

SPECIAL Saturday SALE

KENNEDY'S

CUT-RATE MEDICINES

RING LEADERS FOR SATURDAY ONLY

SPECIAL Saturday SALE

- \$1.00 Hood's Sarsaparilla 59c
50c Caldwell's Syr. Pepsin 27c
\$1.00 Pierce's Favorite Prescription 57c
\$1.00 Quaker Herb Extract 67c
\$1.00 Peruna 53c
\$1.00 Pinkham's Compound 62c
\$1.00 Listerine 53c

- Saturday Sale of Talcum Powders
Mary Garden Talcum Powder 36c
High Jinks Talcum Powder 41c
Lilas de Rigaud Talcum Powder 41c
Djer Kiss Talcum Powder 19c
Azurea Talcum Powder 19c
Rogers & Gallet Talcum Powder 19c
Squibb's Talcum Powder 13c
Hudnut's Talcum Powder 17c
Williams' Talcum Powder 10c
4711 Talcum Powder 14c
Colgate's Talcum Powder 15c
Mennen's Talcum Powder 11c
Babcock's Corylopsis Talcum Powder 10c
Jess Talcum Powder 13c
Talcotelette Talcum Powder 14c
Johnson's Baby Talcum Powder 10c
River's Lehn & Fink Talcum Powder 15c
Vantine Sandalwood Talcum Powder 18c
Aubrey Sisters' Talcum Powder 17c
Hind's Chafing Talcum Powder 18c

- Saturday Sale of Face Powders
Mary Garden Face Powder 75c
Djer Kiss Face Powder 37c
Azurea Face Powder 89c
Florayme Face Powder 89c
Hudnut's Face Powder 39c
Carmen Face Powder 17c
Lablache Face Powder 32c
Java Rice Powder 26c
Rogers & Gallet Rice Powder 29c
Rogers & Gallet Face Powder 39c
Jess Face Powder 19c
Satin Skin Face Powder 14c
Woodbury's Face Powder 14c
Tetlow's Gossamer Face Powder 15c
Tetlow's Swallow Face Powder 15c
Sanitol Face Powder 13c
Charles' Face Powder 29c
Colgate's Charms Face Powder 25c

- 50c California Syrup Figs 28c
\$1.00 Wampole's Cod Liver Extract 55c
\$1.00 Danderine 59c
\$1.00 Pierce's Medical Disc 57c

- Saturday Sale of Toilet Creams
50c size Mary Garden Cold Cream 38c
75c size Mary Garden Greaseless Cream 62c
50c size Hudnut's Marvelous Cold Cream 34c
25c size Hudnut's Marvelous Cold Cream Tubes 17c
25c size Hudnut's Creme Violet Sec. 39c
50c size Hudnut's Creme Violet Sec. 39c
50c size Hudnut's Cucumber Cream 39c
25c size Pond's Vanishing Cream, jars 14c
25c size Pond's Cold Cream, jars 17c
25c size French's Cucumber Cream 15c
\$1.00 size Othine Cream; for freckles 59c
50c size Stillman's Cream 27c
50c size Wilson's Cream 29c
25c size Satin Skin Cold Cream 14c
25c size Satin Skin Greaseless Cream 14c
25c size Satin Skin Rose Tint 14c
50c size Kinthe Cream 45c
50c size Pompeian Massage Cream 25c
25c size Pompeian Night Cream 15c
25c size Woodbury's Facial Cream 14c
25c size Hind's Cold Cream, tubes 17c
50c size Hind's Honey and Almond Cream 21c
\$1 size Hind's Honey and Almond Cream 15c
25c size Daggett's & Ramsdell Cold Cream 15c
25c size Colgate's Cold Cream 20c
25c size Sanitol Cold Cream 14c
25c size Sanitol Face Cream 17c
50c size Creme Eucava 37c
50c size Creme Eucava Witch Hazel 37c
25c size Creme DeMeridor 12c
50c size Creme DeMeridor 29c
50c size Ingram's Milk Weed Cream 29c
\$1.00 size Ingram's Milk Weed Cream 67c
50c size Palm Olive Cream 21c
50c size Charles' Flesh Food 21c
50c size Knowlton's Cold Cream 39c
25c size Aubrey Sisters' Cold Cream 17c
25c size Aubrey Sisters' Greaseless Cream 17c

- 50c Doan's Kidney Pills 32c
\$1.50 Fellow's Hypophosphites 91c
35c Fletcher's Castoria 19c
75c Jads Salts 42c
35c Pluto Water 21c

- Saturday Sale of Tooth Powders
Sanitol Tooth Powder 13c
Kalpheno Tooth Powder 15c
Euthymol Tooth Powder 11c
Graves' Tooth Powder 15c
Sozodont Tooth Powder 15c
Listerine Tooth Powder 15c
Calder's Tooth Powder 15c
Colgate's Tooth Powder 15c
Lyon's Tooth Powder 14c
Calox Tooth Powder 14c
Pyorrhoid Tooth Powder 63c
Brown Dentifrice Powder 17c
Vall Brothers' Tooth Powder 17c
Zhongiva Liquid 34c
Lavoris Liquid 27c
Vernas Liquid 29c
Sozodont Liquid 14c
Rubifoam Liquid 15c

- Saturday Sale of Dental Creams
Kolykos Dental Cream 14c
Colgate's Dental Cream 20c
Pebecco Dental Cream 29c
Kalpheno Dental Cream 13c
S. S. White Dental Cream 12c
Lyon's Dental Cream 13c
Sanitol Dental Cream 13c
Pond's Extra Paste 17c
Pasteurine Paste 17c
Sheffield's Paste 15c
Sozodont Paste 17c
Mennen's Paste 17c
Dentacura Paste 17c
Arnica Tooth Soap 15c

- \$1.00 Bromo Seltzer 53c
\$1.00 Sal Hepatica 57c
\$1.00 Wyeth's Sage and Sulphur 57c
75c Green's August Flower 45c
10c Cascarets 7c
\$3.75 Horlick's Malted Milk \$2.75
\$1.00 Swamp Root 57c

Remember the Place and Number

KENNEDY'S

321 Market Street

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

By ALFRED W. McCANN

CHAPTER 85
There is much evidence to indicate that an excess of refined sugars in the diet is a direct cause of many diseases. Refined sugars, such as white cane sugar and glucose or corn syrup, do not conduct themselves in the body in a manner similar to the conduct of natural sugars such as honey.

The Foremost Foe of Tuberculosis

is a right combination of fresh air, pure food, rest and clean living. All doctors agree these are prime requisites in the treatment of this affection, which causes one-tenth of all deaths. Yet medication is needed in many cases. Under such circumstances, Eckman's Alternative may prove beneficial. When used as an adjunct to proper care and hygienic living, it is most efficacious, and in many cases it has brought lasting relief. It has been found equally effective in treating asthma and bronchial troubles. Stubborn colds often yield to it. In any event, a trial can do no harm. For this preparation contains no poisonous or habit-forming drugs - no narcotics, opiates or coal-tar derivatives. At your druggist's. Eckman Laboratory, Philadelphia

It is this very excess of sugars and starches which sets up diabetes in the first place by eventually destroying all tolerance for such denatured foods. Olaf Hammarsten, emeritus professor of medical and physiological chemistry in the University of Upsala, is very positive on this point. "A hyperglycemia may be caused by the introduction of more sugar than the body can destroy. If too much sugar is introduced into the intestinal tract at any one time, so that the assimilation limit is over-reached, the glycemia is caused by the passage of more sugar into the blood than the liver and other organs can destroy."

The fact is recognized by the medical profession that over-taxing any organ systematically is certain to be followed by a morbid condition in the functioning of that organ. In the morbid condition described as diabetes the factor of most significance is always the carbohydrate factor. All the evidence warrants the assumption that this carbohydrate factor is not alone a symptom of the disease, but its actual cause. Excess sugars in the diet are condemned as injurious by many authorities, for no other reason than that many individuals are actually incapable of disposing of them without injury. Robert Hutchinson, physician to the London Hospital, declares: "It must be borne in mind that the assimilation limit is not the same for all individuals. Some people are able to convert more sugar into glycogen than others. Persons with a low assimilation limit are potential diabetics—that is to say, they are more liable, through sugar excesses, than others to become the victims of diabetes." Here is indeed a direct connecting link between sugars and diabetes. There is evidence to indicate that artificial sweets, such as white sugar and glucose, conduct themselves in the body in a manner not understood by scientists, but with much less toler-

ance than is enjoyed by natural sugars, accompanied by the other food elements with which nature endows them in the raw or unrefined state. Dr. Alonzo E. Taylor declares that all sugars are not tolerated in the same way in the body. "Levulose and lactose are sometimes tolerated and utilized better by the diabetic than is glucose," he says. It is not clear as to the meaning of this fact. He simply cites it as a fact. He calls attention to the phenomenon that all the starches yield only glucose, not fructose or galactose, and there are variations in the toleration of starches of different derivations. "The starch of the potato," he declares, "is supposed to burn better than that of corn. There is no doubt of one fact. Diabetics tolerate oatmeal better than any other carbohydrate. It is common to feed a diabetic with little glycosuria and low acidosis, 100 grams of starch per day in the form of oatmeal (accompanied by its natural mineral salts), when 50 grams of glucose hydrolyzed cornstarch will pass almost quantitatively into the urine." This fact, striking as it is, we have no explanation," he says. Referring to the same phenomenon, Julius Friedenwald, professor of gastro-enterology in the College of Physicians and Surgeons, Baltimore, and John Rührh, professor of diseases of children in the same institution, declare: "The different varieties of sugars and starches ingested may vary in their glycosuria-producing power. Glucose causes the greatest percentage of sugar to appear in the urine in the shortest time. Fruit sugar augments the glycosuria only to one-half the extent when given in the same amount." Here the lessened tolerance for glucose, as compared with other sugars and carbohydrates, is clearly manifested. Who will say that this lessened tolerance for glucose is without significance? Uttered by such eminent authorities, these observations

indicate the vastness of the unexplored field over which refined and demineralized foods have taken possession, yet we commonly read in the magazines advice to mothers written in positive and conclusive terms: "Give your children plenty of sugar, candy and sweets. It is good for them." Occasionally a pioneer strikes out in the direction of the truth, only to be startled by his discovery that all natural foods conduct themselves in the body in a manner entirely dissimilar to the conduct of unnatural, artificial or prepared foods. As reported in Rousski Vrach, June 27, 1915, and referred to in the New York Medical Journal, October 9, 1915, A. Ja. Davidoff made the accidental observation that the ingestion of honey by diabetics does not seem to increase the amount of sugar in the urine. He then permitted a number of diabetics to add honey to their diet and found that, far from increasing the glycosuria, the excretion of sugar diminished considerably in some cases. The conclusion reached by Davidoff is that honey is a very useful and certainly a very palatable article of food in diabetes. Honey is not glucose. Glucose is not sap maple syrup or maple sugar. Glucose is not sorghum or open kettle cane syrup or old fashioned molasses, now a thing of the past. Is it possible, in the presence of such evidence as is now at hand, that the people will continue to tolerate their national indifference to the most vital home issue now before them? We shall see.

CHICKEN AND WAFFLE SUPPER
The Harrisburg Colored Republican Club will hold a chicken and waffle supper at 801 South Tenth street tomorrow evening. The Highspire cornet band will play.

ACHIEVER

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