

RICE IS A CONVENIENT, STARCHY, HEALTHY AND VERY CHEAP FOOD

Washington, D. C., April 9.—Although rice has been recognized as a good food in the United States since early colonial times, and in some form or other is generally liked in all parts of the country, it has not been given so important a place as a staple article of diet as it deserves, say specialists of the United States Department of Agriculture.

In some sections rice has been used for the most part as a breakfast cereal or as a foundation for pancakes, croquettes, or desserts. In regions where it is grown, however, it is used principally as a vegetable like potatoes; and in place of dishes like macaroni and spaghetti, combined with cheese, and similar foods. This use well may be extended to regions where rice is now used chiefly for making puddings and other desserts.

When rice is used in quantity in the diet, particularly as a substitute for potatoes, care should be taken to supply fruits and vegetables generously in order that the mineral substances which the body needs may be provided.

Rice is nutritious and palatable and digests well. It may be cooked quickly, without the necessity of troublesome preparation, and without waste. Taking everything into account, rice well may be given a more important place in the diet at this time, since a greater crop was produced in the United States last season than ever before. Late statistics place the 1916 crop at 40,702,000 bushels, against 28,947,000 bushels in 1915, and 25,265,600 bushels for the five-year average, 1911 to 1915, inclusive. The world crop of rice also is greater than for many years. Rice ordinarily can be obtained at prices which make it, in comparison with other foods, a reasonably economical addition to the diet. With the present greatly increased stock of the domestic product in the country, even a somewhat increased demand should not alter greatly the relation of rice prices to those of comparable foods.

As a staple article of diet rice may be boiled in salted water and used like potato or sweet potato as a vegetable at a meal at which meat, eggs, beans, gravy or other foods rich in protein are served. Wholly or partially cooked rice can be used with cheese, minced meat or poultry, fish, eggs, beans, etc., for a variety of made dishes, the combinations constituting dishes in which most of the needed food elements are present. It also may be used as a major or minor ingredient in stews and soups.

Instead of serving rice plain as a vegetable it may be stewed with tomatoes, cooked in a double boiler with tomato juice, soup stock, or milk, or it may be seasoned with curry powder, onions or other seasoning materials. By using skim milk in this way a particularly economical dish is produced.

As a cereal for breakfast, rice may be boiled in milk and sweetened, or eaten with butter and salt. If it is desired, dried fruits such as dates or raisins may be cooked with the rice. Cold, boiled rice, mixed with pancake or muffin batters of wheat, buckwheat or corn meal, makes a pleasing addition to such food products, reduces the quantities of other ingredients needed, and furnishes a method for using the leftover cereal. Cold boiled rice also may be used with or without a little meat, chicken, or seasoning vegetable for croquettes; and with eggs, sugar, milk or other ingredients for making a variety of puddings and other desserts, as an examination of almost any good cook-book will show.

BANKS TO BUY WAR LOAN
According to an announcement made yesterday by the Harrisburg Clearing House Association, all the banks and trust companies affiliated with the association will buy of the United States War loan without extra charge to the subscriber and will also advise them. There are sixteen banking houses in Harrisburg and three in Steelton which will co-operate.

ENGLISH FIGHT FOR GRAIN SUPPLY

Mesopotamia Campaign Waged on Hope of Obtaining Food

Chicago, April 17.—Possession of a source of wheat supply, capable of feeding the entire world, is one of the stakes at issue in the fighting in Mesopotamia, and on the adjoining fronts, asserts Professor John Adams Scott, of the Northwestern University, Chicago, who is an international authority on the oriental coast.

In describing the commercial and military possibilities in the country beyond Bagdad, Prof. Scott said: "There is no doubt that the English are now trying to close the door by which any new troops can reach Mesopotamia. It is computed that ancient Babylonia and the territory under its control covered only about one-fifth of Mesopotamia, yet the soil was so fertile and free from defects which produce famine that it supported in wealth a population greater than the State of New York now possesses. When Darius was defeated by Alexander, there was found in the vaults of Darius gold and silver to the value of \$50,000,000.

Need One Government
"If all Mesopotamia can come under the control of one great nation so that there can be a comprehensive and unified development of reservoirs and irrigation, it is safe to say that it will be the richest land on earth, since no other land has soil made in alluvial deposits and which contains fifteen per cent. of lime. It is this lime beyond all else which makes this country so valuable, and which makes rice, millet and kindred evils impossible. Two harvests can be gathered each year, one from rain and one from irrigation. The one from rain is the only harvest now.

"The movement from Egypt is intended to shut off all access from Europe by land, since the Russians are now in control of Armenia and the overland pass, so that the Turks are forced to retrace their steps through the Isthmus pass, or by the Alexandretta gulf. This is the route of the Bagdad Railroad. Asia Minor has a double series of most difficult mountain ranges, Taurus and Anti-Taurus, so that armies must skirt them to the north or to the south. Russia now closes the route to the north so that if England can close the one to the south, she will be as secure in Mesopotamia as she is in South Africa, since there is no avenue by which an army could come. The great difficulty in coming in or out of Egypt has been the intense heat of the desert south and west of Gaza, but the papers speak of a railroad having been built across this desert. This desert is cool at night, so that trains need not run through it only by night, since the distance is not great.

The English already have a naval base at Cyprus, so that they control the sea and can thus assist the army moving by land. The English are about 400 miles from their goal and must cross the high mountains of Lebanon or swing to the east where a railroad has already been built through Damascus. If they swing to the east they will withdraw from the protection of the fleet. They may have so completely demoralized the Turks that this protection is not necessary.

"This seems to me the board on which the game of the war is being played. Already Germany is helpless in Armenia and Mesopotamia and if English forces can get Aleppo then the power and influence of England will have been doubled by this war and the immense resources of Egypt and the entire valley of the Euphrates and Tigris will fall into her lap. This will mean a railroad from Capetown to Bombay and a future for the world which has never entered into the mind of the most enthusiastic dreamer."

Incidentally, it is pointed out that the British forces in their northward march through Palestine toward the ancient pass of Issus must cross the supposed field of Armageddon.

Will Give Musicale and Literary Entertainment For Masonic Home Guests
Miss Carrie S. Reinohl, of this city, will have charge of a musicale and literary entertainment to be given at the Masonic Homes, Elizabethtown, Friday evening at 7 o'clock.

Sunday the Middletown Methodist Church choir gave a song service at the Homes, under the leadership of Ira H. Behney. Miss Catharine Ettele was accompanist. The Rev. James Cunningham, pastor of the Middletown Church, delivered an address. Afterwards the song service was repeated in the hospital. The series of lectures being given by Dr. Dallas M. DeLuze, chaplain of the Homes, on the wonders of the United States are greatly enjoyed. His most recent talk was on Glacier National Park.

Central Publicity Bureau to Gather Labor News; Opens Office and Starts Work
The Central Publicity Bureau has opened headquarters at 1600 North Sixth street. Plans for the bureau were made at a conference of labor representatives of Harrisburg and vicinity here in March. The movement was first started by Labor's Open Forum, which holds meetings every other week to discuss matters of public interest. The Publicity Bureau will gather news of interest to the workers and public in general and then forward them to the press of this city for publication.

TO OPEN OFFICERS TRAINING CAMPS

Six Practical Schools to Get Under Way by Next Month

Chicago, April 18.—The work of preparing camps in which to train men as reserve officers for the first half million troops raised for the new army, was begun in earnest to-day, following the announcement last night of the plans by Major General Thomas H. Barry, commander of the central department of the army.

There are to be six camps in the central department. The object of each camp is the training and selection of officers for a division and one additional regiment of cavalry. Maximum attendance at each camp will be 2,500. The six training camps which are to be open on May 8, are expected to furnish about one-third of the ten

thousand officers, majors, captains, first and second lieutenants, required for an army of 500,000.

\$16,553 Report Presented at Half Way Jubilee Meet of Methodist Women

A report submitted yesterday at the Half-way Jubilee meeting of the Philadelphia branch of the Woman's Foreign Society of the Methodist Church, showed that \$16,553 has been raised in the last two and a half years. The meeting opened yesterday afternoon in the Grace Methodist Church and closed last night.

The Philadelphia branch of the society is comprised of all the Methodist churches in Pennsylvania, Delaware and designated places in New York, and yesterday's meeting was only one of seventy held throughout the district in the United States. The meeting here was attended by one hundred delegates and congratulatory telegrams were received from each of the other meetings. The reports showed the society to be in a flourishing condition and doing a good work.

The afternoon session opened with devotional services by Mrs. Conrad Hoffmann, of Stevens Memorial M. E. Church. The principal address was to have been delivered by Miss Elsie

Ross, a missionary worker of India, but she was unable to be present and her place was filled by Miss Catherine Maxwell, Chambersburg. At the conclusion of the afternoon session a luncheon was held in Camp Curtis Memorial M. E. Church. The toastmistress was Mrs. George Edward Reed, Harrisburg, and toasts were responded to by Miss Catherine Maxwell, Chambersburg, "Jubilee Justification," Miss Nellie Nance, "Jubilee Juniors," Mrs. Samuel Wilson, "Jubilee Joys," and Miss Anne Flinder, "Jubilee Jottings."

The evening meeting opened at 7:45 o'clock and the principal addresses were made by the Rev. Dr. Robert Bagneil, pastor of Grace Church, and Dr. Frederick H. Wright, Italy.

Mrs. J. Horace McFarland, of Harrisburg, was general chairlady of the committee in charge of the meeting and her assistants were: Chairlady of publicity committee, Mrs. Clayton A. Snucker; chairlady of finance committee, Mrs. W. B. Sloan; chairlady of entertainment committee, Miss Mary E. Gotta; chairlady of program committee, Miss Charlotte S. Maxwell.

AUXILIARY ELECTS
At the bi-monthly meeting of Olive Shalom Temple Auxiliary, last night, the following officers were elected: Walter Stern, president; Harry Rubin, vice-president; Miss Rhedna Mayer, secretary and treasurer.

NOT ENOUGH TONNAGE
London, April 16.—The scheme for the limitation of freights to France and Italy which was planned to attract increased tonnage for the transportation of coal from England, has failed to bring into the service the required number of steamers at the fixed rates and in compliance with requests from shipbrokers, the authorities have agreed to make the plan more elastic. The schedule rates of freights can now be adjusted in order to attract more neutral tonnage.



Throw Away The Atomizer

Would it not be fine to get rid of all the troublesome articles used when you have CATARRH? Wouldn't it be better still to get rid of the CATARRH? Catarrh is most often deep-seated, and local applications will not help it very much in that case. You must have something that will reach the blood and get at the first cause. This is what S. S. S. will do.

S.S.S. For Catarrh

Like many other diseases, Catarrh is often more deep-seated than people imagine. Using S. S. S. will relieve the congestion because it purifies the blood. After taking it a while you can dispense with gargles and atomizers. These local treatments are helpful for a time, but they will not cure. You must get at the blood.

GUARANTEED PURELY VEGETABLE
S. S. S. is made of Nature's own herbs, bark and roots. It is made of live matter and not of dead matter such as metals and minerals. It has been the standard blood purifier for 50 years. Likewise a splendid tonic. Ask your druggist. Insist on getting S. S. S. and take no substitute.

Free Booklet

SEND FOR IT

Our medical department will gladly send you booklets on blood troubles and with particular reference to Catarrh. Write them about your troubles and they will be only too glad to advise you. Send in the coupon.

SWIFT SPECIFIC CO.
Department I,
Atlanta, Ga.

Date.....
Name.....
Address.....

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Experience Is the Test of Tires

Every tire claims to be the lowest-cost-per-mile tire.

If you knew the experience of any considerable number of other tire users,

—that would help you decide which tire makes good on the claim.

We don't know about other makes of tires, but we do know

—that motorists who have used United States Tires continue to use them;

—that more and more motorists who used other makes of tires are turning to United States Tires.

These two facts are proved by the amazing sales increases of United States Tires

—sales increases that are vastly greater than even the greater natural increase in the number of automobiles this year over last

—which shows where tire service is.

United States Tires Are Good Tires

United States Tubes and Tire Accessories Have All the Sterling Worth and Wear that Make United States Tires Supreme.

A Tire for Every Need of Price and Use—
'Nobby' 'Chain'
'Royal Cord' 'Plain'
'Usco'

Bringing Up Father

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By McManus