

OF INTEREST TO THE WOMEN

PENITENTIARY EXPERIMENTS SHOW RESULTS OF REFINED FOODS

THE STRUGGLES OF A WIFE

By Virginia Terhune Van de Water

CHAPTER XXXIV (Copyright, 1916, Star Company.) So it was decided that the Webbs were to move, and the small sum that Myra had laid aside during the summer months toward starting a savings bank account must help pay the expenses of moving.

Horace, in his calculations, had failed to take into account the fact that in September and October "moving men" demand especially high prices. He remarked casually that the charges were outrageous, but supposed that it could not be helped.

"I have the money to pay the extra amount they charge," she answered him. "Afterward she wondered why she had not let him ask her if she could do this. Then she decided that it was because she loved him so dearly that she could not bear to see him worried."

Occasionally Grace would mention one of her stories calmly and dispassionately, and Horace would listen to such comments, sometimes agreeing with them, at other times disagreeing. Yet even such one-sided talk as this was rare.

SMALL BOY'S SUIT WITH BOX PLAITS

Really a Dress, but Worn With Bloomers by Young Boys



Design by May Mantoo

9001 (With Basting Line and Added Seam Allowance) Little Boy's Box Plaited Dress, 1, 2 and 4 years.

Rejects False Claim of Love for His Wife

Chicago.—James R. Allison's only regret over his marriage is that he told his wife he loved her when he never did, according to a letter introduced by Mrs. Maude A. Allison, who was granted a divorce by Judge Sullivan. Allison, an engineer in the United States army, now stationed at Corregidor, in the Philippines, deserted his bride almost at the altar.

Strawberries Are Ripe

While there are few people who are unable to partake of strawberries without discomfort, the majority of us will agree with Doctor Butler that "doubtless God could have made a better berry, but doubtless God never did."

Of course, the juiciest berries will be reserved for eating as nature intended, while those less perfect are frequently utilized in some form of dessert, the favorite of all being a strawberry shortcake.

Two cupsful flour, 2 teaspoonful baking powder, 1/2 teaspoonful salt, 2 tablespoonful sugar, the size of an egg, milk, strawberries. Sift together the flour, salt and baking powder, add the sugar, and rub the butter in lightly with the fingers. Mix with enough milk to make a rather soft dough, divide in two and roll out about two-thirds of an inch thick. Place one round of dough in a pie plate or biscuit tin, brush it over with butter and put the second round on top of this, brush the top again with butter, and bake in a moderately hot oven. Split apart when done, but do not separate, and place a liberal portion of strawberries slightly crushed and well sweetened, between the two layers. Put the finest of the berries on top and serve at once, with or without cream.—Pictorial Review.

Schoolhouses Are Not Civic Centers, Ruling

Sacramento, Cal.—Edward Hyatt, State Superintendent of Public Instruction, has been advised that the law providing for the use of the school houses as public civic centers is unconstitutional. According to an opinion which was rendered by the District Attorney of Santa Cruz County to C. S. Price, Superintendent of Schools of that county, "the act is unconstitutional for the reason that it is in direct violation of Article IX of the Constitution of the State, in that by the enforcement of this act the school funds will be diverted to purposes other than the purpose for which said funds have been created and the tax levied."

CHAPTER 63 The Mississippi penitentiary poison squad experiment, conducted by Dr. Joseph Goldberger, ended in results exactly like those noted aboard the Kronprinz Wilhelm—Through the suffering and death of the inmates, a series of refined, demineralized and dimerized foods has been demonstrated for the hundredth time—Nevertheless, parents and teachers, responsible for the physical stamina of the children of America, remain ignorant of the facts.

About the time the symptoms of pellagra were manifesting themselves aboard the converted German cruiser Kronprinz Wilhelm on the high seas, physicians and surgeons connected with the federal public health department undertook a series of tests to demonstrate that pellagra was caused by improper food, and that the elimination of the cause would cure the disease.

A exhaustive series of facts relating to the diet of workingmen's families, particularly among the poorer classes, resulted in the discovery that pellagra always followed a diet rich in carbohydrates (refined sugars and starches) and that it had a tendency to show itself wherever there was a rise in the cost of food, thus making it a menace to the poorer families to obtain a nourishing diet.

In the facts compiled, not one reference was made to the necessity of substituting the whole corn meal unadorned, either white or yellow, such for instance as is milled in the old-fashioned water wheel style by Knox Crutchfield at Richmond, Va., for the demineralized corn meal now consumed so extensively in America.

No reference was made to the fact that whole wheat meal converted into bread and breadstuffs, instead of the white bread and biscuits of the south, would prevent pellagra. No reference was made to the fact that natural brown rice, freshly milled, so easily obtainable in the south, should be substituted for the polished and demineralized product so extensively consumed among the poor.

No reference was made to the fact that the United States government, in a price even cheaper than their refined, demineralized, and inadequate commercial substitutes, which are consumed in such enormous quantities throughout the United States, had developed pellagra in a pronounced form, and two others had shown definite symptoms of the disease. Governor Brewer pardoned them all.

The authorities had kept the test as secret as possible. They feared that relatives of the prisoners, who submitted to the ordeal, might in some other legal device to enable them to rescue the victims. Several of the convicts attempted suicide during the test. Two of them, James W. Hebron and D. W. Pitts, made formal application to the warden to be sent back to their cells.

Every one can spend money; most people can make it; only a few know how to save it. The difference between the prosperous and the poor is largely a difference in willingness or ability to save.

James W. Hebron was for 30 years doorman at a fashionable restaurant at \$1 a day. Generous tips, invested on the advice of prominent Wall Street men who frequented the restaurant, laid the foundation of a fortune approximating \$1,000,000.

John Busch, a young Iowa farmer, six years ago rented an 80-acre farm, borrowing \$600 from a local bank to buy stock. He didn't go in for a good time, but attended strictly to business. Being single he was his own housekeeper. At the end of six years he was able to pay down \$8,000 on a \$28,000 farm, besides having \$6,700 in stock and machinery.

Charles Rose, a Connecticut newsboy, about a year ago put \$100—the savings of six years—into a lot in the outskirts of Bridgeport. Increased business during the war has enabled him to pay off the mortgage, and recently he was offered \$20,000 for his lot by the British government, because it lies in the path of Bridgport's rapidly extending munition plants.

Jacob Langcloth, of New York, who came to this country only 18 years ago from Germany, penitents, was upon his death to provide generously for his widow and 61 employees, besides remembering numerous public institutions and leaving the residuary estate of more than \$3,000,000 to a home for invalids.—Leslie's.

In order that they might serve their life terms in preference to continuing further the sufferings they underwent.

One of the pardoned convicts, W. H. English, describing his experience on the day following his pardon stated: "For the first few months I felt only lazy and stupid. Along about July I began to lose weight. At that time I tipped the scales at 167 pounds. Now I weigh 118 pounds. When Governor Brewer pardoned us yesterday he told us we could remain in the penitentiary and be cured by a 'balanced diet'—that is, a diet which might think this invitation would have been accepted by some, but not even one of the eleven accepted it. The twelfth had broken down two months before and was sent home. It was reported that he had committed suicide.

As a result of the pellagra poison squad experience the following remedy, which in no manner cures whole grains or unrefined cereals or adequate breadstuffs, was set forth: "An increase in the diet of fresh animal and leguminous foods, such as 'ownership of milk cow and increased milk production for home consumption.' "Foultry and egg raising for home consumption."

"Stock raising." "Reduction in the diet of the carbohydrate or starchy foods." "Diversification and the cultivation of food crops, including an adequate pea patch, in order to minimize the disastrous effects of a crop failure and to make food cheaper and more readily available."

"Make the whole class of foods cheap and readily accessible." "Improve economic conditions, increase wages and reduce unemployment." "These recommendations which will be difficult if not impossible to follow some day the following will be added: "Eat the foods already at hand, but eat them in their natural unrefined state. (Not difficult to do). Grind the whole corn and consume it in the form of corn bread, corn pone, corn cake, corn porridge, containing all the germ. (Not difficult). Adopt the same principle with regard to wheat, barley and rice. (Not difficult)."

Dr. Joseph Goldberger, who was among those to visit the stricken crew of the Kronprinz Wilhelm, April, 1914, had been seriously concerned with the obvious inadequacy of the diet of the thousands of victims of pellagra who are to be found every year in the south. Three experiment stations were established, one at Jackson, Miss., and the third at the Georgia State Sanatorium.

In his preliminary study of 200 convicts during the spring and summer of 1914, Goldberger had come to the conclusion that "carbohydrate foods" are responsible for pellagra, and accordingly he urged a reduction in the diet of refined foods in the treatment of the disease.

Then came the sensational poison squad experience in which twelve convicts, six of whom were murderers, risked their lives in the interest of medical science in order to enable Goldberger to prove his theory that pellagra is directly due to the consumption of inadequate food.

Nov. 2, 1915, after six of the convicts had developed pellagra in a pronounced form, and two others had shown definite symptoms of the disease, Governor Brewer pardoned them all.

Every one can spend money; most people can make it; only a few know how to save it. The difference between the prosperous and the poor is largely a difference in willingness or ability to save.

James W. Hebron was for 30 years doorman at a fashionable restaurant at \$1 a day. Generous tips, invested on the advice of prominent Wall Street men who frequented the restaurant, laid the foundation of a fortune approximating \$1,000,000.

LOW PRICE LEADERS ROBINSON'S WOMAN SHOP 20 NORTH FOURTH ST. Near the Young Women's Christian Association

Supply Your Decoration Day and Summer Wants AT BIG SAVINGS If it is a Suit, Coat, Dress, Cloth Dress Skirt, or Washable Dress Skirt or Dress, or a Waist or Blouse, be sure and visit Robinson's Woman Shop. You will always find assortments excellent at prices that cannot be matched. Low Expenses Mean Big Savings to You We Never Charge For Alterations

MUNICIPAL OWNERSHIP Nearly a dozen cities defeated municipal ownership bond propositions at popular elections in one month. Muskogee, Okla., beat electric light bonds by a big vote and also a mayor running for re-election on an out-and-out municipal ownership platform. Electric light bond propositions were also beaten four to one in Whittier, California, and five to one in Florence, Neb., while the voters of Pierre, Mo., cast a four to one majority in favor of selling their municipal electric light plant. Kalamazoo, Mich., Danville and Whitehall, Ill., Chippewa Falls, Wis., and Sioux Falls, S. D., Magazine.

THERE is nothing that pleases the family quite so much as a "surprise" dessert. Serve this delightful "surprise" made with HOTEL ASTOR Uncoated RICE Hotel Astor Rice "Surprise" Line a pie plate with pastry, cover bottom with raisins. Pour over this the following: 1 cup cold Hotel Astor Boiled Rice mixed with yolks of three well beaten eggs, 7/8 cup of sugar and 1 teaspoon vanilla extract. Bake in moderate oven until set. Beat the whites of the eggs, then beat into them 2 tablespoons of sugar. Cover top of pie with the meringue and return to oven to brown. Hotel Astor Rice is sold in sealed cartons only. 10c for a full pound in the yellow cartons. At most good grocers. If yours cannot supply you send 10c for full pound carton to B. FISCHER & CO., Importers, 190 Franklin St., New York City

Resorts BEDFORD SPRINGS, PA. There's nothing like Sykes Comfort POWDER To heal & soothe the skin. Sykes Comfort Powder is not a plain talcum powder, but a skillfully medicated powder combining extraordinary healing, antiseptic and soothing qualities, and harmless to the most delicate skin. It possesses the power to heal and prevent skin affections of infants, children and sick people. For 20 years the nurse's best friend in nursery and sick room. 25c. all dealers. THE COMFORT POWDER CO., Boston, Mass.

1916--City Tax--1916 Notice is hereby given that City Tax for 1916 is due and payable at the office of City Treasurer, Room 14, Court House. An abatement of one per cent (1 pct.) will be allowed if same is paid before August 1, 1916. H. F. OVES CITY TREASURER

Monthly Savings With Adequate Protection Two months ago we offered to the Harrisburg public for the first time, the Harrison S. Gill system of saving. Many inquiries were received, which in most cases resulted in new members. Without obligating you in any way, we shall be glad to send full information with regard to this system. Write me today with your request. E. R. Eckenrode, 604 KUNKEL BUILDING

WHITE HOUSE COFFEE DWINELL-WRIGHT CO. BOSTON - PRINCIPAL COFFEE ESTABLISHMENT Fragrant-Delicious Satisfactory In 1, 2, and 3-lb. sealed tin cans only. Never sold in bulk. SUITS WHEN OTHERS DISAPPOINT "White House" Coffee Really Pleases People because it's honest; because it's the genuine, simon-puro coffee of the olden time—when adulteration and imitation and substitution were unknown. Your Grocer sells it or will get it for you. Witman-Schwarz Company, Harrisburg, Pa. Wholesale Distributing Agents

There is a way to do nearly everything—the Harris Way gives you a chance to own your home. If you would rather own your home than pay for a house and not own it; if you are a salaried man looking for a sound, conservative investment with good returns; if you can save a small amount of money each month, get our booklet "The Harris Way." This booklet explains to you how the Harris Building and Loan Association will help you own your own home, make your investment and to lay aside part of your earnings in a safe place. In sending for "The Harris Way" you put yourself under no obligation whatever. The Harris Building and Loan Association Third and Broad Sts., Harrisburg, Penna.

The Telegraph Bindery Will Rebind Your Bible Satisfactorily

Senreco See your dentist twice yearly. Use Senreco twice daily and keep your teeth and mouth in perfect health. Get a tube today, read the folder about the most general disease in the world. Start the Senreco treatment tonight. 25c at your druggist. For sample send 4c. stamps of coin, to the Senreco Remedies Co., Cincinnati, Ohio.

White Flag Signal For Birth of Boy Heir Brazil, Ind.—"Hurrah, it's a white flag," shouted Walter Withers, United States mail clerk, on the arrival of the fastest train on the Vandallia-Pennsylvania railroad, as he looked out of the car door when the train sped through Brazil. Other mail clerks looked and saw a white flag waving in the breeze on Withers's house. Withers then passed out cigars and explained. 1,000 BOXES OF CHOCOLATES FREE The Tamsui Tea Company, Importers, at 331 Market street, will give to all purchasers of one pound of Tea or one pound of Matcha, May 27th, a box of Chocolates FREE.—Advertisement