

PROMINENT MEN GIVE MILITARY TRAINING VIEWS

F. OMMERT WRITES:

"I notice the patriotic citizens that gave their views on military training were none of those that were in the bread riots in our large cities recently, or any of the better and more prosperous class that have a job who are living from hand to mouth in times of plenty. It is the starved class that tap the public till, or ignorant dubs who are advocating military training and war.

"Of course there are exceptions, for instance Mr. Ford. I would like to quote a few of his sayings. Take away the capitalists and you sweep war from the earth. I would teach the child at its mother's knee what a horrible thing war is.

"Preparation for war can only end in war.

"Those who love their fellow

men do not arm brother against brother.

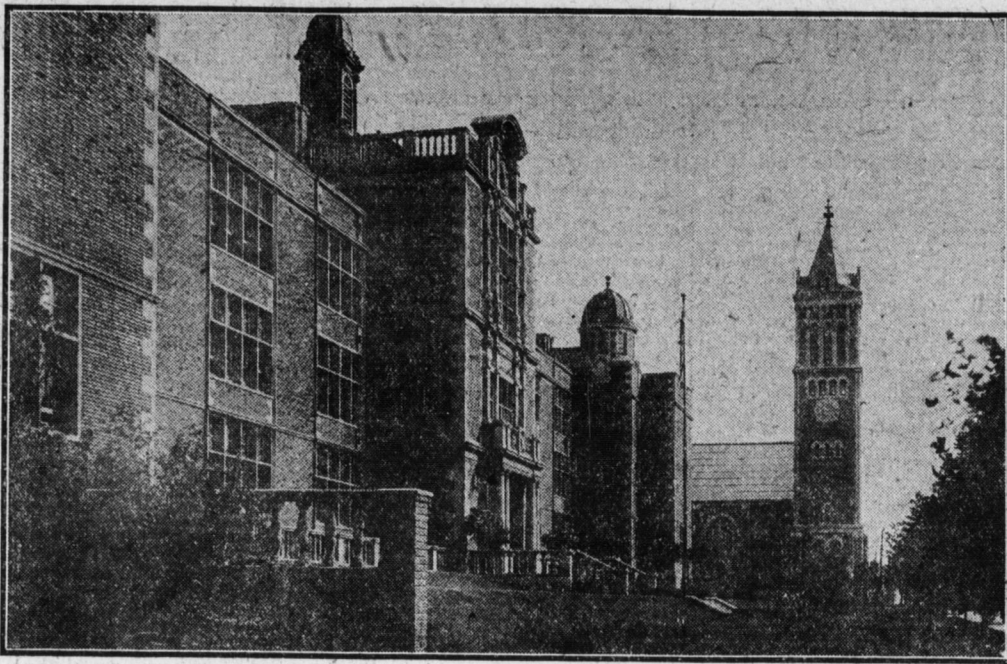
"Are we to go into war because some men grow fat on the profits? "The preparedness now being preached is nothing but a criminal waste. If what has been spent on preparation for war had been spent on the prevention of war the world would be at peace.

"Millions of men are driven to slaughter by the system of murder through the training to kill other men.

"I believe that a man who devotes his life to the trade of a soldier is either lazy or crazy.

"The workers are going to end the conditions that allow that murderous order to cause him to seek the life of a brother worker in another land.

"Educate children to hate war and drive from the world this spirit of murder."



Soldan High School, St. Louis, said to be one of the finest of its kind in the Middle West, was designed by William B. Ittner, of St. Louis, the architect who has been recommended to the city School Board by a special committee of citizens and members of the Board, to draw plans for Harrisburg's new high schools.

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

By ALFRED W. McCANN

Chapter 189

When Barns Are Scored From the Roadside, When Cows Are Tested by Hypnotic Processes, When Tests Are Conducted by Wireless, When Reports and Test Charts Are Falsified, When Veterinarians Look Upon the Dairyman and the Cattle Dealer as a Source of Graft, It Is Time for the Common People to Prepare Themselves Against the Dangers That Threaten From Within as Well as Those From Without.

rumors flew fast and furious. They inspired so much scandal that the Department of Agriculture, fearing consequences damaging to itself, decided to "conduct an investigation."

As a result nearly two hundred affidavits, describing the irregularities and illegalities of the uninterupted practice of McDowell and Smith, were filed with the Commissioner of Agriculture.

These affidavits disclose the gruesome fact that barns were scored for the Health Department by merely looking at them from the roadside; that cows were tested for tuberculosis without the aid of tuberculin, a hypodermic syringe or a thermometer; that tests were applied by absent treatment, the cows being in barns miles away and the test charts filled in at the bar of a village tavern; or any other place where ink might flow from a fountain pen.

The influences behind the spread of disease among dairy herds of the United States, incidental to the corruption of the veterinary profession, are easily traced. Their potency to work havoc is obvious.

As far back as 1913 the Health Department of New York City had warned Dr. W. H. McDowell, of Liberty, Sullivan county, N. Y., against his activity in using the name of the New York City Board of Health in forcing farmers to submit their cattle to his tests at a fee ranging from 25 cents to \$2 a head.

McDowell was not a licensed veterinarian. But the Department of Agriculture cared nothing for that. Too many others were practicing illegally, including influential politicians, editors, reformers and corruptors of certified herds, to justify any special pursuit of the inconspicuous McDowell.

McDowell continued to practice without interference in spite of the official but discreetly unheeded complaints against him.

March 12, 1915, there appeared in the Liberty Register, a country paper published at Liberty, Sullivan county, Dr. McDowell's home, an item of news announcing the appointment of McDowell by the State Board of Health as a New York State veterinarian who henceforth would have charge of the testing of cows in Sullivan county and adjoining counties.

The item was pure fiction. But the news spread rapidly, and as it was looked upon as true McDowell soon found himself the most popular and incidentally the most prosperous veterinarian in the county.

However, he suffered keen competition through the person of another unlicensed veterinarian — Dr. J. C. Smith. Competition of such character sometimes gives rise to rumors.

In the McDowell-Smith case the

Keep Well!
Don't Wait Till You're Ill

BRANDRETH PILLS

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will clean out your system and preserve your health.

One of the best laxatives ever put on the market, carefully prepared, and only the best materials used in their manufacture.

We have customers who have taken them for 20 years or more and would not be without them.

AT YOUR NEAREST DRUG STORE
Chocolate Coated or Plain

STATE CHEMISTS WIN VITAL ACTION

Right of the State to Pass Upon Cold Storage Eggs Is Upheld in the Courts

The ability of the chemists of the Dairy and Food Bureau of the Pennsylvania Department of Agriculture to determine when eggs have been placed in cold storage for a period of thirty days or more has been further upheld by an opinion of the Superior Court which affirms a decision of the Blair county court and jury on a recent case.

The Dairy and Food Bureau brought prosecution against a cold storage warehouse company for selling cold storage eggs that were not labeled. The defense contended that the eggs had not been in cold storage but the Dairy and Food Bureau chemists by various tests proved by the eggs themselves that they were in cold storage for thirty days below a temperature of 40 degrees. The proof was so well carried to the jury that a verdict of guilty was rendered.

The cold storage company asserted that no case had been made out to prove the eggs cold storage products but the court overruled the motion and sent the case to the jury. Later the cold storage company took an appeal to the Superior Court which has just handed down an opinion through Justice Henderson sustaining the findings of the jury.

It is the only case on record where a State Department has proven by the eggs themselves that they were cold storage products and promises to have an important bearing on future violations of the cold storage laws of Pennsylvania.

Clear your skin! Make your face a business asset

That skin-trouble may be more than a source of suffering and embarrassment — it may be holding you back in the business world, keeping you out of a better job for which a good appearance is required. Why "take a chance" when

Resinol

Ointment heals skin-eruptions so easily, is so simple and economical to use? It has such a record of success that you need not hesitate to try it, even though you have used other treatments with little or no success.

Resinol Ointment is sold by druggists everywhere.

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BELL, 3762. Opposite Orpheum Theater DIAL, 4802.

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Back and Front-Lace for **STOUT FIGURES**

Make large hips disappear; bulky waist-lines more graceful; awkward bust-lines smaller and have the "Old Corset" comfort with first wearing.

W. B. Reduso No. 703 \$3.50

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For **SLENDER and AVERAGE FIGURES**

Give Style, Comfort and perfectly fitting Gown. Long wearing, they assure the utmost in a corset at most Economical Price.

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\$3.50 & \$5.00 to **\$1.00** to **\$3.00**

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WEST SHORE NEWS

Social and Personal News Items of Towns Along West Shore

Mr. and Mrs. William E. Eckman, of Boiling Springs, were entertained on Sunday by Mr. and Mrs. Walter S. Zimmerman, at their residence at Shiremanstown.

Miss Helen Reider has returned to her home, near Sporting Hill, after spending several days with her sister, Mrs. Roy Thumma, at Shiremanstown.

Miss Susan Wise, of Harrisburg, was a week-end visitor at Shiremanstown.

Miss Mary Goodyear, of Harrisburg, spent Sunday with Miss Mary Atticks, at Shiremanstown.

Mr. and Mrs. R. E. Wolfe, of Shiremanstown, spent Sunday with Mr. and Mrs. John Spangler, at Wellsville.

Miss Clea Strominger has returned to her home at Lisburn, after being the guest of Mr. and Mrs. William Corman, at Shiremanstown.

Miss Beiva Wentz and Samuel Wentz, of Harrisburg, spent Sunday with Mr. and Mrs. George K. Eshleman, at Shiremanstown.

Mrs. Sara Clouser, daughter, Mrs. George Sadler Rupp, of Shiremanstown, and the latter's guest, Miss Katie Fels, of Baltimore, were entertained at dinner recently by Mr. and Mrs. John Culp at their country home at Roxbury.

Mr. and Mrs. Charles Ebert, son, Stuart, of Mechanicsburg, spent Sunday with Mrs. Ebert's parents, Mr. and Mrs. J. S. Ebert, at Shiremanstown.

Albert Hancker, of New Cumberland, was at Mt. Holly Springs yesterday.

Miss Helen Lechtaler has been elected assistant chorister at Trinity United Brethren Church, New Cumberland.

Miss Leah Kauffman, of New Cumberland, who has been spending several weeks at Washington, D. C., has returned home.

Samuel Peters, of New Cumberland, spent yesterday at Philadelphia.

Mr. and Mrs. John Eby and daughter, of Harrisburg; Mrs. W. D. Smith, E. D. Smith and daughter, of Markville, spent several days with Mrs. Bertha Atland at New Cumberland.

MITE SOCIETY TO MEET

Enola, Pa., March 21.—This evening a special meeting of the committee of the Ladies' Mite Society of St. Matthew's Church in charge of the purchase of the graduating class of the Enola high school for the Lebanon Valley College, Annville, Pa., and Worcester Polytechnic Institute, of Worcester, Mass. Owing to the fact that a four-year course has been adopted by the school board, there will be no graduating class this spring, but both offers will no doubt be accepted next year.

BOY FALLS FROM WAGON

New Cumberland, Pa., March 21.—Maurice Bowen, 12-year-old son of Mr. and Mrs. Raymond Bowen, of Bridge street, fell from a wagon while attending the Walker sale yesterday and was injured.

FERRY BOAT RESUMES TRIPS

New Cumberland, Pa., March 21.—The Steelton ferry boat, which has not been running for three months, commenced its regular trips yesterday.

GRANGE TO MEET

Marysville, Pa., March 21.—Hunter's Valley Grange will meet this evening at the home of W. E. Hebel. Mr. and Mrs. L. C. Charles will furnish entertainment for the Grange by giving several recitations. In addition, a debate on "Resolved, That the Boy Raised on the Farm Stands a Better Chance of Success by Staying on It Than by Going to E. City." A business session will be held.

French Coal Problem Is Vexing in War or Peace

Paris, March 21.—However pressing the problem of coal may be to France in war time, it will be even more pressing with the return of peace. Already the government is studying possible ways and means of freeing France from the war from bondage to German coal. The industrial situation before the war was continually aggravated by the fact that France had to depend on Germany for so large a proportion of her supply of coal. Everybody in France hopes that some way out of a return to that condition of dependency may be found after the war.

The situation is complicated by the French expectation that Alsace-Lorraine again will become French. The return of these provinces would mean virtually a doubling of the nation's requirements of coal, owing to the immense amounts required for the development of the iron deposits in Lorraine. This means that instead of doing with about 50,000,000 tons of coal a year, as before the war, France will need more than 100,000,000 tons,

You Can Make Excellent Cake with Fewer Eggs

Just use an additional quantity of Royal Baking Powder, about a teaspoon, in place of each egg omitted.

This applies equally well to nearly all baked foods. Try the following recipe according to the new way:

CREAM LAYER CAKE

Old Way	New Way
1 cup sugar	1 cup sugar
1/2 cup milk	1 cup milk
2 cups flour	2 cups flour
2 teaspoons Royal Baking Powder	4 teaspoons Royal Baking Powder
2 eggs	1 egg
1/2 cup shortening	2 tablespoons shortening
1 teaspoon flavoring	1 teaspoon flavoring

Makes 1 Large 2-Layer Cake

ROYAL BAKING POWDER

made from Cream of Tartar, derived from grapes.

No Alum No Phosphate

DIRECTIONS—Cream the sugar and shortening together then mix in the egg. After sifting the flour and Royal Baking Powder together two or three times, add it all to the mixture. Gradually add the milk and beat with spoon until you have a smooth pour batter. Add the flavoring. Pour into greased layer cake tins and bake in a moderately hot oven for twenty minutes. This cake is best baked in two layers. Put together with cream filling and spread with white icing.

PACIFISTS WOULD CHINIFY U. S.

"When the present Great War is over," says Colonel Roosevelt, in the March issue of National Service, "there will be an immense revival of pacifists talk and agitation. All the pacifists will again begin to scream against preparedness, and will again bring forward their various quack nostrums against war. If they have their way they will make us the China of the Occident; and surely in the end we shall suffer the fate of China. More than anything else this Nation needs farsighted preparedness in advance; preparedness both spiritual and material; preparedness so that in time of peace we shall secure social and industrial justice and efficiency; military preparedness, so that in time of war we shall be able to guard our own hearthstones."

NEED FARM WORKERS

Berlin, March 21.—To prevent any further exodus of agricultural workers from the farms to highly paid jobs in the munition factories the following appeal signed by the Director of Civil and Military Supplies, General Groener, has been placarded in all the rural districts: "Agricultural work is a patriotic auxiliary service. Our brothers at home rely on you. Be proud of this. He who rains away from the plough to the town for the sake of earning a few pence more is a deserter. Hold back such weaklings by example and word."

PRIZE MONEY FOR CREW

London, March 21.—Prize money to the value of \$4,650 was awarded to officers and crew of the destroyer Lance which fired the first shot in the war and sank the German mine layer Koenig Louise, on August 5, 1914.

THOUSANDS NEED S. S. S. RIGHT NOW!

prevalent just at this season? The reason is easily explained, and the condition can be readily corrected. There are certain demands made upon the human system every day, and weather conditions play an important part with the functions of the body. Impurities have accumulated during the long winter period, your blood has become sluggish, and as the health of your body depends upon the condition of your blood, it is impossible to be vigorous and feel buoyant when it contains the slightest impurity.

Nature needs assistance, and the feeling of lassitude is her distress signal calling for aid. She needs a cleansing tonic that will sweep away the accumulated impurities and prepare the system for the bright and sunny spring-time.

It is right now that everybody needs a few bottles of S. S. S., the greatest blood purifier and tonic. This is truly nature's own remedy, for it is composed only of the roots and herbs of the forest, being guaranteed purely vegetable, and absolutely free from any particle of mineral substance. It promptly cleanses and revitalizes the blood, renews the appetite and imparts strength to the entire body. It should be taken right now by every member of the family. Resolve that this spring will find you and yours prepared for the change, and you will have a new enjoyment in the change of seasons.

You can obtain S. S. S. at any drugstore. Our medical department will send you, without charge, full information and advice in regard to any kind of blood disorder. Address Swift Specific Co., 95 Swift Laboratory, Atlanta, Ga.

To Prepare the System for Spring

The change of seasons is always severe on the human system. Particularly is this true of the change from winter to spring. With the change of seasons there is also a change going on within the human system that is very trying on the average person, unless nature is given some assistance.

The severity of winter has a wearing effect and leaves the body in a run-down condition. That is what is meant by the general debility which seems to affect so many people, commonly called "Spring fever." Anyone is liable to feel its depressing influence.

At this season men who are vigorous and active, and need all their strength in their daily pursuits, find creeping over them, a feeling of weakness which increases until their entire system becomes worn-out and a breakdown seems imminent.

Women become nervous and tired, their household duties seem more than they can stand, they can hardly drag themselves around, so weakening is the "all-run-down" feeling which takes possession of them.

Spring ailments are common to children, for this is the season that is most severe on their little bodies. They become puny, lose appetite, are cross and irritable, all because they are not in the proper physical condition to stand the change.

Why is this general run-down, "good-for-nothing" feeling so

Cultivate Your Own Garden

Cut the cost of living and acquire a city lot at the same time.

That tract of ground, (good soil) lying between Seneca and Schuylkill and Jefferson and Seventh, is laid out in lots which you can purchase at a low price. Small cash payment and monthly instalments. You can start gardening at once on your own lot and pay for it in a short time; meanwhile, supply your table, with value of land continually advancing.

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