

POTATOES HEALTHY ARTICLE FOR DIET.

The consumption of potatoes is growing less every year. Why is not clear, but many things may enter into the question. People may be tiring of this common food, prepared in old-fashioned ways only. They may not, probably do not, understand its great value as a food. Very likely some believe that potatoes are hard to digest others that they are fattening. City markets may change too much for them at times. Millions prefer meats and pastry.

Now what is the truth about the food value of the potato? Dr. J. H. Kellogg, superintendent of the Battle Creek Sanitarium, Michigan, is one of the best authorities on food in the world. He has written one of the best articles about the potato and we have taken from this article the following figures and facts expressed in his own language: Do you know that one pound of baked potato or one and a fifth pounds of boiled potato are equivalent in food value to 5-7-8 ounces of boiled beef, 1 pound of chicken, 1-2 pounds of codfish, 2-4 pints of oysters, 4 pints of clams (in shell), 4-12 pints of beef juice, 10 pints of beef tea, 1-2 pints whole milk, 3 pints skimmed milk, 8 eggs, 9 ounces baked beans, 7 ounces bread, 1-3-4 pints oatmeal or corn meal mush, 1-3-4 pints of hominy (cook), 1 pint rice, 1 pound of bananas, 2 pounds parsnips (cooked), 1 pound green peas (cooked), 3 pounds beets (cooked), 4 pounds boiled cabbage, 4 pounds radishes, 5 pounds tomatoes, 5 pounds of turnips (cooked) 1-2 pounds cucumbers.

Steamed or mashed potatoes digest in two or three hours, but roast beef requires four or five hours—twice as long.

In all cases, the starch in the potato digests more easily and is appropriated by the body more rapidly than the starch of wheat, corn and most other cereals, in some cases in less than one-sixth of the time.

Potato gruel has been found, in Germany, to be of great service in feeding infants and invalids—is much better than corn starch, arrow roots, etc.

One-fourth of the weight of the potato is food substance, nine-tenths builds tissue, and three-tenths are alkaline salts. Of fat there is almost none in the potato—in preparing it for food this fact should be remembered and the lack of it made up by adding cream, butter, etc. The idea that potatoes are fattening is all wrong. The alkaline salts are mostly potash, and their job is to keep up the alkaline condition of the blood. This is necessary because a lowering of this condition is one of the chief causes of the rapid increase in chronic diseases, deaths from which have doubled in thirty years and in that time have amounted to 350,000 lives. Meats form a great excess of acids; cereals tend toward the same thing. The alkaline salts are needed to balance this condition. If this country would eat four times the amount of potatoes it would mean the saving of thousands of lives annually and an incalculable amount of suffering from disease.

MEAT EATERS.

One hundred million meat animals are slaughtered each year in the United States, and therefore it would appear that every person, including babies, eats an animal. Sixty per cent of all meat animals are slaughtered in establishments where there is federal inspection, and approximately one animal out of every fifty-eight is in whole or in part on account of the meat being unfit for human use. Uncle Sam is doing his best to protect the carnivorous tooth from crunching into meat infected by tuberculosis and other diseases, and the cost of the Federal Meat Inspection Service is now about \$3,375,000 a year.

NEW COAL FIELD

An extension of the Boswell Branch railroad to near Edie, where the Consolidation Coal Company is opening new mines, was begun several days ago. When the plant is completed, it will be one of the best owned by that company in this county. The Somerset Lumber Company has been awarded a contract for the erection of thirty double houses at the plant, and have finished several of them.

BERLIN

Fred Groff and his daughters Margaret and Eleanor have been visiting in New York.

Miss Orpha Stevannus and Miss Olive Sharver have returned home from Braddock, where they visited friends and relatives.

Mrs. Merle Menges of Pittsburgh is visiting relatives at this place. Her husband came to Berlin early in the week and packed and shipped their household goods to Pittsburgh.

Miss Rena Brant of Garrett gave a recital in the High School recently, assisted by J. P. McCabe. The entertainment was a high order, and the patrons enjoyed it thoroughly.

MOTHER OF MISS CAVELL



A "grand old lady" is Mrs. Cavell, the mother of Edith Cavell, the British nurse whose last words before her execution were, "I am happy to die for my country."

To perpetuate the memory of her daughter, there is now a plan on foot in Great Britain to organize the Cavell Memorial fund.

SOCIAL WAR WAGED IN CHINA

British and Germans Clash in One of Clubs in Shanghai—Trouble at Other Ports.

Peking.—Numerous incidents of a disagreeable social nature are occurring in the foreign settlements in the treaty ports of China. The only foreign place of amusement in Peking, a moving picture show run by an East Indian British subject, was raided recently by some legation guard because a British "animated cartoon" was complimentary to the Emperors William and Francis Joseph.

But the most peculiar incident has occurred in Shanghai, where the German members of a club were requested to remain away from the club house during the war. The overwhelming number of British objects to their presence.

The Germans went to the club and took away many cups and other silver trophies, and are now retaining them, threatening to melt them unless their entrance fees and dues paid to the club are returned to them.

SHOOT GAME FROM AIRSHIP

Texas Men Say New Kind of Hunting is Greatest of All Sports.

Gallop, N. M.—Hunting wild game from the seat of an aeroplane is the favorite sport of Sam Hampson and J. N. Long, who recently purchased a machine from a man who had served with General Villa in Mexico.

They took the machine to a point in the foothills of the Mimbres range of mountains in New Mexico and made a flight over that rough region. On the initial flight they saw a number of bear, deer and other wild game, and on a second trip, when they carried guns, they succeeded in killing some of the animals.

The greatest difficulty which they encountered was that of recovering the game after it had been shot. Usually the game fell in places that afforded no landing for the aeroplane.

SEALS MAKE HER WEALTHY

Maine Woman is About to Retire After Twenty Years in the Business.

Boothbay Harbor, Me.—Mrs. Janet MacDonald, seventy-seven years old, is about to retire wealthy, after twenty years in the business of seal catching, with three men in her employ.

The seals of Maine waters are not valuable for their skins, but are easily tamed and a demand for public and private collections and aquariums and zoological collections.

The catching is done at night, with the aid of nets, and Mrs. MacDonald has caught many personally. Often they follow her about the house several days after capture.

The usual price is \$25 and her catch has averaged 100 in a season of six weeks in the late spring and summer.

Robs While Music Plays.

South Bend, Ind.—Enter the musical burglar. While a phonograph in the home of Alexis Mossey was playing "I Want to Go Back to the Farm," an enterprising robber was going through the Mossey residence and making a rich haul. Two diamond rings, several watches and a quantity of money made up his loot.

Neighbors who heard the machine thought the Mossey family was at home, and the burglar was left to his own devices during the absence of the family. Not until Mrs. Mossey returned at a late hour was the theft known.

HOW'S THIS?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

Hall's Catarrh Cure has been taken by catarrh sufferers for the past thirty-five years, and has become known as the most reliable remedy for Catarrh. Hall's Catarrh Cure acts thru the blood on the Mucus surfaces, expelling the Poison from the Blood and healing the diseased portions.

After you have taken Hall's Catarrh Cure for a short time you will see a great improvement in your general health. Start taking Hall's Catarrh Cure at once and get rid of catarrh. Send for testimonials, free.

F. J. Cheney & Co., Toledo, Ohio. Sold by all Druggists, 75c.

Following out his policy of making the Uniontown High school strictly up to date and the equal of any in the state as an instrument to further community welfare, Principal C. N. McCune has devised the idea of establishing an employment bureau in the High school. Cards have already been filed out by High school pupils who are working out of school hours, stating what kind of work they are doing and by whom employed. Other cards have been handled in by pupils not employed but wishing work to do during their spare hours. It is the intention of the High school authorities to keep these cards on file and to suggest and recommend pupils to the business men of this town in case they take advantage of this opportunity in securing help. By utilizing the High school bureau the business men and employers can be assured that no boy or girl will be recommended for any position unless in the opinion of the High school faculty that pupil is fitted for the work in every way.

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34 x 4	16.70	4.35
36 x 4	17.45	4.65
35 x 4 1/2	21.20	5.00
36 x 4 1/2	22.50	5.75
37 x 4 1/2	23.60	6.20
37 x 5	26.30	6.60

Two or more 10 per cent discount non-skids 10 per cent additional. All sizes—any type. Remit by draft; money order or certified personal check; acceptance of order optional with consignee.

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You know about milk—that's why you're particular; but are you equally well acquainted with kerosene? If you are, your choice is certain to be

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Ask your grocer for it by name, because now, for the first time, you can buy kerosene whose makers you know and upon whose goodness you can implicitly rely. What's more, its price is identical with ordinary kerosene.



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and say good-bye to that breeder of colds—a bleak, draughty hall.

These heaters are invaluable—their uses are manifold. They keep every part of the home comfy—yes, especially that spot that for half the year nothing seems to make habitable.

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ATLANTIC REFINING COMPANY Pittsburgh and Philadelphia

OUR PUBLIC FORUM

Peter Radford

On Advertise It in America.

As a citizen of this nation and one intensely interested in its material development, I want to add my approval to the "Buy It in America" movement. Commercial patriotism and business pride are the foundation stones of success in industry and no country can become supreme in commerce and trade without it fosters a spirit of friendship and partiality for its own products and institutions. It is the spirit of the hive that makes the wheels of industry turn and each community should be a progressive unit in our industrial universe. All things being equal the farmer should patronize the local merchant who is always a good citizen, a heavy taxpayer and friend of the farmer. The farmer sends shiploads of raw material to foreign markets and factories that meet on their way vessels laden with finished and foreign grown products coming to America. Any effort to minimize this economic waste ought to be encouraged.

But as a farmer and friend of the manufacturer and merchant I want to suggest an "Advertise It in America" movement. The manufacturer and jobber may blow loud blasts on the horn of patriotism but if they will put an "ad" in the newspapers in their trade territory, making a business presentation of their goods, they will find it far more effective than waving the Star-Spangled Banner. The farmer is as much interested in the price of the things he has to buy as in the price of the things he has for sale and the advertising columns of his newspaper are his price list. The price is the thing and the farmer wants the figures in cold type. The politicians give him all the patriotic buncombe he cares for. Business enterprise is a far more successful salesman than business patriotism.

There are many most worthy organizations working to promote commerce and trade but we seldom find organized effort to promote the press, yet it is recognized as the most powerful agency for progress the world has ever produced. We have all sorts of days calculated to promote business and honor industry such as Trades Days, Bargain Days, Labor Day, etc., and why not have a press day and all business concerns advertise the things they have to sell and everybody subscribe for the local paper and all delinquents pay a year in advance. There is nothing so elevating in civilization as the smile of an editor and nothing will contribute more toward the welfare of a community than the prosperity of the press.

The farmer is a friend and patron of the newspapers. He subscribes for the local paper and reads every line in it and it is the best investment he can make. There is no news so valuable as store news; no information so interesting as market demands and no tragedy so entertaining as the rise and fall of prices and no page more closely studied by the farmers than the advertising columns of the press.

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