

# FOODS THEY BUILD OR DESTROY

### AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

By ALFRED W. McCANN

May 27, 1916. Twelve Slaughterers Were Arrested After Twenty Years of Undisturbed Corruption, in Which Public Health Officials Were Induced For Cash to Scatter the Germs of Disease Among 6,000,000 People—The Guilty Officials Were Not Arrested—A Leak from Headquarters Made It Impossible to Obtain Legal Evidence Against the Officials Who Accepted the Guilty Slaughterers' Bribes.

After a disturbing session of doubt and suspicion Dr. Frederick Schoneweg, rehearsed daily by Johann and Boyle, of Commissioner Wallstein's office, succeeded finally in re-establishing himself in the confidence of the slaughterers. The manner of its accomplishment cannot be described within the limits of these articles.

## YOUR SICK CHILD IS CONSTIPATED! LOOK AT TONGUE

Hurry, Mother! Remove poisons from little stomach, liver, bowels.

Give "California Syrup of Figs" if cross, bilious or feverish.



No matter what ails your child, a gentle, thorough laxative should always be the first treatment given. If your little one is out-of-sorts, half-sick, isn't resting, eating and acting naturally—look, Mother! see if tongue is coated. This is a sure sign that the little stomach, liver and bowels are clogged with waste. When cross, irritable, feverish, stomach sour, breath bad or has stomach-ache, diarrhoea, sore throat, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the constipated poison, undigested food and sour bile gently moves out of the little bowels without gripping, and you have a well, playful child again.

Mother can rest easy after giving this harmless "fruit laxative," because it never fails to cleanse the little one's liver and bowels, soothe the stomach and they dearly love its pleasant taste. Full directions for babies, children of all ages and for grown-ups printed on each bottle.

Beware of counterfeit fig syrups. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," then see that it is made by the "California Fig Syrup Company."

## OVER-WORKED MAN

Bank Cashier Almost a Wreck—How He Regained Strength.

Harrisburg people will realize that this is one more link in the wonderful chain of evidence proving that Vinol, which contains beef and cod liver peptides, iron and manganese phosphates, has no equal to create strength.

Mr. Chas. A. Ogle, Monrovia, Md., says: "For many years I was a school teacher, then for three years was Deputy Clerk in Frederick County, Md., and for the last three years I have been Cashier of the First National Bank. My nerves got in such a bad condition, and with poor assimilation of food, I was fast becoming a physical and mental wreck. Seeing an advertisement for Vinol I purchased a bottle, and found it to be exactly what I needed. It has not only benefited my nerves, but built me up both mentally and physically, and I want to recommend it to anyone suffering as I did."

Try a bottle of Vinol with the understanding that your money will be returned if it does not help you.—Advertisement.

George A. Gorgas, druggist; Kennedy's Medicine store, 321 Market Street; C. F. Kraus, Third and Broad streets; Kitzmiller's Pharmacy, 1225 Derry street, Harrisburg. Also at the leading drug store in all Pennsylvania towns.

## Saxol Salve

REMOVES SKIN AFFECTIONS. One package proves it. Sold and guaranteed by above Vinol druggist.

## What Is Auto-Intoxication?

The best and clearest definition is "Self-Intoxication, or poisoning by compounds produced internally by oneself."

Physicians agree that the vast majority of all illness is due to this cause, brought on by accumulated waste in the Lower Intestine.

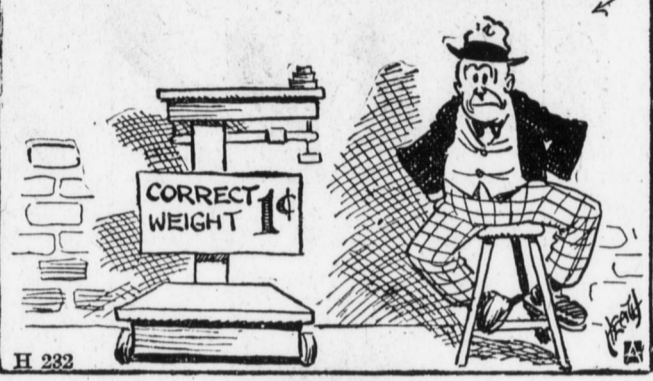
The one sure, natural and safe way to keep the Intestine clean and free from this waste is by an occasional Internal Bath by means of the "J. B. L. Cascade." You will feel bright, brisk, confident, and as though everything is working right—and it is.

Half a million Americans are now using this method, with resulting better health and greater vigor. This method will be explained to you by Croll Keller, 405 Market Street, and Geo. C. Pott's drugstore in Harrisburg, who will also give you a most interesting book free on the subject by an eminent specialist. Ask or send for this booklet, called "Why Man of Today Is Only 50 Per Cent. Efficient," while it is on your mind.

## BUT THIS IS HOW HE DID IT



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## WANTS PARENTS TO HELP CHILDREN

Need of Proper Editorials and Articles Pointed Out by Young Man

Copyright, 1916, Star Company.

A young man in Greater New York possessed of brains, heart and the power of expression urges the need of editorials and articles which, as he expresses it, "may save just one little troubled soul from jumping into a fathomless abyss out of which it can never climb unscathed."

The article which he wants written is two-fold in its purpose, a warning to parents and a warning to children; to parents against continually nagging their children about trivial matters until the home becomes a dreaded place of punishment instead of a heaven of rest and peace; a warning to children against rushing away from home and into the dangers of the great outside world.

The young man says: "I have the best father and mother God made; but, though under thirty, I know a score of cases (I could truly say more than a hundred) where children have been driven to the verge of desperation by parents who have forgotten they were once young and who utterly fail to comprehend their offspring."

High Profession of Parenthood Least Studied of All at Present.

Just at the present moment the young man is endeavoring to dissuade a good girl from cutting loose from all home ties because she is made so miserable by the fault-finding and fretfulness which prevail in her home.

Many times in this column has the thoughtlessness, the lack of consideration, the blindness and the stupidity of parents been discussed. The high art of parenthood is the least studied of all the professions open to men and women.

Mothers live under the same roof with their daughters from the cradle to the maturity of the children and yet know less of their hearts than they know of the mental moods of Hagar of the wilderness or Rachel mourning for her children because they were not.

The American fathers and mothers are droll beings. One would think them very amusing were it not that the farce they play so often ends in a tragedy.

A young woman revealed to the writer of this article once upon a time that she had become addicted to the use of stimulants. "I think mama suspects that I have this habit," she said, "but she has never spoken of it to me and I have never had the courage to tell her about it or to ask her help to overcome it. She is always scolding me for every little thing I do,

## TRADING LONGEVITY FOR WEALTH

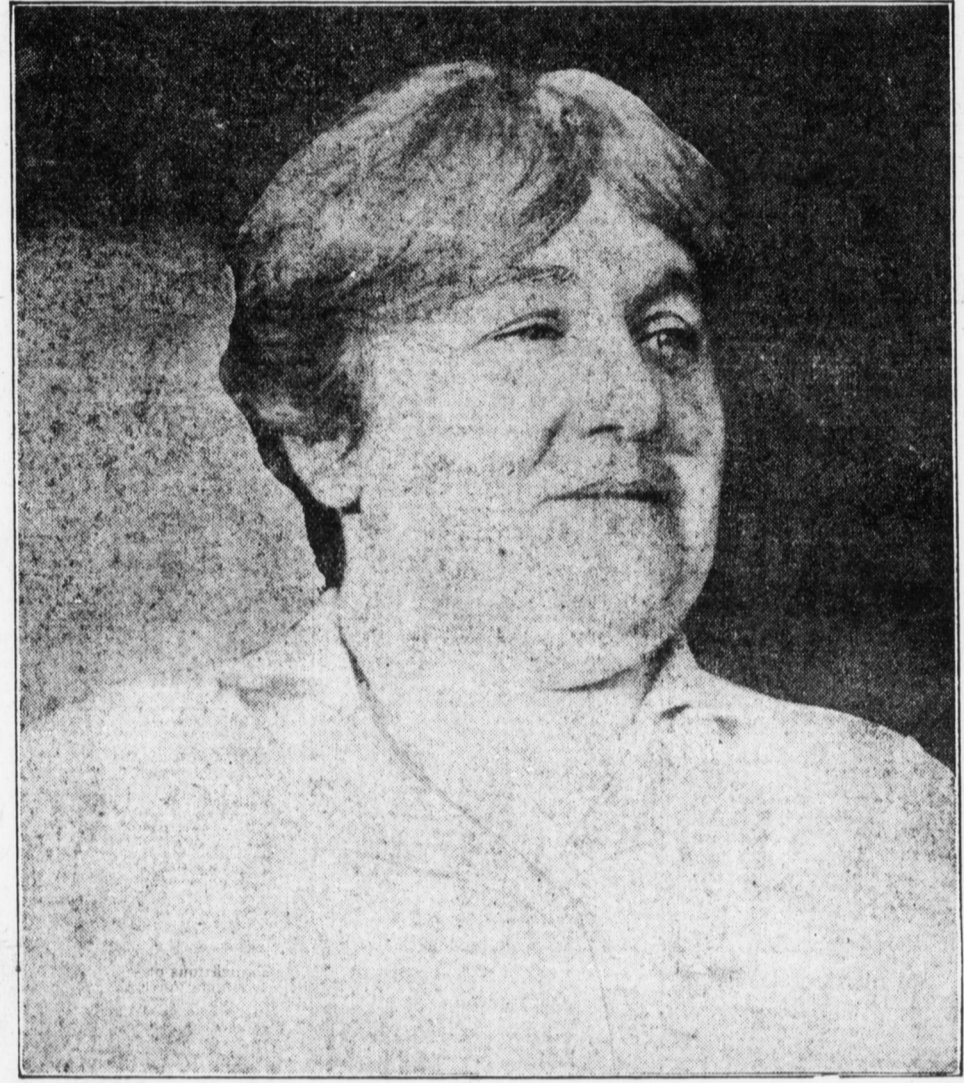
Life in Osaka is speeding up, with the consequent wear and tear and destruction. Its myriad factories belch forth the smudge of modernism to cloud the clear sky under which agricultural Japan has slumbered so long. The few manufacturers in Japan have made great advances. They are as much at home in a limousine as any one. The war is pouring profits into Osaka such as Japan has never known. Stock speculation is the hobby of the rich and the hope of humble servant girls. The public library, the banks, the court house and prominent business buildings proclaim to the dullest that Japan is a modern nation.

In the last fifty years Japan has

## ALL FOR THE PRICE OF TWO DRINKS

One day a youth poked at me a bunch of roses with appropriate garishness of green. I was not thinking of flowers, but the cluster he posed in front of me, with the further information "only 25 cents," made the sale. I was on my way home at the time, and twenty minutes later these flowers had taken the place of others that had wilted and were adorning our living room. It was the end of the third day before there was the slightest sign of wilting, and in the meantime nine roses had opened their graceful petals as if to say: "Enjoy the fullness of my flower, for I have about fulfilled the mission for which I was created." For these days we did enjoy their beauty, their color, their cheerfulness and their fragrance. And all for the price of two drinks.—The Christian Herald.

# The Cook of a Queen



MRS. MARY A. WILSON

# The Queen of Cooks

TOMORROW the Public Ledger will inaugurate the most practical and helpful home course in domestic science ever presented by a daily newspaper.

Mrs. M. A. Wilson, for five years chef to Queen Victoria and now dietist of the Mother's clinic at the Philadelphia Children's Homeopathic Hospital, will conduct the course.

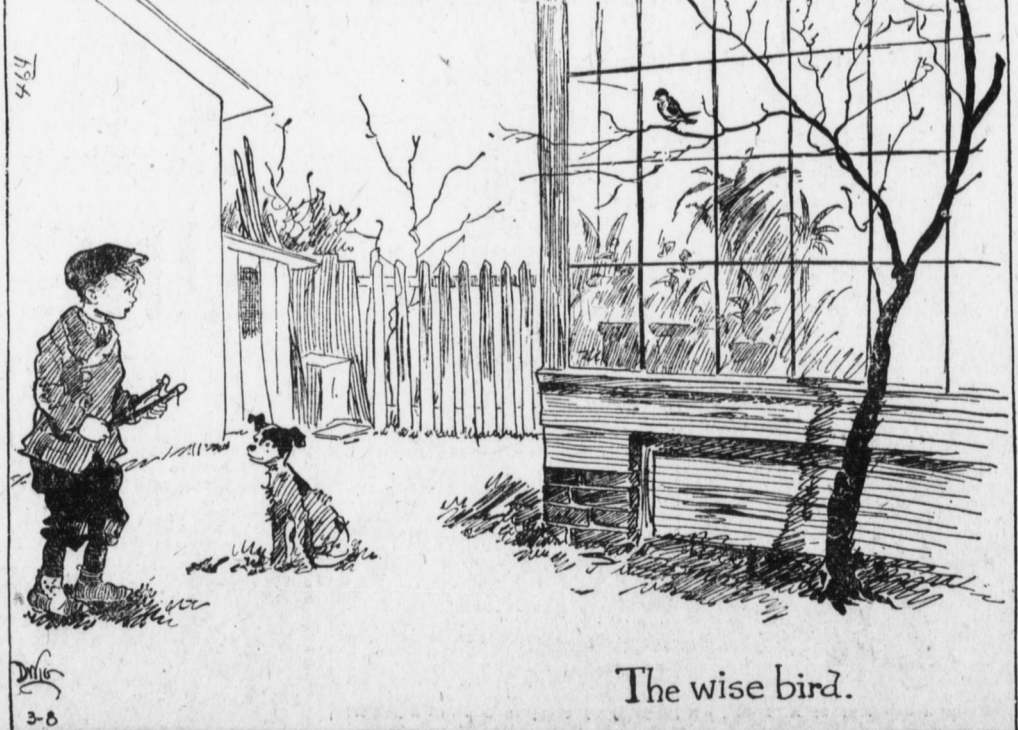
Through her articles the Public Ledger will place within the reach of every housewife, in simplified manner, the expert knowledge and wide experience of a cook who has achieved an amazing success as chef to a Queen and as dietitian to a children's hospital.

The value of an efficient kitchen routine can scarcely be overestimated in these days of rising food costs, and every homemaker will appreciate Mrs. Wilson's thousand and one aids to the solution of perplexing problems arising daily in the domestic routine.

Read the first article in tomorrow's

# PUBLIC LEDGER

## SCHOOL DAYS



The wise bird.