

THE MEYERSDALE COMMERCIAL  
PUBLISHED EVERY THURSDAY  
AT MEYERSDALE, PA.  
K. Cleaver, Editor  
When paid strictly in advance \$1.25  
When not paid in advance \$1.50

### LET THE NATIONS PREPARE FOR PEACE.

The dominant cry of our country from all quarters is to prepare for war, to increase the size of all the forces for war in sea on earth and in the sky.

Since the earliest existence of man that has been the policy of all nations, tribes and communities—yea down to the last individual himself in order that each might be protected against his fellow and it has been a colossal failure. So when the cry goes forth from our national government that we must become better equipped to slaughter our brothers of the flesh it would seem that we are on the return grade to barbarism. This eye for an eye and tooth for a tooth custom in the affairs of nations ought to be dead dogma. Nations ought not to carry weapons any more than individuals and the latter do not need them. Those corporations which have to do with the manufacture of arms and munitions of war of course are trying to create a trade for their business. Let the nations disarm and after while proper adjustments would be made. Force cannot avail to permanent peace. There is a more excellent way. The United States ought to work it out.

"Were half the power that fills the world with terror, were half the wealth bestowed on camps and courts, given to redeem the human mind from error, there were no need of arsenals and forts."

### TO BREAK UP TRAIN RIDING.

Incident to a campaign against unlawful train riding and the trespassing which the Baltimore & Ohio railroad is pursuing in an effort to reduce the number of accidents resulting in death and injury to persons having no business on the property, officers of the road recently found it necessary to arrest six men and eight boys in a day in one of the suburbs of Pittsburgh to remove them from danger of the tracks in the yard.

The ages of the boys ranged from 12 to 16 years and officials of the railroad believe by turning these children over to the city authorities the lives of some of them were saved.

The railroad has enlisted the help of school authorities, pastors and Sunday School teachers to caution children against the danger in trespassing upon railroad tracks and hooking rides on trains.

### GOVERNOR'S STATE TOUR

More than 100 persons will accompany Gov. Brumbaugh on his automobile tour of Pennsylvania during the first week in October. Plans have been completed by the State Highway department which has arranged the itinerary and two officials of the department will make a full inspection of the route in a few days to make hotel reservations and inspecting the roads to be traversed.

The governor and his party will leave Harrisburg on October 4 spending the first night at Bedford, and second night in Pittsburgh; the third night at Altoona; the fourth at Williamsport and the fifth at Pocono Summit. The tour will end at Philadelphia on November 9. The mileage to be covered per the schedule will be 960.

### STATION AGENT IN SERIOUS TROUBLE.

W. E. Carter, B. & O. Station Agent at Somerset, was found guilty at Somerset court, last week, of a serious charge preferred by Miss Ella Daniels, a seamstress of that place and after a short deliberation by the jury. The penalty for the offense is five years in the penitentiary, besides a heavy fine.

It is said a breach of promise suit will also be brought against Carter by Miss Daniels whom it is said he has been courting for five years.

The testimony in the case was so bad that women and young people should have been excluded from the court room. To have been seen present should bring a blush to their faces.

Carter will take the case to a higher court it is said.

**BRETHREN CHURCH**—Rev. H. L. Goughnour, Pastor. Preaching services for Sunday, Sept. 26, both morning and evening in the Meyersdale church. The Women's League will meet in connection with the Sunday School at 9:30 a. m. Christian Endeavor at 6:45 p. m. All are cordially invited.

### CONFLUENCE

Mrs. J. C. Younkin has returned from Pittsburgh where she had spent several days visiting friend.

Mr. and Mrs. D. L. Flanagan of Pittsburgh are spending a few days with friends in town.

M. R. Thomas of Markleysburg a week end visitor here with his daughter, Mrs. H. P. Meyers.

Mrs. F. C. Rose of Conneville and Mrs. Sherrick of Somerset have returned to their homes after visiting their brother, John Davis of the West Side.

James Hanna of near Dumas was visiting friends in town on Saturday.

Mrs. C. M. Cunningham who has been quite ill is a little improved at this writing.

Albert Kurt of McKeesport was visiting friends here last week.

Mrs. Chas. Watson has returned to her home in Conneville after visiting her parents Mr. and Mrs. Alvin Burnworth.

I. L. Hall has returned from Uniontown where he visited friends and attended the veterans reunion.

Mrs. G. E. Wright returned to her home in Greensburg after a visit with friends here and at Markleton.

Miss Florence Goughnour left Saturday for Greensburg where she will enter the high school.

The Ladies' Aid Society of the Lutheran Church met at the home of Mrs. O. G. Kantner on Thursday evening and after the business was transacted refreshments were served and a social hour followed.

Robert Little has gone for a visit with his sister, Mrs. James Kearns at Chicago Junction, Ohio.

Mr. and Mrs. Benton Murray of W. Newton visited friends here on route to their home from a fishing trip in West Virginia.

Miss Pauline Murphy has returned to the Indiana State Normal School after spending her vacation with her parents.

Mrs. Margaret Swan has returned to her home in Conneville after a visit of several days here with relatives and friends.

### ROCKWOOD

Miss Clarissa Snyder who had been visiting Mr. and Mrs. Lile in Meyersdale, for the past month, has returned to her home in this place.

Mrs. Mildred Dennison and Josephine Funckie who have been the guests of relatives here for several days have returned to their home in Pittsburgh.

Miss Jennie Bloom is the guests of Pittsburgh friends.

Mr. and Mrs. J. C. Enos and son, Wilbur, of this place and Mr. and Mrs. J. B. Vaughn, of Winston Salem, N. C. and Mr. and Mrs. D. S. Cupp, of Casselman left on Wednesday for Gettysburg and for other eastern cities in their Ford touring cars.

A. C. Snyder of Black township will in the near future move his family and household goods to Rockwood where he will occupy his residence on Leora street.

The Royal Neighbors of Rockwood held a corn roast on the John Critchfield farm Thursday evening.

Mr. and Mrs. H. E. Keller of Harrisburg were guests last week of Mrs. Keller's sister, Mrs. J. D. Snyder on Main street. Mr. Keller has returned to Harrisburg and Mrs. Keller is visiting relatives in Somerset.

Dr. John Erler delivered an excellent sermon in the U. B. church to the Odd Fellows on Sunday evening taking as his subject "A Trip to Jericho."

### WANTS AN ACCOUNTING.

Daryle R. Heckman, solicitor for Margaret Morgan, executrix of the estate of Sylvester Morgan, deceased, has filed a bill in equity with Judge Ruppel asking the Court to direct R. T. Pollard and Lee W. Pollard of Garrett to file an account of the partnership affairs of the Pollard & Morgan Lumber Co. to which Sylvester Morgan, the plaintiff's husband, belonged.

The plaintiff alleges that her husband and the Pollards formed a partnership in 1910 for the purpose of buying timber and manufacturing it into lumber and disposing of the same in W. Va. and that she believes that money is due her from this partnership.

### PARTY FOR MISS SAYLOR.

A farewell party was given at the home of Miss Margaret Saylor last Friday evening. Miss Saylor will spend a few weeks in Roanoke, Harper's Ferry and Richmond, Va. The party was given by Miss Mary Hoover. Those present were: Misses Ida Lichty, Carrie Saylor, Edna Saylor, Mary Hoover, Nora Siehl, Jessie Forespring and Margaret Saylor; Messrs Chas. Weilen, Lloyd Clotworthy and Lawrence Siehl.

Thirty-cent Jar Chipped Beef for 25 cents or 20 cent Jar for 15 cents at Bittner's Grocery.

Everybody is talking about the Big Style Show at Miller & Collins on September 30.

## Wanted-- A Proverb

By Leroy Wallingford  
(Copyright by Paget Newspaper Ser)

It was Fernley who undertook the regeneration of Morrison. Fernley pursued new breakfast foods and the simple life, but he carried enough proverbs to fit any situation that stumbling humanity might get into. On this account Morrison attracted him. The majority of the proverbs appear to have been especially constructed for people who dig the hard rows in this life, and it looked as if Morrison was wrestling with a Panama canal with only a blunt garden hoe to help him along.

The other clerks in Aaronstein's pitied Morrison, but they did not bother to acquaint him of the fact. They had a dim idea that pity and advice are poor things to offer to a man who is wrestling with a heavyweight drink craving, but Fernley thought different. He had tremendous faith in his proverbs. He loaded himself with them each morning, and he became a sort of human Gatling that fired adages at Morrison every time that unfortunate got within hearing range.

"The darkest hour is that before the dawn," he would whisper as he tiptoed up to Morrison's desk to collect the sales slips. Then, as the thirty one handed him the bundle he would add: "It's a long lane that has no turning," and always remember "that the Lord helps those who help themselves."

Morrison was inclined to think that his lane ran in a circle, and he had big doubts whether Providence would cooperate with him as Fernley suggested, but he allowed the proverb-pounder to fire away without interruption.

It was on the days immediately preceding pay day that Morrison's condition became especially noticeable. At this time of the week the saloon exercised a greater pulling power than the restaurants, and as Morrison was performing financial handspings in an endeavor to make cup and lip meet as often as possible till he received his pay, his physique suffered as well as his morals.

Then an idea came to Fernley. He tried to induce Morrison to buy a commuter's ticket at the restaurant so that he would be protected against hunger when the drink craving ransacked the treasury in the latter part of the week. It was good of Fernley. He picked out the weightiest of his proverbs, and morning and night he flung "The Lord helps those who help themselves" argument at the head of the suffering one. The drink demon within Morrison objected strongly to the preparation of three dollars for food, but Fernley was insistent. He urged Morrison to make a fight; to stand up and let the Almighty see that he was in the ring and finally the sufferer consented.

Fernley was delighted. Pay day came on the following Saturday, and lest the devil might obtain a jiu-jitsu grip on the morally weak one, he called his man the moment he was paid, and he never stopped bolstering him with the proverb that urged heavenly co-operation till Morrison paid over three dollars to the Teetotaler's cafe and received in exchange a red ticket entitling him to twenty-one meals. Fernley once more administered the proverb in solemn tones and then satisfied that he had out-witted the devil he walked gaily homeward.

On that evening Morrison's drink demon held high festival. It claimed the money remaining after his room and food had been paid for, and Morrison spent it freely, but he kept a firm grip on his meal ticket.

Monday morning when Fernley reached the office he saw Morrison sitting with his head bowed in utter dejection, and surprised at the other's attitude he stepped quietly over and tapped him on the shoulder. Morrison lifted his head and two bloodshot eyes started accusingly at the proverb-pounder.

"The Lord helps those—" began Fernley, but Morrison stopped him with an angry gesture. Fernley was astonished.

Morrison tried to speak, but his dry tongue refused to mold the word, so he grasped his pen, wrote rapidly and pushed the sheet across to Fernley, who read these words:

"The Teetotaler's cafe burned to the ground yesterday morning and my three-dollar commuter's ticket isn't worth a tinker's damn!"

As Fernley finished reading Morrison gained the use of his tongue.

"If you've got a proverb that I can swap for a sandwich, trot it out. I haven't tasted food for twenty-four hours."

Fernley—well, for once Fernley couldn't find a proverb.

### Knew His Way

A real estate man had been out in the country to look at a piece of property, and the old farmer accompanied him back to town to close the deal. After traveling several miles the farmer was much surprised to see his dog crawl from under the seat, for he had no idea that it had followed him. As the train slowed up at a junction the farmer put the dog off the car and chased him away.

"That's too nice a dog to lose," remarked the real estate man. "Does he know his way home?" "Does he?" echoed the old farmer. "Why, mister, I've sold that dog four times."—Judge.

### Making a Cheerful Home.

Many a person is less well-mannered and good natured at home than almost anywhere else. Many a person is polite and obliging and pleasing in company, and selfish and crabbed and terrifying at home. Many a person presents to the world an exterior of attractive characteristics, and displays for the every-day experience of his home folks an inward nature of meanness and malice.

Home ought to be, for the child and the youth, the best training school for the future, and for the man the chief incentive to labor. It ought to be comfortable in every possible way. It ought to be furnished with every reasonable convenience. It ought to boast of everything of culture and education and refinement that consecrated love and labor can secure. Each home ought to be such a one as to inspire its members with high ideals of affection, justice and industry. It should pour into the heart of every inmate full streams of devotion, courtesy and peace. It should radiate truth, hospitality and good will. It should be a city of refuge as long as it lasts, and to its scattered members a holy memory when it is broken forever.

Home ought to be a cheerful place. There is a great deal of sunshine in the world. Large quantities should be stored up about the home. There is almost nothing better to lay by for a rainy day than pure sunshine. It is refreshing when one is feeling out-of-sorts to come across a lot that he has put away and forgotten about. Who has not had the experience, when ill humored and miserable, of stumbling into somebody's home so full of sunshine that it has seemed like another world?

If there is one thing more deplorable than another it is a cheerless home. There are going to be a good many vain regrets after a while, on the part of people who today are not trying very hard to make home happy.

### Shrinking Cloth.

Wash goods may be shrunk by putting them in enough water to cover and letting remain over night, or by dipping in boiling water and hanging out at once. Dipping in boiling water, unless very carefully done, is liable to streak colored goods unless the colors are set. The goods should be ironed while yet damp, but not much ironing will be necessary unless the goods have been wrinkled by wringing. If the advantages of shrinking cloth were properly appreciated there would be few unsightly, ill-fitting garments. It is enough to have to let out and lengthen for the growing child without the burden of the shrinking cloth after the garment is made.

### Test for Jelly of Fruit Cake.

Chemists of the department recommend the following test as a simple one to determine when fruit sirup has reached the "jelly point": "Make a thin, flat stick or a small paddle, about an inch broad, and whittle this down to a straight edge. Dip the paddle or stick into the jelly mixture and remove it. Hold the end down, and if the mixture has reached the jellying point, it will be noticed that the liquid will not drip off in drops but will fall off—that is, a strip of jelly will flake off from the paddle in one mass."

### Shears in the Kitchen.

Keep an old pair of shears in your kitchen; you can always find use for them; trim the rind from slices of bacon and clip the edge so it will not curl while frying. Cut your vegetables for salads with your shears. Dried beef and cold boiled ham can be trimmed into shapely pieces for serving. Trim the edges of steak and cut out the bone before broiling. They are unexcelled for removing specks from dried apples before cooking; this is so hard to do with a knife, but easy with the shears.

### For the Silence Cloth.

Cover your huck dinner table cloth with two squares of white oilcloth of the requisite size, binding the edges firmly with white tape. This will save constant washing of the cloth and keep it thick. Besides, there is not the danger of burning the polish on your table should a hot dish inadvertently slip and go over.

### A Substitute for Soap.

Boiled potatoes make an excellent substitute for soap if your hands have become blackened with contact with pots and pans. Take a little of the potato and rub well into the skin, then rinse it off with warm water.

### Cleaning Decanters.

A handful of coarse salt and a cupful of vinegar shaken up well in a cloudy decanter will clean it like magic.

Rinse well with very hot water several times to remove all taste of salt.

While painting woodwork near the window pane place a sheet of paper or cardboard on the glass. This will prevent the brush smearing the glass with paint.

Add a few evergreens to the home grounds each spring. There is really nothing else like them for winter cheer.

"It takes an artist to fry salt pork and make milk gravy," and there are plenty such artists—mighty good ones, too!

## THIS IS FAIR AND RACE TIME

### GOOD FOR THE HUMAN RACE

A better time to get in the Good Clothes Race at HARTLEY & BALDWIN'S.

Everything that is good to wear you will find at our store.

When you are attending the fair. Make this store your headquarters, while waiting for trains and street cars. It would be a pleasure to us to show our new fall line of suits and overcoats. The place is

## HARTLEY & BALDWIN,

MEYERSDALE, PENN'A.

## Anything in Your Eye?

MANY PEOPLE who come to us for eye examination imagine that there is some foreign substance in their eyes. It is hard to convince them, sometimes, that these gritty, sandy, scratching and irritating conditions are symptoms and effects due to refractive errors which can usually be corrected by the use of properly fitted glasses.

Let Us Take the GRIT Out of Your EYES.

EXAMINATIONS FREE.

## COOK, The Optometrist

### SELECT FAMILY EXCURSION TO

## GETTYSBURG

### SUNDAY, SEPTEMBER, 26th

See The Stately Monuments  
Equestrian Statues  
Lincoln Highway

VISIT THE—  
Cyclorama, National Cemetery, Jennie Wade House, Historic Churches and Headquarters of Northern and Southern Generals.

Special Train Leaves Meyersdale 2:01 a. m.; Leaves Gettysburg 7:00 p. m.

\$2.25 - ROUND TRIP - \$2.25  
WESTERN MARYLAND RAILWAY

### Unpolished and Uncoated Rice

An investigation by the department shows a widespread popular misunderstanding of the various kinds of rice on the market. The true distinction between the polishing and coating processes and the corresponding polished and coated rices does not seem to be clearly appreciated.

Rice from the threshers, called in the Philippine Islands palay, is hulled in many places by pounding by hand, but usually in a machine designed to remove the outer coat without injuring the seed. This product is almost always polished in order to please the fancies and conform to the established requirements of the consumers.

The polishing process, as understood in the Orient and by the best authorities in this country, refers to the rubbing or scouring of the grains in various machines by which most of the bran coat or pericarp is removed. This product is often coated to improve its appearance. The coating process refers to the addition of glucose, talc, or other foreign material to the surface of the already polished grain. The peoples of Asia use some true unpolished rice; that is, rice from which the hulls have been removed but on which the bran coat remains nearly intact. Such an article is very seldom furnished in the United States where the market supply is composed principally of polished rice, most of which has also been coated. Polishing removes a considerable portion of the fat, fiber and inorganic salts as well as flavor from the grain and some substances vital to nutrition.

The whole question has aroused considerable interest in this country because it has been shown that the disease known as beriberi, which is common in the Orient, is due to the consumption, as the main article of diet, of rice that has had the bran coat removed. This bran layer, in the case of the people who live largely on rice, is the only source of certain compounds necessary to the processes of nutrition. The absence of these compounds in the ration results in beriberi. Those who eat a varied diet get these elements in other foods.

Formerly in the Orient rice was milled to a great extent by hand or by inadequate machinery, so that little more was done than to pound off the coarse

outer hull, leaving the bran layer of the rice nearly intact. With the introduction of modern machinery into the Orient the extensive machine milling of rice has developed. Much rice in the Orient is now very highly milled, so that all the bran coat is removed. It is believed by the health authorities of the Philippine Islands that highly polished rice tends to produce beriberi among the natives. For this reason the Philippine Government permits its hospitals, jails and public institutions to use only rice that has not been highly polished. The elimination of beriberi from these institutions has resulted.

This fact has been made use of by certain manufacturers and food faddists in this country to frighten the public, and by so doing to gain a market for their product. They have called their rice "unpolished," when as a matter of fact in many cases the rice they were selling would not be permitted in the institutions controlled by the Philippine Government. All the circumstances in the case should be considered. Since it has been proven that Filipinos, Chinese, Japanese and other Asiatics and Malaysians contract beriberi by eating highly milled, polished rice, it does not follow that eating such rice in the United States is dangerous. If the American people lived almost wholly on rice, as do many Filipinos, Chinese, Japanese and other peoples, it would certainly be dangerous. However, in America rice constitutes only a small proportion of the diet, and with the variety of foods usually consumed no danger whatever of contracting beriberi or similar diseases is likely to come from eating polished rice.

It is estimated that the government's Grand Canyon game refuge, in Arizona, now contains about ten thousand deer.

Virginia uses more wood for boxes and crates than any other state, followed by New York, Illinois, Massachusetts and California, in the order named.

A school loses interest if it cannot pay the principal.

A bad vegetable to have aboard a ship—a leak.