

HAVERFORD HEAD QUITS FOR PERSONAL REASONS

Doctor Sharpless Resigns to Devote Time to Private Affairs

SERVED THIRTY YEARS

Administration Has Seen Wonderful Growth—Board Regrets Action

Desires to have opportunity for a greater attention to private affairs is the reason ascribed by Dr. Isaac Sharpless for tendering his resignation as president of Haverford College.

Doctor Sharpless at his office at Haverford today said that his action, which was announced last night, was inspired solely by personal reasons. "I have held the office for thirty years," he said, "and feel that after that service I am entitled to a rest. I tendered my resignation last year, but it was not accepted at that time. I hope to retire at the end of the present academic year and trust that I may be permitted to do so. My relations with the board of managers have always been most cordial, and at this time it is only the feeling that I am entitled to devote myself to personal affairs and take a rest that prompts me to resign."

In Doctor Sharpless's long incumbency he has been instrumental in the growth of Haverford from a group of six buildings to a modern college of twenty buildings and an endowment of \$2,500,000 as against \$250,000 in 1887. The library numbers 67,000 volumes and has an income of \$5000 yearly for purchase of books.

BOARD REGRETS ACTION
Doctor Sharpless's resignation was not announced until last night, although members of the board of managers knew before that time of his contemplated action.

"Some of the managers have asked me to reconsider my resignation," he said today, "but I told them, as I tell you now, that I have determined that I need a rest and feel that after my long service the time has come to take it."

James Wood, of New York, senior member of the managers, in announcing the resignation at a meeting and dinner of faculty and managers, spoke with regret of Doctor Sharpless's decision to retire. His sentiments were echoed by other members of the board.

Doctor Sharpless has been as much respected by the students as by the faculty. He kept in personal touch with all the undergraduates, and is said to know personally every man who has been at Haverford in his incumbency as president.

In his academic policies Doctor Sharpless raised the standards of instruction without seeking to rival the large colleges in the number of students. Oxford University has ranged Haverford with the best of the large universities, and the college has furnished four or five winners of Rhodes Scholarships.

Doctor Sharpless was born in Chester County in December, 1848, and was graduated from the Lawrence Scientific School of Harvard University in 1872. He was successively a teacher at Westtown School, instructor and professor of mathematics at Haverford College, dean (1884-1887) and president from 1887 to the present time.

AUTHORITY OF HISTORY
He is acknowledged by Trevelyan and Channing as the leading authority on Pennsylvania Colonial history. He has written a number of text-books on mathematics, several of them in collaboration with Dr. George M. Phillips, now principal of the West Chester Normal School, and in 1915 summed up his broad and deep experience as an educator in his latest book, "The American College."



DR. ISAAC SHARPLESS

LABOR MEN DENOUNCE MILITARY TRAINING

"Conscription of Our Children," School Courses Are Bit-terly Termed

BALTIMORE, Nov. 22.—Bitter denunciation of military training for the boys in the public schools and of "militarism" in general marked today's session of the convention of the American Federation of Labor.

A report by committee, adverse to a resolution which called upon President Wilson to "prevent any further attempt to militarize the public schools," was defeated. Early in the day Andrew Furuseth, chairman of the committee, offered a substitute which ignored the matter of military training in the schools and opposed any increase in the standing army. It also demanded the repeal of all State laws which infringe upon the constitutional right of the people to bear arms.

Vice President Duncan, delegates Max Hayes, of the typographical union; Prosser, of the brewery workers; Barnes, of the cigarmakers; Sarah Shapiro, of the ladies' garment workers, were among those assailing the committee for its position. Duncan declared himself heartbroken at the failure of the convention at San Francisco last year to act against "militarism."

A motion by the secretary of the committee to refer the whole matter back to a special committee was made. This only added to the intensity of the opposition bent on effecting adoption of the resolution dealing with the schools.

Paul Scharrenberg, secretary of the California State Federation of Labor, declared that "any man with red blood in his veins ought to protest to the last ounce against the attempt to conscript our children into military training." He said that the Japanese "peril" was the latest false issue raised to delude the workers into accepting a military system, but that the labor movement of California and the West has seen through this pretext and would never accept it.

A picturesque feature of the debate was that contributed by Miss Shapiro, youthful and diminutive in stature, who "protested" on behalf of the mothers and wives and children who cannot be heard here.

YOU PAY \$6 A YEAR MORE FOR YOUR BREAD

High Price of Wheat Responsible for Additional Expense to Consumer

POTATO FLOUR'S VALUE

Its Use Advocated in Bulletin of U. S. Department of Agriculture

The recent increase in the price of bread and the almost doubled cost of flour, compared with prices before the war, means an increase in the cost of living of more than \$5 a year for every person of normal appetite in Philadelphia. Statistics of the United States Department of Agriculture show the annual per capita consumption in this country to be four and one-half bushels of wheat, or a little more than one barrel of flour, graded on four which were under \$6 a barrel two years ago are now about \$10.

Two years ago the average loaf of bread, weighing sixteen or seventeen ounces, retailed at five cents; since then the average size has been reduced to twelve ounces and the price increased to six cents. This means that the amount of material in the former five-cent loaf now costs about eight and one-half cents, which is an increase of seventy per cent in the cost of bread to the consumer.

Wheat flour and its products supply twenty per cent of the total quantity of food materials used by the average American family; consequently an increase of seventy per cent in the price of this one commodity means a big difference in the cost of living, and discussion of possible substitutes for wheat flour should be an important topic for every reader.

In Germany the scarcity of wheat has compelled the substitution of other flours in spite of their inferior baking qualities. Among the general population a mixture of sixty per cent wheat flour, twenty per cent rye flour and the rest potato flour and inferior grain combinations is being used.

POTATO FLOUR RECOMMENDED
The use of potatoes in bread is advocated in bulletins of the United States Department of Agriculture, not only as a matter of cheapening, but as an improvement in the quality, texture and flavor of bread. Even at the present abnormal prices of \$1.75 to \$2 a bushel, potatoes are cheaper than wheat flour.

At \$1.75 a bushel the edible portion of the potato costs about two and three-tenths cents a pound; wheat flour is selling now at five cents a pound. Comparing the energy values, potatoes furnish from 2300 to 2700 calories per pound, depending on the quality, while wheat bread furnishes not more than 1770 calories per pound. So it can readily be seen that potatoes, pound for pound, exclusive of the water content, give more food value than bread.

However, the proportion of potatoes, by

weight, that can be successfully mixed with wheat flour, is comparatively small, because of the necessity for the gluten of the wheat to give sufficient rising power to the dough. A commercial potato flour used to some extent by German and Jewish families for making potato bread, but at its present price of fifteen cents a pound, its use is not economical as a substitute for wheat flour. In a bulletin issued by the New York State University at Cornell, plain mashed potatoes are advocated as a partial substitute for wheat flour. Cooked potatoes can be used, but the bulletin recommends freshly cooked potatoes as giving the best results in flavor and in the case of mixing with the other ingredients of the dough.

RECIPE FOR YEAST BREAD
The following recipe for yeast bread is given: To two cups of mashed potatoes add one tablespoon of lard, one tablespoon of sugar, then salt, one cup of milk, yeast, and enough flour to make a medium thick dough when the dough is risen, follow general rules for bread baking.

For biscuits, one cup potatoes, one cup flour, four teaspoons baking powder, one-half teaspoon salt, one tablespoon butter, one tablespoon lard and one-half cup milk. First sift and mix dry ingredients, then add the mashed potatoes, work in the fat and add milk to make a light dough; cut into biscuits, shape and bake twelve to fifteen minutes in hot oven.

Rye flour is almost as high in price as wheat, being quoted at \$7.50 a bushel in carload lots. It has a little more protein than wheat flour, but less gluten, and therefore does not rise to a light texture, and is not so completely digested as wheat bread. In some countries of Europe rye flour is more commonly used than wheat for bread making, but in American bakery practice it is seldom used except as a mixture with wheat flour. Ordinarily a mixture of about one-quarter or one-third rye is used with wheat flour. The Prehofer Baking Company has recently put on the market a ten-cent rye loaf which is claimed to be about seventy-five per cent rye and the balance wheat flour.

Barley and oats are seldom used in bread, because they have no gluten, which is the substance that makes bread elastic and have so much indigestible cellulose that they would not make a light, attractive loaf even when mixed with wheat flour. Corn flour is also lacking in gluten. It is nutritious and very appetizing in unleavened bread, hoe-cake and johnny cake, but these forms dry so quickly that they must be eaten fresh.

Corn meal, which is coarser than the flour, is used extensively for corn bread and mush, especially in the South, and will no doubt be used more by Philadelphians as a substitute for wheat flour. It must be mixed with wheat flour to rise properly, and at best is not so digestible as ordinary bread. It is sold at three cents a pound, and if it could be used extensively would greatly lessen the cost of bread.

Judged by their chemical compositions, all grain breads are nutritious foods, and too great stress should not be laid on their differences. The gluten content in wheat is the chief factor in its superiority. The following figures show the values of protein, starch and fat in the different grains: Wheat, 12 per cent protein, 72 per cent

starch, 2.5 per cent fat; rye, 16.4 per cent, 72 per cent and 1.7 per cent; barley, 13.4 per cent, 79 per cent and 1.8 per cent; corn, 9.5 per cent, 74.5 per cent and 2.4 per cent; rice, 7.4 per cent protein, 78.5 per cent starch and 0.4 per cent fat. The remainder of their substance is water, fiber and ash.

Rice is grown and eaten in the United States to a large extent, and in China and other Oriental countries it is the most important cereal. Instead of saying, "I hope you are well," a Chinaman greets his friend on the street, "May you have plenty of rice today."

"Rice is easily cooked and digested, and should be better appreciated and more commonly used in northern homes," says a Government bulletin. "In the South it holds the same place that the potato commands in the North, and it is the mainstay of diet among one-half of the total population of the world."

At ordinary prices rice is more expensive as an energy-giving food than wheat, flour or potatoes. But when potatoes soar to \$1.50 or more a bushel, rice at eight cents a pound is much more economical. Potatoes, however, contain a large quantity of mineral salts that are not found in rice, but which are necessary to health.

Robert Dewar, chemist for Shane Brothers & Wilson, wheat and flour millers, Sixty-third and Market streets, said that when more than twenty or twenty-five per cent of other grain is mixed with wheat flour, the dough will not rise properly on account of the lack of sufficient gluten. Even wheat flour dough at its best will not rise properly when not kneaded thoroughly, he said, and the lightness of the loaf is always reduced in proportion to the amount of other flour mixed with the wheat flour.

"Recently efforts have been made in Congress to repeal the law that forbids the mixing of flours," said Mr. Dewar, "but millers are unalterably opposed to it to anything but straight flour. If commercial mixtures of cheaper grains with wheat were permitted, the market immediately would be flooded with products of doubtful quality. The consumer's interests are best protected under the law as it is, and if the baker or the consumer desires a cheaper mixture, let him do the mixing at his shop or home."

CORN OIL FOR SALADS

One of the Fruits of the Great War in Europe

It took the big war in Europe to teach us that we had been sending several millions of dollars a year to Spain, Italy and Turkey for olive oil when we had oil just as good which we shipped to Europe each year for use on salads.

The United States grows about 2,000,000-3,000,000 bushels of corn each year. In the average bushel there is a pound and a half of good corn oil, which becomes a by-product of the manufacture of glucose, corn, sugar, starch and other corn products. Most of this oil we have been using in the manufacture of soap, but about fifteen per cent of it was refined and shipped to Europe for sale as a salad oil, while the imported European olive oil at three times the price of the oil we shipped abroad.

This year, with the olive oil supply of Europe cut down, we are refining thirty-five per cent of the corn oil produced in the United States, and we are using it ourselves.—Idaho Statesman.

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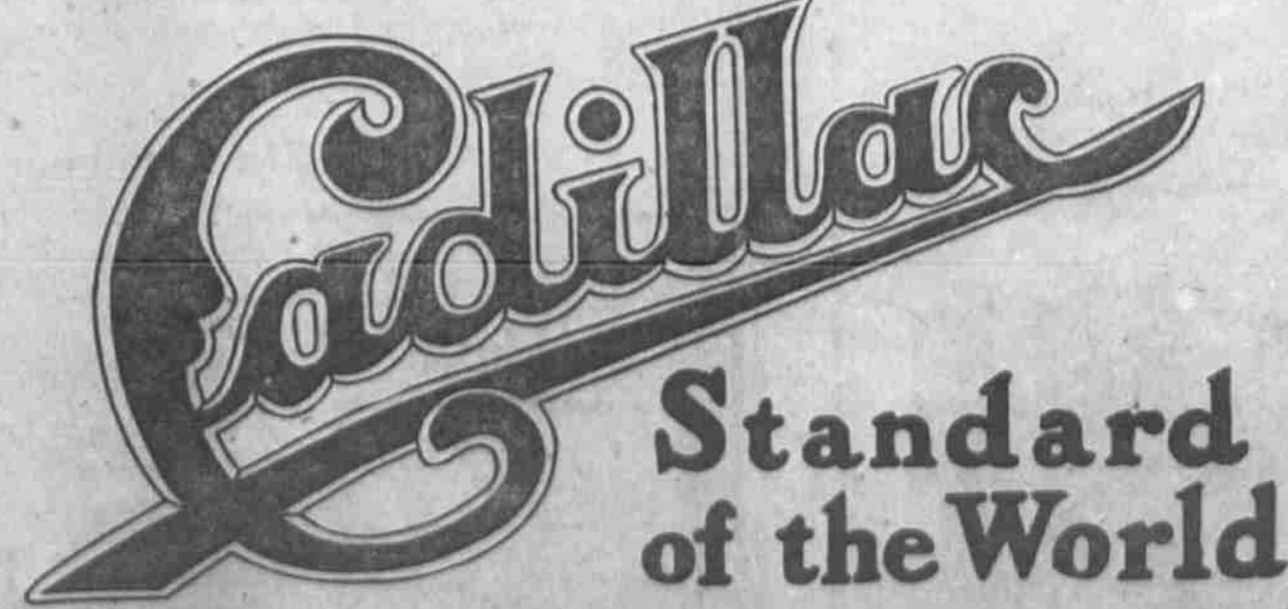
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