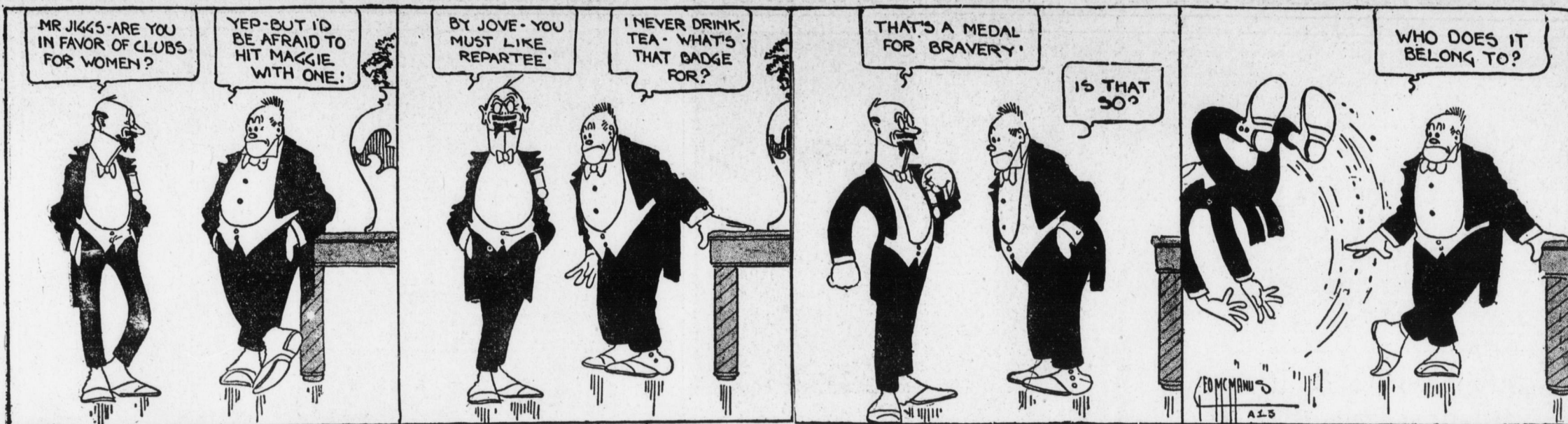


Bringing Up Father

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By McManus



STATE TO RAISE BIG FOOD SUPPLY

Oats, Corn, Barley, Potatoes and Beans Will Be Planted in Great Quantities

Pennsylvania's part in the great emergency call for greater production of farm crops is to be raised...

Secretary of Agriculture Charles E. Patton returned from St. Louis today and with Professor M. S. MacDowell, of State College, held a conference with Governor Brumbaugh...

The work of increasing the food supply and forming effective organizations to handle it will be only a minor part of the big task which the Pennsylvania Department of Agriculture has before it to help the government in the present war crisis.

Great Emergency

Secretary Patton said today: 'The situation that confronts our country is a great emergency. Upon the farmer rests in large measure the final responsibility on winning the war in which we are now involved. The importance of the nation of an adequate food supply, especially for the present year, cannot be over-emphasized. The world's food reserve is very low. Not only our own consumers, but much of the world at large, must rely more completely than ever before upon the American farmer. Therefore, the man who tills the soil and supports the soldier in the field, and the family at home, is rendering as noble and patriotic a service as is the man who bears the brunt of battle.'

'The American farmer has long shown his ability to produce more food per man and at lower cost per unit than any other farmer in the world, but he has never had to do his best. He needs to do his best now. This is not the time in which to experiment with new and untried crops and processes. It is very important that the farmer devote his principal efforts to the production of such crops and the employment of such methods as are well established in his community and as are likely to yield the maximum return in food and clothing material. For this reason I urge the co-operation of the press, the commercial organizations, the religious and social societies, that all may heartily join with the farmer in performing the patriotic duty of providing and conserving food.'

Must Mobilize Labor

'We must be careful not to encroach too much on the pasturage and hay lands required for livestock production as this branch of agriculture must be increased to its utmost by better methods of feeding and complete control of contagious diseases. It most respectfully urge farmers to keep all breeding ewes and to bring about the greatest wool production the State has ever known. Our men in the field need more clothing and the wool production of the country does not begin to meet our home consumption. There should be a considerable increase in the milk production and every possible effort should be made to double poultry products. Contagious diseases of farm animals take a toll of over one-quarter of a billion dollars annually in our country and more than half of this loss is due to controllable diseases such as hog cholera. I am calling upon our Livestock Sanitary Board to bend every effort to keep down spread of animal diseases this year, but close co-operation must come from the farmers and the public.'

'Our plan for public defense must include provisions for mobilizing farm labor and as definite a provision for enlistment for food supply as for service at the front must be considered. There are hundreds of thousands of boys in the cities and towns between the ages of 15 and 19 years not now engaged in productive work that should be available in this emergency and can be enrolled for agricultural purposes. One of the plans worked out at the St. Louis conference was for the enlistment for agricultural purposes of three distinct classes of labor: Men beyond the military age. Men of military age, but not accepted for active military duty. Boys under age for enlistment.'

'All communities should take immediate steps for district self-support and no community should be without an ample supply of canned and preserved perishable products. In this manner alone the commercial food supply will be available for our army and navy and those abroad whom we will be called upon to help feed.'

England's Big Ship Building Program

London, April 13.—Speaking in the House of Commons on the government's shipbuilding program, the parliamentary secretary of the shipping controller said the program of construction was a very big one and could be carried out best by standardization. Tramp steamers were wanted most at the present time but they must be something more than the ordinary tramp and exceed in speed the underwater speed of the submarine. About one-half of all the merchant ships of the United Kingdom of over 2,600 tons gross were engaged for the army and navy, the colonies and the entente allies in connection with the war.

Philip A. Brugh Buried

Mechanicsburg, Pa., April 13.—This morning the body of Philip A. Brugh was brought to this place from his late home in Hagerstown, Md., for burial in Chestnut Hill Cemetery. Mr. Brugh died on Tuesday at the age of 76 years. He lived here many years, where he conducted a dry goods store. He is survived by his wife who was Miss Anna Irvin and three children, Mrs. William Singer, of Pittsburgh, and Irvin and Lynn, of Hagerstown.

the question of conserving shipping

he said the government was mapping out the future not only for this year but for next. They were measuring the greatest possible losses they thought would occur and putting against them month by month what they expected to build and to buy—and, by dealing with the matter in that way, could make arrangements to defeat the enemy in the campaign to destroy shipping.

Mother Why Don't You Take Nuxated Iron

And Be Strong and Well and Have Nice Rosy Cheeks Instead of Being Nervous and Irritable All The Time and Looking So Haggard and Old?—The Doctor Gave Some to Susie Smith's Mother and She Was Worse Off Than You are and Now She Looks Just Fine.

NUXATED IRON WILL INCREASE THE STRENGTH AND ENDURANCE OF WEAK, NERVOUS, CAREWORN, HAGGARD LOOKING WOMEN 100 PER CENT. IN TWO WEEKS' TIME IN MANY INSTANCES.

THE CHILD'S APPEAL



There can be no Beautiful, Healthy Rosy Cheeked women without Iron.

F. KING, M. D.

'There can be no healthy, beautiful, rosy cheeked women 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, and 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 of Mother Earth from these impoverished foods, and silly methods of home cookery, by throwing down the drain the water in which our vegetables are cooked, are responsible for a further grave iron loss. Therefore, if you wish to retain your youthful vim and vigor to a ripe old age, you must guard your iron deficiency in your food by using some form of organic iron, just as you would use salt when your food has not enough salt in it. 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 rundown, instead of dosing themselves with habit forming drugs, stimulants and alcoholic beverages I am convinced that in this way the most serious cause of iron deficiency is being organic in thousands of cases, and thereby saved who now die every year from pneumonia, grippe, kidney, liver, and other dangerous maladies. The real and true cause which started their disease was nothing more or less than a weakened condition brought on by lack of iron in the blood. On account of the peculiar nature of woman, and the great drain placed upon her system at certain periods, she requires iron much more than man to help make up for the loss.'

'Iron is absolutely necessary to enable your blood to change food into living tissue. Without it, no matter how much or what you eat, your food merely passes through you without doing you any good. You don't get the strength out of it, and as a consequence you become weak, pale and sickly looking. Just like a plant trying to grow in a soil deficient in iron. If you are not strong or well, you owe it to yourself to make the following test: See how long you can work or how far you can walk without becoming tired. Next take two five grain tablets of Ordinary Nuxated Iron three times per day after meals for two weeks then test your strength again and see how much you have gained. I have seen dozens of nervous, run-down people who were ailing all the while double their strength and endurance and entirely rid themselves of all symptoms of dyspepsia, liver and other troubles in from ten to fourteen days' time simply by taking iron in the proper form. And this after they had in some cases been doctoring for months without obtaining any benefit. But don't take the old forms of reduced iron, iron acetate, or tincture of iron simply to save a few cents. The iron demanded by Mother Nature for the coloring matter in the blood of her children is, alas! not that kind of iron. You must take iron in a form that can be easily absorbed and assimilated to do you any good, otherwise it may prove worse than useless. I have used Nuxated Iron widely in my own practice in most severe aggravated conditions with unfailing results. I have induced many other physicians to give it a trial, all of whom have given me most surprising reports in regard to its great power as a health and strength builder. 'Many an athlete and prizefighter has won the day simply because he knew the secret of great strength and endurance and filled his blood with iron before he went into the fray: while many another has gone down in inglorious defeat simply for the lack of iron.'



You can tell the women with plenty of iron in their blood—beautiful healthy rosy cheeked women full of Life, Vim and Vitality

Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City, said, 'I have never before given out any medical information or advice for publication as I ordinarily do not believe in it. But so many American women suffer from iron deficiency with its attendant ills—physical weakness, nervous irritability, melancholy, indigestion, flabbiness, sagging muscles, etc., etc., and in consequence of their weakened run-down condition they are so liable to contract serious and even fatal diseases that I deem it my duty to advise such to take Nuxated Iron. I have taken it myself and given it to my patients with most surprising and satisfactory results. And those who wish quickly to increase their strength, power and endurance will find it a most remarkable and wonderfully effective remedy.'

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 iron constituents are widely prescribed by eminent physicians both in Europe and America. Unlike the older inorganic iron products it is 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 manufacturers have such great confidence in nuxated iron, that they offer to forfeit \$100.00 to any charitable institution if they cannot take any man or woman under 60 who lacks iron, and increase their strength 100 per cent. or over 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 Croll Kellar, G. A. Gorgas, J. Nelson Clark, all good druggists.

Dr. Ferdinand King, New York Physician and Medical Author, tells physicians that they should prescribe more organic iron—Nuxated Iron—for their patients—Says anaemia—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.

SPECIAL TO PHYSICIANS:

Doctor, when you wish to prescribe a true tonic and blood builder, one that puts the real 'stay there' strength and youthful vigor into the blood and nerves, try Nuxated Iron. If you have been using the old forms of metallic irons, without success; if you have had patients complain of discolored teeth, upset stomachs, hardened, tied-up secretions, etc. from the use of metallic iron, again we suggest, try Nuxated Iron. Nuxated Iron will be furnished by any druggist on an absolute guarantee of success or money refunded. It is highly endorsed by such physicians as Dr. Schuyler C. Jacques, Visiting Surgeon of St. Elizabeth's Hospital, New York City; Dr. Howard James, formerly Resident Physician of New York City Hospital and Assistant Physician of New York State Institutions; Dr. A. J. Newman, Police Surgeon of the City of Chicago, formerly House Surgeon of the Jefferson Park Hospital, Chicago; Dr. Ferdinand King, New York Physician and Medical Author, and others. In most cases physicians direct the use of two five grain tablets three times per day after meals.



Helmar—the noblest Roman of them all. Most everybody knows of this "Old Roman." One package generally makes a Helmar smoker—and there's a reason for it. Helmar is a better cigarette than most men smoke, regardless of price—because it is made of Pure Turkish Tobaccos, Put together right. The Mildest tobacco for cigarettes is Turkish The Best tobacco for cigarettes is Turkish Friend, if you will once, you will many times. Quality Superb

100% Pure Turkish Tobacco Put Together Right

Makers of the Finest Grade Turkish and Egyptian Cigarettes in the World