members of position could hardly be selected. Were submitted by Mr. James of the inconspicuous members of position count marging be selected.

His warm and cheery manner will be the cause of much enlivenment. He information concerning the building and that the bond would be set to make this "fun-feast" a filliant success and to render a promises to permit no long speeches ribute to the bors who have nor any attempt at seriousness and o nobly for dear old Cresson will work the "nook" faithfully on bers of the committee are not at the lack of specific and that the bond would be and that the bond would be and that the bond would be a conserved and the lack of endorsement of their action of Cooney will fail. any offender.

namber of the track and am will be on hand to recarefully selected toast.

In addition to the above attractive program, a pleasing feature of the evening's entertainment will be the evening's entertainment will be the banquet. An elaborate outlay of n, speeches will be given banquet. An elaborate outlay of the School members of the High occasion. occasion.

> This fact in itself guarantees heavy attendance as there are a num-ber of Cresson folks who know a real

The following menu has been pre-

Menu Fruit Cocktail Athletics-Miss K. Olives Celery Hearts Soup

Chicken Rice Roast Stuffed Turkey Au Cresson
Pea Patries Potato Croquettes Pea Patties Glazed Sweet Potatoes

UNION CHAPEL FOR SANATORIUM

Cresson, Pa. Dec. 6, 1915. A committee composed of the Rev. Taylor, D. D. of the Lutheran church Altoona, the Rev. C. C. Hays, D. D. of the Presbyterian Church Johnstown, the Rev. J. S. Helm, D. D. of afternoon increased the amou the Presbyterian church Cresson, and the Rev. D. S. Tinker Ph. D. of the furnish in connection with United Presbyterian church of Altoona met in the Commercial Hotel, Jones to the county be in charge of the affair are ing to make it the banner event year. Never before has more yeard enthusiasm been expensively one is talking of the affair are bas so ably handled the football bas so Rev. J. S. Helm, D. D., as presi-the count made clear that t dent, the Rev. D. S. Tinker as secre- originally named was fixed a

for a Union Chapel to be built on the were submitted by Mr. James Hood.

bers of the committee are not at liberty to sign the contract at this peared for Jones. He did n meeting.

The members of the committee are willing to serve on the building comof mittee and also to serve in the raising figure at which it should be the what money they can in their respective denominations to carry the fixing of the bond in 1901, who work to a successful completion.

O'Connor was interested in a a work to a successful completion.

president.

That the above minutes are correct is hereby attested.

D. S. Tinker. Secretary.

Notes Ubituary

COONEY'S BO

Raised to \$40,000 Follo guments Before Ju O'Connor

Judge Francis J. O'Conno. bond which John Cooney wil test of the election of He dent, the Rev. D. S. times as tary and Mr. Charles A. Cunningham a preliminary figure and court at the time had in min

E. T. McNellis, who appea which Cooney, informed the court contest had been started in g

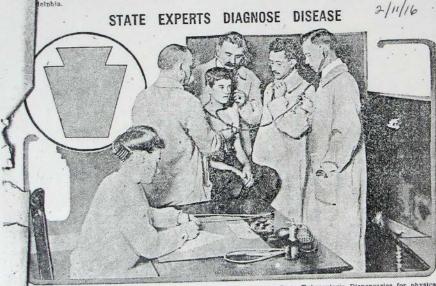
that the bond be made \$100 contended that \$50,000 was th work to a successful completion.

These minutes are adopted. Adjournment to meet at the call of the then, he said, the number of precincts having been increas 91 to 126. The fees for witne also been raised from \$1 a day a day and all other expenses ? increased.

Mr. McNelis in answer sta while the voting places had creased, the vote had not ha John Singer, a highly respected portionate jump, only 4,000 r ing cast this year than in 1



elphia.



Each year more than fifteen thousand Pennsylvanians go to the State Tuberculosis Dispensaries for physical xamination. Some of this number have been referred to the Dispensaries by their physician; others, from the various symptoms, such as the loss of weight, a severe and lasting cough, night sweats, seek information as to whether they have contracted tuberculosis.

From handling thousands of cases, the State Dispensary physicians have become exceptionally expert in the diagnosis of tuberculosis. It requires a delicately tuned ear to be able to recognize from the sounds in the chest an early involvement of the lungs.

diagnosis of tuberculosis. It requires a detectory
arily involvement of the lungs.

Each patient is subjected to a thorough examination, and sometimes when the physician in charge, or one of his
Each patient is subjected to a thorough examination, he can secure the attention of the other physicians, and by
staff, finds something unusual in the patient's condition, he can study the case.

Means of the multiple stethoscope, pictured above, they can study the case.

It is nine years since Dr. Samuel G. Dixon, Commissioner of Health, first organized the dispensary system,
and during that period more than eighty thousand people have been examined, of whom seventy-five per cent were
found to be suffering from tuberculosis.

vertisements o

ARMIES MARG

Berlin Butcher Of When Payment Menus of Hotels Meatless Days Co "Rancid Fats of Called For In A

London, Feb. 10 man newspapers : kaiser and his ar lating daily new ex stir the people to e that Germany actu-of starvation is be apparent. This conclusion the statements of

the statements of whose impression biased, but is base actual conditions

German press.

The theory is
Berlin governmen
publication of alar publication of alar food situation with ing the enemy. absurd. The Gern not only with repcous food erisis, I ments of substit articles of diet at tivities of scientificover new foodstu. It is obvious the

It is obvious th does not encourage advertisements lik played in Berlin p

"In view of the fats, hotels, restun are urged to make paratus called t which, inserted in prevents a partic

prevents a partic from slipping thro Other advertiser man paper follow "Werner and M to buy hundred p fats of any descriptions." "The Phoenix Grain works requiscriptions." "Wolffers groce high prices for p horse chestnuts. Stuttgart require quantity of preserrice and breakfas The Vorwaerts.

The Vorwaerts, daily, cites the c walde butcher w pound of fat to goods with gold c Those familiar

Those familiar tites will realize situation by exmenus prir red in following are talburg Frem tenblat "Tuesday, dinner cakes. Pirkled b
Friday, dinner; pie, Satur'ay, d
Oatmeal pudding.
The Magdeburi
diets a most seri

Each year more than fifteen thousand Pennsylvanians go to the State Tuberculosis Dispensaries for physical examination. Some of this number have been referred to the Dispensaries by their physician; others, from the various symptoms, such as the loss of weight, a severe and lasting cough, night sweats, seek information as to whether they have contracted tuberculosis.

From handling thousands of cases, the State Dispensary physicians have become exceptionally expert in the diagnosis of tuberculosis. It requires a delicately tuned ear to be able to recognize from the sounds in the chest and sarly involvement of the lungs.

Each patient is subjected to a thorough examination, and sometimes when the physician in charge, or one of his staff, finds something unusual in the patient's condition, he can secure the attention of the other physicians, and by sman, for the multiple stethoscope, pictured above, they can study the case.

It is nine years since Dr. Samuel G. Dixon, Commissioner of Health, first organized the dispensary system, It is nine years since Dr. Samuel G. Dixon, Commissioner of Health, first organized the dispensary system, and during that period more than eighty thousand people have been examined, of whom seventy-five per cent were and during that period more than eighty thousand people have been examined, of whom seventy-five per cent were found to be suffering from tuberculosis.

CITY DANGERS IN THE COUNTRY



The houses in which we live, according to all students of social conditions, have a decided effect upon our mental, moral and physical condition.

The Bureau of Housing of the State Department of Health, under the direction of Commissioner of Health. The Bureau of Housing of the State Department of Health, under the direction of Commissioner of Health samuel G. Dixon, has been engaged in the work of improving the living conditions in certain sections of the Commonwealth, with the idea of evoluting conditions without causing a revolution.

The above picture shows that even in semirural districts, where there would seem to be sufficient sunlight and fresh air for all, conditions exist which practically duplicate the worst overcrowding of our cities.

It is the bedroom of a family of four—the father, mother and one child occupy the double bed and the other little girl the cot on which she is seated.

It was fou 4 on examination that the father was suffering from tuberculosis, and in the conditions under which they were living, it was in all probability only a question of time until the entire family became infected and dependent.

which they were living, it was in all probability only a question of the sand dependent.

There were two rooms in the house; the one above and a dilapidated kitchen. Two windows gave all the light of a sir that they received. There was but one chair in the household, that in the foreground, and when the picture of the kitchen was taken by the Department's photographer, the chair was moved by the housewife to a gure of the kitchen was taken by the Department of Health's activities this family was moved into a four-room house and the father placed under treatment at a State Tuberculosis Dispensary. In this improved atmosphere and under the father placed under treatment at a State Tuberculosis Dispensary in this improved atmosphere and under the supervision of the Dispensary nurse it is hoped that these changed surroundings will make it possible for the the supervision of the Dispensary nurse it is hoped that these changed surroundings will make it possible for the family after the wage a more successful fight for the recovery of his health, and will prevent the remainder of the family

walde butcher

pound of fat goods with gold Those familia tites will reali: situation by menus prir ed

menus prii 'ed |
following are
burg Frem tenh
"Tuesday, dii
cakes. Pirkled
Friday, dinner
pie. Satur'ay,
Oatmeal puddii
The Magdeb
diets a most s

dicts a most s hungering on says. "The gi tion which av porary retrogr life will comp population to dard of living. the past deca measure which

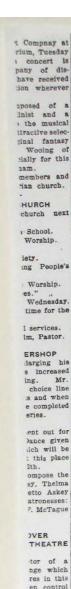
these thing 3."

A clear ides
the situation 1 perusal of the stitutes printe blatt.

"The govern the eleventh I The institutio certainly been tive in view scarcity and but it is a pr has been four population is lation inasmu is meatless. "The autho

tion to adopt betterment o people have n facture of 'I which will s the commun really a com sists of scrap meat, fish a gredients.
fishy odor of
entirely remote
few drops of furnished nominal cha same time t

Spy Sai London, F former mem ment, who authorities i ed here on t



Misg Grace Langbam of Johns Male 88, female 94, total 91, town visited the schools Wednesday morning.

Mrs. Luther Seaman, and daughter visited room 2 Tuesday afternoon.

No Game This Week

Our lads will sleigh to Portage tonight where they will meet the representatives of Portage High School. The game is a return game and is expected to be another victory for our boys, who defeated the Portage aggregation some time ago on the local floor.

Cresson H. S. Wallops Conemaugh The wearers of the Maroon and Grey asserted their supseriority over the Conemaugh High School represen tatives when the Conemaugh aggrega tion literary invaded Cresson the intention of carrying away athle tic honors. That desire, however, was frustrated by the superior ability of our boys and lasses, whose earnest effort were justly recognied.

Boys lineup:		
Cression-47	(Conemaugh—17
Killa	F	Shaw
Ivory	F	Ribblett
Smith	C .	Custer
Mentch	G	Capstick
Rotandoro	G	Wissinger
Substitutions	-O'Donn	nell for Smith,
Smith for Rota	ndoro.	

Feild Goals-Killen, Ivory 6, Bibblett 5. Smith. Mentch 3. O'Donnell 2, Shaw, Wissinger. Foul Goals—Killen 7 out of 17, Ribblett 1 out of 6, Shaw 2 out of 3. Referee-Trexler

Girls line-up Cresson 12		Conemaugh 7
Killen	F	Adams
Gwin	F	Mark
Straw	C	Crum
McTague	G	Ribblett
Noel	G	Harkins
Field Goals-	-Gwin 3	Adams1.

Foul Goals- Straw 3 out of 7, Gwin P. McTague 2 out of 4, Adams 5 out of 11.

Again Cresson H. S. Wins

the oldest

sson. He

ogram as

is gradua-

gh School

The following night, Saturday, Feb 26, the fastest and most exciting game yet played on the local floor this season was witnessed. Our boys proved their worth by defeting the fast Hollidaysburg High School fast Hollidaysburg High School team by the score of 23 to 22.

The game started slowly, but it in-

creased in intensity as it progressed and was marked by unusually thrill-ing floor work and shooting in a have been whirlwind finish.

> Total attendance for February Male 24, female 22, total 46; per cent of attendance for February: male 92, female 92, total 92.

MORNING MORNING Students who were neither tardy nor absent during February:

Report of 8th grade, 6th month: Whole number in attendance durng the month: Males 15, females 15,

total 30: Per cent of attendance: Males 98, female 96, total 97. Perfect in attendance: Males 9, females total 16.

attendance and Perfect in tardy: Paul McCardell, Davis Gib bony, Regis Buck, Alda-Belle Weston, Margaret Seeds, Ethel Hines, Kenneth Keirn, John Callan, Harold Stouck, Elizabeth McTague, Frank McTague, Martha Connell. Keefer Ling, Edward Whitehead, Hortense Brown, and Anna Marcus,

Olive M. Ford, teacher.

Percentage of attendance during month: Male 86, female 86, total 86. Total attendance: Male 20, female 20, total 40.

Pupils not absent nor tardy durin month: Oscar Bishop, John Bleak ley, Naomi Brown, Dorothy Dawson Irma Hill, Howard Hoyt, Dollie Keith, Myers Lowman, Grace Melley, Edna O'Brien, William Price, Geraldine O'Brien, William I Sanker, Alice Tubbs.

Sixth and seventh grade.

Leta A. Potter, teacher

Number in attendance for onth: Male 24, female 20, total attendance for average month: males 19, female 12, total31; Percent of attendance for the month: Males 88, females 80, total

Those not absent nor not tardy during month: Loyd Huff, Clio Seamen, Dale Seamen, Lester Shettig, Russell Peach, Ruben Marcus, Morris Wharton, Leo Freidhof, Charles Hertzog, Frank Killen, Clifton Mc-'ardell, Pauline Callan, Hannah Cornelius, Hattie Foxeman, Helen Killen, Ellen Wilson, Mae Lang.

5th and 6th grades.

Lillian Drass, Teacher

Whole number in attendance dur ing month: Males total 57. Per cent of attendance during month: Males 86, females 94, total 90. Whole number days attended during month: Males 555, fe- Editor Cresson Record:males 358, total 913.

Pupils neither absent nor tardy during 6th month: Lavina O'Brien, of your paper, in which the public May Currie, Jessie Wilson, Julia Grumay be Interested. What has become song, Loyola Callan, Unette Callan, Ruth Eckenrode, Lloyd Baker, Raymond Bishop, Henry Gursong, Harry Hill, Leo Patterson, Paul Bishop

Jane L. Farren, Teacher.

building, when completed, will be suspicione of the largest and most substantian in central Pennsylvania.

In the basement, an up-to-date steam heating plant will be installed, and a dining room 46x56 feet will occupy part, with a large kitchen. the first floor, play rooms, class rooms, reception rooms, sewing rooms and sisters' dining room will be located, while the third floor will contain a large dormitory, 58x60 feet; an infants' dormitory, 58x60 feet, and a chapel, 48x60 feet. The roof will be of red asbestos and copper valleys. The institution will be superinter ded by the Sisters of Mercy upon its

3/3/16 Nurses' Home Will Be Constructed at the State Sanatorium in Cresson

It was learned from official source oday that as soon as the new \$3000, 000 west wing of the sanatorium is least but completed the state health depart- Just how mint will advertise for bids for the puzzles th erection of a nurses' home.

The new structure, which is to cost about \$50,000, will be of three stories. be designed similar to the main searched building and will contain living rooms and a dining room for the medical staff and the attendants.

The house will be built as an exten sion to the main building and will connect with the present dining room of the medical staff.

Work on the new extension will be begun by the middle of next summer and it is the desire of the state department that the structure be ready for occupancy before the cold weather

of next winter arrives.

The new west wing will be completed in May, it is said.

OPEN LETTERS

Thought and Comment handed or mailed to us this week

All comf vications must be companied by the name of writer no necessarily for pub-lication ut for our own tection.

May I take the liberty of asking a few questions through the columns Parish, Edi of your paper, in which the public Mary Lilly, of the Stearns automobile which was John Kuntz to have been chanced off for the Reynold, W benefit of the Fire Co. We have Herren of seen it in constant use during the O. J. Gloss past summer and it may be worn out, but a number of people have bought Whole number in attendance during month: Male 27, female 17, total changed of language.

man an search Hotel. other name at Lazieur balls fro in the b that be different the good admitted plead gu

ced next March te Mr. L watchma Strupple.

He w

Sle

On The sleighing that place furnished

R. G. ladies to in a train

Followin. Abrams and childre

young peor

stopped at supper was lowing are John Bill Parish, Edi







While rest, fresh air and complicated cases which require special of tuberculosis germs, which is given by abscretosis, there are many complicated cases which require special of tuberculosis germs, which is given by abscretosis is used with excellent results. This is a full extract of tuberculosis germs, which is given by possible to the process in the process of tuberculosis. All of the tuberculin used in the Dispensaries and Sanatoria is manufactured in the process tuberculin. The picture above shows the process of filting the hypodermic syringes with tuberculin.

3/31/16

THE EXHILARATION OF OUTDOOR SLEEPING



Despite the wintry blasts and the fact that the thermometer has been near zero, many patients of the 115 State
Tuberculosis Dispensaries throughout Pennsylvania have been sleeping in the open. To one unfamiliar with the
metablization of sleeping out of doors, this may seem indulging in an extreme. Few who have once formed the
habit can ever be induced to again sleep indoors for, contrary to appearances, out-of-door sleeping should not mean
habit can ever be induced to again sleep indoors for, contrary to appearances, out-of-door sleeping should not mean
in the circular on tuberculosis issued by Commissioner of Health Samuel G. Dixon, the following paragraph
in the circular on tuberculosis issued by Commissioner of Health Samuel G. Dixon, the following paragraph
gives instruction for making a "Klondike Red."
"Sleeping in the open air should not mean shivering in bed. Therefore you should learn how to make your
"Sleeping in the open air should not mean shivering in bed. Take four blankets and lay then open, one
bed. This can be readily accomplished in some such fashion as this: Take four blankets and lay then open, one
bed. This can be the mattress. Fold them under so that the edges nearly meet in the middle. Then turn them
well under at the foot. Thus you will have made yourself a sleeping bag. Now throw a fifth blanket over the
well under at the foot. Thus you will have made yourself a sleeping bag. Now throw a fifth blanket over the
well under at the foot. Thus you will have made yourself a sleeping bag. Now throw a fifth blanket over the
well under at the foot of the shoulders, take the sides of it securely under the mattress. Slip down
whole so that it can be pulled up loosely to the neck, take the sides of it securely under the mattress. Slip down
into the sleeping bag from the top and tuck in snugly about the shoulders. Wear a snug sleeping cap with a frill
into the sleeping bag from the top and tuck in snugly about the shoulders.