They're All Over Town

SAYS DANIELS "GAGGED" MEN

Admiral Fiske Tells How Navy Head Halted Preparedness; Orders Not to Talk

Special to the Telegraph

Washington, D. C., March 25 .- The House committee on naval affairs yesterday obtained some definite information as to how Josephus Daniels, Secretary of the Navy, has "gagged' naval officers and suppressed recom-mendations of military experts to prevent the agitation for naval preparedness from getting headway.

The witness before the committee was Rear Admiral Bradley A. Fiske, United States Navy, now attached to the naval war college, who a year ago gave important testimony before the committee relative to the navy. that time Rear Admiral Fiske stated that the navy could not be placed in an efficient condition in less than five

Subsequently Rear Admiral Fiske resigned his position as chief of naval operations and critics of Mr. Daniels charged the Secretary with assigning the officer to a less important post in the navy to punish him for that testi-

Rear Admiral Fiske was questioned

OLD FOLKS NEED "CASCARETS" FOR LIVER, BOWELS

Salts, calomel, pills act on bowels like pepper acts in

life! Don't stay bilious. sick, headachy and constipated



Most old people must give to the bowels some regular help, else they suffer from constipation. The condition is perfectly natural. It is just as natural as it is for old people to walk slowly. For age is never so active as youth. The muscles are less elastic. And the bowels are muscles. So all old people need Cascarets. One might as well refuse to aid weak eyes with glasses as to neglect this gentle aid to weak bowels. The bowels must be kept active. This is important at all ages, but never so much as at fifty.

portant at all ages, but hever so had as at fifty.

Age is not a time for harsh physics. Youth may occasionally whip the bowels into activity. But a lash can't be used every day. What the bowels of the old need is a gentle bowel satural tonic. One that can be bowers of the old need is a gentle and natural tonic. One that can be constantly used without harm. The only such tonic is Cascarets, and they cost only 10 cents per box at any drug store.—Advertisement.

| Bright Postude, Postude in D. Tours. Evening — Prelude, "Grand offertory," Batiste; anthem, "God of Our Fathers," Schnecker; offertory, "Spring Song," Lemare; postlude, store.—Advertisement.

o-day by Representative Fred A. Brit ten, of Illinois, who has been gunning for Mr. Daniels' scalp a long time. Mr. Britten got Rear Admiral Fiske to state rather reluctantly two interesting

Suppressed Part of Report

First-That he (the rear admiral) had personal knowledge that the Secretary had suppressed that part of the recommendation of the navy general board last year which called for an increase in the enlisted personnel of 19,600 men. The officer personally conveyed to the board the fact that the Secretary did not desire this important part of the board's recommendation made public.

Second—The officer admitted that the Secretary had told him he did not want him "talking to members of Congress and giving interviews to newspapermen" upon the subject of preparedness. had personal knowledge that the Sec-

gress and giving interviews to newspapermen" upon the subject of preparedness.

After Mr. Britten had gotten these facts into the committee's records he looked happy.

Representative Lemuel P. Padgett, of Tennessee, chairman of the committee, and Representative Oliver, of Alabama, both endeavored to defend Mr. Daniels by putting into the records the "gag" orders issued by Presidents Roosevelt and Taft. Mr. Britten contended that neither order applied to the case of Rear Admiral Fiske.

Thinks Germany Efficient

The rear admiral stirred the committee by stating that in his opinion that nation which became too peaceful in character and forget all about the military art might not long survive. He described Germany not as "military," but as "efficient." He declared that Germany had the military idea and that made for greater efficiency and better citizens.

Who Are Native Americans? Asks Uncle "Joe" Cannon

Special to the Telegraph

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Washington, March 25. — Debate on the Burnett immigration bill containing the literary test provision that caused two Presidents to veto similar measures passed by previous Congresses inspired ex-Speaker Joseph G. Cannon to deliver a remarkable speech in the House yesterday. As the 80-year-old legislative veteran concluded the entire membership of the House rose to its feet and gave "Uncle Joe" a demonstration of its affection.

With a touch of sentlment, Mr. Cannon had just expressed the wish that he might live "to see the swing of the 20th century," "But nature has been kind," he said, "and I can quit whenever the man with the seythe comes,"

The ex-Speaker turned beak the

omes."

The ex-Speaker turned back the pages of American genealogy for more than 100 years, and reading from the first census report of 1799, demonstrated that the names prominent in American affairs to-day were not carried in that list of "first families."

"Who are the native Americans?"

asked Mr. Cannon in a tribute to this country as a "melting pot."

Miners Are Provoked at Refusal of Demands

Special to the Telegraph
Philadelphia, Pa., March 25.—The
bituminous operators in the central
district of Pennsylvania yesterday rejected demands numbered fourteen and
fifteen on the list of eighteen propositions made on behalf of the workers in the coal mines. The delegates
of the union then threw down all the
remaining propositions on the list, demanding an immediate vote to save
time.

ime.
The operators did not wish to vote The operators did not wish to vote at once upon the remaining propositions, but urged that the miners' representatives should continue to explain them to the uttermost detail. The unanimous vote of the operators to reject every request so far made on the list, it was intimated by one of their commissioners, was really not significant. The miners' representatives were unwilling to say how they conant. The miners' representatives were unwilling to say how they contrued the action of the operators in leclining to vote at once.

FIFTH STREET M. E. CHURCH

The music at Fifth Street Methodist
Episcopal church to-morrow is as follows: Morning — Prelude, "Meditation," Callaerts; solo, "Just For Today," Harker, Mrs. Frank Smiley; offertory, "Andante Religloso," Hailing; postlude, "Postlude in D," Tours.
Evening — Prelude, "Grand offertroy," Estisie: anthem, "God of Or-

MORE FIRE DRILLS IN THE SCHOOLS

Fire Prevention Work Progressing Under Chief Inspector Z. R. Palmer



More fire drills are being held in the schools and factories of the State now than ever known before in the opinion of officials of the State now than ever known before in the opinion of officials of the State tories and mills for the purpose of organizing fire brigades and to give instructions in fire drills. This instruction is the outgrowth of the division of inspection work under L. R. Palmer, the State's chief factory inspector, and is being conducted along lines suggested by experience in this and other States. In addition the factory inspector, and is being conducted along lines suggested by experience in this and other States. In addition the factory inspector, and is being conducted along lines suggested by experience in this and other States. In addition the factory inspector, and is being conducted along lines suggested by experience in this and other States. In addition the factory inspector, and is being conducted along lines suggested by experience in this and other States. In addition the factory inspector, and the instructors are, cooperating with the school authorities in the development of fire drills in schools, which was strongly urged by the State Board of Education in a recent circular.

As a result of the conference on accident prevention held here this week special efforts to instruct all men and women in the industries in the State in English will be undertaken. A committee selected at the conference will make suggestions.

Bucketshop Case. — The Pittsburgh Consolidated Exchange, which was mentioned in the bucketshop cases, is due to be heard in quo warranto in the Dauphin county court Monday.

To Get Bloomsburg. — Negotiations will shortly be closed by the State Board of Education for acquisition by the Commonwealth of the Bloomsburg.

will shortly be closed by the State Board of Education for acquisition by the Commonwealth of the Bloomsburg State Normal school, which will make the seventh such school now under the supervision of the board. The Legislatures for the last ten or twenty years have been making appropriations to the normal schools and the State already has some equity in the properties. In the Bloomsburg case it is planned to pay \$10,000 to the stockholders for their share and to assume indebtedness of about \$50,000. The Bloomsburg school is valued at \$475,000. The State now has control of the normal schools at Clarion, West Chester. Lock Haven, California and Edinboro and has closed negotiations with trustees of Slippery Rock school. Negotiations are also pending for the control of the schools at Shippensburg, Millersville and Kutztown.

Deer All Placed.—The State Game Commission has about completed the distribution of game to the game preserves which have been established in a dozen places in the wooded sections of the State, the last deer having been liberated a few days ago in the Juniata Valley. The commission distributed 125 deer, all from northern States, in the game preserves, where a watch will be kept on them during the Spring and summer. In addition ninety-seven elk were turned loose in the woods. Numerous wild turkeys, pheasants and rabbits have been liberated, it being the idea to place them in counties where game is extinct through hunting or other causes, but where conditions are suitable for them.

them.

Big Borough Meeting. — Arrangements have been made for the meeting at the State Capitol of the Association of Pennsylvania Boroughs, composed of representatives of most of the 900 boroughs of the State. The sessions will be held April 12 and 13 and suggested changes in borough laws will be discussed.

CHURCHES

Mission Extension Is **Progressing Rapidly**

Progress in the extension work of the recent Laymen's Missionary Sothe recent Laymen's Missionary Society is being made in a large territory in the vicinity of this city, and county extension meetings have been arranged for York, Chambersburg, Carlisle, Gettysburg, Lebanon, Newport, Sunbury and Lewistown. A number of Steelton delegates at a recent meeting decided to have a conference April 5, on Missionary Education.

If we are to obtain an adequate conception of the gigantic scale on which the nation is now undermining its vitality we must look at a few extraordinary figures which are just as large and just as significant as the tabulations of disease and death with

tion.
Only four more cities will be visited by the many speakers conducting the Laymen's Missionary campaign in 75 cities, and the final meeting will be held at Washington, April 26 to 30.

held at Washington, April 26 to 39,

SUNDAY SCHOOL CLASS DEBATE
Members of two of the Sunday school classes of Westminster Presbyterian church, met last night to debate on the subject, "Resolved, That American Peace Can Best be Promoted by War-Like Preparations," The negative side was defended by william C. Wanbaugh and James G. Howard, of the Young Men's Class taught by C. W. Kunkel, and was awarded the decision on points by the judges who were the Rev. Dr. E. E. Curtis, Dr. H. B. Walter and A. J. Leightner. The affirmative side was represented by Daniel Hammelbaugh, Jr., and H. Grissinger, from the class taught by H. A. Miller.

BETTHLEHEM LUTHERAN MISSO.

BETHLEHEM LUTHERAN MUSIC BETHLEHEM LUTHERAN MUSIC
Prelude, Offertoire in F, Batiste;
chorus, O, Saviour of the World, Goss;
offertory, Pastorale, Lemare; solo, If
With All Your Hearts, Elijah-Mendelssohn; postlude, March, Lennem;
prelude: Allegretto in B, Guilmont;
Meditation, Kinder; chorus, Grieve
Not the Holy Spirit, Stainer; offertory,
Serenade, Taft; solo, He Knows the
Way, Briggs, Charles W. Hull; postlude, Postlude, Chauvet; Miss Cromleigh, organist; Mrs. Arthur H. Hull,
director.

director.

MUSIC AT GRACE M. E. CHURCH
Morning: Organ, (a) Offertoire in D minor. Batiste; (b) Communion in G. Batiste; quartet, O. Jesus Thou Art Standing. Brewer; organ, Andant Cantabile, Stoltz; anthem. I Waited for the Lord, Mendelssohn; organ, Offertoire in F. Wely.
Evening: (a) Largo (New World Symphony) Dvorak; (b) Legende Humoresque, Dvorak; quartet, Jerusalem the Golden, Marston; duet, The Lord is My Shepherd, Smart; Miss Buttorff and Mrs. Fager; organ, Berceuse in F. Spinney; anthem, Praise Ye the Father, Gounod; organ, Prelude and Fugue in A minor, J. S. Bach.

MUSIC AT PENBROOK U. B.
Special music will feature the morning service at 10:30 o'clock tomorrow in the Penbrook United Consumption.

MUSIC AT PENBROOK U. B.
Special music will feature the
morning service at 10:30 o'clock tomorrow in the Penbrook United
Brethren church, of which the Rev.
H. M. Miller is pastor. A male quartet composed of R. B. Manley, William
Heffelfinger, Carl D. Sarvis and L. H.
Zarker, will sing "When We Stand
Before the King."

CHRIST LUTHERAN MUSIC

Morning—Anthem, "What a Friend
We Have in Jesus," solo, Mrs. A. R.
Todd; duet, Mrs. Todd and Miss Ralston. Evening — Anthem, "Mighty
God While Angels Bless Thee," J. W.
Lerman; contralto solo, "Come Jesus,
Redeemer," J. C. Bartlett, Miss Esther
M. Harpel; male chorus, "The Sweetest Song," D. B. Tawner.

First Time in Harrisburg

The Harrison S. Gill system, which for 14 years has been operated in Philadelphia, with wonderful success, has been approved and adopted by a body of Harrisburg's best business men.

This system has received the hearty endorsement of representative business and professional men from every walk in life.

It has been declared the safest and most attractive mode of saving, with adequate protection, guaranteeing your intentions, and paying a gratifying rate of interest on your investments.

It will cover that mortgage, guaranteeing a home to the good wife and kiddies, whether or not you live to make more than one monthly payment.

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\$1000 or more is guaranteed to your estate immediately upon receipt of first monthly payment, or to you in twelve years if you live to mature the shares.

Whilst some Harrisburg people have been fortunate enough to secure shares of similar stock, they have never had the opportunity to do so from a Harrisburg concern, backed by reputable business asso-

The smallest rate of interest ever earned by this stock way 6.64%.

This proposition will please you regardless of the amount of your income. shall appreciate an opportunity to send more detailed information without obliga-

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Without obligation, please send additional information about your Investment and Insurance proposi-

Res. Address

Business Address Occupation

I Was Born

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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

The Rejected Food Minerals of Corn, Barley, Rye, and Rice Have Been Bullt Into a Mountain of Folly So Colossal in Its Menace to the Human Race That Statesmen May Well Tremble When They Behold Its Di-

If we are to obtain an adequate | the human race that well, indeed, may which the nation is now undermining its dimensions. as large and just as significant as the tabulations of disease and death with have been disclosed.

which they are so intimately related.
In the year 1915 there was produced in the United States the largest yield Food Reform League of England a of wheat ever known in any country record of the experiments conducted

wheat crop worth \$12,854,750.

Here surely, according to the statistics announced November 8, 1915, by the Department of Agriculture, was reason for the celebration of a joyous Thanksgiving throughout the United States.

Yet, from all of this wheat, corn, barley, rye, rice and buckwheat, from all of these hundreds of thousands of tons of the breadstuffs of the nation, the phosphorus was removed, the potassium was removed, the iron was removed, the manganese was removed, the manganese was removed, the manganese was removed, potassium was removed, the iron was removed, the manganese was removed, the magnesium was removed, three-quarters of all the mineral saits and colloids, all of the ferments, enzymes, and vitamines elaborated through the bounty and benevolence of Mother Nature were removed.

Two per cent. of the total weight of wheat consists of mineral saits. Rice contains less, oats more, corn nearly the same.

these grains are prepared for human consumption.

Each bushel of wheat produced in 1915 weighed 57.9 pounds, a total of more than 580,000,000,000 pounds, of which 2 per cent., or more than five million tons, consisted of food minerals. Of these five million tons three-fourths were completely lost in the refining process. Here, with wheat alone, we witness the wanton destruction of nearly four million tons of the food elements most indispensable to the health of man, woman, and child. We see the deliberate rejection of the keystone of the arch, yet when we add to this the rejected food minerals of our corn, barley, rye, rice, and buckwheat we build up a mountain of folly so colossal in its menace to

onception of the gigantic scale on statesmen tremble when they behold Other nations have taken alarm as extraordinary figures which are just proof after proof of the ravages for

> In May, 1912, I received from the honorable secretary of the Bread and

of whole meal foar or, as it was called by the London Daily Mail, "household bread."

At the same time Dr. E. S. Eddle and Dr. G. C. Simpson, members of the research staff of the School of Tropical Medicine, University of Liverpool, carried on investigations in which the effects of refined flour and white bread upon children and adults were carefully studied in contrastwith the effects of whole meal or whole wheat bread.

An extended research wa salso conducted by Dr. Benjamin Moore, of the Liverpool School of Tropical Medicine, in which certain groups of pigeons were fed on bread made from fine white flour, while other groups of pigeons were fed on whole wheat bread.

of pigeons were rea on whose thread.

The results of the efforts of these scientific investigations, which will be described later, afford further irrefutable evidence of the essential health-giving qualities of those parts of grain and cereal foods which are discarded in the milling of flour, polishing of rice, pearling of barley, refining of rye, and the degerminating of corn.

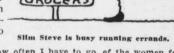
Asserts He Has Found Bacillus of Epilepsy

St. Joseph, Mo., March 25.—Dr. Charles A. L. Reed, of Cincinnati, told the Medical Society of the Missouri Valley yesterday that he had discovered the germ which causes epilepsy. Like the lockjaw germ, he said, it probably exists in the soil and enters the body through the stomach and intestines, where it continues to live. Dr. Reed contended that clogging of the alimentary canal, always present in epilepsy cases, forced the germ from the intestines into the blood.

My Maw Says

she never saw me so willing to run errands,

I bin so busy runnin to the grocery store for maw and Aunt Jane and Cousin Martha that I almost fergot to write my letter to the paper.



You see I don't care how often I have to go, ef the women folks will only say every trip, "Here's ten cents. Get a can of the best cleaner." Then I say, "Suppose I can get you something for less money that does everything that any ten-cent cleaner will do and that does it better—can I have the change?"

They always say "Yes."

Lalways say "SAVE-A-CENT" to the green.

I always say, "SAVE-A-CENT" to the grocer That means six cents every trip. It's better than working in a candy store.

Yours respectively, SLIM STEVE.

SAVE-A-CENT

Soft Scouring Compound



does everything any scouring powder does, does it more easily and lasts as long as any three 10c cans, because it does not waste. Yet it costs only 4c, 5c and 10c.

At All Good Grocers ______



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of practical assistance in handling his money mat-Safety, Convenience and Economy are some of

the desirable features which such an account af-We welcome small as well as large accounts

and place our broad facilities and helpful service

unreservedly at your disposal.

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