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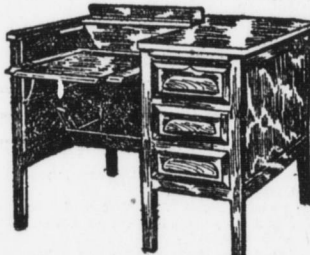
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—made in oak—48-inch top—six drawers—excellent finish and fitting throughout—

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### Typewriter Stand

—takes up very little room—can be folded up and put out of the way. Two drawers—

\$5

### Verticle File

—four large drawers—requires very little room in the office but does a heap of work for you. Oak—

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Umbrella and Coat Rack

—six brass hangers and brass pan—

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BURNS & CO. Office Outfitters

## CHANGE IN FOOD URGED BY DIXON

State Health Commissioner Points to Advantages of Corn and Barley

The shortage of wheat due to the unfavorable condition of the crop this spring in many sections and the necessity of this country sharing its grain with its allies should be the occasion of Pennsylvania people making changes in their food, says Dr. Samuel G. Dixon, the State Commissioner of Health. People are eating too much white bread and should make it their business to see that they not only eat less food made from wheat, but they should learn to like what is made from other grains. The advantages of corn and of other grains are pointed out by the commissioner with observations on their food value from a medical man's viewpoint.

Dr. Dixon says very plainly that the people of the State are eating too much starchy food and that it is not good for the children. In discussing the situation Dr. Dixon says: The yield of wheat this year cannot possibly meet the demand for home and abroad. If we mean to divide our crust with our allies conservation must be observed. Wheat bread is made either of whole wheat or the white starch of the wheat. In the economic scheme we must consider these two kinds of bread.

Whole wheat flour will sustain human life with its starch, bran, potassium and phosphorus of lime, while we would starve to death on white bread made entirely of the starch, therefore, those on a very restricted diet, such as prisoners, etc., are often dependent upon bread. They should have the flour containing the whole wheat.

White bread, however, when taken with soup made from a good stock that furnishes the nitrogen and earthy salts, is a cheaper food. It is also full of nutritive when combined with fat, meat and a little soup, the base of which is soup stock. Therefore white flour bread with a general diet is cheaper than whole wheat bread.

A further conservation of our present supply may be found by observing more moderation in the quantity of bread and biscuit eaten. Most people eat too much starch.

Those in charge of children seem to be under the impression that wheat bread made of white flour is the "staff of life." This is a mistake. When children have to depend largely upon white bread they are apt to be undernourished, shown by their soft stools and fleshy, pudgy, such a starchy diet they are susceptible to tuberculosis.

Too much bread made of white flour (starch) often produces a fatal condition of the mucous membrane.

Another economic way to help ourselves and our all would be to increase the crop of foodstuffs. As it is not the season for planting wheat, to make up the deficiency caused by the foreign demand, corn, a valuable foodstuff for both man and beast, should be sown.

This would be the best substitute for wheat.

Maize or corn has a larger proportion of starch than wheat, and a little over one-half more of nitrogen. Corn is much richer in fat than is wheat.

Corn can be served in many palatable dishes. These are generally known or can be obtained from books on cooking.

Corn has a large geographical range in the United States and an average crop will do much to furnish food for our people.

Thousands of Belgians have lived almost entirely on corn for the last year.

Barley and oats are also substituted in a measure for wheat and can be planted to yield this season.

During the Revolutionary War maize was an important factor in feeding our soldiers.

### Husband of the Famous Annie Besant Is Dead

London, May 21.—The Rev. Frank Besant, who was the husband of Mrs. Annie Besant, the widely-known theosophist, author and lecturer on religious, philosophical and scientific subjects, died recently in the village of Sibsey in Lincolnshire where, for 45 years, he was vicar of the village church. The vicar was 76 years old and his famous wife is nearly 70.

The Rev. and Mrs. Besant attracted world-wide attention many years ago when they separated and engaged in a long controversy over the custody of their only child. They were married in 1867. In 1873 a judicial separation was arranged by the terms of which Mrs. Besant was to have the custody of her daughter, Mabel. Mrs. Besant pursued a varied, world-wide career, fighting in law courts, addressing huge audiences, leading strikes and defying governments.

She subsequently met Charles Bradlaugh and took an active part in his propaganda.

This led the Rev. Frank Besant to begin proceedings in 1878 for the custody of his daughter on the ground that her mother's opinions would be "detrimental to the future prospects of the child in society, to say nothing of her eternal prospects."

Mrs. Besant appeared in person and argued her case with ability, but the child was given into the custody of the father. When Miss Mabel Besant was 21 years old she at once returned to her mother, who had by that time become a Socialist and then a theosophist.

### London's Latin Quarter Does Without Spaghetti

London, May 21.—Soho, London's Latin quarter, has passed through a spaghetti-less week. The national dish of Italy had long been placed on the list of prohibited imports, but the supplies on hand were not exhausted until a week ago. Then all Soho mourned.

Now, however, this is all changed. A son of sunny Italy who conducts one of the tempting table d'hote resorts in the Italian colony came to the rescue by setting up a macaroni factory. He has not been able to make spaghetti, which requires special machinery to make the holes in it, but he is turning out miles of the long, narrow ribbons called Macaroni. This will have to suffice until the spaghetti-making machinery arrives from his native land.

### ALL BRIDGES GUARDED

Hagerstown, Md., May 21.—With the placing of two squads of ten men each from the Fifth Maryland Regiment, of Baltimore, to guard the bridges at Security and Williamsport, near this city, every bridge and tunnel on the railroad between Baltimore and Myersdale, Pa., is now under military protection.

## COMPENSATION RULINGS MADE

Chairman Mackey Hands Down Decision in Regard to Illegitimate Children

A posthumous illegitimate child has no claim upon the estate of a reputed parent under the State Workmen's Compensation act, according to a decision given by Chairman Harry A. Mackey in a claim against the State insurance fund. In the case decided the father was killed the day before he was to have been married to the woman who three months later became mother of a child. "This finding is supported by sufficient evidence to make it conclusive upon this board," says the opinion, which later on holds that, "we have no legislation which could by any possible reasoning embrace an illegitimate child." English decisions quoted in the opinion award compensation "to a posthumous child as a dependent of a deceased father." The decision which is a long one concludes "In the absence of a statute declaring an illegitimate child a dependent of a deceased father" it can not be considered as entitled to compensation.

In a Westmoreland county case it is held that the widow of a man who broke his neck by falling from a wagon while hauling sand was in the course of his employment and that the insurance company involved must pay the compensation because the employer recognized the liability by insuring.

The board in a decision by Commissioner Scott finds in favor of a McKean county claimant, whose husband died from "dilatation of the heart produced by over-exertion in heavy employment engaged in while in the course of his employment." There was no history of heart disease prior to the accident and successive strains brought on the heart condition which resulted in death.

### New Calendar to Replace Old in Russia as Result of the Czar's Overthrow

Petrograd, May 21.—Bringing up to date of the Russian calendar will be one of the earliest reforms of the new government in Russia, although opposition is expected from ecclesiastical quarters.

Any alteration of the calendar has always been regarded as an act of impiety by a large section of the Russian people. When the Gregorian calendar was introduced in 1582 as a correction of the Julian or Roman, three countries in Europe—Russia, Sweden and England—refused to come into line with the others. It was not until 1752 that England brought the calendar up to date. Sweden followed the next year but Russia has persisted in remaining isolated up to the present.

The Julian calendar was eleven minutes, ten seconds out of reckoning each year, and the accumulation would now amount to about thirteen days.

### Have you Indigestion?

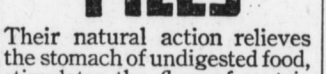
Your food will continue to disagree with you, and cause distress until you strengthen your digestive organs, and tone and sweeten the stomach. You can do this quickly and surely by promptly taking a few doses of

## BEECHAM'S PILLS

Their natural action relieves the stomach of undigested food, stimulates the flow of gastric juice, renews the activity of the liver and bowels, and strengthens the digestive system. Take them with confidence, for 60 years' experience prove that Beecham's Pills

### Are good for the Stomach

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Go at once to the store mentioned in this notice. Every day you put it off means one more chance gone. Don't wait. The doors of opportunity are closing, one by one, day by day. Only 5 more to close and then your opportunity will be gone forever.

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### A NEW VOLUME

THE publishers of The Encyclopaedia Britannica announce that they have made arrangements for the issue, as soon after the end of the war as possible, of a new volume, containing a full and authoritative history of the war.

The new volume will be written by scholars and experts of the same high character as those who wrote for the Britannica itself, and by many of its own contributors. It will be absolutely impartial, excluding all partisan feeling and prejudice. It will contain

1. A judicial account of the real causes of the war, the progress of the struggle, and the results all over the world; with maps, as necessary, to show changes in boundaries.
2. The lives of the new leaders, whether civil, military or naval, in the belligerent countries.
3. The results of the war outside the sphere of fighting, the progress of surgery, the prevention of contagious disease, the new scientific discoveries, etc.

The new volume will bridge the gap between the days of peace before and after the war. It will be printed and bound to match the Britannica and the publishers guarantee that no matter how difficult and costly the supplementary volume may be from the editorial point of view, the price of it to all who purchase the Britannica during the present sale will not be more than that of a corresponding volume of the Britannica.

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