

FOODS

THEY BUILD OR DESTROY

Amazing but Rarely Suspected Truths About the Things You Eat.

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CHAPTER 20

A simple experiment that reveals the subtle activity of mineral salts in the life processes of the human body.

There is a little experiment which can be performed in the laboratory of any high school by a boy or girl. It will help us to grasp some idea of the remarkable conduct of the minerals after they have been introduced into the human body.

First eat a tablet of citrate of lithium. Then take a clean platinum wire. Hold the wire in a blue Bunsen flame. It will be seen that the wire gives no coloration to the flame.

Now pass the platinum wire along the skin of the forehead or across the palm; return it to the flame and note the beautiful yellow fire of sodium, showing this mineral at work in the elimination processes of the body.

Without sodium to take up the carbonic acid, elaborated through the digestion of sugars and starches, as a poisonous waste product that must be removed from the body, this acid, better known as carbon dioxide, would accumulate in the system and destroy them.

This is the reason that the excessive use of denatured sugars, table syrups and starches in the diet of America is followed by many serious diseases which will be described later on.

Sodium is one of the food minerals indispensable to health. The little platinum wire and the Bunsen flame reveal it at work in the performance of one of its many functions.

Now take a blue glass, which will filter out some of the light rays that interfere with our vision, and look through it at the platinum wire in the flame. Note the beautiful lilac flame of potassium, showing this mineral also at work in the elimination processes of the body.

A study of the food minerals indicates very clearly that potassium helps to keep the tissues flexible and active while at the same time assisting the sodium to carry off the carbonic acid manufactured as one of the end-products of combustion in the furnaces of life.

We shall assume now that a half hour has elapsed since the tablet of citrate of lithium was consumed. For our purposes it will be well to wait a full half hour.

We shall now again clean the platinum wire thoroughly. Again we pass it over the forehead or across the palm of the hand. We place it in the flame. It is colored a vivid red. This is the flame of lithium. In one short half hour the lithium, taken through the mouth, has circulated through all the highways, and byways of the human body and has appeared in its marvelous journey upon the surface of the skin.

Through this simple little experiment we obtain a crude idea of some of the hidden forces at work in our bodies. As a rule we give no thought to these forces and so are rarely competent to challenge the character of this or that food, although it is quite obvious that the forces of life are derived from food alone.

There is much evidence to support the belief that potassium gives life to the nervous system and assists the heart to beat by influencing the relaxability of the heart muscles. If the heart did not send the blood into the lungs the body could not and would not obtain the oxygen necessary to its life, nor could it, through those delicate tissues, which are made up of millions of little valves or filters, dispose of the waste gases which would otherwise poison all its organs and glands.

There are many discoveries of science which justify the conclusion that potassium interferes with the hardening influences that menace muscle, joint, and artery, making the tissues soft and pliable.

It has been noted that linen, made from flax grown on granite soil, rich in potassium, is noted for its suppleness and softness, whereas linen produced from flax grown on calcareous soil is hard, brittle and of little strength.

In the month of October, 1915, potassium sulphate was worth about \$200 a ton, as produced from alunite by the United States Smelting Company of Utah. At this price the Armour Fertilizer Company purchased its entire year's potash production. In spite of the value of potassium salts and the necessity of their presence in fertilizer, in 1915 1,065 tons of potassium salts were wasted daily by the seventy-five distilleries in the United States that subject molasses to processes of fermentation. A New Orleans company has taken up the process of saving its potassium salts from distillery waste to the consideration of which the public has been called by the Bureau of Foreign and Domestic Commerce.



A NOVEL BY GEORGE AGNEW CHAMBERLAIN

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CHAPTER III—Judge Healey buys a picture for Altx Lansing. The judge defends Alan in his business with his employers.

Lansings, Waynes and Eltons were heavy drinkers in town, but it was a tradition, as Altx knew, that on Red Hill they dropped it—all but the old captain. It was as though, amid the scenes of their childhood, they became children and just as a Frenchman of the old school will not light a cigarette in the presence of his father, so they would not take a drink for drink's sake on Red Hill.

So Altx looked on interestedly as the old butler set glasses and started the port. When it had gone the round Nance stood up, and with her hands on the table's edge, leaned toward them all. For a Wayne, she was very fair. As they looked at her the color swept over her bare neck. Its wave reached her temples and seemed to stir the clustering tendrils of her hair.

Her eyes were grave and bright with moisture. Her lips were tremulous. "We drink to Alan," she said, "today is Alan's birthday."

She sat down. They all raised their glasses. Little Clem had no wine. She put a thin hand on Gerry's arm. "Please, Gerry, please!"

Gerry held down his glass. Clematis dipped in the tip of her little finger, and as they all drank, gravely carried the drop of wine to her lips.

CHAPTER III

As Judge Healey, gray-haired but erect, walked up the avenue his keen glance fell on Gerry Lansing standing across the street before an art dealer's window. Gerry's eyes were fastened on a picture that he had long had in mind for a certain nook in the library of the town house.

It was the second anniversary of his wedding, and though it was already late in the afternoon Gerry had not yet chosen his gift for Altx. He turned from the picture with a last long look and a shrug and passed on to a palatial jeweler's farther up the street.

For many years Judge Healey had been foster-father to Red Hill in general and to Gerry in particular. With almost womanly intuition he read what was in Gerry's mind before the picture and acting on impulse the judge crossed the street and bought it. While the judge was still in the picture shop Gerry came out of the jeweler's and started briskly for home. He had purchased a pendant of brilliant, extravagant for his purse but yet saved to good taste by a simple originality in design.

He waited until the dinner hour and then slipped his gift into Altx's hand as they walked down the stairs together. She stopped beneath the hall light. "I can't wait, dear, I simply can't." She snapped open the case. "Oh!" she gasped. "How dear! How perfectly dear! You old sweetheart!"

She threw her arms around his neck and kissed him twice. Then she flew away to the drawing room in search of Mrs. Lansing and the judge, the sole guests to the little anniversary dinner. Gerry straightened his tie and followed.

Altx's tongue was rippling—her whole body was rippling—with excitement and pleasure. She dangled her treasure before their eyes. She laid it against her warm neck and ran to a mirror. The light in her eyes matched the light in the stones. The judge took the jewel and laid it in the palm of his strong hand. It looked in danger of being crushed. "A beautiful thing, Gerry," he said, "and well chosen. Some poet jeweler dreamed that twining design and set the stones while the dew was still on the grass."

After dinner the four gathered in the library, but they were hardly seated when Altx sprang up. Her glance had followed Gerry's startled gaze. He was staring at the coveted picture. He had been looking at it in the gallery that afternoon. It hung in the niche in which his thoughts had placed it. Altx took her stand before it. She glanced inquiringly at the others. Mrs. Lansing nodded at the judge. Altx turned back to the picture and gravity stole into her face. Then she faced the judge with a smile.

"We live," she said, "in a Philistine age, don't we? But I've never let any Philistine drive pictures from their right place in the heart. Pictures in art galleries—I shrugged her pretty shoulders—I have not been trained up to them. To me, they are mounted butterflies in a museum, cut flowers crowded at the florist's. But this picture and that nook—they have waited for each other. You see the picture nestling down for a long rest and it seems a small thing and then it catches your eye and holds it and you see that it is a little door that opens on a wide world. It has slipped into the room and become a part of life."

A strange stillness followed on Altx's words. To the judge and to Gerry it was as though the picture had opened a window to her mind. Then she closed the window. "Come, Gerry," she said, turning. "Make your bow to the judge and bank."

BEWARE

There Has Been No Arrangement Made Whereby the Winter Piano Company Has the Privilege of Taking Our Purchase Checks

SEE A. G. Stauffer 315 Broad Street

Where You Can Buy a Piano By Using the Quality Piano Company's Purchase Checks and Buy a Piano Cheaper Than the Winter Piano Co. Can Buy Them From the Factory

ALL PREMIUMS GIVEN BY US WILL BE GIVEN BY A. G. STAUFFER AT HIS PLACE OF BUSINESS AND OUR FULL LINE OF PIANOS ARE ON DISPLAY AT HIS PLACE. SEE HIM AND BE WISE TO THE VERACITY OF THE WINTER PIANO CO.

Quality Piano Co. of Lancaster, Pa.

ANCIENT BAGDAD HAD NOTHING ON HERSHEY

(Continued From First Page.)

When Angus McDale of McDale and McDale called without appointment the judge knew at once that he was going to hear something about Alan.

"Lucky to find you in," puffed McDale. "It isn't business exactly or I'd have phoned. I was just passing by."

"Well, what is it?" asked the judge, offering his visitor a fresh cigar.

"It's this. That boy, Alan Wayne—sort of protégé of yours, isn't he?"

"Yes—in a way—yes," said the judge slowly, frowning. "What has Alan done now?"

"It's like this," said McDale. "Six months ago we sent Mr. Wayne out on contract as assistant to Walton. Walton no sooner got on the ground than he fell sick. He put Wayne in charge and then he died. Now this is the point. Mr. Wayne seems to have promoted himself to Walton's pay. He had the cheek to draw his own as well. He won't be here for weeks but his accounts came in today. I want to know if you see any reason why we shouldn't have that money back, to say the least."

"The judge's face cleared. "Didn't he tell you why he drew Walton's pay?"

"Not a word. Said he'd explain accounts when he got here but that sort of thing takes a lot of explaining."

"Well," said the judge, "I can tell you. Walton's pay went to his widow through me. I've been doing some puzzling on this case already. Now will you tell me how Alan got the money without drawing on you?"

"Oh, there was plenty of money lying around. The job cost ten per cent less than Walton's estimate. If he'd come back we'd have hauled him over the coals for the blunder. There was the usual reserve for work in inaccessible regions and then the people we did the job for paid ten days bonus for finishing that much ahead of contract time."

000. Dozens of other homes will be built in various sections of the town, so that in the Fall Hershey's residential section will take on an altogether new appearance.

Then, too, within the year, it is quite likely that the town will have two new churches. Mr. Hershey has already made offers of ground and both have been accepted. Deeds will probably be transferred within the next few weeks. One site, at the extreme west end of Chocolate avenue, was offered to the United Brethren congregation and a site in Cocoa avenue, at the corner of a street, not yet named, has been tendered the Catholic diocese of Harrisburg. Bishop Shanahan has expressed his thanks for the gift and it is believed that during the summer work will be started on a chapel. The United Brethren congregation will erect a \$60,000 edifice and the church board is already working on plans for the structure.

The Hershey plans also call for the building of a new street car line from here to Jonestown, in Lebanon county. When work on this will be started no person appears to know, but it will be one of the big developments of the next year or two. At the present time a great reinforced concrete structure to be used as the car barn of the Hershey Railway Company is being erected at the western end of the town.

The home of the Hershey Press which will be finished during the coming summer is one of the most modern buildings of its kind in the country and in addition to the printing of the newspaper, all of the chocolate company's job work will be done there. It is also reported that plans are being talked of for the publication of a national monthly magazine. It is said that a part of the new printing building will be used as a bakery, so that the town will not have to rely on the outside for its bread, cakes and pastry.

Within a very short time, five new stone buildings, erected as an addition to the chocolate plant, will be finished and the chocolate company will have ten acres more floor space. One of the buildings will be used as the milk house and it will be double the size of the building which it will replace. Daily 75,000 quarts of milk will be handled in the building.

Another big improvement here will come with the completion of the new home of the Hershey Zoo. The exhibit here is conceded to be the largest free exhibit in the State. The new structure will be twice as large as the original building and when it is finished many more animals will be secured. It is expected the building will be ready for exhibition purposes about May 30.

In addition to all of the buildings, many new roads will be constructed through Hershey and the territory roundabout during the coming summer, so that for months to come this community will be one of the busiest in the country.

OLD-TIME COLD CURE-DRINK TEA!

Get a small package of Hamburg Brest Tea, or, as the German folks call it, "Hamburger Brust Thee," at any pharmacy. Take a tablespoonful of the tea, put a cup of boiling water upon it, pour through a sieve and drink a teacup full at any time. It is the most effective way to break a cold and cure grip, as it opens the pores, relieving congestion. Also loosens the bowels, thus breaking a cold at once.

It is inexpensive and entirely vegetable, therefore harmless.—Adv.

stone buildings, erected as an addition to the chocolate plant, will be finished and the chocolate company will have ten acres more floor space. One of the buildings will be used as the milk house and it will be double the size of the building which it will replace. Daily 75,000 quarts of milk will be handled in the building.

Advertisement for Marmalade featuring 'Labelfruitosa' and 'MARMALADE AT ALL GROCERS'.

Advertisement for DEPTONOL, 'STOP COUGHING!!!' and 'MADE IN A HEALTH RESORT'.

Advertisement for PARALYSIS, 'DR. CHASE'S Special Blood and Nerve Tablets'.

Advertisement for Piles, 'BO-SAN-KO'S PILE REMEDY'.

Advertisement for The Vanophone, 'Now \$12.00' and 'This newest musical creation has cut down phonograph costs tremendously.'

Advertisement for A Musical Marvel, 'The Vanophone is made of bell alloy. That's the secret of its remarkable clearness.'

THROW OFF COLDS AND PREVENT GRIP

When you feel a cold coming on, take a few tablets of this medicine. It removes cause of Colds and Grip. Only ONE "BROMO QUININE" E. W. GIBBS. Signature on box. 25c.—Advertisement.

Requires Ruth St. Denis to Wear Union Suit

Special to the Telegraph Boston, Feb. 16.—Ruth St. Denis, the famous dancer, whose startling costumes—or lack of them—made Boston gasp with amazement some years ago, appeared at Keith's theater to-day with a close-fitting union suit, concealing both her legs and extending as far as her ankles.

The peculiar and highly artistic form or dress was the result of Mayor Curley's recent ruling that bare legs are immoral and that nothing above the ankles shall be exposed to view after 10 o'clock.

EPIDEMIC OF HOG CHOLERA

Special to the Telegraph Sunbury, Pa., Feb. 16.—An epidemic of cholera has struck the fine herd of pigs at the Central Pennsylvania Odd Fellows' Orphan's Home, near here. Eleven were ordered killed by Dr. P. Althouse, State veterinarian, and the meat burned.

Lime Starvation Causes Tuberculosis

In the Medical Record (New York) of December 18, 1909, Dr. John F. Russell says: "The condition which is recognized as preceding the active development of tuberculosis in the adult may be considered as due to lime starvation. Amongst inorganic substances lime salts appear to be of special physiological importance. But if the salts are not in organic combination, it is difficult to suppose that the cells can appropriate them for food."

Years of widespread use confirm our belief that the success of Eckman's Alterative in tuberculosis is due largely to its content of lime, in such combination with other valuable ingredients as to be easily appropriated by the cells.

Doubtless this has had much to do with the results in many cases which appear to have yielded to it. As it contains no opiates, narcotics or habit-forming drugs, it is safe to try. Your druggist has it. Eckman Laboratory, Philadelphia.

ITCHING ECZEMA QUICKLY RELIEVED

No matter how long you have suffered, or how often disappointed in trying to remove all traces of aggravating and disfiguring eczema or other skin diseases, just get a package of antiseptic Ucanol at your druggist's and apply as directed, then you can say good-bye to all stubborn eczema for you will feel almost instant relief. While every trace of the itching, burning and even open sores, should quickly and safely disappear.

Advertisement for REGUITS LITTLE CIGARS, 'Light Wrappers of fine tobacco outside, Inside mild tobacco, too. That's why they're extra mild.'

Advertisement for Workman's Compensation Act Blanks, 'We are prepared to ship promptly any or all of the blanks made necessary by the Workmen's Compensation Act which took effect January 1. Let us hear from you promptly as the law requires that you should now have these blanks in your possession.'

NOSE FRACTURED Matthew Milward, aged 41, 404 Filbert street, suffered a fractured nose when he fell on the slippery pavement near his home.