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News of Persons Who Come and Go

Mrs. W. H. Balsley, of Altoona, has returned to her home after a visit with her sister, Mrs. Frank Cummings, North Fourth street.

Mrs. B. C. Cummings, of Lancaster has returned to her home after a week's visit at the home of Mr. and Mrs. Frank Cummings, North Fourth street.

Miss Serena Bailey and Miss Emily Bailey, Third and Maclay streets, have gone to Bellefonte to be the guests of Mrs. Daniel Hartman Hastings.

Miss Nellie Bedford, 304 North Second street, left last night for New York City.

Mr. and Mrs. Harry Deen and daughter, Dorothy, of Lancaster, returned home yesterday after a visit with Mr. and Mrs. Elmer R. King, 1725 North Sixth street.

Lawrence Brown, of Philadelphia, has returned home from a visit with Lon Eckman, 2035 Penn street.

Mrs. D. S. Hartman and son, Charles Hartman, of Columbia, were guests of Mr. and Mrs. John Long, 265 Herr street, last week.

Mr. and Mrs. Aaron Good, of Lancaster, arrived today to be the guests of Mr. and Mrs. Hiram Shenk, 271 Hamilton street.

Mrs. S. J. Ziegler, of Philadelphia, is the guest of Mr. and Mrs. Frank E. Ziegler, 106 State street.

William Minster Kunkel and Daniel Herr Kunkel, students at Franklin and Marshall College, were in Philadelphia last week for a several days' stay.

Mr. and Mrs. Charles Light and Maria Light, of Lancaster, are visiting Mrs. Thomas Clark, 707 North Seventeenth street.

Mr. and Mrs. William Elliott and Miss Josephine Elliott, of Newtown, N. J., have gone to Caledonia to spend a day or two before returning home. While in this city they were the guests of Mr. and Mrs. George W. Miller, 609 Briggs street.

Miss Lucy Redding, of Gettysburg, who has been visiting Mrs. Anna Collins, 1829 Zarker street, returned to her home yesterday.

Miss Winifred Welsh, 2132 North Fifth street, returned to her home yesterday after several days' visit in Atlantic City.

Mr. and Mrs. Everett Moore and daughter, Dorothy, of Coatesville, have returned home after a visit with Mr. and Mrs. Hester Byler, 1813 Regina street.

Mrs. Charles Folk and daughter, Miss Helen Folk, of Lancaster, are guests at the home of the former's parents, Mr. and Mrs. William Hall, 1428 North Sixth street.

Mr. and Mrs. Ralph Stewart, of Jamesburg, N. J., arrived today to visit the former's parents, Mr. and Mrs. W. W. Stewart, 1694 State street.

Mr. and Mrs. Clarence C. Byler, of Coatesville, are guests of Mr. and Mrs. Hester B. Byler, 1813 Regina street.

Mr. and Mrs. William Horning of Newport, are visiting their son, F. O. Horning, of Hotel Dauphin.

Mrs. Jane Beistline, of Lewisberry, is the guest of her niece, Mrs. Chester C. Byler, 1511 North street.

Mr. and Mrs. John Ritter, Miss Mary Ritter and Charles Fritz, of Liverpool, have returned home after a visit with Mrs. Martha Hartzell, 1501 1/2 North Sixth street.

Mrs. Lillian Price and Mrs. Catharine Price, of Altoona, are guests of Mr. and Mrs. Charles X. Lawrence.

NO STOMACH PAIN, GAS, INDIGESTION IN FIVE MINUTES

"Pape's Diapepsin" Is the Only Real Stomach Regulator Known

"Really does" put bad stomachs in order—"really does" overcome indigestion, dyspepsia, gas, heartburn and sourness in five minutes—that—just that—makes Pape's Diapepsin the largest selling stomach regulator in the world. If what you eat ferments into stubborn lumps, you belch gas and eructate sour, undigested food and acid; head is dizzy and aches; breath foul; tongue coated; your insides filled with bile and indigestible waste, remember the moment "Pape's Diapepsin" comes in contact with the stomach all such distress vanishes. It's truly astonishing—almost marvelous, and the joy is its harmlessness.

A large fifty-cent case of Pape's Diapepsin will give you a hundred dollars' worth of satisfaction or your druggist hands you your money back.

It's worth its weight in gold to men and women who can't get their stomachs regulated. It belongs in your home—should always be kept handy in case of a sick, sour, upset stomach during the day or at night. It's the quickest, surest and most harmless stomach regulator in the world. Adv.

rine McCloskey, of Lancaster, were recent guests of Mrs. Jacob McCorkell, 2035 Penn street.

Mr. and Mrs. H. M. Geiger of Northumberland, have returned home from a visit with Mr. and Mrs. C. E. Williams, 1501 1/2 North Sixth street.

John McKenny, 1349 Vernon street, is the guest of relatives in New Castle.

Mrs. Rice and daughter, Miss Mary Elizabeth and Miss Annabel Rice, of Mechanicsburg, were recent guests of Mr. and Mrs. J. W. Singeister, 1611 Park street.

Mrs. Cleveland A. Ace and Mrs. Martin P. Beck, of Wilkes-Barre, have been spending the past ten days visiting the latter's mother, Mrs. G. W. Young, 1000 1/2 South Cameron street, and her sister, Mrs. Harry Fenstermacher, Ninth and Hemlock streets.

Mr. and Mrs. William Frank and Jacob Keller, of Lock Haven, have returned home from a visit with Mr. and Mrs. Stephen Marshall, 1306 North Sixth street.

Mrs. Sarah Hutchinson and Mr. and Mrs. Richard Chamberlain and Miss Ethel Jeurgens, of Salem, Ohio, motored to this city and are guests of Mr. and Mrs. John Hutchinson, 1724 Fulton street.

Mrs. H. A. Toomey, of Newport, has returned home after a visit with her sister, Mrs. Theodore Bower, 500 Reilly street.

Mr. and Mrs. Allie Windsor, of Washington, D. C., are guests of Mr. and Mrs. William Linn, 1423 North Sixth street.

Mrs. Thomas Hixon Lowe returned to this city yesterday from a ten days' visit with Mrs. E. E. Sparks at State College and is now stopping with her mother, Mrs. LeRoy J. Wolfe, at the Donaldson. Lieutenant Lowe is with his regiment at Vera Cruz, Mexico.

Miss Ida Reamer, of Wrightford, Md., is the guest of her relatives, Mr. and Mrs. Williams, 425 North street.

Albert Drake, of Altoona, spent the week-end with his parents, Mr. and Mrs. Benjamin Drake, 1422 State street.

Mr. and Mrs. Joseph Wallaz, 34 South Seventeenth street, are home from York.

Charles Lowe, 1348 Vernon street, has returned home from Washington, D. C., where he was the guest of his parents.

Miss Katie Winfield, 716 North Sixth street, is spending some time in New York City.

Mrs. Mary Meyer and Mrs. Annie Gladfelder, of York, are guests of Mrs. John Machlin, Thirteenth and State streets.

Miss Annie Rhoads, Mrs. Margaret Wetzel and Miss Minnie Wetzel, of Carlisle, are guests at the home of Mr. and Mrs. Edwin Miller, 632 Harris street.

Miss Helen Roland, of Lebanon, was the guest of Miss Ruth Lightner, 619 Peffer street, during the convention last week.

Mr. and Mrs. Arthur Martin and children, of New Kingstown, have returned home from a visit with Mr. and Mrs. Elmer Steringer, 1717 Penn street.

Mrs. Harry Leonard, 1729 North Sixth street, has returned from a trip to Oil City and Johnstown.

Jonas Eichholz, of Nachusa, Ill., who has been the guest of Mr. and Mrs. Mervin Peters, Third and North streets, left Saturday for a visit to Bendersville and Gettysburg.

Mr. and Mrs. Latimer Willis, of Brooklyn, former residents of this city, are guests of Miss Bratten, 308 North street.

Mr. and Mrs. D. H. Swope, 2013 North Sixth street, have returned from Little, where they attended the funeral of the latter's aunt, Mrs. Mary Ann Breeman.

Mrs. James Wilson and children, 631 Camp street, have returned from a week's visit to Shamokin.

Mr. and Mrs. Louis Seiborn, 636 Harris street, spent Saturday in Philadelphia and attended the world's series game.

Mr. and Mrs. Christ Breeman, of West Willow, were week-end guests of Mr. and Mrs. Swope, 2013 North Sixth street.

Mr. and Mrs. James L. Grimes, of Drifwood, who have been the guests of Mr. and Mrs. J. W. Urban, 1438 Derry street, have returned to their home.

Motor Trip of 156 Miles
E. J. Miller, Miss Ida Miller, Mrs. Bertha Croft, Miss Katherine Croft and Paul Miller motored to Sunbury, Milton and Dewart, yesterday, covering a distance of one hundred and fifty-six miles without mishap.

Motored to Sunbury
Mrs. Sarah A. Keys, J. Howard Keys, Mrs. C. C. Britten, of West Fairview; Mrs. J. H. Lynch, 80 North Seventeenth street, and Mrs. B. F. Stauffer, of Leboyo, motored to Sunbury yesterday to attend the funeral of Simon Albright.

DR. SCHAEFFER PLEADS FOR THE RURAL SCHOOLS

More Money for Building and Teachers Is Urgently Requested by the State Superintendent of Public Instruction

The annual report of Dr. N. C. Schaeffer, Superintendent of Public Instruction, says that the most important problem before the next Legislature will be betterment of the educational facilities in the rural districts. He declared that they needed more money for buildings and teachers for reaching schools. Dr. Schaeffer said there had been a notable advancement in interest in industrial and vocational education, many of the cities having instituted extensive courses.

The Superintendent voiced objection to numerous holidays and to the bringing to the schools of many problems which he considers as not within the duty of the educator to undertake. Dr. Schaeffer said that there should be an improvement in the teaching of English. He says history, insofar as it prepares youth for citizenship, is declared to be very valuable.

According to the report Dr. Schaeffer believes the operation of the act of the last Legislature, requiring the reading of the Bible in all the public schools, has not been accompanied by any of the difficulties that were freely discussed while the bill was being fought over in the Senate and House. Dr. Schaeffer says:

"While the bill requiring the daily reading of the Bible in the public schools was pending, it was predicted in other States that if the proposed legislation were ever enacted into law, there would be scenes of riot and bloodshed in Pennsylvania. Nothing of the kind had come to pass. The campaign which the school department inaugurated for carrying this law into effect has been remarkably successful. After the law interested, as explained, there was little objection to its enforcement. The teachers, although differing in religious creeds and customs, proved themselves to be law abiding citizens. Fortunately, the spirit of religious tolerance, with which William Penn started the government of his province, still abides in the hearts of our citizens.

"The law in regard to vaccination is not satisfactory," says Superintendent Schaeffer. "During the last year some school houses were empty, because an attempt was made to enforce the law excluding unvaccinated children from school. The courts have held that when a child is excluded from school on the ground that it has not been successfully vaccinated, the compulsory attendance law cannot be enforced. An empty school house is a needless expense, because it means that the unvaccinated are neither getting in education nor receiving immunity from a loathsome disease.

The report makes no recommendation as to how the law should be changed.

U. OF P. SCHOOL TO START

Students May Form Class Organization to Get Taste of University Life

With the preliminary work of registration and the opening exercises over, the regular session of the University of Pennsylvania extension school opens this evening. Classes will start at 7.45 p. m. and the first hour will continue until 8.45 p. m. when there will be an intermission of fifteen minutes, the work terminating at 10 o'clock. There will be alteration between lecture hours and quiz hours throughout the term. The first week will consist of lectures entirely.

The Harrisburg extension school is now the largest of the four "up-state" evening schools of the university, public spirited citizens of Harrisburg as well as members of the university faculty have worked hard to establish the institution so firmly in this city.

The classes will be held on the fourth floor of the Technical High school building in the large study room, ideal for the purposes of the school as it is large, well ventilated and suitably equipped with desks.

Professor Budd, of the Wharton school faculty, has made the suggestion to several of the students that as soon as possible after the opening of the school, the men get together and form a class organization. In the Philadelphia evening school the men have their own organization as well as their own football, baseball and debating teams. Banquets, smokers and other entertainments are given continually throughout the winter. In this way the men partake of social life and recreation, while getting their business education.

Classes in this city will continue without interruption with the exception of Thanksgiving night until December 17, when there will be a week's vacation for Christmas.

Married at Hagerstown
Miss Martha Manbeck and George Davis, both of Lewistown, were married Saturday morning at the parsonage of the First Baptist church, Hagerstown, Md. The ceremony was performed by the pastor, the Rev. E. K. Thomas.

How I Cured My Eyes

This Free Prescription Did It

"My eyes were in a terrible state. I could hardly stand it. They were red and inflamed; felt as though they had sand in them. They would ache and burn dreadfully and caused incessant headaches. I could hardly read at all. After wearing my glasses my eyes felt strained and overworked. By chance I met a man whose eyes had bothered him the same way. He gave me the following prescription, which he said had cured him and since had enabled him to discard his glasses. 'If you wear glasses or have eye trouble similar to mine I advise you to have this formula filled at once. It will cure you. I suggest that you get it up for you. Here it is: 2 grains Oxydina (1 tablet). Allow to dissolve, then bathe the eyes by means of an eye cup three to four times daily—fifteen or twenty drops. It is very quick and causes no pain. It does not smart or burn, is absolutely harmless and any druggist who knows the formula will tell you that you need not hesitate to use it. If you try it I am sure you will be just as cured as I am. Cut this out so you will always have the

Here is a Present for You!



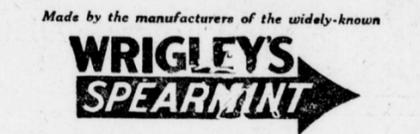
A new delightfully flavored Peppermint gum—double strength—lots of "Pep!"

Double wrapped to keep it fresh and full-flavored.

Five cents a package of 5 big sticks—enough for the family.

Each stick is like a spicy Peppermint Lozenge with a long lease of life—it lasts!

And, with each package is a United Profit-Sharing Coupon good for valuable presents.



—both highest quality products, from the largest chewing gum plants in the world.

Bear in mind the WRIGLEY "twin mints" for quality cleanliness and flavor. Try Doublemint today!

SOCIAL and PERSONAL

ENTERTAINMENT GIVEN BY MISSIONARY SOCIETY

Interesting Program Will Be Rendered at Ridge Avenue M. E. Church Under Auspices of Woman's Foreign Missionary Society

A missionary and temperance entertainment will be held this evening at 7.45 o'clock in the Ridge Avenue M. E. church under the auspices of the Woman's Foreign Missionary Society of the church. The following program will be given:

Opening hymn, "From Greenland's Icy Mountains"; prayer, Miss Fannie Weaver; singing, Mary Caroline King (a little Light Bearer); "Jesus Bids Us Shine"; reading, "Co-operation with Missions," Mrs. William B. Sloane, W. C. T. U. county superintendent of the work; singing, "The Cross and the Flag," Mrs. Watson, W. C. T. U.; reading, "Appeal to Young Men," Glenn Boyles, a King's Herald; recitation, "Just One Word," Catherine Reamer, a King's Herald; singing, "Missionary Bells," King's Herald; reading, "Echoes from Philadelphia Branch meeting, recently in session at Johnstown," Mrs. Harry Leonard; singing, by Standard Bearer Girls, "The Victory Depends on You," Dr. Chapman on the Saloon Voters; Miss Eleanor Destlevy; singing, "Pennsylvania Shall Be Free," W. C. T. U.; reading, "Awake, Oh Church of God," Miss Edina Bowers; reading, Mrs. Chester Byler; missionary devotion; prayer and benediction, Dr. Silas C. Swallow.

MISS ESLINGER HOSTESS

Gave a Theatre Party at the Orpheum in Honor of Guests

Miss Eslinger gave a theatre party at the Orpheum, Saturday in honor of the Misses Glendennin. After the show the guests were entertained at Miss Eslinger's home in West Fairview. The party included the Misses Glendennin, Miss Mumma, Miss Dewalt, Miss Jackson, Miss Eslinger, Mr. Van Kirk, Mr. Fortenbaugh, Mr. Rutherford, Mr. Conrad, Mr. Baer and Mr. Landis, Mr. and Mrs. Myers, of this city, chaperoned the young people.

Sample-Krantz Wedding

Marietta, Oct. 12.—Miss Elsie Marie Krantz was married Saturday to Elmer G. Sample, by the Rev. A. H. Brubaker, pastor of the church of God, Strasburg township. A reception followed yesterday.

Returned From Topeka, Kansas

Mrs. M. C. White and Miss Irene White, 156 Linden street, have returned from an extended visit with relatives in Topeka, Kan.

Concentrated Food Strength

of field grains—

Grape-Nuts

This splendid food containing all the nutriment of prime wheat and barley, including the vital phosphates, makes for

Good Digestion, Clear Brains, Sturdy Strength

Crisp, ready to eat, appetizing, economical—

"There's a Reason" for

Grape-Nuts sold by Grocers— everywhere!

DANCE AT COUNTRY CLUB

Mrs. Alice M. Wallis Gave Charming Affair for Her Daughter, Miss Alice Wallis

Mrs. Alice M. Wallis, 1717 North Second street, gave an informal dance at the Country Club Saturday evening in compliment to her daughter, Miss Alice Wallis, who will be a debutante of the season. The guests included:

Miss Virginia Hargest King, Miss Margaret McLain, Miss Mary Williamson, Miss Katherine Eiter, Miss Dora Wickesham, Miss Mary Meyers, Thomas Baldwin, William Wright, George Shotwell, John Lennhart, Richard Knibbe, John Mequon, Thomas Moffit, Thomas Williamson, Mr. Munsey, Mr. Smith, Mr. and Mrs. W. Walley Davis, Mr. and Mrs. Robert M. Rutherford, Mr. and Mrs. Frank Payne, Mr. and Mrs. Philip T. Meredith, Mr. and Mrs. Richard Vincent McKay, Miss Isabel Wilhelm, Miss Sarah Wilhelm, Frank D. Carney and Dr. John P. Culp.

MR. AND MRS. EBERLE HOSTS

Entertained Out-of-Town Guests at Their Home, Saturday Evening

Mr. and Mrs. E. E. Eberle entertained at their home, 2404 North Sixth street, Saturday evening. Music by Prof. E. E. Eberle, Miss Groome and Mr. Groome was a feature of the evening's entertainment. The guests included:

Prof. and Mrs. W. W. Eberle, Mr. and Mrs. Groome, Miss Edina Groome, Mr. and Mrs. O'Byrne, daughter and son, Charles Mundas and daughter, Carrie, Mr. Jenkins, all of York; Mrs. Ella Sirk, Mr. Joy, and Mrs. Charles Rosier, of Altoona.

WEEK-END AT MT. GRETTA

Guests of Dr. and Mrs. C. R. Miller Spent Pleasant Time

Dr. and Mrs. C. R. Miller, Nineteenth and Market streets, entertained the following week-end guests at Mt. Gretna:

Miss Lena Gray, York; Miss Edith Steward, Miss Florence Fesse, Miss Catharine Keller, Miss Helen Farmer, Mrs. Maurice Fitzgerald, William Clush, Foster Sowers, George Lawrence, Miss Lingle. The party was chaperoned by Mr. and Mrs. Charles X. Lawrence.

HENSEL-MORTON WEDDING

Ceremony Performed at Parsonage of B. F. Stevens M. E. Church

Miss Elizabeth Farquhar Morton, of 1728 Market street, and Robert Eugene Hensel, of Chicago, Ill., were quietly married Saturday evening at 8.30 o'clock at the parsonage of the Stevens Memorial M. E. church. The ceremony was performed by the pastor, the Rev. Dr. Clayton Albert Smucker, in the presence of the immediate members of the bride's family. Late Saturday night Mr. and Mrs. Hensel left for Chicago where they will reside.

THEATRE PARTY AT ORPHEUM

Miss Elsie Spayd Entertains in Honor of Miss Helen Shaver

Miss Elsie Spayd gave a theatre party, followed by luncheon at Rose's, Saturday afternoon in compliment to Miss Helen R. Shaver, whose marriage to G. Douglas Andrews will be an event of next week. Miss Spayd's guests included Miss Helen Shaver, Miss Syra Pakradooni, of Overbrook; Miss Sara Vance, Miss Frances Corbett, Miss Emma Graupner and Miss Margaret Stephens, of Reading.

Issued Invitations for Wedding

Mr. and Mrs. M. E. Winfield, 706 North Sixth street, have issued invitations for the wedding of their daughter, Miss Catherine Winfield, to Dr. Albert G. Davis, of Norristown, which will take place Wednesday, October 28.

Guests From Lebanon

Miss Kathryn McConnell and Miss Esther Paine, of Lebanon, are spending the week with Mrs. H. D. Guy, 2223 Jefferson street.

First Junior Class Meeting

The first junior class meeting will be held to-morrow evening in Handshaw's hall, with president Harold Houtz, presiding. Class colors will be selected and other important business transacted. The first meeting of the Senior class will be held Tuesday evening October 26th.

Motored to Bellefonte

Mr. and Mrs. D. C. Hershey, Mr. and Mrs. Frank Bomgardner, Mr. and Mrs. N. S. Badoff, Mr. and Mrs. Joseph Benfer, Mr. and Mrs. C. B. Shope, J. K. May and daughter, Miss Queen, and David Hetrick, left this city Sunday morning in three automobiles on a pleasure trip to Bellefonte.

LOOK YOUR VERY BEST



CUTICURA SOAP

And Cuticura Ointment, both fragrant, super-creamy emollients, will promote and maintain the natural purity and beauty of the hair and skin, the first requisites of beauty.

Samples Free by Mail
Cuticura Soap and Ointment sold throughout the world. Liberal sample of each mailed free, with 30-day trial. Address "Cuticura," Dept. 3F, Boston.

NU-BONE CORSETS, front and back laced, flesh reducing, triple wire stays, washable, unbreakable, rust proof, elastic, tri-cot and slip-ons; ready to wear and made to order. Maternity, surgical and abdomen belts; most comfortable hygienic corsets made. NU-BONE CORSET PARLORS, 404 North Second Street.

SUCCESSFUL RALLY DAY AT DERRY STREET U. B. CHURCH

Out of a Total Membership of 1,000 in the Sunday School, 80% Were Present at the Interesting Exercises Held Yesterday

The annual fall rally day was observed with great success yesterday at the Derry Street United Brethren church. Fifteenth and Derry streets. The school met at its regular hour, 9.50 a. m., and observed the following program:

Ten minute concert; Sunday school orchestra; ten minute song service; school prayer; Superintendent J. E. Gippie; song, school; responsive lesson reading, Assistant Superintendent W. N. Winemiller; offering; violin solo, Miss Sara Lerner; exercise, the little tots, Song, Boys' Choir; address, H. L. Carl; violin solo, Miss Sara Lerner; class reports; greetings, Dr. J. A. Lyter; closing song and benediction.

The membership of the school is 1,000 and 896 were present at yesterday's rally. The church was beautifully decorated under the direction of J. Frank Barley, chairman of the decorative committee. Autumn leaves and pennants centering around a great white coat covered with live ferns completed the handsomest decoration ever seen in Derry Street church.

Class No. 4, taught by A. E. Brough, won the efficiency banner, which is contested for by all classes of the school each year. This banner is awarded to the class scoring the greatest number of points secured as follows: Seventy-five points or 100 per cent. attendance, 20 points for each new member and 10 points for each visitor.

The singing, for which the school is becoming noted, was never better than yesterday. Professor Davies, as usual, directed. The Rally Day exercises were continued in the evening at 7.30 at which service the superintendent, J. E. Gippie, presided. All classes were grouped in the auditorium with their teachers and the following program was rendered:

Organ voluntary, organist; selection, Men's Bible Class; hymn, congregation; devotional, Dr. Lyter; hymn, congregation; offering; anthem, choir, under direction of Professor Davies; address, "The Boy of Today and the Church of To-morrow," Professor L. E. McGinnis; hymn, congregation; benediction.

MANY CASES FOR ARGUMENT

Causes Involve Actions in Common Pleas, Orphans' Court, Quarter Sessions—Twenty-one Listed

Twenty-one causes are listed for hearing at the October term of argument court which will be held Tuesday, October 13. The list follows: State vs. W. J. Bayles, alderman, rule to show cause why indictment should not be re-submitted to another Grand Jury; George A. Matchett vs. P. N. Kasson, mot on for judgment, notwithstanding verdict; Brunser & Son vs. Pennsylvania Steel Company, rule to strike off judgment; State vs. Mabel Miller and Benjamin Powers, rule to show cause; Broad Street National bank, Trenton, vs. United Water and Guarantee Company, petition to open judgment; State vs. Farmers' Mutual Insurance Company, Crawford, exceptions to receivers' second account; Farmers' Produce Company, receivers vs. William D. Durham, rule to open judgment; same rule against H. L. Shutt and Edward Shutt; Gately & Fitzgerald vs. H. K. Gamber, rule to

PTOMAINE POISONING

Little Talks on Health and Hygiene by Samuel G. Dixon, M. D., LL. D., Commissioner of Health

Ptomaine poison causes a serious disturbance of the digestive organs due to the products of germ life. Generally speaking ptomaines are the result of decomposition of food stuffs. This is caused by bacteria. In the process of their growth a poison is produced which effects a violent disturbance if introduced into the digestive system. Savage, decomposed fish, cheese, ice cream, milk, canned meats and vegetables are the food stuffs most commonly responsible for ptomaine poisoning. Cooking will not always destroy the ptomaines in food stuffs. It kills the bacteria but the poisonous substances will remain. Unfortunately our sense of taste in the majority of instances does not warn us of the presence of these poisons. This is often due to the common practice of over seasoning our food stuffs and the excessive use of condiments. Also it is the practice of many canners to add preservatives which makes it possible for them to use decomposed meats or vegetables. If foods for canning are properly inspected before their preparation and the decayed portion eliminated, they can be made to keep without the addition of injurious preservatives. Ptomaine poisoning as a rule develops a few hours after eating and progresses rapidly. In the treatment of ptomaine poisoning the first essential is to wash out the stomach and empty the intestinal canal as much of the decomposed food as possible. These things may be done while awaiting the arrival of the physician.

