

# FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

By ALFRED W. McCANN

**CHAPTER 190**  
Standard head rice is not a substitute for the potato, in the place of which it is recommended by rice bulletins issued for free distribution among the people—Head rice, lacking in salts, is expensive at any price—the potato, rich in salts, is cheap at any price—Natural brown rice is a perfect substitute for the potato.  
The organized movement now active in all parts of the United States to popularize rice and hominy as a substitute for potatoes threatens, unless checked, to work a great evil among the people. If successful this vigorous effort to inspire an increased consumption of these denatured products cannot fail to set up another bad habit among the poor and start them moving in the direction of still greater quantities of foodless foods.  
In a "rice bulletin," of which one million were issued for free distribution, February 26, 1917, the following statement was made:  
"Rice contains more strength-giving material than potatoes. Potatoes are three-fourths water, while rice contains practically no water."  
The facts are that evaporated or dehydrated potatoes, of the kind we have been shipping through Sweden to Germany and through England into France, contain but 7.1 per cent. water, as contrasted with 72.5 per cent. water in boiled rice. The same potatoes contain 8.5 per cent. protein, as against 2.8 per cent. protein in boiled rice. The same potatoes contain 80.9 per cent. starch, as against 24.4 per cent. starch in boiled rice.  
It is thus easy, as you see, to twist figures to make them appear to mean just the reverse of what they really do mean.  
Rice is not consumed raw. When boiled it contains as much water as the potato and about the same quantity of starch and protein. The two dishes, when set upon the dinner table ready for consumption, are almost identical as far as starch, protein and

to obtain outside the grocery departments of department stores in New York City and Chicago. If a food dictator ordered the use of natural brown rice the rice mills would supply it at prices much less than those now quoted for standard grade head rice. The mills would not have to forego the profits of milling the brown rice to make it white. But they would obey orders, and if the people once learned the facts of natural brown rice they would never go back to head rice.  
All head rice is derived from natural brown rice. There is no other kind of rice. It is by removing the outer husk of the rice that we have very vital of the natural brown rice kernel, that we obtain the denatured product known as head rice.  
March 11, 1917, new regulations became operative in France forbidding the use of white bread, substituting whole meal bread in its place. There is no more reason for accepting the truth in France than in America. Educators and men prominent in public life should keep pace with the truth where the fundamentals of nutrition are concerned.  
What the people want now is cheap, wholesome, adequate food. Any public policy which emphasizes the importance of cheapness ignores the factors of wholesomeness and adequacy is a dangerous public policy.  
If the present tense situation, which, as respects the quantities of foodstuffs in the United States, still available, is not so tense as it appears on the surface, assists the general public to an understanding of the fact that standard head rice is not and never can be, a substitute for the old-fashioned, commonplace, but noble potato, we can well afford to bear with patience the present high prices asked for the benevolent tuber. These high prices are already on the decline, and will soon be back to normal.  
**BRIDE OF FEW MONTHS SEEKS DIVORCE**  
Uniontown, Pa., March 27.—Miss Gertrude E. Boyd, nineteen years old, of New Geneva, last January was married here to Edward B. Trimmer, fifty-nine years old, a wealthy merchant of White House. Mrs. Trimmer fled a suit for divorce, alleging cruel and barbarous treatment.  
**WEDS, THOUGH 71 AND "BROKE"**  
Leavenworth, Kan., March 26.—After Probate Judge William P. Wettig had granted the divorce of a 71-year-old Civil War veteran, James H. Murphy, 50-year-old widow, the other day, the aged man called the judge aside and explained that he could not pay the marriage tax. His pension arrived. The veteran declared he had been a bachelor too long and he needed a wife. The judge congratulated him for his bravery in facing the high cost of living under the circumstances.  
**SOCIALISTS TO MEET**  
A free entertainment and dance will be held in Maennerchor hall, 221 North street, at 8 o'clock, March 27, by Dauphin county Socialists. James H. Maurer, president of the Pennsylvania Federation of Labor, will deliver the principal address. His subject will be "War and the High Cost of Living."  
**MOTOR TO YORK**  
Lee Herman, Davis Morrison, Philip Snyder, Herman Nathan, Morris Nathan and Henry Cohen, of this city, went to York by automobile to join a house party, last night. Miss Gertrude E. Boyd, hostess of the party. The young men had a delightful trip and came home early yesterday morning.  
**NEW PARTY FOR PEACE**  
Copenhagen, March 27.—The Radical Socialist organization in Germany, which after having been read out of the regular Socialist ranks, is forming a new party, has issued a program as a Reichstag resolution. The program demands, among other things, a speedy peace and annexations by any of the belligerents.

## SALES CLUB TO MEET AT TECH

D. M. Barrett, Founder of Salesmanship Congress Movement, to Speak



D. M. Barrett, secretary-treasurer of the World's Salesmanship Congress and editor of Salesmanship Magazine, will address a big meeting of sales people of Harrisburg Friday in the Technical high school auditorium.  
Mr. Barrett is the organizer of the movement for betterment of business through betterment of salesmanship. As a result of salesmanship clubs were started in many cities and towns of the country.  
The second annual session of the Salesmanship Congress will be held June 10-14. Delegates will be selected to represent the Harrisburg club, which is one of the fifty in the organization. The first session was held last July, in Detroit. President Wilson giving the opening address.  
Mr. Barrett on Friday will give a history of the organization of the congress and will explain the benefits to be derived by membership in the local club.

## Popular Annville Girl's Engagement Is Announced

Mr. and Mrs. M. E. Brightbill, of Annville, gave a noon luncheon Saturday to announce the engagement of their daughter, Miss Helen Elizabeth Brightbill, to Philo A. Stratton, of Hagerstown, Md. The appointments were of yellow and white, with suggestions of Easter.  
The announcements were cleverly hidden in yellow balloons, tucked away in Easter eggs, which, when blown up, filled the room with flying bits of Mother Goose rhymes adapted to fit the great tale of interest of the day. Miss Brightbill, who will be graduated from Vassar in June, has a wide circle of friends in this city. She is editor of Vassar Miscellany, an athletic team, and taken many honors. Mr. Stratton is a graduate of Columbia University. No date has been set for the wedding.  
Among the twenty-four luncheon guests were Miss Alice Satterthwaite, of Wilmington, Del.; Miss Helen Thornborn, of Detroit, Mich.; Mrs. G. Weidman Groff, of Canton, China; Miss Walton, of Hummelstown; Mrs. Ralph Irving Dehl, of Paxtang; Miss Katharine Middleton, of this city; and Miss Helms, of Tremont, Pa.

## OPEN BIDS FOR NEW PATROL FOR POLICE DEPT

Bids for a police patrol to replace the one now used by the department were received as follows: International, \$1,780; Autocar, \$2,450; Peerless, \$2,500; Cadillac, rebuilt, \$2,475; Willys Knight, \$2,000; Garford Truck, \$2,550; Reo-4, \$1,700; Reo-6, \$1,925; Vehe, \$2,350. An appropriation of \$2,500 was provided in the annual budget to purchase the new patrol. The contract award will probably not be submitted to Council for approval until next week.

## SLANDER SUIT FOLLOWS ALLEGATION OF MURDER

Uniontown, Pa., March 27.—Ralph L. Lorenz, of Point Marion, who was arrested recently with his wife, and Lou Carrico and his wife in connection with the alleged murder of John Mueller, at that place, on last April 3, and who was released later, filed a suit for \$5,000 damages for alleged slander against Charles E. Mueller, wealthy distiller and father of John Mueller. He claims that the distiller slandered him in alleged statements against Lorenz of beating his son to death.

## ROYAL PRINCE DIES

London, March 27.—The Daily Express says it learns that Prince Friedrich Karl, of Prussia, who was reported in a Madrid dispatch as having been shot down by artillery while flying in an airplane over the British lines near Peronne, has died from his injuries.

## National Safety Council Offers to Co-operate with National Defense Council

Low R. Palmer, of the Department of Labor and Industry, has sent a letter to Governor Brumbaugh offering the services of the National Safety Council, of which he is president, to act in co-ordination with the Council for National Defense in the promotion of industrial preparedness.  
A special committee was authorized with the president of the council as chairman, to confer with Walter S. Gifford of the National Defense Council to outline plans for co-operative action.  
Of the vital industrial firms that are under the direction of the National Safety Council are all the big railroads in this State, the iron and steel plants, the backbone of Pennsylvania industries, the large chemical plants, as well as the mines and textile industries.

## CHANGE MEETING NIGHT

The Authors' Club will meet Thursday evening of this week with the president, Mrs. Maurice E. Finney, 1407 North Front street, in place of to-morrow evening, the regular time, which interferes with the Wednesday Club's artists concert.

# \$25,000 Furniture Sale Lasts All This Week Ending Saturday Evening 9 P. M.

Prices will positively be withdrawn after this sale. NOW IS THE TIME TO BUY, FOR PRICES WILL NOT BE SO CHEAP AGAIN FOR A LONG TIME TO COME.

**9 Piece Colonial Dining Suites**  
Quartered Oak, as Illustrated



**\$100.00 Value; Sale Price . . . \$79.00**

**Quartered Oak Dining Tables,**  
as illustrated, made of Genuine Quartered Oak, Plank Tops.




**\$22.50 Value; . . . \$17.75 Sale Price . . .**  
Others From \$9.98 up.

**Fumed Oak Bed Davenports,**  
covered in Imitation Brown Spanish Leather, as illustrated, \$45.00 value . . . **\$27.50**



**Mahogany Library Tables,**  
as illustrated, 48 inches long, \$35.00 value, **\$22.50**  
Others \$7.50 up.



Now is the critical time to buy your Rugs, just before another big general advance. Take advantage of the lowest prices that will be offered you in a long while to come. The newest designs in Whittall Brussels Rugs in all sizes

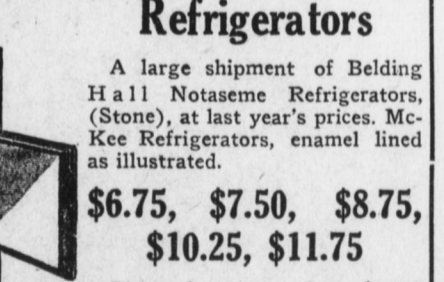
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| 9x12 size . . . . .           | \$37.50 |
| 9x12 Axminster Rugs . . . . . | \$27.50 |
| 9x12 Tapestry Rugs . . . . .  | \$19.98 |
| 9x12 Grass Rugs . . . . .     | \$9.98  |
| 9x12 Matting Rugs . . . . .   | \$3.98  |

**Refrigerators**  
A large shipment of Belding Hall Notaseme Refrigerators, (Stone), at last year's prices. McKee Refrigerators, enamel lined as illustrated.



The largest variety of Brass Beds you have ever witnessed are being displayed in this sale, as last year's prices. Beds as illustrated. Value \$22.50. Sale Price, **\$16.75**

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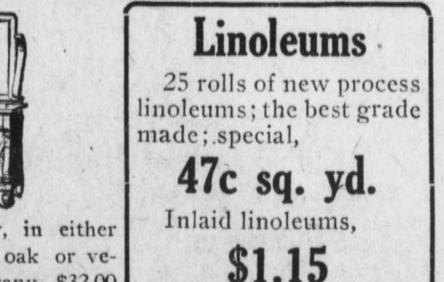


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**Reed Baby Carriages**  
In this sale there are only high grade oval reed carriages that will give the user the maximum service.  
All round reed sleepers in natural, white and gray finish  
**\$24.50, \$27.50, \$29.75**



**Linoleums**  
25 rolls of new process linoleums; the best grade made; special, **47c sq. yd.**  
Inlaid linoleums, **\$1.15**  
Please bring dimensions Remnants Half Price



**Goods Held Until Wanted**  
**CHAS. F. HOOPER**  
Furniture Company  
1415-19 N. Second Street

**"The Bayer Cross"**  
on every package and on every tablet of Genuine Aspirin protects you against all counterfeits and substitutes.



Look for "The Bayer Cross—Your Guarantee of Purity"

Sold in Pocket Boxes of 12, Bottles of 24 and Bottles of 100

The trade-mark "Aspirin" (Reg. U. S. Pat. Office) is a guarantee that the monoacetic ester of salicylic acid in these tablets is of the reliable Bayer manufacture.

# Doctor Says Crying Need of the Woman of Today Is More Iron in Her Blood

## TO PUT STRENGTH IN HER NERVES AND COLOR IN HER CHEEKS

Any Woman Who Tires Easily, is Nervous or Irritable, or Looks Pale, Haggard and Worn Should Have Her Blood Examined for Iron Deficiency.

Administration of Nuxated Iron in Clinical Tests Gives Most Astonishing Youthful Strength and Makes Women Look Years Younger.

"There can be no healthy, beautiful, rosy cheeked woman without iron," says Dr. Ferdinand King, a New York Physician and Medical Author. "In my recent talks to physicians on the grave and serious consequences of iron deficiency in the blood of American women, I have strongly emphasized the fact that doctors should prescribe more organic iron—nuxated iron—for their nervous, run-down, weak, haggard-looking women patients. Pallor means anemia. The skin of the anemic woman is pale, the flesh flabby. The muscles lack tone, the brain fags and the memory fails. Often they become weak, nervous, irritable, despondent and melancholy. When the iron goes from the blood of women, the roses go from their cheeks.  
In the most common foods of America—the starches, sugars, table syrups, candies, polished rice, white bread, soda crackers, biscuits, macaroni, spaghetti, tapioca, sago, farina, degerminated cornmeal, no longer is iron to be found. Refining processes have removed the iron from these products. The iron from these impoverished foods, and silly methods of home cookery, by throwing down the waste pipe the water in which our vegetables are cooked, are responsible for another grave iron loss.  
Therefore, if you wish to preserve your youthful vim and vigor to a ripe old age, you must supply the iron deficiency in your blood by using some form of organic iron, just as you would use salt when your food has not enough salt.  
As I have said a hundred times over, organic iron is the greatest of all strength builders. If people would only take Nuxated Iron when they feel weak or run-down, instead of dosing themselves with habit forming drugs, stimulants and alcoholic beverages, I am convinced that in this way they could ward off disease, preventing it becoming organic in thousands of cases, and thereby the lives of thousands might be saved who now die every year from pneumonia, grippe, kidney, liver, heart trouble and other dangerous maladies. The real and true cause which started their disease was nothing more nor less than a weakened condition brought on by lack of iron in the blood."  
NOTE—Nuxated Iron, which is prescribed and recommended above by physicians in such a great variety of cases, is not a patent medicine nor secret remedy, but one which is well known to druggists and whose ingredients are widely prescribed by eminent physicians in Europe and America. Unlike the easily assimilated, does not injure the teeth, make them black, nor upset the stomach; on the contrary, it is a most potent remedy in nearly all forms of indigestion as well as for nervous, run-down conditions. The iron constituents are given great confidence in nuxated iron, that they confer to forfeit \$100.00 to any charitable institution if they can find in four weeks time, provided they have no serious organic trouble. They also offer to refund your money if it does not at least double your strength and endurance in ten days time. It is dispensed in this city by G. A. Gargas, J. Nelson Clark, all good druggists.

**Dr. Ferdinand King, New York physician and author, tells physicians that they should prescribe more organic iron—Nuxated Iron—for their patients—Says anemia—iron deficiency—is the greatest cause to the health, strength, vitality and beauty of the modern American Woman.—Sounds warning against use of metallic iron which may injure the teeth, corrode the stomach and do far more harm than good; advises use of only nuxated iron.**

