

DR. DIXON URGES DIET SELECTION

Says That Food Administrators Should Not Make Too Hard and Fast Rules

Food administrators should be liberal enough in their regulations for the foodstuffs of communities to meet the physical characteristics of the individual because all persons can not thrive on a diet which may appear suitable, declared Dr. Samuel G. Dixon, State Commissioner of Health, in a week and "health talk" in which he remarks that the people of Pennsylvania eat too much potato and that the foods which are to be recommended should be considered from a laboratory standpoint as well as from the fact that what is one man's meat is another man's poison.

Dr. Dixon's talk, which is one of the strongest he has ever delivered on the subject of war, health and diet, is as follows: "Most of our foodstuffs are made up of different constituents. A potato is largely composed of starch, which is heated and is largely composed of nitrogen or protein. Starch represents so many heat-producing units, and beefsteak likewise produces its own calories. "This is so when you consider the matter from a laboratory standpoint, but if you made a test of the same values by feeding these foods to human beings, you would find the values varied greatly because of the variations of the human or organic machinery which handles the starch. For instance, in the cases of some individuals, passes through the digestive system without the body assimilating it and obtaining the nutrition of its heat units. In the cases of other individuals, the same thing would happen with beefsteak.

"For this reason, we must remember when advising foodstuffs for a community, that what is one man's meat is another man's poison. Thus it behooves those who are charged with the regulation of foodstuffs for a community to be liberal enough in drawing up their lists to meet the demands of the different capabilities of the different individuals. In other words, one capable of making a rational selection must have a thorough knowledge of the physiology of foodstuffs.

"The people of the State of Pennsylvania eat too much potato, largely because of starch in the composition of this vegetable produces a catarrhal condition of the digestive tract, which interferes with digestion and leaves the patient insufficiently nourished, eventually over a long series of years producing starvation.

"Meat, as a rule is also over-eaten by Pennsylvanians. Just now, however, during the tension of war we need more meat than usual. It should be kept in mind that meat will be more easily produced during the war than will vegetables, for our trouble will be the want of male help to carry out the continuous demands occasioned by the cultivation of vegetables during all stages from planting to gathering, whereas cattle care of themselves and what human help is required need not be of the highest development, either physical or mental."

Letter List List of advertised letters for the week ending December 15, 1917: Ladies' List—Mrs. Mary Bigham, Sallie L. Brook, Celeste Carson, Mrs. Mary A. Carter (4), Mrs. James Edige, Gertrude Gore, Mrs. K. K. Gillin, Mrs. Elizabeth Gracie (4), Mrs. M. Humphrey, Bertie May Hartman, Mrs. Lydia Hill (3), Lucy Lockley, Mrs. Clinton McLaughlin, Mrs. M. Melton, Mrs. Myrtle Reed (4), Mrs. Allen Stuart, Mrs. J. Treaver, Mrs. Sadie C. Uhler, Gents' List—C. E. Baker, H. A. Beck, J. C. Bryson, E. K. Buler, Nicholas Damiano, A. G. Decker, Clarence L. Dumont (2), E. Evans (4), August O. Feitz, T. E. Felty, C. J. Funk, Irvin Gant, Harry V. Gates (4), Oscar Himes, John Hoover, Wm. Langman, R. A. Latchford, J. R. Leven, H. M. McCormick, Francis B. McDowen, Warren McKay, Lt. Moeck, Cap Peares, John Prosten, David Ray, Geo. H. Rea, Dr. Mill Ritchie, Silvanus Roden, W. B. Ripley, J. R. Schleich, Fred Shaulter, Jai Smeltzer, Carson Smith, R. C. Stiner, John C. Stoner, Dr. Geo. K. Stroud, J. A. Uhler, Chas. Arnold Young (3), Geo. Wade, Charley E. Willet, Martin Wolfe, Weal Wyche, E. A. Ziegler. Firms—Rice Bros. Co.

SPECIAL POLICE NAMED FOR WAR

No More Commissions For One Year Are Likely Under the Latest Ruling on Hill

All men appointed hereafter to the Pennsylvania volunteer police under the act of 1917 will be commissioned for the period of the war. The appointments made for the fifteen counties wherein men have been commissioned were for one year only, but under a recent ruling by the attorney general's department it has been held that the Governor has authority for the war. The act provides that such policemen may be named only during the war with the Germans and their allies and that a limitation of one year was not contemplated by the act. The new commissions are being prepared and the next list of names to be approved will be for the duration of the war. As the powers of the policemen have been defined by the statute enacted this year it is not thought that there will be any interference with the proposed Reserve Militia or the home defense organizations which have been formed in many cities and towns and which are now being listed by the adjutant general together with the police forces, regular and special and emergency, of all municipalities.

Thus far there have been over 1400 volunteer policemen named for the war, Allegheny having more than any other county. Commissions have been issued for 474 men for Allegheny and more are in prospect. These men are all named by the Governor after being approved by the county and State Public Safety committees.

Government Backs Sims and Pershing to Limit

Washington, Dec. 14.—More indication of the unreserved character of the support put behind General Pershing and Vice Admiral Sims by the Government came with the publication of the following order issued by Rear Admiral McGowen, chief of the bureau of supplies and accounts of the navy, to his organization: "Requisitions, requests and recommendations from Vice Admiral Sims, senior naval officer in command in Europe, are to be acted upon the same day they are received, and unless there be some insurmountable obstacle in exact agreement with the Government, that is to say: When properly have any discretion in the premises, it is to be understood that discretion has already been exercised when Admiral Sims's wishes become known.

"Advice of action taken will be immediately cabled to Admiral Sims in every case." "Somewhat similar steps have been taken in the War Department with relation to recommendations from General Pershing. An officer of the general staff has been detailed to check up every day on the progress being made by any bureau with the filing of any order. In addition a special committee of the staff acts as a priority board to forward shipments."

Britain Will Deal Tea Economically

London.—Now that the census of tea stocks is complete, direct Government control of supplies from grower to buyer can be introduced. Tea will be purchased and imported on Government account, and it will be distributed through ordinary channels to merchants and retailers, both wholesale and shops' scales of prices being officially fixed.

38,742,000 Pennies Made in 20 Days Washington.—After a month of extraordinary effort, the three government mints have practically overcome the coin shortage. There is still a shortage of 400,000 pennies, but this will be met within the next few days. During the first twenty days of November the mints turned out 38,742,000 pennies, 8,143,000 nickels, 14,200,000 dimes.

INSTITUTES ON ANOTHER WEEK

Interesting Sessions Expected to Be Held in Spite of the Weather Condition

Farmers' institutes which were not held last week because of the meeting of the State Grange at Williamsport, will be resumed to-day with speakers representing the National Government and the State Public Safety Committee co-operating with the men assigned by the State Department of Agriculture. The institutes will be annulled during holiday week, but will be resumed about the first of the year and run until the middle of March.

Special attention is to be given by the speakers at the institutes to the importance of soil conservation and various cereal crops. The questions asked of farm advisers last summer and at the last month's institutes have been carefully gathered and studied and will be presented for general information. Inquiries are also to be made as to local labor conditions so that when the crisis comes next spring in the farm labor situation first-hand information may be available for the state and public safety committee authorities.

Feed the Birds.—Dr. Joseph Kalbfus, secretary of the State Game Commission, to-day urged farmers and sportsmen to take measures to feed the birds. "Winter has come early and the weather is so severe that I hope the sportsmen and farmers will provide food for quail. I think these birds have proved their value as insect destroyers and it should be realized that if we want them next year we must feed them now," said he. Game wardens have been ordered to preserve to prepare for the winter care of the wild animals and birds and to arrange for propagation.

Your Rheumatism

The painful twists and aches of rheumatic sufferers usually yield to the rich oil-food treatment in

SCOTT'S EMULSION

when everything else fails. Besides helping to purify the blood, Scott's strengthens the functions to throw off injurious acids and is especially beneficial in changing seasons. Many doctors themselves take Scott's. You Try It.

MOTHERS Keep the family free from colds by using VICK'S VAPORUB

association formed out of the three poultry raisers' unions. Pardon Board List.—For the first time in months the State Board of Pardons will meet Thursday with no pleas for commutation of death sentences listed for argument. The only first degree case on the calendar is the held-over appeal in the Motern case from Jefferson county. There are very few second degree or manslaughter cases. Must Repair Roads.—Orders for three Lancaster county turnpike companies to make repairs and improvements to their roads before July 1, 1918, were announced today at the Public Service Commission offices. The orders were made in complaints by the Lancaster Automobile Club, of Lancaster. The Manheim and Lancaster Turnpike and Lancaster, Petersburg and Manheim railway are ordered to have the whole turnpike resurfaced and to provide guard fences; the Lancaster and Lutz Turnpike Road and electric railway companies are ordered to resurface part of the road and guard fences to be built where the road is above the railway or

where it is bordered by ditches and the New Holland Turnpike Road and Lancaster and New Holland railway companies are ordered to remove water pockets, properly drain the road and resurface the turnpike as rapidly as possible. Boards Told to Hurry.—Notice has been given by state draft headquarters to all local and district draft boards, medical advisory boards and examining physicians that the questionnaires must be mailed to registrants before January 9 and that men who yesterday stood selected for military service under old regulations are to remain liable to be inducted into service to fill deferred percentages of the current quota. Boards and medical officers are urged to expedite examination of all men. Attention is called to the fact that it is desired to fill all quotas hereafter from men in the first class under the questionnaire and whether this is done or not depends upon the manner in which local boards handle the proposition. Where there is no classification claim within seven days men are to be placed in the first class and no cases need be sent to district

boards unless on agricultural or industrial grounds. To Equalize Draft.—Steps will be taken immediately by state officials to bring to attention of the provost marshal general possibilities under the plan of calling men from classes to fill draft quotas. To-day Major W. G. Murdock, the draft officer, wrote to Adjutant General Henry that there was danger in filling quotas of exhausting the first class, which is composed of Americans with no dependants or very few, and not taking many from other classes. He holds that there should be some plan evolved whereby the drafting could be distributed. To Test Law.—Plans are now being made at Scranton for a test in the courts of the Baldwin insurance rating law, which is a recent enactment. It is claimed at Scranton that it is discriminatory. Armory Inspection.—Inspection of armories owned by the state has been completed by members of the State Armory Board, acting with the local boards, which are in charge of the properties in the absence of National

Guard organizations as a preliminary to the formation of units of the Reserve Militia. Some of the new units will be mustered in before the close of the year. To Group Complaints.—Plans are being made at the Capitol to group the complaints in the Pittsburgh utility cases. There have been numerous street car complaints, but they are generally denied by the Harrisburg Railway Company. Susquehanna Man Here.—Representative Allan D. Miller, of Susquehanna, who has been flitting around the state considerably, was here the other day. Dr. Lichteitler III.—Dr. M. D. Lichteitler, chief clerk of the State Department of Agriculture, historian and traveler, is ill at one of the city hospitals. After the Cash.—Auditor General Snyder in Philadelphia on Saturday reiterated his declaration that he proposed to make counties come up with the money they owe the state. He outlined what had been under way at the time of the disclosures at Easton and asserts that it all

Kill That Cold and Save Health CASCARA QUININE The old family remedy—in tablet form—safe, sure, easy to take. No opiates—no unpleasant after effects. Cures colds in 24 hours—croup in 3 days. Money back if fails. Get the genuine box with Hill's picture on it. 24 Tablets for 25c. At Any Drug Store

"The Live Store" "Always Reliable" "Store Open Every Evening" "Shop When It Suits You Here" "Shop When It Suits You Here" "Old Santa" Says--Shop Early And if it's right to "shop early" then I must go where they try to accommodate ME by keeping open in the evenings — for time is getting short — I've been watching the people this year more than ever before and I find that after a great many of them have been "elsewhere" they come to DOUTRICH'S because they can get what they want their stocks are so "Big" and "dependable." My--but DOUTRICH'S were busy on Saturday--pardon me I mean "VERY BUSY" and when they took account of the day's sales they told me it was "Old Santa's" extra buying that made Saturday the largest selling day in the history of Doutrichs — You bet I'm going to keep right on buying there because it's the store everyone is talking about and I always like to be with the majority. Try The Dependable Doutrich Service "Velour Hats" Gray, Black, Brown, Fawn and Green \$5.00 Scratch Finish Hats \$2.50 to \$5.00 "Sweaters" Men's and Women's Sweaters \$2.98 to \$14.50 Boys' and Girls' Sweaters \$1.98 to \$6.50 Infants' Knit Suits \$2.98 to \$5.00 Suit "Underwear" "Munsing" — "Duofold" Imperial Drop Seat and Coopers Union Suits Kuppenheimer Clothes "Manhattan Shirts" "Stetson Hats" "Adler's Gloves" 304 Market Street DOUTRICH'S Always Reliable Harrisburg Penna.

THE WEATHER — Tuesday fair, temperature moderating slowly. For the accommodation of our customers who cannot possibly shop during the day THE GLOBE will be open evenings until Christmas A Merry Christmas For Your Soldier Boy Depends entirely upon you—if you remember him with some little useful gift. This year of all years, your gift—your thoughtfulness will be appreciated more than ever. Buy "his" gift to-day so he'll be sure to get it by Christmas morning. Here are the Kind of Gift Things to Gladden the Heart of Any Soldier Officers' and Enlisted Men's Uniforms of serge—of wool and English whipcord. Khaki Air Pillows Khaki Toilet Kits Spiral Wool Puttees O. D. Woolen Shirts Khaki Writing Kits Pneumatic Mattress Regimental Pajamas Leather Lined Trench Coats O. D. Woolen Gloves Woolen Helmet Hoods O. D. Regulation Sweaters Service Hats and Caps Sheepskin Lined Coats Wool Comfyknit Mufflers Aviators' Leather-Tex Suits Overcoats Army Coats Money Belts Bedding Rolls Officers' Caps Canvas Basins Leather Puttees Woolen Socks Sheepskin Vests Canvas Buckets Housewife Kits Trench Mirrors Khaki Kerchiefs Woolen Wristlets Folding Lanterns Join the RED CROSS for the sake of the boys at the front THE GLOBE