

COOKING RECIPES AND SELECTED MENUS

Harrisburg Telegraph MARKET AND 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.

Crystal Restaurant 418 Market Street GEORGE & CO. Prop. 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.

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.

PURE MILK Clarified and Pasteurized Milk RYDER BROS. West Shore Dairy, Lemoyne, Pa. Bell Phone 3679-M.

GAULT'S GROCERY GREEN AND NORTH STREETS Both Phones.

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

RUSS FISH MARKET Wholesale and Retail Dealers in FISH, GAME, CRABS and CRAB MEAT Auto Delivery. Market Square

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.

Mrs. A. H. Hoover, of West Fairview, and A. R. Fenstemacher, of this City

Win Prizes in Pure Food Letter Writing Contest of the Harrisburg Telegraph

Two prizes of \$2.50 each have been awarded, respectively, to Mrs. A. H. Hoover, Main street, West Fairview, Pa., and A. R. Fenstemacher, 599 Schuykill street, Harrisburg, for the best letters written during the past week on food-stuffs advertised on the Pure Food Page of the Harrisburg Telegraph.

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 10th.

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.

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

CHAPTER I The Poison Squads Which Have Given Semiscientific or Unscientific Data to Dietitians Have Proved Worthless as a Means of Determining the True Character of Any Food or Food Preservative—Short-Time Experiments on Healthy Adults Cannot Reveal Information that Applies to the Year-In and Year-Out Experience of the Rank and File of Humanity.

children of the United States, whether their parents realize it or not, are now in that poison squad, particularly the children of the poor and the unfortunate.

They will learn that after a period of five or six weeks the usual results have been announced, frequently to the effect that the members of the squad "betrayed no noticeable symptoms and experienced no injurious results."

They will learn that when the food-drugger puts his commercial dose into his commercial product and sends it forth to perform its commercial duty of yielding a profit, he does not know into whose hands it will fall nor anything about the physical condition of the individual who will receive his medicated wares.

They will learn that these poison squads have never fought it out to the finish, and that the brave youths who have been fed with these doses of benzoate, borax, copper sulphate, sulphur dioxide, aluminum sulphate, coal tar dyes, hydrogenated fat and other preservatives have never taken all of these deleterious substances at any one time nor during any one test.

They will learn that individuals have no right to debate food products, to bring about degeneration, ill health to bring about degeneration, ill health to those who depend for health and life upon impoverished food.

They will learn that the poison squad is always confined to one food drug, never partaking of any other drug during its scientific experience.

They will learn that self-slaughter is given the widest possible publicity, but that the subtle slaughtering of the race is given no publicity at all.

They will learn that all the people in the world are not healthy young men and that all of them do not stop eating at the end of a test lasting five or six weeks.

William Penn Highway Notes

In Cambria county the commissioners have let the contract for the construction of two miles of brick on a concrete base, between Ebensburg and Cresson. The main William Penn route is from Ebensburg to Loretto, but many road users go to Cresson direct from Ebensburg; and it was to benefit these people that the Cambria commissioners let the contract for the new brick. In 60 days six and one-quarter of the eight miles from Ebensburg to Cresson will be of permanent road.

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 Phone 1607

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

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. Pasturized, Certified or Bonnymaes. WE WILL DELIVER TO YOU Penna. Milk Products Co. 2112 Atlas St. Bell 26. C. V. 179 W.

GRISSINGER'S HOMEMADE CAKE BAKERY Purety 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

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 Two Doors Below Market 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

Work on the construction of the four miles of State highway between Huntingdon and Millersburg is progressing slowly. But when this strip is completed there will be an unbroken stretch of permanent William Penn Highway extending westward 113 miles from Millersburg.

The Pike's Peak Ocean-to-Ocean New York Extension, which leaves the William Penn at Reading and passes through Allentown and Easton to New York, is attracting much attention in Lehigh and Northampton counties. Twelve miles of concrete road are being built between Allentown and Easton.

Much complaint is heard regarding the condition of the William Penn Highway in certain boroughs. Under the State laws the district attorney of a county may ask the court for a writ of mandamus compelling borough authorities to maintain the streets in good condition.

In marking poles along the William Penn Highway the Pike's Peak and Penn markers will be used in combination. On country roads the marker will consist of a 10-inch red strip and a 10-inch white strip, with the letters "W. Penn H." in black on the white.

After the selection of pure foods, in which great care is exercised, this store gives careful consideration to the sanitary care of the articles while in its possession. A storage plant of unusually large capacity makes possible the placing of eatables with the customer in a most healthful and sanitary condition.

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 1853