

FOODS THEY BUILD OR DESTROY

AMAZING, BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

By ALFRED W. McCANN

In the United States, putting an end to its milk waste, were to conserve the 5,000,000,000 pounds of perfect food called Mammalia by the French, but which in America is termed "slops," we could, giving the same product a value of 25 cents a pound, turn into Uncle Sam's coffers \$1,250,000,000 a year as a preparedness fund—Such a fund would give us the largest navy and the most efficient system of military defense which the world has ever known.

When confronted with the stern necessity of saving foodstuffs heretofore wasted or put to bad uses we find so much prodigality and so much stupidity that the very urgency of reform should inspire a force big enough to make us see at last, even though the eyes of fear and famine, the folly of our present ways.

We are now wasting 5,000,000,000 pounds of perfect food every year.

In the centralizing plants and coed 3.5 per cent. of the total quantity of milk produced. The total

worthless-by-product, which he treats as "slops," for feeding hogs. The production of 1,500,000,000 pounds of butter necessitates the production of 45,000,000,000 pounds of milk. The exact figures for last year, 1916, were 45,049,902,933 pounds. This does not include the milk delivered in bottles or cans for home consumption in the cities or the milk delivered to the cheese factory. It represents the milk in which last year's production of butter, 1,621,796,475 pounds, originated.

This quantity of butter represents 4,099,541,033 pounds of one of the most nutritious foods known to man.

If this food were handled in a clean, decent manner and treated as it is treated in France, every pound of it with its precious load of proteins, caseins, sugars, and mineral salts could be conserved for human consumption.

Following the outbreak of the war, the French government forbade the exportation from France of this food which by the French is called mammalia. Thousands of physicians in the United States had learned the uses of mammalia as an infant food, and were prescribing the French product in their ordinary practice.

An American living in Paris, James R. Hatmaker, at once came to the United States and established a mammalia factory at Knoxville, Pa., for the purpose of supplying the American trade with the product which could no longer be obtained from France.

I know the character of mammalia, for I have used it for a year in my own household, not only as an infant food, but in the hundred and one ways in which it can be prepared for the family table.

The value of mammalia has been established by the Paris Academy of Medicine as well as by the Congress Hippique (the French association of horse breeders).

This association has proved that a colt fed upon mammalia attains full development much earlier than a colt fed in any other way, and that by its use a horse with a physical development of a three-year-old can be produced in two years.

Azot, a colt twenty-six days old, was put on a diet of mammalia. It gained two and a half pounds daily, weighing at the end of one year 762 pounds. The Congress Hippique pronounced its development a full year in advance of colts fed in the ordinary way. It was exceedingly strong, well-muscled, and had a much smaller abdomen than colts one year old, fed as colts are usually fed.

The feeding with mammalia was continued. The young horse never consumed a particle of grain. It reached its full maximum weight in the unprecedented time of eighteen months and ten days, weighing 1,012 pounds.

Its performance in the Grand Prix of Brussels, the French Derby, the English Derby, the French Grand Prix, and the English St. Leger astonished the scientific men who were

Doctor Tells How To Strengthen Eyesight 50 per cent In One Week's Time in Many Instances

A Free Prescription You Can Have Filled and Use at Home

Philadelphia, Pa. Do you wear glasses? Are you a victim of eye strain or other eye weaknesses? If so, you will be glad to know that according to Dr. Lewis there is real hope for you. Many whose eyes were failing say they have had their eyes restored through the principle of this wonderful free prescription. One man says, after trying it: "I was almost blind, could not see to read at all. Now I can read everything without any glasses and my eyes do not water any more. At night they would pain dreadfully, now they feel fine all the time. It was like a miracle to me."

A lady who used it says: "The atmosphere seems hazy with or without glasses, but after using this prescription for fifteen days everything seems clear. I can even read fine print without glasses." It is believed that thousands who wear glasses can now discard them in a reasonable time and strengthen their eyes so as to be cured of the trouble and expense of ever getting glasses. Eye troubles of many descriptions may be wonderfully benefited by following the

simple rules. Here is the prescription: Get to any active drug store and get a bottle of Non-Opto tablets. Drop one Non-Opto tablet in a fourth of a glass of water and allow to dissolve. With this water bathe the eye two to four times daily. You should notice your eyes clear up perceptibly right from the start and inflammation will quickly disappear. If your eyes are bothering you, even a little, take them in this way before it is too late. Many hopeless cases have been saved by this method. Note: Another prominent physician to whom the above article was submitted, said: "Non-Opto is a very remarkable remedy. Its constituent ingredients are well known to eminent eye specialists and widely prescribed by them. The manufacturers guarantee it to strengthen eyesight 50 per cent. in one week's time in many instances or refund the money. It can be obtained from any general druggist and is one of the very few preparations I feel should be kept on hand for regular use in almost every family." It is sold in this city by H. C. Kennedy, Croll Keller and other druggists.—Advertisement.

"A Different Kind of a Jewelry Store"

Special Low Price on High Grade Jewelry For Saturday Only in Connection With Our Great Sale of a Bankrupt Stock at Reductions 25% to 50% AND LESS

Beginning tomorrow we will inaugurate SATURDAY SPECIALS which will include every article in the store. If tomorrow's specials do not include the particular piece you want, next week's may. Always watch "The Different Kind of a Jewelry Store's" advertisements for the greatest money-saving bargains that have ever been offered in this city. For tomorrow only we offer the following:—

Now is the time to buy DIAMONDS — within a short time a war tax will be placed on these rare gems — all specially priced for tomorrow.

One hundred Elgin or Waltham Watch Bracelets — 7 Jewel — 20-year gold filled cases — detachable bracelet can be worn either as watch or watch bracelet. Sell at \$15.00 to \$17.50 elsewhere. Special tomorrow, at **\$10.00**

Elgin or Waltham Watches — 20-year gold filled cases — every one timed and regulated; special for tomorrow

7 Jewel, at **\$6.75**
15 Jewel, at **\$11.50**
17 Jewel, at **\$14.50**

LaValliere — solid gold with genuine diamond sell at \$5.00 to \$7 elsewhere; special tomorrow, at **\$3**

200 LaVallieres — solid gold, with 15-inch chain — sell at \$3.00 to \$5; special tomorrow, at **\$1.50**

Buy your SIGNET RINGS the correct way — by the pennyweight — a good, heavy, fair sized ring will weigh from 4 to 6 pwt. 14-K gold Signet Rings special tomorrow, at per pwt., **\$1**

The famous Kremenz COLLAR BUTTONS — solid gold and usually sold elsewhere at from \$1.00 to \$1.75; special tomorrow, at **59c** In gold plate, 2 for **25c**

The P. H. Caplan Co.

WATCHES -- DIAMONDS -- JEWELRY, ETC,
206 MARKET ST.

Use Telegraph Want Ads.

Interested in its remarkable development and extraordinary stamina. It did not have the breeding for sensational speed, but its feats of endurance were sensational in the extreme.

The theory that a food which can nourish a race horse can also nourish a man has been through the career of Azot elevated to the dignity of a demonstrated fact. The milked horse of France now asks America to heed the lesson which it teaches for the benefit of all humanity.

Mammalia is a dry, white powder which keeps for several months at a low temperature. It can be reconstituted by adding the water that has been taken away in its preparation, or it can be used as a powder in the production of soups, sauces, custards, ice cream, and vegetable dishes.

As it does not spoil on the way and requires no ice or refrigerator care, it can be shipped in large quantities by freight instead of by express, with further advantage that as it contains no water there is only one eighth as much weight on which to pay transportation charges as there would be were it shipped as fluid milk. Furthermore, there are no cans or containers to be shipped back and no souring on the way.

It does not have to be consumed within twenty-four hours, but can be held twenty-four weeks or until needed.

If the United States government interested itself in multiplying the unique station at Knoxville, Pa., a thousand times through the butter producing sections of Iowa, Minnesota, Wisconsin and Illinois, we could have at the end of one year nearly 5,000,000,000 pounds of a perfect food now wasted.

The enormous quantity of dry, solid milk would not be cheese, nor would it be anything like cheese. It is cheese in the process of manufacture all the soluble salts which are discarded in the whey. Upon a diet of cheese, even though it were reconstructed to the full state, infants or children could not live by reason of the withdrawal of these salts.

Mammalia contains every blessed element natural to milk. In addition to this, the simple process employed in its manufacture instantly destroys every disease-producing organism which may be contained in the raw milk.

The milk slops now squandered annually would, if decently handled and converted into mammalia, have a value of at least 25 cents a pound, or \$1,250,000,000 an amount quite sufficient to equip us with the largest navy in the world.

Are we staggered by the wonder of our neglect of food problems? If not, we should be.

AMUSEMENTS

ORPHEUM Wednesday, matinee and night, May 2 — "Mutt and Jeff" Wedding.

MADISON Vaudeville.

COLONIAL — "May Blossom."

REGENT — "The People vs. John Doe."

Once again Mutt and Jeff will be with us. Mutt and Jeff, in a brand new dress, comes to the Orpheum, Wednesday next, matinee and night. The American public never wanted to laugh more than they do at the present time. They seek comedy in moving pictures. Gus Hill's mission since his entry into the theatrical producing game has been to make people laugh. He is the acknowledged dean of cartoon comedy production, never having offered a play of our people's making Monday, success. It is, therefore, distinctly evident that the enormous success of "Mutt and Jeff's Wedding" is due to the proper handling, by catering to the whims and desires of the theater-going public.

"Experience," the modern morality drama by George Bernard Shaw, which has been the dramatic sensation of the past two seasons, is announced for the Orpheum week beginning Monday, May 14. No play in years has scored the enormous success credited to "Experience," which at first was reported a failure, and then turned into one of the biggest drawing cards of modern times. The producers, William Elliott, F. Ray Comstock and Morris Gest, have given "Experience" a gorgeous stage setting and have provided his company of eighty-two people. The play tells the story of a young man, his trials, troubles and temptations when he goes forth into the big world. It is sold in New York City in five months in Boston, seven months in Chicago and five months in Philadelphia.

PEARL WHITE

Star of several serial pictures, who will be presented at the Colonial beautiful hand-colored photoplay, "May Blossom," a picture that was produced in the heart of Maryland and tells a gripping story of a young girl who marries a man, who, after they are married tears up all records of the wedding and then deserts her. Later, thinking him dead, the girl marries her childhood lover. The

Francis P. Bent, one-time Mayor of New York City, and who is, at present, one of that city's aldermen, will doubtless prove one of the popular numbers on the bill of the Majestic the last half of the week.

Mr. Bent appeared at the above named theater last season, at which time he delivered an interesting lecture, and this year he is touring the Keith Circuit giving an instructive and highly entertaining talk on matters pertaining to the present national crisis. A musical comedy, entitled "Filtration," heads the bill and is surrounded by such acts as Lamb and Morton, introducing a new and clever equilibrium act; Linton and Lawrence, excellent vaudeville entertainers, and Kerslake's light and pretty parkers, in a big laughing act.

Czarina Had Love For the Infamous Rasputin

London, April 27.—Extraordinary revelations concerning the relations between the former czarina and the infamous Monk Rasputin, who was murdered in December, are made in the Moscow newspaper, *Ulro Rossi*. A remarkable letter which the empress is said to have written to the monk, is quoted by the *Evening Standard*. It says: "What joy that you have come to see us! How can I thank you for all you are to me? To lay one's head on your shoulder, to say nothing, just to feel the joy of peace and forgetfulness — what heavenly bliss! I thank you for giving it to me. Forgive me for all my imperfections. I want to be good, to be a real Christian, but it is so difficult. How difficult it is to conquer one's bad habits! But you will help me. You will not leave me, for I am weak and love you and have faith in you alone."



FOR THROAT AND LUNGS STUBBORN COUGHS AND COLDS

Eckman's Alterative

SOLD BY ALL LEADING DRUGGISTS

The New Suburb ESTHERTON

River-Drive

SALE

May 5th 1917

Screen debut of George M. Cohan in his great American play, "Broadway Jones," coming to Regent next Monday for three days.

Clark's

Cut-Rate Medicine Stores

300 MARKET ST. — 306 BROAD ST.

The Store That Cuts the Prices

The Store That Is Breaking the Drug Trust

Our President, Mr. Woodrow Wilson, in his last message suggested that all merchants during our present crisis should co-operate with the government by selling their goods at a minimum of profit, thus lessening the burdens of the people. We wish to say that our store's policy has been exactly what our President now suggests, cutting the profits, not from altruistic motives, but as a means of doing a greater volume of business and thereby doing a greater service.

- ### Saturday Sale Patent Medicine
- 50c Pompeian Olive Oil, 1 pt., 34c
 - 25c Pompeian Olive Oil, 1/2 pt., 17c
 - 50c Scott's Emulsion, 1 lb., 34c
 - 30c Bismarck Magenta, 1 lb., 28c
 - \$1.00 Hood's Sarsaparilla, 57c
 - 25c Sasatola, 15c
 - 50c Kidney Suits, 28c
 - \$1 Pinkham's Veg. Compound, 62c
 - 25c Bromo Seltzer, 14c
 - 35c Limestone Phosphate, 19c
 - 50c Fletcher's Castoria, 28c
 - \$1.00 Listerine, 57c
 - \$3.75 Horlick's Malted Milk, \$2.75
 - 75c Mellin's Food, 50c
 - 50c Judd's Kidney Suits, 47c
 - 25c Red Cross Kidney Plasters, 15c
 - 50c Sal Hepatica, 28c
 - 25c Listerine, 15c
 - \$1.00 Scott's Emulsion, 75c
 - 25c Atwood's Bitters, 14c
 - \$1.00 Danderine, 57c
 - 25c Hill's Cascara Quinine, 14c
 - \$1.00 Oil of Korean Capsules, 57c
 - 25c Bland's Iron Pills, 10c
 - 50c Sloan's Liniment, 28c
 - \$1.00 Nuxated Iron Tablets, 59c
 - 50c Flower's Mange Remedy, 29c
 - 50c Ely's Cream Balm, 29c
 - 25c Musterole, 18c
 - 25c Glycerole, 17c
 - \$2.00 Resinol Ointment, 15c
 - 15c Alpine Tea, 6c
 - 35c Drake's Croup Remedy, 18c
 - 50c Lysol, 29c
 - \$1.50 bot. Eskay's Newcophosphates, 98c

Dutch Chocolates

Hand-Rolled

SPECIAL 39c Full Pound

Genuine Hand-Rolled Butter Creams

covered with pure, delicious chocolate. Made in the largest and cleanest Candy Factory in the country. We guarantee them to be a regular 60c quality and will only be sold at this special price for a limited time.

The package is strikingly attractive and the chocolates are packed in a sanitary manner. They come to you fresh and pure from the manufacturers and we know you will enjoy these dainties that we have provided for this week.

- ### Saturday Sale Candies
- 80c Lady Helen Cherries, 39c
 - 60c Chocolate Brazil Nuts, 39c
 - Chocolate Eggs, boxed, 15c
 - Chocolate Eggs, boxed, 25c
 - 60c Maybelle Cherries, 39c
 - 80c Lady Georgia Cordial Fruits and Nuts, 39c
 - 60c Milk Chocolate Fruits and Nuts, 39c
- ### Saturday Sale Face Powders
- 50c Dorin's Rouge, 1249, 39c
 - Mary Garden Face Powder, 39c
 - Dier Kiss Face Powder, 39c
 - Azurea Face Powder, 75c
 - Carmen Face Powder, 29c
 - LaBlanche Face Powder, 39c
 - Java Rice Powder, 27c
 - Rogers & Gallett Rice Powder, 21c
 - Woodbury's Face Powder, 15c
 - Tetlow's Swandown Face Powder, 9c
- ### Saturday Sale Talcum Powders
- 50c Mary Garden Talcum, 35c
 - 25c Dier Kiss Talcum, 16c
 - 25c Azurea Talcum, 19c
 - 15c Meuzen's Talcum, 11c
 - 50c Lilia de Riga Talcum, 28c
 - 25c Talcolette Talcum, 15c
- ### Saturday Sale Tooth Powders and Pastes
- 25c Kolynos Tooth Paste, 15c
 - 50c Peleco Tooth Paste, 27c
 - 25c Sanitol Tooth Paste, 15c
 - 25c Lyon's Tooth Powder, 15c
- ### Saturday Sale Cigars
- King Oscar Cigars will be advanced in the near future; lay in a large supply now.
 - 7 King Oscar Cigars, 25c
 - 7 Even Steven Cigars, 25c
 - 7 General Hartranft Cigars, 25c
 - 9 Havana Trucks, 25c
 - 7 Counselor Cigars, 25c
 - 4 Ben Mirza Cigars, 25c
 - 3 Henrietta Cigars, 25c
 - Market St. Store Only
- ### Saturday Sale Toilet Articles
- 35c Orchard White, 24c
 - 50c Mulberry Cocoon Oil, 35c
 - \$1.00 Mary Garden Extract, 73c
 - 50c El Rado Hair Remover, 29c
 - 25c Cutex Cuticle Remover, 15c
 - Houbigant's Ideal Extract, Sample, 25c
 - \$1.00 Dier Kiss Toilet Water Vegetable, 84c
 - \$1.50 Dier Kiss Toilet Water, 84c
 - Mary Garden Extract, sample, 25c
 - Dier Kiss Extract, sample, 25c
 - Mary Garden Sachet, sample, 10c
 - Dier Kiss Sachet, sample, 10c
 - Azurea sachet, sample, 10c
 - Houbigant's Ideal Sachet, Sample, 25c
 - 25c Peroxide Cream, 15c

- ### Saturday Sale Drugs
- 25c Rose Water and Glycerine, 15c
 - 3 oz., 25c
 - 25c Castor Oil, 1 oz., 15c
 - 25c Sweet Spirit of Nitre, 3 oz., 15c
 - 25c Spirit Camphor, 3 oz., 15c
 - 25c Camphorated Oil, 3 oz., 15c
 - 25c Ess. Jamaica Ginger, 3 oz., 15c
 - 25c Ess. Peppermint, 3 oz., 20c
 - 25c Aromatic Spirit Ammonia, 3 oz., 15c
 - 25c Sodium Phosphate, 1 lb., 15c
 - 25c Fluid Extract Cascara Aromatic, 3-oz. bottle; the favor, 1 lb. case, 15c
 - 25c 100 Rhuinitis Tablets, 1/2 strength, 15c
 - 35c 100 5-gr. Cascara Tablets, 19c
 - 25c 100 Pink Hinc. Cascara Tablets, 15c
 - 15c bot. Hydrogen Peroxide, 8 oz., 10c
 - 25c 100 Tablets, Asafoetida, 5 gr., 19c
 - 35c 100 Migraine Tablets, 5 gr., 19c
 - Epsom Salts, 1 lb., 6c; 5 lbs., 25c

- ### Saturday Sale of Rubber Goods
- 50c Bull Syringe, 27c
 - 75c Bull Syringe, 40c
 - \$1.00 Bull Syringe, 57c
 - 50c Atomizer, 28c
 - 75c Atomizer, 40c
 - \$1.75 Combination Fountain Syringe, 95c
 - \$1.25 83 Marvel Whirling Spray, \$2.50
 - \$1.25 Hot Water Bottle, 48c
 - \$1.75 Hot Water Bottle, 72c
 - \$2.00 Hot Water Bottle, \$1.25
 - \$1.00 Fountain Syringe, 45c
 - 75c Tar Balls, 1b., 15c
 - \$1.00 Fountain Syringe, 45c
 - 75c Tar Fluke, 1b., 15c

- ### Saturday Sale Pine Tar Bags at Cut Prices For Keeping Moth Out of Furs, Clothes, Etc.
- 24 in. x 24 in. Pine Tar, 40c
 - 30 in. x 30 in., 48c
 - 30 in. x 36 in., 48c
 - 30 in. x 42 in., 48c
 - 30 in. x 48 in., 48c
 - 30 in. x 54 in., 48c
 - 30 in. x 60 in., 48c
 - 30 in. x 66 in., 48c
 - 30 in. x 72 in., 48c
 - 30 in. x 78 in., 48c
 - 30 in. x 84 in., 48c
 - 30 in. x 90 in., 48c
 - 30 in. x 96 in., 48c
 - 30 in. x 102 in., 48c
 - 30 in. x 108 in., 48c
 - 30 in. x 114 in., 48c
 - 30 in. x 120 in., 48c
 - 30 in. x 126 in., 48c
 - 30 in. x 132 in., 48c
 - 30 in. x 138 in., 48c
 - 30 in. x 144 in., 48c
 - 30 in. x 150 in., 48c
 - 30 in. x 156 in., 48c
 - 30 in. x 162 in., 48c
 - 30 in. x 168 in., 48c
 - 30 in. x 174 in., 48c
 - 30 in. x 180 in., 48c
 - 30 in. x 186 in., 48c
 - 30 in. x 192 in., 48c
 - 30 in. x 198 in., 48c
 - 30 in. x 204 in., 48c
 - 30 in. x 210 in., 48c
 - 30 in. x 216 in., 48c
 - 30 in. x 222 in., 48c
 - 30 in. x 228 in., 48c
 - 30 in. x 234 in., 48c
 - 30 in. x 240 in., 48c
 - 30 in. x 246 in., 48c
 - 30 in. x 252 in., 48c
 - 30 in. x 258 in., 48c
 - 30 in. x 264 in., 48c
 - 30 in. x 270 in., 48c
 - 30 in. x 276 in., 48c
 - 30 in. x 282 in., 48c
 - 30 in. x 288 in., 48c
 - 30 in. x 294 in., 48c
 - 30 in. x 300 in., 48c

- ### Saturday Sale Baby Foods
- 25c Eagle Brand Condensed Milk, 16c
 - 25c Woodbury's Facial Soap, 15c
 - 25c Cuticura Soap, 15c
 - 25c Packer's Tar Soap, 15c
 - 25c Pen's Glycerine Soap, 15c
 - 15c Pear's Unscented Soap, 10c
 - 25c Resinol Soap, 17c
 - 25c Eagle Brand Malted Milk, 70c
 - 50c Horlick's Malted Milk, 35c
 - 50c Nestle's Food, 35c
 - \$1.00 Eskay's Food, 60c
 - \$3.25 Eskay's Food, hospital, \$2.35

NOTICE

Wonderful bargains in Watches being demonstrated in our Market Street Store window. Watches at \$1.49 and others at higher prices. Every Watch a great bargain.