

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT
By ALFRED W. McCANN

The very stamina of the nation, the health of its animal industry, the wholesomeness of its milk, butter, cheese, meat and children depend upon the capacity of the people to bring an only vicious political conditions which convert our agricultural activities into travesty and turn the evils growing out of them into potential tragedy.

While food riots were making February, 1917, memorable in many American cities, politicians, seeking the favor of the farmer, filling his mind with hopes of increased receipts and the quibbling and helplessness of the man who makes the purchase.

Last year the Farmers' Food Company, of New York City, collected from the brewers of the metropolis alone 5,000,000 bushels of boiled oat waste, all of which was sold as the food of dairy cows at prices ranging from 4 to 28 cents a bushel.

The brewers of Rochester, Buffalo, Syracuse, Utica, Albany, Philadelphia, Pittsburgh, Cincinnati, St. Louis, Louisville, Chicago, Milwaukee, etc., were contributing their millions to the same heap of boiled oat refuse.

The politicians know, or should know, that the farmer who feeds large quantities of brewery waste to his cows condemns those cows to death and their offspring to physical weakness, thus making the future of the animal industry even less promising than its present pitiable state.

They know or should know that the weak farmer, who is as a rule the poor farmer, is forced to feed his un-

dernourished stock with the cheapest food he can lay his hands upon, while at the same time he is forced to pay the highest price for the boiled oat refuse that reaches him.

The Wicks committee learned through the president of the Farmers' Feed Company, Gustav Haffer, no later than December 18, 1916, that even the chemists who are mixed up in this boiled oat brewery refuse industry express under oath considerable doubt concerning the food value of the denatured by-product which our American food officials make no efforts to control.

It is known that a diet of boiled meat fed to dogs without its soup extractives, will bring about the death of the dogs in a few months.

Brewery refuse is boiled meat minus the soup, minus the soluble extractives, minus the salts essential to the health of the animal that feeds upon it.

A cow cannot produce milk upon a diet lacking the elements of which milk is composed. Yet, knowing this, the wise men who control our Departments of Agriculture do not inform the farmer, who looks to them for light, that the extensive feeding of denatured foodstuffs to cows actively engaged in bearing calves or in producing milk is followed by a loss of vitality and lowered resistance to disease.

The food commissioners of the United States know that a cow pushed to the limit of functional excitement and fed a diet of milk minus the salts, must surrender to tuberculosis, must die when fed on foodless food or denatured food.

Notwithstanding these facts, the food commissioners, commissioned by act of the Legislature to exercise supervision over the purity and wholesomeness of concentrated commodities, have for years past been playing into the hands of the manufacturers and shippers of adulterated or misbranded stuff at the expense of the farmers of the present and the animal industry of the future.

Not only are the people of the United States eating bob veal; not only are they eating the flesh of tubercular animals; not only are they complaining of the scarcity and high cost of veal, beef, lamb and pork, but they are tolerating a condition which means that the future of the animal industry unless these evils are corrected, will call upon them to face hardships never dreamed of in these days of reckless waste and money-pursuing selfishness.

The very stamina of the nation, if the facts cited here are really facts, is threatened. The very travesty of to-day unless heeded now, is destined to become the tragedy of to-morrow.

Splendid for Bad Coughs, Colds, Bronchitis

An Inexpensive Home-Made Remedy—Gives Relief, Quickest Relief.

Anyone who tries this pleasant-sounding home-made cough syrup will quickly understand why it is used in more homes in the United States and Canada than any other cough remedy. The way it takes hold of the inflamed cough, giving immediate relief, will make you regret that you never tried it before.

It is a truly dependable cough remedy that should be kept handy in every home, to use at the first sign of a cough during the night or day time.

Any druggist can supply you with 2½ ounces of Pinex (50 cents worth). Pour this into a pint bottle and fill the bottle with plain granulated sugar syrup. The total cost is about 34 cents and you have a full pint of the most effective remedy you ever used.

The quick, lasting relief you get from this excellent cough syrup will really surprise you. It promptly heals the inflamed membrane that lines the throat and air passages, stops the annoying throat tickle, loosens the phlegm, and soon your cough stops entirely. Splendid for bronchitis, croup, whooping cough and bronchial asthma.

Pinex is a highly concentrated compound of Norway pine extract, combined with gualacal and is fast acting over for its healing effect on the membranes.

To avoid disappointment ask for "2½ ounces of Pinex (50 cents worth) and don't accept anything else. A guarantee of absolute satisfaction or money promptly refunded goes with this preparation. The Pinex Co., Ft. Wayne, Ind.

NUXATED IRON

Increases strength of delicate, nervous, run-down people 200 per cent. in ten days. In many instances, \$100 forfeit if it fails as per full explanation in large article which appears in this paper. Ask your doctor or druggist about it. Croil Keller, G. A. Gorgas always carry it in stock.

SCHOOL OF COMMERCE

15 So. Market Sq.
Bookkeeping, Shorthand, Stenotype, Typewriting and Penmanship
Bell 455 Cumberland 249-Y

HARRISBURG BUSINESS COLLEGE

A Reliable School, 31st Year
329 Market St. Harrisburg, Pa.
YOUNG MEN'S BUSINESS INSTITUTE
Hershey Building

Neglected Colds bring Pneumonia. Look out.



The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red top and Mr. Hill's picture on it—25 cents. At Any Drug Store

Change the Grade of Coal

IT has been our experience that a large number of persons are burning coal not suitable for their purpose.

Notwithstanding the fact that there are many varieties of coal, on the market, many consumers "worry" along with the same size and kind.

Some furnaces require a very hard coal, others a medium grade, while still others a free-burning size will give them satisfactory results.

In this city we operate two coal yards, one on the Pennsylvania Railroad and one on the Reading Railroad.

In these two yards we handle a large variety of sizes and varieties.

If your house is not comfortably warm, tell us your troubles, we are sure we can send coal that will give them satisfactory results.

SUN-GLO COAL is the trade name for our coal. Sun-Glo Coal is the product of Pennsylvania's best coal mines.

United Ice & Coal Co.
Forster & Cowden Third & Boss
Hummel & Mulberry 15th & Chestnut Sts.
Also Steelton, Pa.

NATION ACTS TO END FOOD CRISIS



Aroused to action by food riots and disorder in several eastern cities, particularly New York, Congress and the Governors of several States are taking steps today to end the food crisis. Threatened to seize all available foodstuffs and appoint a food director, Senator Martine, of New Jersey, has introduced a bill in the Senate providing for an embargo on staple foodstuffs until the high cost of living is reduced. Senator J. Hamilton Lewis, of Illinois, has offered an amendment to the revenue bill, authorizing seizure of foodstuffs "held in violation of public policy." George W. Perkins, chairman of the New York City Mayor's Committee on Food and Markets, didn't wait to talk about the crisis, but went out and purchased 4,000,000 pounds of rice, for distribution to the New York poor at cost, to take the place of the exorbitantly high potatoes. District Attorney Swann, of New York City, has instituted a grand jury investigation of the food situation with a view to criminal prosecutions if conspiracies to corner foodstuffs and boost prices are found.

News Items of Interest in Central Pennsylvania

Hamburg—Attaches of the State sanatorium at Hamburg, for tuberculosis patients, have arranged to give a play, "Goulash," here on Saturday, March 17.

Hamburg—Following a visit of the House Appropriation committee here, it is reported that the erection of a new wing to the State tuberculosis sanatorium is recommended by Health Commissioner Dixon.

Tamaqua—For the first time in several weeks all the Lehigh Coal and Navigation Company's Panther Creek Valley collieries worked full handed yesterday. The strikers have adjusted their grievances.

York—A little less than \$10,000 is needed to reach the goal of \$10,000 in the budget-raising campaign now drawing toward a close for the Young Women's Christian Association.

Hazleton—Announcement was made here yesterday that work for 1,500 young men will be given by the Duplan Silk Company when it finishes its new mill in this city October 1.

Chambersburg—While Charles Homer, an electrician, was working in the Presbyterian manse at Greencastle, near here, he found several copies of the Greencastle Echo, dated 1863 and 1865 secreted beneath the flooring.

Shenandoah—Stanly Rumsky, 50 years old, a contract miner, was instantly killed at Packer No. 2 colliery by a fall of coal, while Peter Rinkeiser, 49 years old, and Harry Pappert, 24 years old, were seriously injured at the Shenandoah and Elanogowan collieries.

Cumberland Commissioners Finance New Farm Bureau

Carlisle, Pa., March 8.—With the passing of a resolution by the County Commissioners authorizing an appropriation of \$1,000 for the expenses for the first year, a farm bureau for Cumberland county is assured and efforts will be made at once to secure an agent and to have him assume charge not later than July 1.

The headquarters of the organization will be located in Carlisle in the Chamber of Commerce rooms. The decision will be taken by the County Commissioners, after a week's deliberation, has met with much favor among residents of the county interested in the project.

Recent Deaths in Central Pennsylvania

Marietta.—Henry Binkley, aged 65, a well-known horse dealer of Mountville, died suddenly Tuesday night from a stroke. He is survived by six children and a number of grandchildren.

Marietta.—Anthony Arnold, aged 84, a retired tailor and veteran of the Civil War, died from pneumonia after a short illness. Five children survive. He will be buried at Lebanon.

Marietta.—B. Frank Metzger, aged 53, a native of East Lampeter township, died Tuesday. He was a member of several secret organizations and is survived by his wife and several children.

Hallam.—Mrs. Edward Smith, aged 34, died Tuesday after a long illness. Her husband, four children and a number of brothers and sisters survive.

TO WORK FOR RED CROSS

Carlisle, Pa., March 8.—The Carlisle Civic Club has joined in the move for Red Cross preparedness and the officers have issued a call for all members and others interested to aid in the preparation of supplies. There will be special instruction classes in the work. All supplies made, in the event that the German crisis appears less threatening, will be turned over to the Red Cross Society to be used for the care of the wounded in Europe.

STOP CATARRH! OPEN NOSTRILS AND HEAD

Says Cream Applied in Nostrils Relieves Head-Colds at Once.

If your nostrils are clogged and your head is stuffed and you can't breathe freely because of a cold or catarrh, just get a small bottle of Ely's Cream Balm at any drug store. Apply a little of this fragrant, antiseptic cream into your nostrils and it penetrates through every air passage of your head, soothing and healing the inflamed, swollen mucous membrane and you get instant relief. Ah! how good it feels. Your nostrils are open, your head is clear, no more hawking, snuffing, blowing; no more headache, dryness or struggling for breath. Ely's Cream Balm is just what sufferers from head colds and catarrh need. It's a delight.

DEER IN GRAIN FIELD

Blain, Pa., March 8.—Deer have become quite plentiful on and near the State reservation in this section of Perry county. George Kessler, a farmer at Monterey, has been annoyed lately by the deer feeding in his grain fields. They tear and paw up the grain and destroy more than they eat. At one time Kessler counted sixteen bucks and does together in his grain field.

APPLIANCES FOR LABORATORY

Halifax, Pa., March 8.—The High school laboratory will shortly be equipped with a lot of new appliances. The School Board at its meeting last night approved the recommendation of the teacher of the purchase of work for additional supplies.

Baby's Body, Mummified in 1897, Found in Morgue Loft

Chester, Pa., March 8.—After having removed a pile of lumber and rubbish for twenty years the mummified body of an infant was unearthed recently in a loft at the undertaking establishment of Mrs. Emma J. Minshall, in this city.

Twenty years ago Minshall, who is dead, claimed to have an embalming secret that was almost equal to the method used in the Egyptian in preserving the bodies of their dead centuries past. He experienced with the body of a negro infant. A few days after Minshall had injected the embalming fluid into the body, he died mysteriously and for a time it was an object of considerable interest. Finally the body was placed in a loft above the morgue and forgotten.

Will B. Ready Is His Name and Nature; Ready to Fight

St. Louis, Mo., March 8.—Although Shakespeare said "there is nothing in a name," Will B. Ready, 6033 Cates avenue, this city, has taken exception to the rule by offering his services as a fighter in the United States marines.

Ready weighs 175 pounds and is 6 feet tall. He is pronounced a marvel of strength by physical examiners, although a few months under military age. He was requested to obtain the consent of his parents or defer his enlistment. Will B. Ready says he will be ready when his parents and the United States authorities say the word.

Didn't Pay Child's Fare; Conscience Hurt

Portland, Ore., March 8.—The Oregon-Washington Railroad and Navigation Company's conscience fund is \$10 larger and the consciences of two parents who brought their child from Omaha to Portland two years ago without paying its fare have been stilled by a remittance received by the railroad company. The parents say they thought a child less than five years old could travel free, but since have learned the age limit was five years, and their child was more than five years old.

Voice Gone One Year, Blow on Chin Brings it Back

New Castle, Pa., March 8.—Mike Liskas has every reason to be grateful to his cousin, John Liskas, for a terrific blow on his chin while boxing. Mike has been unable to speak for a year and has spent several hundred dollars attempting to regain his voice. The blow brought his voice back to the mouth of Mike, and John, believing he had seriously injured his cousin, was in the act of going for a doctor, when for the first time in a year, Mike spoke, saying, "You have not hurt me. You have helped me regain my voice."

Find 103-Year Old Check on Phila. Bank Still Good

Knoxville, Tenn., March 8.—If the bank of Pennsylvania in Philadelphia is still in existence, it may be called upon to pay a check for \$50 drawn in favor of S. Gale, endorsed by John Smith, cashier, Joseph Norris, president, May 4, 1814, and now held by Captain W. E. McElwee, of Rockwood, Tenn.

Captain McElwee, who is 82, found the check among old papers of his grandfather, who died in 1820. Bankers who have examined it declare it is good if the bank exists.

The DOCTOR'S ADVICE

by Dr. Lewis Baker

The questions answered below are general in character, the symptoms or diseases are given and the answers will apply in any case of similar nature.

Those wishing further advice free, may address Dr. Lewis Baker, College Bldg., College-Elwood streets, Dayton, Ohio, enclosing self-addressed stamped envelope for reply. Full name and address must be given, but only initials or fictitious names will be used in my answers. The prescriptions can be filled at any well-stocked drug store. Any druggist can order of wholesaler.

and continue a few weeks and I am sure you will write me of your recovery.

"Miser" writes: "I seem to be full of rheumatism in my back, limbs and shoulders. Also facial neuralgia from time to time. What must I do?"

Answer: For prompt relief of pain use applications of Fine-o-latum once or twice daily. Also cleanse your system with a treatment of 3 grain sulphur tablets, (see full directions).

Mrs. C. W. B. asks: "I suffer greatly owing to too much fat. Can you advise me a good reduction remedy?"

Answer: Any well stocked pharmacy can supply you with 5 grain arbolone tablets, packed in sealed tubes with full directions for use. These tablets have proven wonderfully effective in reducing abnormal fat.

"Fern" writes: "I have suffered with a bad cough for some time and I am also weak and tired most of the time, which I think is due to the severe coughing. Can you give me a remedy?"

Answer: Yes, your weakness is due to the coughing. You should be well relieved by using the following: Get a 2½ oz. package of essence mentholaxene and make according to directions on the bottle, then take a teaspoonful every hour or two until the cough is cured. This makes a full pint of the very best and safest cough syrup. If your druggist does not have mentholaxene, have him order it for you of the wholesale firm.

Mrs. X. asks: "My scalp itches terribly, it is greasy and a great amount of oily dandruff is present. What is good for this?"

Answer: First shampoo the hair and then apply plain yellow ninyol once a week as per directions. This removes the dandruff and makes the hair beautifully glossy and vigorous. Obtain in 4 oz. jars of druggist.

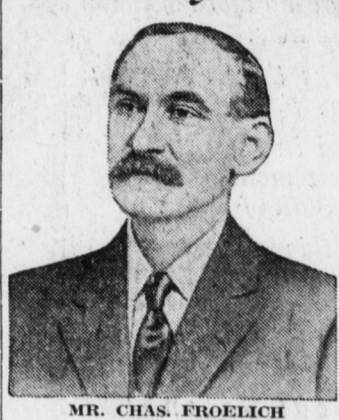
NOTE: For many years Dr. Baker has been giving free advice and prescriptions to millions of people through the press columns, and doubtless has helped in relieving illness and distress more than any single individual in the world's history. Thousands have written him expressions of gratitude and confidence.

MUNICIPAL FINANCES OF PARIS TO HAVE DEFICIT THIS YEAR

Paris, March 7.—Municipal finances of Paris for 1917 will again show a deficit, according to the forecast of the budget committee. The deficit is estimated at 111,841,470 francs and is due to increased charges and decreased receipts resulting from the war. The deficit for 1916, not yet definitely known, was estimated by M. Delanney, Prefect of the Seine, at 148,000,000 francs. M. Dausset, head of the budget committee, puts it at nearer 300,000,000. The war cost Paris 134,445,948 francs in 1914 and 156,835,297 francs in 1915, about equally divided between reduced receipts from city taxes on food and other products and increased expenditures for war relief.

Indemnities to city employes on account of the high cost of living add 8,370,000 francs to the budget of 1917. All the deficits since the beginning of the war have been provided for by the sale of one year municipal bonds the first issue at 5½ per cent. and the second at 6 per cent.

Wants Others to Know Remedy That Helped Him



MR. CHAS. FROELICH

For nineteen years, Mr. Chas. Froelich, R. F. D. No. 2, Gorham, Kansas, suffered from stomach and kidney trouble. He tried all the doctors for miles around but got no relief, and had about given up, when Mrs. Froelich read in the Kansas City Post about Fruitola and Traxo and what it had done for a man with stomach trouble. He says, "I sent for Fruitola and Traxo and from the first I felt better. I only took two bottles and am well now and can eat and work like a young man. Fruitola and Traxo did it and I'll do all I can to get others to try it."

Fruitola and Traxo are compounded from the original Edsall formulas at the Pinus Laboratories in Monticello, Ill., and can be purchased in drug stores; a doctor's prescription is not necessary. Fruitola is a pure fruit oil that acts as an intestinal lubricant and disintegrates the hardened particles that cause so much suffering, discharging the accumulated waste to the surface's intense relief. One dose is usually sufficient to indicate its efficacy. Traxo is a tonic-alterative that is most effective to rebuild and restore the weakened, rundown system.

A booklet of special interest to those who suffer from stomach trouble can be obtained by writing to the Pinus Laboratories, Monticello, Illinois.

Can't Understand How He Was Cured So Quickly After Suffering Nineteen Years.

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Clinchin' Regularity

¶ No matter how easy goin' a chap may be in everything else, he's mighty fussy about the regularity of his watch and his cigars. And when it comes down to the two of 'em, he's willin' to make an excuse occasionally for his watch.

¶ But let his cigars go wrong, and his nose goes up, the corners of his mouth down, and he makes up his mind right there that he's got to switch the brand.

¶ Maybe sooner or later he'll hit King Oscar. If he does, you can bet a tidy little sum that he won't switch off.

¶ King Oscars have been "regular" for 25 years.

¶ When the first King Oscar was made a quarter of a century ago, it was crammed full of the best tobacco procurable.

¶ Every King Oscar since that time has been made over the original recipe.

¶ It's cost us a heap of money sometimes — 'cause Ma Nature falls down on the tobacco raisin' job in some sections or other most every year.

¶ But she seldom ever bungles the job completely. Somewhere she'll grow the right kind of quality, and it doesn't make any difference how scarce it is, nor how much it costs, we know where it is, and we GET it for

KING OSCAR 5 CENT CIGARS

¶ Well, back in 1914, Old Mother Nature did herself proud. All over the world she produced a wonderful crop of record breaking quality. Did we let the the opportunity go by? Not on your life!

¶ We went into the market and bought to the limit — tied up King Oscar quality and regularity for a good long spell.

¶ And now, after months of curing, that crop is ready for the smoker, and is being served up in the Sumatra wrappers of King Oscars at 5 cents per, by every shrewd dealer for miles around.

¶ 'Taint much wonder, is it, that there's a heap of the older boys smokin' King Oscars to-day who started smokin' 'em a quarter century ago?

¶ 'Taint much wonder, is it, King Oscar is winnin' new friends every year—friends that stick?

¶ If you 'aint smokin' 'em — well, THAT'S a wonder. Get started.

JOHN C. HERMAN & CO.
Manufacturers, Harrisburg, Pa.