

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.

WOMEN'S INTERESTS

"THEIR MARRIED LIFE"

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Helen turned to Anne after Frances had left to go to Carp. "Won't you go home with me for dinner, dear?"

one, in spite of that tea, am beginning to feel hungry. "There isn't a thing in the house," Anne confessed; "Frances and I were planning to go out for dinner to-night. Effie has been home ill all week and hasn't been in to cook for us, and we haven't enjoyed messing around a bit."

She even admitted afterward that she didn't blame Anne a bit for hating her. Once Anne had asked her a question when she was deep in thought, and she had turned on the younger girl fiercely, blind with sudden, uncontrolled anger.

"I should say not," said Warren stoutly. "I'll skip around the corner and see what I can get for the three of us. How's that?"

Warren muttered something about not understanding why Frances was needed in the case of an accident to Avery Atwood. Helen never told Warren Frances' secret, for she did not think he would understand and she would not have dreamed of telling a confidence to Warren under any conditions.

"All right, it won't take me a minute. Gee, quite enjoy me the prospect of dining picnic style like this." And with a good-natured and reassuring grin at Anne, who looked embarrassed and was in reality afraid of Warren, he was gone.

"Was he nice about it?" Anne questioned. "I know he thinks I am perfectly idiotic to need you, Helen, and I feel selfish."

Another instalment of this interesting series will appear here soon.

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

By ALFRED W. McCANN

CHAPTER 78

The Bread Inquiry of the Attorney General of New York State, February and March, 1915, Brought Forth the Extraordinary Admission of the Largest Baking Concern in America to the Effect That All White Bread, Unless It Contains a Certain Added Patented Powder, Is Worthless—The Investigation of the State Resulted in the Reduction of the 6-Cent Loaf of White Bread to 5 Cents, but It Did Not Succeed in Restoring to the Devalitized 5-Cent Loaf the Proper Elements Which All Bread Should Contain.

The manner in which the staff of life can be manipulated at will for commercial purposes alone through the withdrawal of elementary substances necessary to normal nutrition but through the addition of substances not found in any natural food, indicates the necessity of establishing an official definition of the word "bread," together with means of controlling its integrity.

In February and March, 1915, much interest was aroused concerning the use of "plaster of Paris" in the production of the bread made by one of the largest bakers in the United States.

Considerable light was shed upon the secret use of a mineral mixture in the making of bread in Boston, New York and other American cities, when Referee Nussbaum at the inquiry of New York State into an alleged conspiracy to increase the price of bread from five to six cents a loaf, on the ground that war prices made bread ingredients hitler profits into the secrets of wholesale bakers.

Prior to taking of testimony in the bread case, at the office of Deputy Attorney-General Alfred L. Becker, 299 Broadway, New York City, Inspector James O. Jordan of the Boston Board of Health made a report to Mayor Curley, in which he asserted that bakeries in New York and Massachusetts were making bread which contained calcium sulphate otherwise known as gypsum or plaster of Paris' materials used in making plaster casts.

When questioned concerning the truth of Inspector Jordan's report the vice-president of the Ward Baking Company, one of the largest baking concerns in the United States, admitted the state's hearing that such a product was in use, that it had been employed for three years prior to the date of the state's investigation, and that it had been patented.

He justified its use on the ground that it enabled the baker to leaven his dough before excessive fermentation took place.

"Excessive fermentation" he said, "is destructive of practically all food values in the ingredients used in modern baking." He argued, therefore, that the only bread which retains any food value is the bread that contains this patented powder, for the reason that prior to its discovery all bakers' bread was worthless because of the destruction of practically all of its food value.

Of course, such conclusions cannot be true, however sincere the men who arrive at them. We have examined the evidence that shows white bread is not a bone-builder.

We have examined the evidence that proves pigeons fed on white bread such a mixture we know, notwithstanding bones even to the extent of perforation of the skull.

We know that Voit established this fact as long ago as 1882. According to the report of the Boston Board of Health on the composition of this "plaster of Paris" powder the samples examined contained calcium sulphate, 24 parts; sodium chloride, 24.90 parts; ammonium chloride, 11.50 parts; starch, 36 parts.

Regardless of the functions performed in the leavening of bread by which will feature the Christian Endeavor colors, red and white.

It was announced that a meeting of the registration committee, W. M. Malley, chairman, will be held in the First Baptist Church of this city, Monday evening, July 3. The work of this committee is to arrange for the program and shows most encouraging results.

Reports from all over the State indicating that practically all of Pennsylvania's 2,500 Christian Endeavor Societies will be represented at the "Great Convention" in the Capitol City.

Attention is called to the vacation program of drawing books, which permit six books to be taken on each reader's card, for a period of two months, subject to recall. This number may include three works of fiction not including seven-day books, and three of non-fiction.

In this connection, it is interesting to note the many attractive books of travel added to the library recently, of which selected titles are given below. Special attention has been laid on "Seeing America First," and the travel table contains, in addition to the books, many descriptive folders and circulars, giving practical information in regard to summer travel in the Harrisburg Public Library are Auer, "Camp Fires in the Yukon"; Bishop, "Panama Gateway"; Clarke, "Hawthorne's Country"; Dunbar, "History of Travel in America"; Gladwin, "Across the Continent by the Lincoln Highway"; Hough, "Let Us Go Afield"; James, "Our American Wonders"; Johnson, "Chronicles of the White Mountains"; O'Connor, "My Beloved South"; Pardoe, "Up the Susquehanna"; Peet, "By Motor to the Golden Gate"; Putnam, "In the Oregon Country"; Reed, "Dune Country"; Saunders and Chase, "California Road and Their Missions"; Scully, "Lodges in the Wilderness"; Street, "Abroad at Home"; Thoreau, "Canoeing in the Wilderness"; Verrill, "Isles of Spice and Palm"; Waller, "From an Island Outpost"; Wood, "Tourist's California"; Zahn, "Through South America's Southland."

Many Picnics Booked For Boiling Springs Park

Special to the Telegraph

Mechanicsburg, Pa., June 27.—Picnics are booked for Boiling Springs Park as follows: June 26, Episcopal Sunday School; Camp Hill; June 27, Second Reformed Sunday School; Harrisburg; June 28, Calvary Presbyterian Sunday School; Harrisburg; June 29, United Baptist Church, Harrisburg; June 30, Methodist Lutheran Church, Harrisburg; July 1, Church of God, Carlisle; Carlisle Commercial school,

such a mixture we know, notwithstanding the statement of the vice-president of the concern that has patented it, that it is not the failure of the baker to use the ingredients of this kind which makes commercial white bread a grossly inadequate and nutritive-producing food.

We have examined the evidence that proves the miller who sifts, bolts, screens, and refines the wheat, thereby removing the bone-building and other bio-chemic elements from his product, is the man who is responsible for the denaturing of white bread.

However, testimony taken before Referee Nussbaum was not without its value. It placed on record the admission of one of the most prominent white bread bakers in the world that white bread is worthless bread, devoid of food value unless it contains a certain chemical compound manufactured under the direction and control of certain commercial concerns.

When the people are informed that the way to restore the food value of white bread is to add to it a compound of gypsum or plaster of Paris, in amount however small, all the indictments charged against the broken staff of life are unwittingly confirmed.

It may make little difference to the man who eats a great variety of foods whether his bread be impoverished or even worthless, or whether it contain "plaster of Paris" or any other chemical addition.

The highest of high prices paid for denatured bread means nothing to the well fed or to those in comfortable circumstances, but to the average American family, whose daily diet consists largely of bread, it means decay.

The poor and the rich together are consuming an inadequate substitute for wheat in the form of white flour food, but the poor, who need all the honest nourishment they can get, consume by far the greatest quantity of this foodless form of food.

In New York City the common people know that the European was merely an excuse for advancing the price of bread to six cents. It was because they cried out against this advance that the attorney general of New York State intervened.

They know that it was due to his interference that the price was not only returned to five cents, but that one year later, in February, 1916, when the raw materials from which bread is made, were bringing even higher prices than when the six cent rate was arbitrarily fixed, one large concern in New York City sold the same bread made by the same people at four cents a loaf.

By its clamor the public had affected the price of bread while remaining ignorant concerning its devalitized character. Growing children who eat bread three or four times a day are not concerned in an advance of one cent a loaf or in a reduction of one cent a loaf.

They are unable for themselves to heed the significance of the fact that chickens and other animals perish in a period of six or seven weeks when fed on an exclusive diet of white bread.

Their parents, who know nothing of physiological chemistry, have little conception of the meaning of bread, and so they cast their eyes upon the significance of a penny saved, and confining their interest to that issue, pay heavy toll to the Great Reaper who gathers his richest harvest from the underfed and enfeebled children of the white bread addict.

The bread inquiry of the attorney general of New York State, through the extraordinary admissions which it provoked on the part of the bakers themselves, shocked and for a time confounded the entire white flour industry of the United States.

We shall now examine the significance of those admissions.

During July and August, the Harrisburg Public Library will be open, Monday to Friday, from 9 a. m. to 1 p. m. and from 4 to 9 p. m. On Saturdays the library will be open from 9 a. m. to 9 p. m. The program of books from 1 to 4 p. m. on every afternoon except Saturday, during July and August, has given general satisfaction.

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A FOOD BARGAIN 10¢

To Home-Makers Who Love Bargains

The biggest of all food bargains is offered in the big loaf of MONEY-BACK Bread at ten cents.

Meats, eggs, milk, potatoes and all other staples have been steadily soaring for years back — but

MONEY-BACK BREAD

At only 10 cents per loaf provides fourteen times the energy of meat or eggs

Just glance at the table of food values shown below. The figures show the comparative amount of energy that 10 cents will buy.

Table comparing energy of Money-Back Bread (6540) with various meats and eggs. Money-Back Bread provides 14 times the energy of meat or eggs.

Of eggs 10 cents will buy 385 units, of beef sirloin 415, of BREAD 6540. These figures are authentic and were furnished by the United States Government. Established by official tests. They mean much to you.

Eat more bread—be better fed and cut down the cost of living. Sold in large double sized loaf at 10¢

Harrisburg Baking Co.

July 6, Church of God, Camp Hill; July 7, Olivet Presbyterian Sunday School, Harrisburg; July 8, Calvary United Brethren Church, Lemoyne; State Printery, Harrisburg; July 11, St. Paul's Reformed Sunday School, Mechanicsburg; July 12, Trinity Lutheran Sunday School, Harrisburg; July 14, West Fairview Sunday School; July 15, Pokoson Council, No. 66; July 18, Trinity Lutheran Sunday School; July 19, Grace Evangelical Church, Enola; July 20, St. Paul's Church, Carlisle; July 22, Grace Evangelical Sunday School, Mechanicsburg; July 25, Cumberland County Medical Association; July 26, St. Mark's Lutheran Church, Mechanicsburg; July 27, Camp Hill Lutheran Church; July 28, Bethany Presbyterian Church, Harrisburg; July 29, Macabees, Carlisle; August 1, union picnic, Churchtown; August 3, Shreemanstown picnic; August 4, First United Brethren Sunday School, Mechanicsburg; August 5, Perry county; August 8, Middlesex Sunday School; August 9, Brotherhood of Locomotive Firemen and Engineermen; August 10, St. Michael's German Lutheran Sunday School, Harrisburg; August 11, Municipal Band, Harrisburg; August 12, Men's Bible Class; No. 1, Church of the Redeemer, Harrisburg; August 15, Eberly's Mills Sunday School; August 17, Fraternal Order of Eagles, Carlisle; August 19, Oakville Sunday School; August 23, Fifth Annual Farmers' Industrial Picnic; August 26, Men's Bible Class, No. 23, Steelton; September 4, barbers' picnic, Harrisburg.

Advertisement for Uneda Biscuit, featuring a large illustration of the product box and text describing its nutritional value.

Advertisement for Dr. Phillips, Dentist, featuring a portrait of the doctor and text describing dental services and a 'FREE EXAMINATION' offer.