

HOME MISSION MEETING
Carlisle, Pa., April 25.—Delegates from various parts of Dauphin, York, Franklin and Cumberland counties came to Carlisle to-day for the tenth annual meeting of the Women's Home Mission Society of the Harrisburg District of the Methodist Church, which convened in the Allison Methodist Church. The afternoon was given over to organization and committee meetings, the main session starting to-night, when a lecture will be given by Mrs. Mae Leonard Woodruff, national secretary.

BUSINESS GIRLS LIKE CUTICURA

Because it keeps the hands soft and white, the complexion fresh and clear and the hair live and glossy. CUTICURA SOAP cleanses, purifies and beautifies, the Ointment soothes and heals. Sun, wind and dust all do their best to ruin the complexions of those subjected to them. Business girls who must face all kinds of weather find that Cuticura does much to protect their skins and keep them looking their best. Sample each free. Address post-card: "Cuticura," Dept. 13F, Boston. Sold everywhere.

WOMEN SHOULD GET THIS HABIT AS WELL AS MEN

Don't eat bite of breakfast until you drink glass of hot water.

Happy, bright, alert—vigorous and vivacious—a good clear skin; a natural, rosy complexion and freedom from illness are assured only by clean, healthy blood. If only every woman and likewise every man could realize the wonders of the morning inside bath, what a gratifying change would take place. Instead of the thousands of sickly, gaunt-looking men, women and girls with pasty or muddy complexions; instead of the multitudes of "nerve wrecks," "run-downs," "brain fags" and pessimists we should see a virile, optimistic throng of rosy-cheeked people everywhere. An inside bath is had by drinking, each morning before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it to wash from the stomach, liver, kidneys and ten yards of bowels the previous day's indigestible waste, sour fermentations and poisons, thus cleansing, sweetening and freshening the entire alimentary canal before putting more food into the stomach. Those subject to sick headache, biliousness, nasty breath, rheumatism, colds; and particularly those who have a pallid, sallow complexion and who are unable to get their bowels urged to obtain a quarter pound of limestone phosphate at the drug store which will cost but a trifle but is sufficient to demonstrate the real and remarkable change in both health and appearance awaiting those who practice internal sanitation. We must remember that cleanliness is more important than outside, because the skin does not absorb impurities to contaminate the blood, while the pores in the thirty feet of bowels do.—Adv.

AN OLD RECIPE TO DARKEN HAIR

Sage Tea and Sulphur Turns Gray, Faded, Hair Dark and Glossy.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowdays we simply ask at any drug store for "Wyeth's Sage and Sulphur Compound." You will get a large bottle of this old time recipe improved by the addition of other ingredients for about 50 cents. Everybody uses this preparation now, because no one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time; by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy and you look years younger. Wyeth's Sage and Sulphur Compound is a delicate toilet preparation. It is not intended for the cure, mitigation or prevention of disease.—Adv.

The New Suburb ESTHERTON
River-Drive
SALE
May 5th 1917

FOODS THEY BUILD OR DESTROY
AMAZING, BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT
By ALFRED W. McCANN

The waste alone of a little group of seven food products—wheat, corn, milk, potatoes, barley, rye and rice—if consumed, as it should be, would support the entire population of the United States—Read the figures which show that a food shortage can be made impossible in America—Raising your voice and getting into estimating the quantity of food which can be rescued from the waste pots of the United States by a policy of reconstruction and conservation inspired by war, we strike a single detail which two and a half years ago seemed to astonish the world. At that time messages smuggled out of Germany acquainted us with the fact that Germany's war bread was made of a combination of 85 per cent. whole meal (wheat, barley or rye) and 15 per cent. whole potatoes, skins and all. That the food value of the potato skin should be recognized by the Germans is not remarkable, for the reason that in the treatment of rheumatism, eczema, uric acid conditions, and many blood disorders the Germans have been among the very first to recognize and prescribe the virtues of alkaline waters. Mineral springs have been transferred in bottles from Germany all over the world, only for the reason that in the treatment of many diseases due to the consumption of too much food of the right kind, alkaline waters have demonstrated their great value. The Germans knew that the outer layers of the potato contain alkaline solutions of great value and that during times of easy prosperity and thoughtless luxury these alkalines are squandered by a system of peeling the raw potato which rolls it through the thick peels removed prior to boiling or frying, of 25 per cent. of its gross weight. Germany's war bread immediately increased the supply of available potatoes 25 per cent. by putting an end to the 25 per cent. waste. In the United States we produce annually nearly 400,000,000 bushels of potatoes. The German system of utilizing the whole potato if applied to the United States would save from the garbage can nearly 100,000,000 bushels of potatoes annually, or one bushel for every man, woman, and child in the country. Thousands of American citizens are already acquainted with the virtues of the baked potato jacket. When steamed in a double boiler the thin outer skin falls away from the cooked tuber, with none of the best parts of the potato adhering. Baking and steaming, as far as potatoes are concerned, recommend themselves to war's attention. Of barley we produce annually nearly 200,000,000 bushels. This at once goes through the pearling or refining process, which gives us our "pearled" barley or denatured barley of the market place and robs us of 20 per cent. or 20,000,000 bushels. If one should say that this is not so, for a large quantity of our barley crop is malted for brewing purposes, the situation only becomes worse and the loss, as far as human food is concerned, is not only doubled but trebled. We would have at least twenty-five pounds of barley for every man, woman, and child more than we already have if we reformed our barley milling system. Of rye we produce annually 40,000,000 bushels, most of which goes into whisky. If we do to whisky in war time what the Russians did to vodka we will save for every man, woman, and child another unit of twenty-five pounds of one of the best bread grains that ever came from the soil. We really know nothing of rye bread in the United States. The silly, anemic thing that is sold in our bakeries as rye bread is not rye at all. It consists of 90 per cent. patent flour and 10 per cent. rye flour. With the characteristic flavor and virtue of neither wheat nor rye to recommend it, it is not wonderful that its colorless personality appeals to no one. Of rice we produce, approximately 30,000,000 bushels, a large part of which finds its way into beer. All the rest is polished. By consuming natural rice we save 20 per cent. of the grain, including its most indispensable elements. This saving represents 6,000,000 bushels or four pounds per person. Leaving oats and all other food out of consideration, we find that the economy system now practised in France and Germany would yield for every man, woman and child in America over and above the food we already have:

- 196 pounds whole wheat meal.
- 85 pounds whole cornmeal.
- 45 pounds mammala.
- 60 pounds potatoes.
- 25 pounds unpearled barley.
- 25 pounds whole rye.
- 4 pounds natural brown rice.
- Total 440 pounds.

This Good Old Remedy
isn't just a purgative. Quite the contrary. It makes purgatives unnecessary by keeping the liver lively. Take small doses regularly—a larger dose only if you're sure you need it. That's been the rule of hearty, sprightly, happy folks for 50 years.

CARTER'S LITTLE LIVER PILLS
Genuine bears Signature
Colorless faces often show the absence of iron in the blood. CARTER'S IRON PILLS will help this condition.

A CLEAR COMPLEXION

Ruddy Cheeks—Sparkling Eyes—Most Women Can Have
Says Dr. Edwards, a Well-Known Ohio Physician
Dr. F. M. Edwards for 17 years treated scores of women for liver and bowel ailments. During these years he gave to his patients a prescription made of a few well-known vegetable ingredients mixed with olive oil, naming them Dr. Edwards' Olive Tablets, you will know them by their olive color. These tablets are wonder-workers on the liver and bowels, which cause a normal action, carrying off the waste and poisonous matter in one's system. If you have a pale face, sallow look, dull eyes, pimples, coated tongue, headaches, a listless, no-good feeling, all out of sorts, inactive bowels, you take one of Dr. Edwards' Olive Tablets nightly for a time and note the pleasing results. Thousands of women as well as men take Dr. Edwards' Olive Tablets—the successful substitute for calomel—now and then just to keep in the pink of condition. 10c and 25c per box.

Congestion of Kidneys

is indicated by pain over region of kidneys and following the passages to the irritated bladder. A constant and pressing desire for urination; the secretion scanty, highly colored and sometimes bloody. Then the constitutional symptoms are often headaches, eyes bloodshot and burning, slight nausea, sometimes vomiting, nervousness and general discomfort. It is wholly wrong to neglect such conditions when

BALMWOOD TABLETS
can be obtained of any druggist— for their use is to eliminate congestion, allay inflammation, destroy bacteria and restore normal, natural secretions. Have Relieved Thousands Sold by all druggists.—Adv.

COMMUNITY HOME FOR CARLISLE

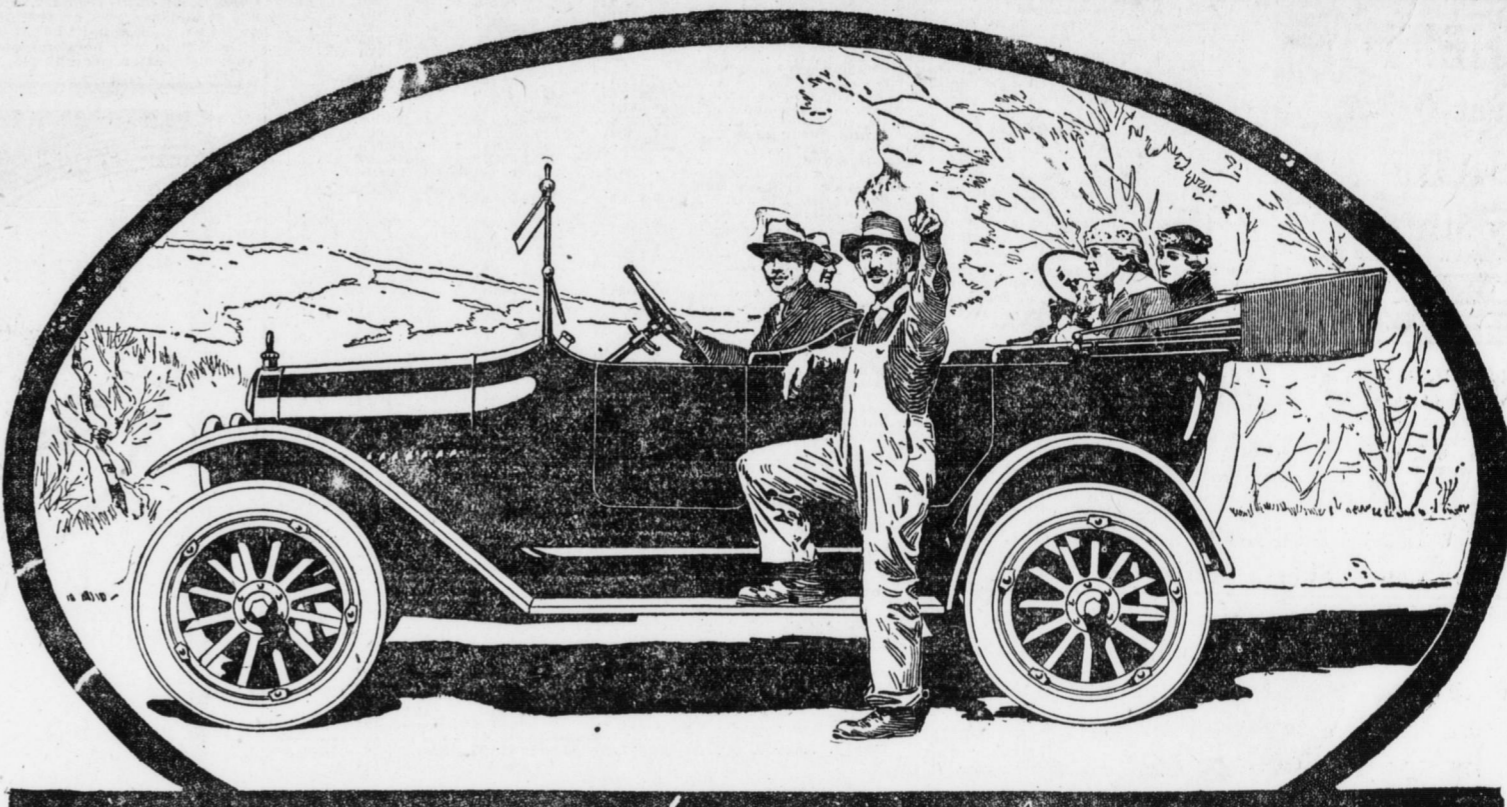
Chamber of Commerce Hears Expert Tell How Project Succeeds

Carlisle, Pa., April 25.—Establishment of a community home for Carlisle was forecasted to-day, following an address before the Carlisle Chamber of Commerce by Robert L. Munce, of Washington, Pa., head of the State Good Roads Association. Mr. Munce spoke on the community home project, how it had worked out in Washington, and the benefits accruing. The luncheon was held in Metzger Hall at noon. In addition to

Mr. Munce, Prof. E. B. Hibshman, of State College, outlined plans for activity in this county as aids in defense. Both men were well received. Mr. Munce, in addition to being connected with the good roads organization holds many other prominent offices and was one of the members of the agricultural commission sent to Europe in 1913.

Occupational Disease Probe Authorized
A resolution providing for a State Health Insurance Commission to investigate occupational diseases, sickness and accidents in Pennsylvania not compensated under the present State system was introduced into the House of Representatives to-day by Mr. Vickerman, Allegheny. The commission is to be composed of two Senators, three representatives and four citizens to be named by the Governor and the Health and Labor and Industry Departments are directed to co-operate. The commission is to inquire into the loss caused by occupational diseases and other uncompensated misfortunes; adequacy of present treatment; methods of meeting losses by insurance, beneficial and other organizations and by individuals; influence of working conditions on the health of employed persons and methods of prevention of such sickness. An appropriation of \$5,000 is made and a report required in 1919.

Scarcity of Onion Sets Is Reported by Seedman
Planters of small gardens are cautioned by Harry L. Holmes, of the Holmes Seed Company, to use extreme care in cultivating onions this year, owing to the scarcity of sets. "Owing to the great scarcity of onion sets this year, many small gardens will go without onions, unless the proper instructions are given to the planters," Mr. Holmes says. "You can sow Pripetaker onion seed one-half inch apart in the row and twelve inches between the rows and be able to secure nice onions, fit to eat, in about four-and-a-half to five weeks. "Pick out the small onions after they mature and leave one onion stand every three inches apart which will then grow into large onions later in the season. "One ounce of onion seed will plant a row about one hundred feet long,



Act Now if You Want This Famous Automobile at the Present Price

At Midnight April 30 the Present Low Price on the World's Record Non-Stop Champion Car Goes up to \$665

Quick action will save you money on the price of your Maxwell—until May 1st the price remains at \$635. High grade steel and other raw materials used in the Maxwell have been steadily costing the Maxwell Company more and more until at last the factory reluctantly has been forced to increase the price in order to maintain Maxwell quality. For it is the fixed policy of the Maxwell Company never, by even a hair's breadth, to change the sterling quality of the materials, parts, accessories, and refinements of the Maxwell car—except, if it were possible, to change for the better.

—far lower than the rate per mile for passenger railway travel. This is but one example among thousands which are on record in the Maxwell factory office.

Amazing Maxwell Endurance
Never before has any other automobile than the Maxwell accomplished such a marvelous feat of endurance as this World's Record. A five-passenger Maxwell stock touring car was run 22,022 miles under the auspices of the American Automobile Association without a motor stop or a stop for any repairs. This in itself is an amazing thing, —but on top of that, this car, under the most trying circumstances of the endurance test, averaged 22 miles per gallon of gasoline. Think that over—and what it means to you in running cost.

Act Now If You Want A Maxwell
We offer you at this present amazingly low price—\$635—a car which is a marvel of endurance and economy. Bear in mind that our April allotment of Maxwells is nearly all sold. And the price on our April allotment only is the old price, \$635. —on and after May 1st we cannot sell a Maxwell for one cent under \$665. The difference will go a long way toward paying for your summer vacation in a Maxwell. Come in quick and get any form of demonstration you want.

Maxwell Leadership Unchallenged
In the Maxwell you have an automobile which, for results, is the equivalent of far higher priced cars. Here is a car made of the very finest materials, —with all of the accessories and refinements of costlier cars, —with all of the comforts and luxuries that you expect to pay a great deal more for, —with the famous record-making Maxwell motor that has power and speed to spare, —with an economy of gasoline consumption that is more than amazing, —all these master qualities in the Maxwell at a price which is within the reach of every family.

Master Motor of the Maxwell Car
The marvelous Maxwell engine has earned for the Maxwell car its enviable reputation for fuel economy, —this notwithstanding the fact that it has as much, or more, power than the majority of much heavier and costlier cars.

1 1/2 Cents A Mile
One example of Maxwell fuel economy is the recent trip made by Prof. (Mrs.) Miriam Seeley of the Oregon Agricultural College, from Portland to Boston and back to Portland, a distance of 9,700 miles. —and this racking tour over mountains and under every road condition was made at the amazingly low running cost of 1 1/2¢ per mile for gasoline and repairs,

All Prices F. O. B. Detroit
MILLER AUTO CO.
68 S. Cameron St. HARRISBURG, PA. Both Phones 120 N. 9th St. LEBANON, PA.



PENNA. DRY FOR PERIOD OF WAR

[Continued From First Page.]
of alcohol for medicinal, scientific, war or mechanical use. The penalty for violation is made a fine of \$100 to \$500 and from one to six months in jail for the first offense and \$200 to \$500 and 6 to 12 months in jail for subsequent offenses.

TO SPEND 438,000 ON CAPITOL PARK

[Continued From First Page.]
Capitol Park and plaza would be the most magnificent in the country. Mr. Brunner, who remained in the city to meet with the House appropriations committee this morning, said that the cost of the terrace proper, consisting of 2,500,000 square feet, would be about \$1,125,000. He was with the committee for an hour answering questions and explaining many details of the park extension plans. Mr. Brunner would make no estimate of the ultimate cost of the monumental work. It would be a generation before every detail of the park would be transformed into an actuality, he said, and expenditures for the great buildings would run into the millions. Governor Brumbaugh has suggested that the cities and towns of the State each donate a tree for the great Capitol Park. The plan would be for a municipality to raise by popular subscription the amount necessary to buy one tree. In his report, Mr. Manning provided for about 450 Red Oak trees of uniform appearance and a height of about 30 feet. The trees will cost between \$50 and \$75 and would have to be procured through big New York dealers.