

You Are Both Soldier and Sailor in Marine Corps

Washington, April 11.—The great American public is realizing now more than ever the fact that the marine corps maintains separate and distinct recruiting stations from the other branches of our national defense and that although the marine goes to sea, he is a soldier—not a sailor—and does not serve his country entirely on the ocean wave, according to Major General George Barnett, the commandant of the "Soldiers of the Sea."

The present crisis is causing many patriotic young men to investigate the different avenues in which they may protect the freedom which they enjoy, and those undecided as to whether they would "do their bit" as a soldier or a sailor are enlisting in the marine corps as a "Soldier and Sailor, too."

TRAINS MEN TO BE PROSPECTORS

Training mining men to become competent prospectors is a part of the work of the Washington State college. According to the Spokane Chronicle, this course is likely to prove of value in opening new properties by increasing the number of men in the field who know minerals when they see them.

DANDRUFF MAKES HAIR FALL OUT

25 cent bottle of "Danderine" keeps hair thick, strong, beautiful.

Girls! Try this! Doubles beauty of your hair in few moments.



Within ten minutes after an application of Danderine you can not find a single trace of dandruff or falling hair and your scalp will not itch, but when will please you most will be after a few weeks' when you see new hair, fine and downy at first—yes—really new hair—growing all over the scalp.

A little Danderine immediately doubles the beauty of your hair. No difference how dull, faded, brittle and scraggy, just moisten a cloth with Danderine and carefully draw it through your hair, taking one small strand at a time. The effect is amazing—your hair will be light, fluffy and wavy, and have the appearance of abundance; an incomparable lustre, softness and luxuriance.

Get a 25 cent bottle of Knowlton's Danderine from any drug store or toilet counter, and prove that your hair is as pretty and soft as any—that it has been neglected or injured by careless treatment—that's all you surely can have beautiful hair and lots of it if you will just try a little Danderine.

KEEP URIC ACID OUT OF JOINTS

Tells Rheumatism Sufferers to Eat Less Meat and Take Salts.

Rheumatism is easier to avoid than to cure, states a well-known authority. We are advised to dress warmly; keep the feet dry; avoid exposure; eat less meat, drink plenty of good water.

Rheumatism is a direct result of eating too much meat and other rich foods that produce uric acid which is absorbed into the blood. It is the function of the kidneys to filter this acid from the blood and cast it out in the urine; the pores of the skin are also a means of freeing the blood of this impurity.

REQUESTS POUR IN FOR SEEDS, SHOWING INTEREST IN GARDENS

PLANTING TABLE with columns for Vegetable, Quantity required, Distance Apart (Rows, In Row), and Depth of Planting.

The interest in home gardening is becoming more widespread and the people of Harrisburg are alive to the need of growing as large a quantity of vegetables as possible in their own yards, is emphasized by the requests for garden seeds that are pouring in to the Harrisburg Benevolent Association.

The HARRISBURG TELEGRAPH announced last week that an offer of \$300 worth of seeds, sufficient for planting 60,000 square feet, had been made to this newspaper for contribution among deserving persons by the National Emergency Food Garden Commission, of Washington, D. C., and that the offer had been accepted and the seeds would be turned over to the Harrisburg Benevolent Association who will supervise their distribution.

Since the announcement appeared scores of requests for seeds have been coming not only from Harrisburg but from outlying towns. The Harrisburg Benevolent Association extends its activities only within the city limits, and since it will have sole charge of distributing the seeds only residents of Harrisburg are privileged to share them.

How Much Seed to Buy The following amounts of seed will plant in each case a garden row 100 feet long. Measure your rows and buy accordingly. Also compare your figures with planting table:

- String beans 1 pint Lima beans 1/2 pint Cabbage 1/2 ounce Carrot 1 ounce Cauliflower 1 packet Celery 1 packet All squash 1/2 ounce Beets 2 ounces Sweet corn 1 pint Lettuce 1/2 ounce Muskmelon 1/2 ounce Cucumber 1/2 ounce Eggplant 1 packet Kale, or Swiss chard 1/2 ounce Parsley 1 packet Parsnip 1/2 ounce Vegetable oysters (salsify) 1 ounce Onion sets (bulbs) 1 quart Onion seed 1 ounce Peas 1/2 pint Radish 1 ounce Spinach 1 ounce Tomatoes 1/2 ounce Turnip 1/2 ounce

One or two pecks of early potatoes and 1/2 to 1 bushel of late potatoes give enough seed to supply four persons. Straight rows add to the garden's beauty and make gardening easier. Stretch a string between stakes and follow it with the point of a hoe to open up the row.

Do not plant deep. The old rule is to plant to a depth of 5 times the size of the seed. Consult planting table for depth.

Hoing When you can see the green rows it is time to start hoeing. Never hoe deeply—1 inch deep is enough—but hoe frequently, and always after rain or watering as soon as the ground is dry enough.

Spreading Rain water is the best moisture for the garden because it contains ammonia, which fertilizes. This dust cover will protect this rain moisture in normal seasons.

Special Directions String and lima beans are grown alike. There are two sorts of each—low bush beans and bean vines that climb poles. Pole beans are best for small gardens.

Plant bush beans in hills a foot apart, 5 seeds 1 to 2 inches deep. When plants are 6 inches high pull out half of them. Another way is to plant single seed 3 inches apart in rows.

Plant pole beans in hills the same way, except hills must be 3 feet apart. Thin to 2 plants to the hill. Before planting fix firmly in each hill a pole 5 feet long. Have two rows of hills and slant the poles so that each set of 4 may be tied together at the top like an Indian tepee.

Help the vines to start twining around the poles from right to left. Note—Plant lima beans with the "eyes" of the seeds downward.

Beets Sow seed rather thickly in row, but thin the young plants by pulling until the survivors are 4 inches apart. The pulled plants make excellent greens for cooking.

Cabbages Set plants from indoor seed boxes or pots 15 inches apart in rows, the rows being 1 yard apart. Between these rows early lettuce, radishes, and other little crops may be planted. Early cabbage should be plucked as soon as it has formed solid heads. Late cabbages may be stored in trenches and covered with straw and earth.

Cauliflower Sow seeds 1-2 inch deep, using 1-4 ounce to 25 feet of row. Thin only if roots are crowding each other. Grown the same as cabbages except when the heads form, the loose outer leaves should be tied together over the heads to keep out light and bleach the "curd."

up on bush or poultry wire. The rows of peas should be 3 to 4 feet apart, but it is desirable to plant double rows 1 foot apart, placing the brush between these rows. Plant peas in two-week intervals to give a continuous crop.

Peppers Set young plants from seed box 18 inches apart in rows. Potatoes Plant potatoes in a trench 6 inches deep, spacing off hills 16 inches apart. Rows should be 3 feet apart, and 2 or 3 pieces of potato should be dropped in each hill. Cover seed with 2 inches of soil and fill in the dirt around the stalks as the plants grow. Potatoes need frequent shallow hoeing.

Radishes Planted and grown the same as carrots. Spinach Sow seeds thickly one inch deep in rows one foot apart. Squash Grown the same as cucumbers or muskmelon, except that the hills of Hubbard squash should be 3 to 10 feet apart. Tomato Set out young plants from seed boxes 18 inches apart and support them later with stakes driven into the ground. Rows should be 3 feet apart. Turnip Plant 1-4 ounce of seeds to 50 feet of row, sowing them 1-2 inch deep; rows 1 foot apart.

Thin the young plants by pulling until the survivors are 4 inches apart. The pulled plants make excellent greens for cooking. Cabbages Set plants from indoor seed boxes or pots 15 inches apart in rows, the rows being 1 yard apart. Between these rows early lettuce, radishes, and other little crops may be planted. Early cabbage should be plucked as soon as it has formed solid heads. Late cabbages may be stored in trenches and covered with straw and earth. Cauliflower Sow seeds 1-2 inch deep, using 1-4 ounce to 25 feet of row. Thin only if roots are crowding each other. Grown the same as cabbages except when the heads form, the loose outer leaves should be tied together over the heads to keep out light and bleach the "curd."

Celery Sow seeds in seed boxes and set plants in garden in June or July 6 inches apart, rows 3 feet apart. When plants are large heap earth around stalks to whiten them. Sweet Corn Plant 5 or 6 seeds 1 inch deep in hills rounded up with the hoe 2 feet apart in rows 3 feet apart. When plants are 4 inches high pull out all but one plant in each hill. Make two plantings every two weeks so as to have corn in several stages of growth. Cucumbers Plant ten seeds 1 inch deep in hills 4 feet apart. Later thin to 2 plants per hill. Do not plant until soil is warm and frosts are over. Hoe only until plants start to vine, then pull weeds by hand. Eggplant Little plants from seed boxes are set two feet apart in rows. Lettuce Sow seeds 1/4-inch deep in rows 1 foot apart, and later thin out until plants are 6 inches apart. Provide occasional shade for plants on hot summer days. Muskmelon Grown like cucumbers except hills must be 6 feet apart. Onions Onions will grow from seeds or from bulbs, called sets. Plant sets 3 inches apart in rows a foot apart. This is for early green onions. For winter dried onion plant seeds rather thickly 3-4 of an inch deep in rows and thin the plants later to 3 inches apart. Oyster Plant Called vegetable oyster and salsify. Grown like carrots except that plants must be thinned to 3 inches apart. Peas Peas should be planted at the bottom of trenches 4 to 6 inches deep, the seeds being covered with 2 inches of soil. From 1 to 2 pints of seed will plant 100 feet of row. As the plants grow gradually fill in the trench around the stalks. Let the vines grow

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Read This Letter Mothers and Fathers! It is of Vital Interest to You

"Editor of 'The Philadelphia Record': Did you every think about the part the newspaper plays in a boy's education?"

You and I send our sons to school, and try to keep a fatherly eye on their progress there. But we know that they learn more out of school than in it. We should be shirking our jobs if we tried to unload our whole responsibility upon the most competent of professional teachers. Therefore, duty compels us, in supervising the education of the youngsters, to look to the hours not spent in the classroom. It is our business, as fathers, to exercise a prudent censorship over the ideas and impressions our children imbibe through their amusements, their associations and their reading—particularly, I may say, their reading.

My friend Jones agrees with me in principle about this, but he falls short in practice. The Jones boys have a false and distorted notion of the values of life, which I can trace directly to a daily visitor to that family whose sinister connection with his sons' education the head of the house never suspects. He knows who and where his boys spend their leisure time. He regulates their friendship with discretion. He even interests himself in the choice of the books they read. But he overlooks the character-forming influences of their daily newspaper.

Jones pays, in taxes, to have his boys taught to use correctly the English language. But the boys are learning other lessons from their newspaper. They use the language common to the "funny characters" and pictures of scantily attired women. Bad grammar, worse slang, the cant of thieves, gamblers and sports—these they pick up from the daily conversation of their pen-and-ink heroes, along with a contempt for decent living, honesty, truthfulness and the virtues generally. From these same "comic" characters they have acquired a degraded sense of slap-stick humor and a disrespect for parental authority.

They read the sporting news, too—I find no fault with them for that—if only it were properly served! But their newspaper so glorifies the professional baseball player by printing columns upon columns of guff about him—AND EVEN PURPORTING TO HAVE BEEN WRITTEN BY HIM—that the Jones boys have come to look upon a professional baseball player as a more important man than the President of the United States and commercialized baseball as the axis around which all other mundane affairs revolve.

There are other things those boys read in that newspaper of which the less said the better. It has possibly never struck my friend's attention that the paper which he takes into the bosom of his family makes a specialty of exploiting the nastiness in the news. It never gets scooped on a divorce scandal, on the unfronking of a clergyman, on the police court case based on a "statutory charge." But a boy's curiosity is attracted by these things. Jones would horsewhip any scoundrel who should undertake to instruct his boys along these lines. But he would open his eyes at what they are learning at his own fireside.

My boy is perhaps no better than the average. But I am determined that he shall not, through my connivance or neglect, become any worse than the average. He has reached the time of life where he most needs my help, and I am trying to give it to him. I want him to read the daily newspaper—it's necessary to the development of intelligent manhood. And so he reads my paper—your paper—"The Philadelphia Record."

You would do Jones a great favor if you would point out to him the reasons why he had better take his own favorite newspaper to the office with him, if he must have it, and subscribe to "The Record" for delivery at his home.

In all sincerity, A CONSTANT READER."

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