

COOKING RECIPES AND SELECTED MENUS

Harrisburg Telegraph MARKET A FOOD PAGE PATRONIZE The Store That Protects You Against Impure Food

HOUSEHOLD ECONOMIES AND MARKET HINTS



WONDERBAR RYE is a winner—have you tried it? SCHMIDT'S BAKERY

PURE INGREDIENTS MAKES HERSHEY'S ICE CREAM THE STANDARD OF EXCELLENCE Hershey Creamery Co. 401 S. Cameron St., Harrisburg, Pa.

PHONE 2010-J. Crystal Restaurant 418 Market Street We aim to live up to all Pure Food requirements in our Restaurant Business, and to justify our claim we invite anyone to visit all departments of our plant.

C. D. Stonesifer Wholesale and Retail FRUITS, FISH, OYSTERS AND PRODUCE 1303 BAILEY STREET

GEO. M. GEISTWHITE Steel-ton's Pure Food Grocery and Meat Man Bell Phone 173. 26 S. Fourth St.

The Excellent Grocery and Meat Market — where purity rules. H. J. Braconey, Prop. 1001 North Sixth Street Bell Phone 2689-W

PURE FOODS Cooked like you would want them in your own home. REASONABLE PRICES. BUSY BEE RESTAURANT 9 N. 4th St.

MILK Clarified and Pasteurized Milk RYDER BROS. West Shore Dairy, Lemoyne, Pa. Bell Phone 3079-M.

QUALITY EVERY WOMAN'S Aim is to have THE BEST. That is what she gets by trading at GAULT'S GROCERY GREEN AND NORTH STREETS Both Phones.

Sugar Bowl Confectionery D. N. GEKAS, Prop. We make our own CANDIES and ICE CREAM. Herr and Third Sts.

Russ Fish Market RUSS & WINDSOR, Proprietors Wholesale and Retail Dealers in FISH, GAME, CRABS and CRAB MEAT Auto Delivery. Market Square

BELL PHONE 2450 D.W. Raub Grocer EVERYTHING FOR THE TABLE Sixteenth and Liberty Streets Harrisburg, Pa.

Kerr's Meat Market 43 N. Thirteenth St. Special attention to phone orders. Bell Phone 3726.

Prize Winners in Pure Food Letter Writing Contest of the Harrisburg Telegraph

Two prizes of \$2.50 each have been awarded, respectively, to Mrs. S. M. Taylor, 903 N. Second street, Harrisburg, Pa., and Mrs. Annie Smith Wilbar, West Fairview, for the best letters written on Food-stuffs, advertised on the Pure Food page of the Harrisburg Telegraph. Mrs. Taylor's letter was devoted to the merits of the products of the Pennsylvania Milk Products Company, and Mrs. Wilbar's letter quality of the products sold by Samuel Gardner. Two More Prizes Next Week Next week two more prizes of \$2.50 each will be offered for the best letters on pure

foods mentioned on this page. Select some firm or product from the advertisements on this page, write a letter about them, confining it to two hundred words, and mail or bring it to the Harrisburg Telegraph office, before midnight Monday, July 3rd. You may write as many letters as you choose, but not more than one firm or product must be covered by any one letter. All letters should be addressed to the Pure Food Editor, Harrisburg Telegraph. Put on your thinking cap now—write a letter—and try to win one of the two \$2.50 prizes that will be awarded next week.

MAN DESCRIBES GIRL HE LIKES "She Must Be One Who Keeps Her Appointments and Word in Little Things" By Beatrice Fairfax

Again and again unhappy and lonely girls write to tell me of their unpopularity with boys because of their insistence on holding to their own standards of dignity. Nothing I can say to these girls is so likely to convince them of their blunder as two letters I am today quoting.

Both these letters came in comment on a reply I made to a girl who was very unhappy because she could find no men who would respect a dignified girl and who would show any desire for her society once they were sure they could not kiss her.

Of course the right sort of man does not feel this way, and I am going to quote two of many letters I have received in order that the girls may see for themselves. "The enclosed clipping describes just the sort of girl that the undersigned would feel honored to know.

"It has been my experience to meet many girls. Very few have shown the least disposition to respect their word in simple appointments, and so I have become sceptical about placing any confidence in assurances they may give me. And yet a word suggesting that they were not self-respecting would be readily resented. Do girls think of this side of it when they complain that men don't respect them?"

"I respect principles in any girl who is sincere in her endeavors to live up to them. And I think a girl ought to regard keeping her word just as important as demanding respect for her dignity. I raise my hat to any girl who is really self-respecting.

"JOHN A. D." Girls, I suggest that you think about this letter a little bit. Are you honest and "on the level?" Do you respect friendship and liking? Or are you unreliable coquettes who whimper when you are taken at your own valuation and with lovemaking you may have invited? Now for a second letter:

"It has been and still is the dream of my life to meet a girl who is sweet and dignified and wants respect. I have no personal experience of women and their ways, but my work brings me into contact with all classes of men, and from what I have heard of ever finding one who was not willing to be kissed and made love to by all and sundry. "I feel so lonely at times that I am quite desperate—but I can't take time from my work to bother about girls who are not high principled and worth while."

FOODS THEY BUILD OR DESTROY AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT By ALFRED W. McCANN

CHAPTER 78. When a Baking Company That Produces Millions of Loaves of White Bread Annually Declares That All White Bread Lacks Certain Constituents Indispensable to the Health of the Body, and That These Constituents Are Restored by the Addition of a Patented Powder, it Behaves All Men to Examine Carefully the Hitherto Generalized and the Facts Disclosed by Referee Nussbaum at the Hearing of the New York State Attorney General into the alleged bread conspiracy, continued as follows: "From the above citations regarding the natural occurrence of calcium sulphate in foods it is evident that a natural constituent of many of the foods that are daily consumed by the people. In fact, we might go further than this, and say that calcium sulphate is necessary in the formation of teeth, and other tissues, especially to growing children.

At this point the advertisement failed to dwell upon the wisdom under the circumstances of retaining the natural organic calcium compounds found in wheat "so necessary for the formation of bones, teeth, and other tissues, especially to growing children, and not did it fall into any lamentation concerning the withdrawal from the wheat of the organic calcium compounds, phosphorus, potassium, silicon, magnesium, manganese, fluorine, etc., essential to the formation of bones, teeth, and other tissue, especially to growing children.

What it said was this: "Physiologists tell us that an adult man should have in his food one and a half grams of lime salts per day. To obtain this amount from bread alone he would have to eat seven loaves of Ward's bread, while one quart of milk would furnish more than the required amount.

It has become a common practice in the purification of water supply for the cities to add to the water small amounts of calcium hypochlorite. This public health and medical authorities. A percentage of added lime put in in the water is in all cases a larger amount than the added lime salts in Ward's bread.

"Another common method of leavening breadstuffs is by means of baking powder. Baking powders very commonly contain some of these same salts which are used in minute amounts as yeast food in this new bread process. "To sum it up it may be stated that the new process has made it possible for us to produce a bread not only better in texture, odor, flavor, and color, but a bread which is more wholesome and more healthful than it has been older processes. "During the development of this process the Agricultural Department at Washington was made acquainted with it, and officials of the department expressed their approval, and as a result in the United States and are pending in the principal foreign countries. made to-day is the best bread in the world; better bread than you can make in your own kitchen, and better bread than you can buy, except under the name Ward.

hide; never have had anything to hide and you may feel secure in the use of Ward's bread and know when you buy it you will use the best obtainable. No better or cheaper food exists. Feed it to your children in generous portions. It is good for them." (Signed) "WARD BAKING CO." "By George S. Ward, Vice-President."

This advertisement did not inform the public that the standard bushel of sixty pounds of wheat produces fifty-nine pounds of whole wheat meal, one pound being lost in the form of moisture through evaporation in the grinding. It did not inform the public that the same bushel of wheat produces but forty-five pounds of white flour, showing a loss of fifteen pounds of the most vital elements of the wheat, including more than 75 per cent. of its total mineral content—a loss not made up in the baking of white bread by the use of any patented powder.

It did not inform the public that but three and one-third bushels of wheat are required to produce one barrel, 196 pounds, of whole wheat meal containing all the life-sustaining elements of the wheat; whereas it takes four and one-third bushels of wheat to produce one barrel, 196 pounds, of white flour. It did not inform the public that every barrel of white flour represents a loss of sixty-five pounds of the most precious elements of the wheat—elements which are thrown to the hogs and which are not restored to white bread by the addition of any patented powder.

Woman Loses Case by Misspelling Words Chicago.—The scene—Judge Caverly's court in the South Clark street station. The actors—Mrs. Lulu Riswig and Clarence Alfred. Woman complainant. Charged Alfred with disorderly conduct. He declared it was a blackmail scheme. He showed the judge a letter, he said, she had written—filled with endearing terms. She denied writing it. The judge asked her to write various words contained in the missive. She did. They were misspelled in the same manner as the words in the letter. The judge told her she was lying, and discharged Alfred.

Man's Home Where He Claims It, Court Rules Los Angeles.—The charge that many people who maintain Summer cottages at Manhattan Beach declared that city to be their permanent residence and voted there at the municipal election for the issuance of \$90,000 worth of bonds with which to erect a pleasure pier was made in Judge Taff's court during the hearing of the injunction suit brought by Stephen A. D. Long to restrain the issuance of the bonds. The court ruled that a man's home is where he claims to reside, regardless of where he spends most of his time. The checking up of the names on the register and the election returns will be resumed later. It is claimed that if the votes of those not legally qualified to vote are thrown out the bond issue will be officially lost.

ICE CREAM for HOME USE DEAN F. WALKER Manufacturer of Ice Cream 409 NORTH 2nd STREET PARTICULAR PEOPLE DEMAND OUR CREAM MADE OF PUREST INGREDIENTS

VEGETABLES In these days of so much talk on preparedness, would it not be well to take into consideration one's body? We know the doctors all advise the use of vegetables. This week we offer from our own growing the following: Asparagus, rhubarb, radishes, lettuce, Spring onions, beets, peas, spinach. Also a full line of Southern vegetables will be found at our stalls. Learn the names of those in charge of our market stands; it may help you in your marketing. SALEMEN IN CHARGE Broad St. Market, Stalls 88 and 100. Mr. Zimmerman and Mr. College. Hill Market, Stalls 199 and 200. Mr. Gerber. Chestnut St. Market, Stalls 30, 32 and 137. Mr. Houf and Mrs. Baker. East End Fruit and Truck Farms ROBT. J. WALTON

Pure Milk The best drink for a summer day is a glass of pure milk. When you are tired drink a glass of pure milk. When you are thirsty drink a glass of pure milk. When you are warm drink a glass of cool pure milk. Pasteurized, Certified or Bonnymeads. WE WILL DELIVER TO YOU Penna. Milk Products Co. 2112 Atlas St. Bell 26. C. V. 179 W.

GRISSINGER'S HOMOADE CAKE BAKERY Purity of ingredients and sanitary conditions are responsible for our steady growing business. Phone 3406-D. LEMOYNE, PA. MONN BROS. Pure Food Grocers 1637 Swatara St. Bell Phone 1305-M. GEO. A. GOHL Baker of Cakes, Bread, Rolls, Pies 560 WOODBINE ST. Bell Phone 2624-M

Open Day and Night PALACE RESTAURANT ALSEDEK, GANGE & CO. 2 S. Fourth Street Harrisburg, Pa. \$5.00 Commutation Tickets, \$5.00; \$3.30 Commutation Tickets, \$3.00. Special Sunday Dinners.

Phone 2187-J Green and Seneca JACOBY'S ORIGINAL STEAM AND BUTTER PRETZELS MADE BY HARRISBURG PRETZEL CO. Each Taste Suggests Another

Have you tried our Jumbo Peanuts Roasted fresh daily. OUR COFFEE is blended from the best the world produces. Imperial Tea Co. 213 Chestnut Street Bell Phone 330-M.

E. BIERBOWER Wholesale and Retail Commission Merchant Fish, Oysters, Clams and Sea Foods Eggs and Poultry 120 S. Court Avenue Bell Phone 1159-J United Phone 914-W.

JOSEPH SPAGNOLO WHOLESALE AND RETAIL ICE CREAM Importer of Cornett and Wafers 143 Hanna St., corner Race

Call Bell Phone 2056 W. D. Farr The Grocer 1537 State Street

Samuel Gardner WHOLESALE DEALER IN FRUITS AND PRODUCE 1311 N. 3rd St. Bell Phone 1933 Wilson T. Hoy Quality Groceries QUICK SERVICE REASONABLE PRICES 1701 MARKET ST. Bell Phone 963.

S. Spungin WHOLESALE OF ALL KINDS OF MEATS 326-330 S. CAMERON ST. Both Phones