

FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

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By ALFRED W. McCANN

The prospect of a food shortage urges luxury-loving America to examine the dietary of the Aborigines—The food upon which the Red man developed physical magnificence is still here in abundance, but the people of the twentieth century, unlike the early settlers, are unable to obtain it—Our present food shortage, if it results in restoring the vitalizing foods upon which the Indians thrived, will prove to be a blessing in disguise.

Notwithstanding the fact that the United States annually produces hundreds of millions of bushels of corn, this most ancient and most precious of the fruits of the field has been lost to the American people.

We no longer eat corn in America. The many products consumed under the name of corn are mere shadows of the substance on which the early settlers of this country lived.

For the first time in the history of the United States we are confronted by what is called a food shortage. It is not now necessary to trace the phrase "food economy" which we hear so often. Its origin is too recent not to be painful to hundreds of thousands of American citizens who are at last seriously interested in the problems involved in the feeding of their children.

If the present shortage in foodstuffs results in our attaining a more sensible appreciation of the laws of nutrition, the discomforts which it entails will be well worth the price paid for them.

We have forgotten all that our forefathers knew concerning the food of the Indian tribes of the United States and Canada.

We have forgotten that time and again the little struggling colonies and settlements of white men from Labrador to Florida and from the Atlantic to the Pacific would have perished by famine and disease had they not been able in times of scarcity of food to rely upon the products of the Indians' industry.

We know well that the white men who made possible the American cities of ours subsisted on what they could obtain from the natives in the

way of corn and the other things we are about to describe.

The corn of the Indians and the corn of our forefathers was not only good to eat, but it was worth eating. That the follies of civilization should ever have conspired to lay their destroying hands upon this life-sustaining food is one of the tragedies which it is not yet too late to control.

There is no fiction in the statement that we are now planting cornfields to no purpose. There is no fiction in the statement that corn was indeed the bread of life of the Indian.

Dr. Richard Lusch in his work, "Agriculture Among Primitive People," tells us of the remarkably large quantities of the eastern and western Indian tribes.

Professor Cyrus Thomas in his "Hand Book of American Indians North of Mexico," collects the evidence of Cartier, Champlain, Sagard, Charlevoix, de Tonty, and General Wayne as to the immense fields of corn all over the country.

Sagard, quoted by Edwin Wiley and Irving G. Rines, of the Library of Congress, is on record as saying, with reference to the Hurons, "I lost my way quicker in these fields of corn than in the prairies or forests."

General Wayne, quoted by the same authorities, said: "I have never before beheld such immense fields of corn. There is no question of the extent to which the Indians cultivated corn or of the immense quantities both standing on the stalk and stored in the dry ear which the French and English destroyed during the Indian wars throughout the entire territory of the Iroquois, which is to-day the State of New York, a cornless waste."

The fact is so plain enough. We know that it was due to the cultivation of corn by the Indians that we owe the survival of the whites and the without corn the peopling of America by the white men would probably have been delayed a hundred years.

It was from the Indians that the whites learned the methods of planting, harvesting, storing, and using corn.

Governor Bradford himself tells us how in April, 1621, the Indians taught the colonists of New England how to "set" corn, how to manure it properly, how to plant it in hills, how to plant corn and beans together in the same field, or corn with pumpkins.

The American citizens of 1917 who would appreciate the profound significance of corn upon the history of the United States will find plenty of inspiration in Harslberger's "Maize, a Botanical and Economic Study," and in A. C. Parker's "Iroquois Uses of Maize and Other Food Plants."

The red men were hardy, tall, strong. Their physical perfections were little short of magnificent. They ate corn daily. But they ate all of it. They boiled it whole. They made bread cakes, mush and porridge, they parched it and roasted it.

From their skill the early settlers learned the secrets of Indian cooking, of Boston brown bread, now only a relic of the past; of corn dodgers, corn muffins, johnny cake, hoe cake, ash cake, succotash, popcorn.

To the fact that corn, squash, and pumpkin all came from the same field New England owes to-day its preference for squash dishes and pumpkin pie.

To-day we eat only the starch of the corn, and if we would appreciate how few of us resemble in physical proportions the magnificent of the corn-eating red man, we need only examine the percentages of young applicants rejected by the United States army on account of "physical unfitness."

The old-fashioned coffee mill and a bushel of whole corn are not without their significance for the future of America.

Sent to Bank With \$435 by Brother, He Has Not Been Heard of Since

Sent to bank by his brother, John Dupes, of Middletown, to deposit \$435, Saturday morning, Jesse Dupes, 41 years, has not been seen since.

Jesse Dupes between 9 and 10 o'clock Saturday morning was sent to make the deposit in the Farmer's Bank, Middletown. Becoming alarmed on account of the long stay, John Dupes, inquired at the bank and found that his brother was not there. He at once notified the county authorities but all efforts to locate him have been in vain.

Jesse Dupes came here from Grand Rapids, Mich., to spend some time with his brother. This was the first time Mr. Dupes allowed any person to do his banking. Mr. Dupes is proprietor of the Windsor Hotel.

Harrisburg Peace Society Urges President Not to Ask For War Declaration

Claiming aggressive warfare is the weapon of despotism and un-American, the Harrisburg Peace Society has written to President Wilson urging him not to ask for a declaration of war by Congress.

The letter to the President was sent by Rufus McCord, secretary of the organization, of which Dr. John J. Mallowney is president. In the communication the officials declare there is absolutely no excuse at this time for a declaration of war against Germany and that the people of the country are opposed to it. If force is necessary to stop the war, a suggestion is made that this country pursue the same sea tactics as Germany. In conclusion the President's attention is called to the last appeal of W. J. Bryan to Congress as a solution of the present trouble.

Senator Penrose Says Million Men Will Come at Call of President

Philadelphia, April 2.—Pennsylvania's representatives in Congress will be lined up solidly for the protection of American rights. Senator Penrose's declaration made Saturday at the monster patriotic demonstration here is to-day being described as a clear outline of this State's thought.

Senator Penrose described the big rally as the peer in numbers and enthusiasm of any he had attended in a public career of more than 30 years. He declared that no one could longer doubt that the people of Philadelphia and Pennsylvania are sound to the core in their patriotism. He predicted that every person in the city and State would promptly rally to the support of the government at the first call for defenders of American rights on land or sea. He continued as follows:

"To-morrow, if necessary, one million men will answer the call of the President to defend the American government in any part of the world. This meeting can have no immediate effect. Our country is totally unpre-

pared, and it will be an inspiration to me and to the American Congress in reading of this and other meetings being held to-day throughout the country to know that the American people are back of the Congress, to make every preparation possible to place the American Republic upon an adequate basis of national defense.

"If this splendid meeting to-day accomplishes no other result, it will have been of enormous effective value in encouraging every member of Congress in both branches of that body to see that we never again confront a crisis in our international affairs, when we are totally unprepared, but that, in the future, the American Republic will be fully armed to uphold the policies which are ours and to defend American life and American liberty on the sea and on the land.

"Going as I do, to-morrow, to Washington, I shall carry with me a renewed inspiration and a firmer resolution shall be mine to do my part to place the American Republic on a firm foundation, feeling that you, in this splendid demonstration, are fully at my back and will indorse all my actions toward that end."

Attling Interior of Commonwealth Preliminary to Sale of Furnishings

Employees of the Commonwealth Hotel to-day began dismantling the interior preparatory to the sale of furnishings to-morrow. The last guest left yesterday afternoon and with his departure the Commonwealth ceased to be an accommodation house for travelers.

Many antiques, old pieces of furniture, bric-a-brac, bed clothing and dish ware will be sold at the public auction.

Among the last guests at the hotel were H. B. Ewart of Springfield, Ohio, and Mr. and Mrs. F. A. Dudley, of Niagara Falls. Mr. Dudley is president of the United Hotels Company, which will operate the new Penn-Harris Hotel. He was her for the directors' meeting Saturday.

KILLS WIFE FROM JAIL

Harrisburg, Va., April 2.—Harry Lang, in jail at Shenandoah City for obtaining goods under false pretenses, killed his wife outside yesterday with a pistol through the walls and then committed suicide. The tragedy is believed to have been planned by the couple when Lang was arrested Friday.

LARGE CROWDS GREET PASTOR

Large congregations greeted the Rev. Dr. Robert Eganell, new pastor of Grace Methodist Church, at his first services yesterday.

LONGING FOR A CHILD

Young Wife Almost in Despair. Now has Beautiful Baby Girl.

There is nothing more charming than a happy and healthy mother of children, and indeed child-birth under the right conditions need be no hazard to health or beauty. Lydia E. Pinkham's Vegetable Compound has brought joy to many childless women by restoring them to normal health. Here is a notable case.

Omaha, Neb.—"I suffered from female troubles when I was seventeen years old. At eight years I was married and my trouble was no better so I consulted a physician who said that there was not much I could do and I could not have children.

I read of Lydia E. Pinkham's Vegetable Compound and decided to try it, and it has proved worth its weight in gold to me for I am not only well but have a baby girl, so when I hear of any woman suffering as I was I tell her of Lydia E. Pinkham's Vegetable Compound."—Mrs. W. HUGHES, 19 Majestic Apts., Omaha, Neb.

In many other homes, once childless, there are now children because of the fact that Lydia E. Pinkham's Vegetable Compound makes women normal, healthy and strong.

Elderly People Praise Cadomene

For Nervous Ill Health

Elderly People Praise Cadomene: Sept. 23, 1916.

Dear Sir:—I just bought another tube of Cadomene Tablets. My wife and I have used one tube and we find them as you state. My wife had become very nervous, cross and irritable, and so had I. I am glad I got the Cadomene as it has made my wife a whole lot better, and they have helped me to sleep, as I was so very nervous. We both are getting on in years, although my wife says she is not old, now since using Cadomene, and I believe it, too, because she is so lively and not cross as she was. Your Cadomene Tablets surely made us feel like New People all right. Find stamp enclosed for Health Book.

Respectfully, Hugh Kelsce, 219 E. Broadway, Muskogee, Okla.

Note—Cadomene Tablets are undoubtedly a nerve and system tonic of unquestioned merit. Sold by all leading druggists everywhere. Persons who have been benefited by Cadomene owe it to others to write the proprietors their testimony.—Advertisement.

How Ladies Improve Looks!

"Many ladies, old and young, suffer a round of torture with their nerves, and many are so frail, thin and bloodless that their splendid features are lost sight of, while a vain attempt to conceal the angularity of the figure deceives no one but themselves. These excites the pity or ridicule of the world," said a well known largely employed practicing physician in a recent lecture at a young ladies' college. "I do not mind exposing a little secret of mine to all such, as it can do no harm and may result in much happiness and health. It is simply this: Any thin, bloodless, nervous, or frail woman or man can become as fit as the fittest by taking regularly for several months an easily obtained pharmaceutical product known by the profession and pharmacists as three-grain hypo-nucleate tablets, put up in sealed packages with directions for home use."

The Kosine Treatment for EPILEPSY

can be used with absolute confidence. It relieves all fear of the attacks which are so frequent in that terrible disease. It waits every suffering epileptic to give the Kosine Treatment a trial, for the success of the treatment during the past fifteen years has proved the Kosine Treatment to be of unusual merit. Call at our store and get a large bottle for \$1.00. If you are not entirely satisfied your money will be refunded. Booklet giving complete directions, etc. Free on request.

George A. Burgess, 15 North Third Street.—Advertisement.

Russians Believe Weather Will Protect Their Line

Petrograd, April 2.—"No serious activity may be expected on this front in the near future. The melting snow, impassable, precludes any big operation." This declaration of the Russian war minister, Alexander Guchkoff, at staff headquarters after a visit to the northern front, appears to dissipate the alarm created by the startling warning of the war minister a week ago that the capital itself was menaced by a threatened German attack. It was argued at the time of the enunciation of the minister's warning, which was the culmination of a series of similar declarations from the other ministries and by the president of the Duma that the mobilization of enemy forces along the northern front, was seized upon as a pretext by the new government to arouse the army and the workingmen to a realization of the responsibility resting on them and stem the tide of disorganization which threatened to break down the efficiency of the army.

JEWS MAKE PROGRESS

New York, April 2.—The American Jewish Congress organized to obtain equal civil, national and religious rights for the Jews throughout the world, will be held at Washington, September 2, unless the administrative committee decides upon an earlier or later date. This decision was reached at a stormy meeting here yesterday of the executive committee of the congress. While sharp differences developed, as to the congress, the opinion was general that the fight for Jewish rights took a long stride forward with the establishment of the new Russian government.

UNCLE SAM'S SUIT

By William F. Kirk

Dear Uncle Sam: This free advice may not be very pleasant, but, as you've found out once or twice, there's no time like the present. Through all the long, fat years you've known (I don't know how this hits you) you've loafed as much as you have grown!

Please get a suit that fits you.

Dear Uncle, get a coat of mail and pants too hard to ravel. A suit no fall can pierce at all. However swift it travel. You're all the Uncle Sam we know—We're mighty glad we've got you; But what if some cantankerous foe should come along and swat you?

Full many a pale and thoughtful brow is daily growing paler, So if you'll listen to us now We'll gladly pay the tailor. This little note to you is not Intended to abuse you, You're all the Uncle Sam we've got— And we're not going to lose you!



Save \$2; Buy PYRENE Today

Word has just reached us that the price of a Pyrene Fire Extinguisher becomes \$10 May 1. Today it is \$8. If you buy today you save \$2. So we urge you to buy today. Don't put it off one single day longer. \$2 is \$2, and \$2 saved is \$2 earned.



We hardly need tell you of the danger from fire. Fire may steal into your home tonight. Fire may lay your car in ruins at any moment. Fire may kill before another day rolls around. Would you let \$8 stand between your loved ones and sure safety?

For Sale by THE HARDWARE, ELECTRICAL AND AUTO SUPPLY MERCHANTS of HARRISBURG. P.S.—Remember Pyrene saves 15% on Auto Fire Insurance each year.

