

The Premier

--built like a Violin

We know of but one way to prove the unquestioned superiority of the Premier over all other Talking Machines—that is, to play it for you!

The tone-chamber, like that of the violin, is of all-wood construction. That's because wood gives that mellow, true-to-life tone—something a metal tone-chamber cannot do.

The greatest test is in the reproduction of the tenor voice, and the PREMIER is the only machine to accurately reproduce this difficult voice, true to life.

Hear the PREMIER—compare it with any other machine, regardless of price. Ask for a tenor solo—then you'll more clearly understand why all-wood construction is used in the tone-chamber of the PREMIER.

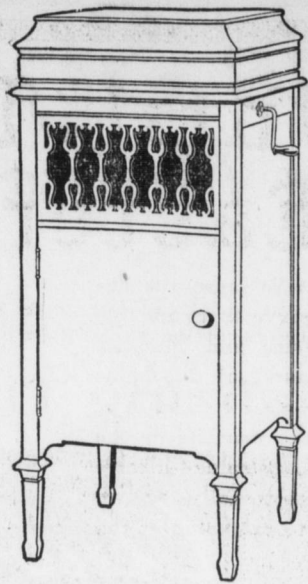
Note These Premier Features:

- ☑ Silent winding
- ☑ Motor is silent-running
- ☑ Equipped with a Guaranteed Motor
- ☑ Equipped with tone-modifier
- ☑ No unsightly doors
- ☑ Outside turntable stop
- ☑ Unnecessary to lift lid to stop machine
- ☑ Accurate automatic stop
- ☑ All working parts machined from solid metal—no castings
- ☑ Greater tone-carrying power than any other machine
- ☑ Will play any disc record made
- ☑ Only machine accurately reproducing tenor voice

The PREMIER may be heard at any time at our store. Come in—let us play it for you. There's a pleasant surprise for you when we mention the price!

B. Handler & Co.

1212 North Third Street



FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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

CHAPTER 45
White Bread, Biscuits, Crackers, Farina, Refined Breakfast Foods, Pearled Barley, Corn Flakes, Corn Starch, Polished Rice, Mashed Potatoes, Refined Cereals, and Sugars of Every Kind are Acid Producers—Such Acid-Forming Foods, Unless Accompanied by the Bases Natural to Them, Are Behind Most Preventable Diseases.

It has been clearly established that under certain kinds of diet, containing actually twice the number of calories figured by the scientists to be necessary to the life of the body, the man or animal fed on such a diet perishes.

It has also begun to dawn upon the scientific mind that there is a balance between the acid and the base-forming elements of food and that the acid content or mineral content of food, heretofore ignored as unimportant, is, after all, the most important of food factors.

Sherman and Mettler reported in May, 1912, as a result of experiments conducted in the laboratories of Columbia University, their estimate of the acid and base-forming elements in the ash of the mineral content of forty-seven different kinds of food.

Meats, including fish, showed a decided preponderance of acid-forming elements. The lean flesh of different species, whether of young or with animals of the same species, showed similar results.

The white of eggs was found to be an acid-former. On the contrary, showing a slight preponderance of base-forming elements. Vegetables and fruits showed a marked preponderance of base-forming elements.

Experimenting on the nutrition upon healthy men showed that where foods with a preponderance of acid-forming elements were substituted for foods with base-forming elements the increase of ammonia excretion in the urine accounted only for one-fourth to one-third of the acid involved.

The sulphates and phosphates in the urine, which were evidences of the fact that the dangerous sulphuric and phosphoric acids elaborated in the body had been neutralized, as they should have been, were not considered.

Sherman and Mettler did succeed, however, in stampeding the self-satisfied scientists, who were quite content to believe on the basis of their own knowledge that was to be known about food, and that the proper way to attack all the diseases in the world was to invent the proper serum or use the right kind of food.

It has never occurred to these scientists that white bread, biscuits, crackers, farina, refined breakfast foods, pearled barley, corn meal, corn flakes, cornstarch, polished rice, mashed potatoes, and refined cereals and sugars of every kind are acid formers, and that their constant appearance on the tables of the nation is rapidly bringing about a national condition of acidosis.

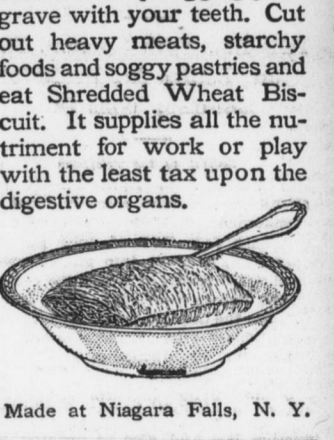
Pure proteins, pure carbohydrates, and pure fats, while containing all the caloric value of the food from which they are derived, retain only a minimum of the chemical agents, reagents, and base-forming substances necessary to the healthy activity of the organs of digestion, assimilation, and elimination. All meat consumed must have its proper vegetable bases at hand. So must all other forms of carbohydrates, yet the bases are lost to the American people in large measure by the very abuses we have been considering.

The cartilages soon become involved and this is followed by thinning and erosion. The lime and other bases are so necessary to the neutralization of the acids elaborated by the acid-forming foods that they surrender themselves to the actual destruction of the bones and tissues in order that as long as possible the unnatural condition may be tolerable. Even when all the phosphates are drawn from our food the phosphates and sulphates continue to appear in the urine, showing that the body has had to steal the alkaline bases from its own tissue in order to carry on life's processes. Surely no one is so blind as to assume that this stealing can go on continuously without encountering distinct results.

Meriden Pastor Bars Teasing of Young Lovers

Meriden, Conn.—The Rev. R. M. Hancock, pastor of the South Meriden Episcopal Church, is hailed as a local authority on love, courtship and marriage. His views, as given in a lecture before the Women's Christian Temperance Union, are as follows: "Love making should be encouraged by parents under proper restriction. Young people should not be teased about being in love. "Many girls mistake love for fascination. "A man should not court a girl during the best days of her life if he doesn't love her. "Hasty marriages should be discouraged. "Second marriages sometimes are more successful than first. Moreover, what's a man to do with four children and no wife? "A man should have a home for his wife and not ask her to live with an older or younger people in the first stages of her wedded life. "It's becoming harder every day for a woman to catch a man. Men are not marrying like they used to."

Your Ninety-First Birthday — how are you going to celebrate it? You can live to celebrate it by eating the right kind of foods. Give Nature a chance. Stop digging your grave with your teeth. Cut out heavy meats, starchy foods and soggy pastries and eat Shredded Wheat Biscuit. It supplies all the nutriment for work or play with the least tax upon the digestive organs.



Made at Niagara Falls, N. Y.

TELEPHONE HONORS
Cleveland has the honor of having more telephones in proportion to its population than any other city in the United States, says "The Indianapolis News." New Orleans draws the booby prize.

CEMETERY SO QUIET THAT EMPTY COFFIN IS BURIED
Lynchburg, Va.—Eager for business and as his business was dull last month, the keeper of the old Methodist Cemetery buried an empty coffin, thinking it contained the body of a negro infant. An undertaker had sent an empty coffin to the cemetery, and pretty soon a well-dug grave was ready. With all proper dignity and solemnity, the coffin was lowered into the grave and covered with soil. In a short time the undertaker had occasion to use the coffin and couldn't find it. The gravediggers then had to dig up the coffin and return it to the undertaker.

"Some Breakfast, Mother"



You'll hear that cheery call after the first mouthful tomorrow—if you will give him Cream of Barley.

It is not a mere excuse for cream and sugar. It is a real food—because it is made by a wonderful new process from the most nutritious and digestible of grains—from barley.

It is "some" breakfast. For tomorrow try



Cream of Barley



Pull Up Your Chair

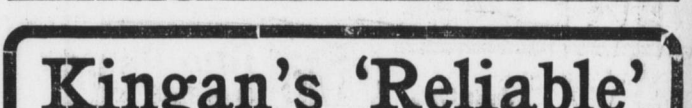
And begin the evening meal with a bowl of rich milk and those crisp Sunshine Graham Crackers. My! but they're good. Just try 'em. Remember Sunshine Graham's are one of the

Sunshine Biscuits

You'll always find the biscuit you like best under the Sunshine name. In each package of Takoma Biscuit is a paper doll in colors. Other packages of Sunshine Biscuits contain pretty dresses for her. See the list in Takoma package.

Loose-Wiles Biscuit Company

Bakers of Sunshine Biscuits



Couple Totall Blind, Yet Manage Big Farm

Jet, Okla.—Despite the fact that both are totally blind, Mr. and Mrs. Harry A. Hubbard successfully operate the farming part of a half section of land they own in Alfalfa county. Both are retired musicians and expect to spend the rest of their days on the farm enjoying life.

They have traveled extensively all over the United States giving concerts but three years ago settled down to rural life near here.

Kingan's 'Reliable'

Sugar Cured Block Shoulder
SKIN AND FAT REMOVED
Serve Boiled, Fried or Broiled
Ask Your Grocer For Kingan's Shoulder and see how fine it tastes.
Kingan Provision Co.
HARRISBURG, PA.

NEW TREATMENT FOR SWOLLEN VEINS

Swollen veins are dangerous and often burst. Sufferers are advised to get a two-ounce, original bottle of Emerald Oil (full strength) at any pharmacist and start to reduce the veins and banches at once. Physicians recommend Emerald Oil: it is used in hospital practice and a small bottle will last a long time because it is very concentrated. Apply night and morning with the soft brush as directed until the swelling is reduced to normal. It is so marvelously powerful that swollen glands, and even goitre disappear when used steadily. All druggists can always supply you.—Advertisement.

Use ICE To Keep House Economically

ICE is an economy. Housekeeping without it is wasteful. Food must be kept at an even, cool temperature to be always good. Food must be bought in large quantities to get the lowest price—and it should be properly preserved until it is all used. Nothing will keep food properly, wholesome and in prime condition until eaten—except a good refrigerator. A phone call will bring our wagon. United Ice & Coal Co. Main Office: Forster & Cowden Also Steelton, Pa.

EASTER 16-DAY EXCURSION Atlantic City Cape May, Wildwood Ocean City, Sea Isle City, and Other Resorts

Saturday, April 22
\$4.50 From Harrisburg
25 cents additional to Atlantic City via Delaware River Bridge Route.

For details as to time of trains or stop-over privileges see Flyers, consult Agents.
Similar Excursions July 8, 22; August 5, 19, and September 2.
Pennsylvania R.R.

Dr. G. H. Eppley

Will not remove office from
1945 N. Sixth St.
HARRISBURG, PA.

Flags and Bibles For New Market Schools

New Cumberland, Pa., April 14.—Members of the Independent Order of Americans will present flags and Bibles to the public schools of New Cumberland and New Market this evening. The lodgemen will be accompanied by the New Cumberland Band and the Riverside Guards. The schools will sing America, accompanied by the band. Dr. Robert Stahl, of Harrisburg, will present the flags and Bibles. School Board President, H. W. Buttermilk will receive them. H. F. Kehr will be chairman. Fairview township schools, York county, will accept the flags and Bibles in behalf of the schools.

Just Try This When Hairy Growths Appear

(Modes of To-day)
A smooth, hairless skin always follows the use of a paste made by mixing some water with plain powdered delatone. This paste is applied to the hairy surface 2 or 3 minutes, then rubbed off and the skin washed, when every trace of hair will have vanished. No pain or discomfort attends the use of the delatone paste, but caution should be exercised to be sure that you get real delatone.

HOW TO GET RID OF CATARRH

If you have catarrh, catarrhal deafness, or head noises go to your druggist and get 1 oz. of Parmit (double strength), take this home and add to it 3 pint of hot water and 4 oz. of granulated sugar. Take 1 tablespoonful 4 times a day. This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing becomes easy and the mucous stop dropping into the throat. It is easy to make, tastes pleasant and cures. Every one who has catarrh should give this treatment a trial. You will probably find it is just what you need.

Have Color in Your Cheeks

Be Better Looking—Take Olive Tablets
If your skin is yellow—complexion pallid—tongue coated—appetite poor—you have a bad taste in your mouth—a lazy, no-good feeling—you should take Olive Tablets. Dr. Edwards' Olive Tablets—a substitute for calomel—were prepared by Dr. Edwards after 17 years of study with his patients. Dr. Edwards' Olive Tablets are a purely vegetable compound mixed with olive oil. You will know them by their olive color. If you want a clear, pink skin, bright eyes, no pimples, a feeling of buoyancy like childhood days, you must get at the cause. Dr. Edwards' Olive Tablets act on the liver and bowels like calomel—yet have no dangerous after effects. They start the bile and overcome constipation. That's why millions of boxes are sold annually at 10c and 25c per box. All druggists. Take one or two nightly and note the pleasing results. The Olive Tablet Company, Columbus, Ohio.

Blackburn's CascaRoyal-Pills

Little Benefactors of Mankind
Constipation Ills Neglected—Kills

Military Course Is Adopted by Princeton

Princeton, N. J., April 14.—Princeton took a step toward preparedness yesterday when the board of trustees at the regular Spring meeting approved a plan for a one-year course in military instruction as a part of the regular curriculum. The course, which will begin with the next academic year, will include a general discussion of military history, the theory of tactics and elementary strategy. Although the course is to be elective, it is expected that it will be in great demand because of the fact that credit will be allowed for completing it successfully. Students taking the military course will be passed or flunked just as in any other university course.

His Jaws Grow Together, Cannot Eat Solid Food

Ashland, Ky., April 14.—William Blanton, aged 25, a laborer, has gone to Louisville, where he will undergo an operation. Blanton's jaws are grown together so closely that he is unable to eat any solid food other than that which he can force through his teeth. For over seventeen years nothing as large as a grain of rice has entered his stomach, yet he has worked and supported a widowed mother. A local dentist extracted his eleven teeth and raised enough money to pay his way to Louisville, where he will be operated on. So far as is known here, Blanton's affliction is the only one known of his kind.

Fair Maid's Kick Causes Riot at Society Swim

Denver, Col.—One little kick of a fair bather's "tootsie" caused a veritable tidal wave of explanations at a society swim in the Denver public pool. A wagonload of police and stretcher bearers rushed to the pool and walked right in without knocking when a report came that an accident had occurred. Willowy debutantes screamed and slipped into the water. Society matrons, not so willowy, screamed and splashed into the water. And it was all because Mrs. Mollie Green had been kicked unconscious by another bather.

REFUSED ETHER, HE SMOKES WHILE HAVING OPERATION

Brockton, Mass.—Because Jeremiah Murphy was so stout, weighing 300 pounds, surgeons at the Brockton Hospital declined to administer ether in an operation for a mastoid abscess, requiring the removal of three inches of bone. Murphy lighted a cigar and smoked throughout the operation. He never fainted while three surgeons cut away the bone and tissues.

MRS. SEILER HOSTESS

Special to the Telegraph
Dauphin, Pa., April 14.—The Ladies' Aid Society, of the Lutheran church, was entertained by Mrs. Daniel Seiler at her home, in South Erie street. After the business meeting, a social time and refreshments were enjoyed by Mrs. H. I. Garberich, Mrs. Elizabeth Weitzel, Mrs. W. F. Reed, Mrs. W. H. Ege, Mrs. H. B. Greenwald, Mrs. George Kinter, Miss Anna Hoffman, Miss Clara Bergstrosser and Mrs. Seiler.

FOR a "whole meal" dish, nourishing, satisfying and low in cost, serve curried beans with

HOTEL ASTOR Uncoated RICE

Hotel Astor Rice with Curried Beans.
Wash a quart of dried beans and soak overnight in plenty of cold water. Drain, put in stew pan with enough cold water to cover them well, bring to boiling point in this water, then drain. Return to stew pan, cover with boiling water, cook slowly until tender. Fry 1 chopped onion, one grated carrot and one chopped apple in butter or drippings, add 1 cup water, 1 teaspoon curry powder, 1/2 teaspoon curry paste, 1/2 cup tomato sauce, simmer 10 minutes, add beans (drained). Serve very hot in hot or cold rice.
Hotel Astor Rice is sold in sealed cartons only. 10c for a full pound in the yellow carton. At most good grocers. If years cannot supply you send 10c for full pound carton to B. FISCHER & CO., Importers, 190 Franklin St., New York City