

Children Cry for Fletcher's

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Narcotic substance.

The Kind You Have Always Bought

Bears the Signature of

Chas. H. Fletcher

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY.

MRS. MARIA ERISMAN DIES

Marietta, Pa., Feb. 22.—Mrs. Maria Erisman, widow of Jacob M. Erisman, died last night in her eighty-seventh year.

Wilson Wants to Appoint All Members of Tariff Commission Himself

Washington, Feb. 22.—President Wilson prefers having the proposed tariff commission consist of members appointed by himself and entirely nonpartisan.

Are You Weak, Nervous Exhausted?

Don't feel like working, everything going wrong? Digestion poor, blood impoverished, cannot sleep? Dr. Emerick's Body Builder

CASCAROYAL-PILLS CORRECT Most laxative and cathartic medicines tend to aggravate constipation.

Better Values AND Lower Prices

Dress Skirts—Coats—Coat Suits—Winter Underwear—Sweater Coats—Corsets—Shirtwaist Blouses—Economy Sale Prices Continue—Come to Smith's for Bargains.

- \$1.50 Bed Blankets, pair 98c
Women's \$1.00 New Lot House Dresses, each 36c
Fur Muffs, \$5 values, Wednesday 1.98
\$15 and \$19 Striped Tiger Sets, best satin lined, per set 6.89

SMITH'S 412 Market Street

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

(Copyright, 1916, by Alfred W. McCann.)

CHAPTER 22

Food minerals are so essential to life and health that when the body is deprived of some of them or fails to find the minimum of some of them disease inevitably follows.

The smallest boy in the laboratory can be made to understand the wonderful oxidizing property of sulphuric acid. When this acid is generated in the human body, as it is generated every day, it is immediately neutralized by the alkaline bases which nature, under normal conditions, never fails to provide for that purpose.

Phosphoric acid is also generated in the same manner. Calcium, magnesium, and potassium are among these alkaline bases provided by nature. If they are not present to do their work within a short time the destructive action of the sulphuric and phosphoric acids can end only in disaster.

A few drops of sulphuric acid taken into the body and neutralized in the same manner. Calcium, magnesium, and potassium are among these alkaline bases provided by nature. If they are not present to do their work within a short time the destructive action of the sulphuric and phosphoric acids can end only in disaster.

When food, from which the minerals have been removed by commercial processes or by foolish methods of cooking, is introduced into the body it results in the formation in the body of free sulphuric acid from the albumenoid sulphur and of free phosphoric acid from the many complex phosphorus compounds found normally in meat, cheese, eggs, and other articles of diet.

These acids, in the absence of the alkaline bases that ought to be present, and which in normal, natural foods always are present, must be neutralized as rapidly as they are evolved. It is because they are neutralized that we find them in the urine as discarded waste products in the form of sulphates and phosphates.

When the neutralizing bases have been removed from food before it is consumed these acids abstract basic elements from the living tissues, thereby impairing or destroying them.

Meat, which is minced and immersed for a few hours in distilled water, loses its potassium, magnesium, and calcium salts. It also loses its color. If cooked in this condition it will be found to be tasteless. If fed to dogs and cats or other animals these animals will eat a little, then refuse to take more, and if fed on nothing else will actually die more quickly than animals that are not fed at all.

This can be accounted for not only through the generation of the free sulphuric and phosphoric acids in the bodies of the animals but also by another fact. The animals fed on the demineralized meat, in addition to being deprived of the food minerals indispensable to life's processes, are also obliged to dissipate their reserve vitality at a rapid rate through the efforts of their organs to throw off the useless and dangerous food elements imposed upon them; whereas the animal that is starved outright is

not called upon to expend its strength faster than the simple laws of starvation feeding of the children, because

One feature of the laws of nutrition, which are endeavoring to emphasize, is that these food minerals are so essential to the life and health of the body that when the body is deprived of them disease must follow. It is obvious that we must see to it that our food contains these minerals.

Nature does provide a reserve storehouse, from which, in emergencies, for a short time, the body may find the elements it requires. But if the diet is of such a refined character that it exhausts nature's storehouse, destructive consequences inevitably follow.

This fact must be remembered in the feeding of the children, because when the food of the infant is changed from a purely milk diet to a mixed diet great injury may result from a deficiency of lime and other salts.

This injury manifests itself on the surface in the form of defective teeth, but defective teeth constitute only a symptom of much deeper ravages going on unseen within.

An exclusive flesh diet is poor in lime and many of the foods on which children are fed have as much as 75 per cent. of the lime natural to them removed before they are put upon the table. This is one of the reasons why the excessive consumption of meat is a curse.

In consequence, the excessive meat-eater is plagued with rheumatism, asthma, and many other diseases in the alleviation of which he is sent to the mineral springs in order that he may drink water containing calcium, magnesium and sodium sulphate.

These waters, however large the quantity in which they may be consumed, are useless unless the offending diet is first corrected, the peg removed before they are put upon the table.

It is proper place, baby's diet, based on the importance of its mineral contents, will be carefully outlined and even greater importance and significance the diet of a baby's mother before baby is born will receive the same attention.

MILITIA 428,000 IN HOUSE BILL

Army of 147,000 Is Agreed to; Committee Agrees to Double Force in Time of War

Special to the Telegraph

Washington, Feb. 22.—The fundamental features of the army reorganization bill—one of the two major measures of the national defense program—were agreed upon by the House Committee on Military Affairs.

The big outstanding feature of the committee's plan is the fact that it provides for a total peace strength of 375,000 men in the standing army and National Guard combined, with reserve systems to more than double the force in war time.

Other big points resulting from the committee's deliberations are: a standing army of 147,000 men, the complete Federalization of the National Guard; doubling of the number of cadets at West Point, the construction of a Government ammunition plant and the creation of a large army reserve.

The expense for the whole establishment this year is roughly estimated at \$174,000,000, exclusive of Panama Canal defenses, carried in another bill, proposals for additional

military schools in all States, carried in the McKelard bill, favorably reported by the committee, with an appropriation of \$2,400,000 for this purpose, and whatever may later be decided upon in carrying out a scheme to foster the fixation of atmospheric nitrogen in the United States, giving the country its own supply of ingredients for explosives. The first year of the Garrison plan would have called for a total expenditure of \$182,000,000.

To complete the committee's compromise with President Wilson on the continental army, the bill will authorize the increase of the regular army to the total peace strength of 147,000 by adding 10 regiments of infantry, 4 regiments of field artillery, 52 companies of coast artillery, 15 companies of engineers and 4 aero squadrons. This is the exact regular army program mapped out by ex-Secretary Garrison before the unfavorable reception of the continental army scheme led to his resignation.

Confess to Inability to Stop Dyestuff Shortage

Special to the Telegraph

Washington, D. C., Feb. 22.—Frank confession of the inability of the present Democratic administration to handle the present dyestuff shortage problem, which is officially declared to be causing a loss of \$1,000,000 a day to the textile interests, was made by the Bureau of Foreign and Domestic Commerce.

All the promises of the administration have evaporated into thin air. Refusing to advocate the immediate enactment of a protective tariff,

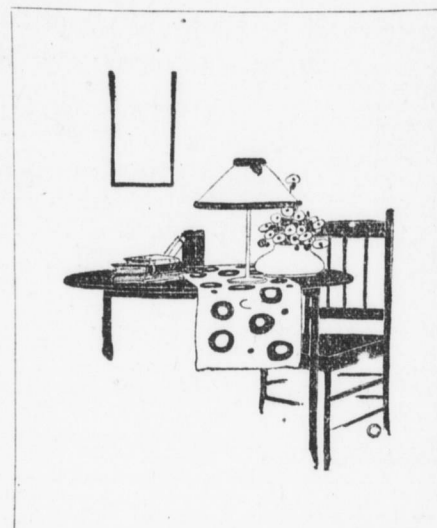
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Windsor Rockers—or arm chair to match; solid mahogany. February Sale Price \$6.75

*So called because early and larger orders brought lower prices; and plenty of time in making brings superior qualities.

The Buttons Are Coming

Spring sends her advanced scouts to illustrate the many new things that are coming. A large number are here.

If covered buttons are desired; we can offer you the advantage of low prices.

The Notion Department is being replenished for Springtime dressmaking.

An Appetizing Pot Roast

—is part of the demonstration of Wear-Ever Aluminum—to-morrow; in the special 6-qt. kettle, selling for 95¢ during the demonstration.

Ready: A new shipment of Kaiser Chamoisette Gloves in complete size range, to sell at 55¢; despite a marked scarcity. All white and white with black stitching.

Wall Paper

A timely offering and news of the new

Clearing at 2 1/2¢ Roll—sittingroom, bedroom and hall papers in allover effects, satin stripes, self tone designs; sold only with borders to match, at 4¢ yard.

Sunproof and Domestic Oatmeals, 30 inches wide, in the latest shades; sold with handsome borders, at 6¢ yd. and up. Domestic papers, 10¢ roll. Sunproof papers, 18¢ roll.

Beautiful selection of gilts, two-tone and allover effects, for parlors, libraries, diningrooms and halls, at 12 1/2¢ roll. Borders to match.

BOWMAN'S—Fourth Floor.

Wilson Creates Coastal Board to Aid Defenses

Special to the Telegraph

Washington, D. C., Feb. 22.—President Wilson has signed an executive order creating an Inter-Departmental Board on Coastal Communication, the duties of which will be to evolve a far-reaching plan for co-ordinating and extending the government's means of communication along the coasts and borders of the United States and its possessions, with a view to strengthening the national defenses and saving life and property along the sea

coasts. The board is composed of officials from six executive departments under whom the various agencies of communication are now operated.

Vote to Investigate Army Aviation Service

Special to the Telegraph

Washington, D. C., Feb. 22.—The Senate Military Committee voted yesterday to recommend an investigation of the army aviation service by Congress. The decision was reached after Senator Robinson, who had introduced a resolution for such an investigation submitted further evidence to support his charges of general inefficiency.

The resolution which will be favorably reported would appropriate \$10,000 for the inquiry, and create an investigating committee consisting of three members of the House and two of the Senate.

National Cash Register Show, 105 Market street, Harrisburg, Pa. Prices \$45 to \$960. Sold on easy monthly payments. Costs nothing to investigate. N. R. Black, Sales Agent.—Advertisement.

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Pretty Teeth Add to the Natural Beauty of All Faces. If your teeth are in want of any attention, call and have them examined, which is FREE OF CHARGE. I guarantee my work to be of the very best, both in material and workmanship, which it is possible to give my patients. My 18 years of constant practice and study have given me the experience which each and every dentist must have in order to do satisfactory work. I do my work absolutely painless. My assistants are dentists, who have had a vast amount of experience, and therefore are able to render the very best of services. My office is equipped with all the modern appliances in order to do painless dentistry. MY PATENT SUCTION TEETH \$5.00 a Set They fit perfectly. Gold Fillings \$1.00 up Gold Crowns and Bridge Work \$3, \$4, \$5 Fillings in Silver Enamel, Cement, Alloy. 50c and up Office open daily 8:30 a. m. to 6 p. m.; Mon., Wed. and Sat. till 9 p. m. Closed on Sundays. Bell phone, 3322-R. DR. PHILLIPS, Painless Dentist 320 Market Street, (Over the Hub) HARRISBURG, PA.

MARGERY MAUDE Who appears in support of George Arliss, in "Pagani," at the Orpheum, Saturday, matinee and night.