

EXTREME WEAKNESS AND SUFFERING

Read How Mrs. Goodling got Relief and Strength.

York, Pa.—"I have used Lydia E. Pinkham's Vegetable Compound and found it to be all you say it is. I was so sick that I could not stand at my sink to wash dishes and I could not sit without a pillow under me. I had the doctor every few days but since I have taken the Compound I don't have to send for him. I have had three children and could not raise any of them, but since I have taken the Compound I have a bright baby boy. I advise every suffering woman to try it and get relief. It has done wonders for me."—Mrs. CATHERINE GOODLING, 138 E. King Street, York, Pa.

When a medicine has been successful in bringing health to so many, no woman has a right to say without trying it, "I do not believe it will help me." There must be more than a hundred thousand women in this country who, like Mrs. Goodling, have proven what wonders Lydia E. Pinkham's Vegetable Compound can do for weak and ailing women. Try it and see for yourself.

If there are any complications you don't understand, write Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass.

\$2.00 Rail and Boat Excursion Tolchester Beach Beautiful Chesapeake Bay Maryland's Famous Pleasure Resort. Sunday, June 25 Bathing, Boating Fishing, Crabbing. \$2.00 Round Trip. Pennsylvania R.R.

Suits to Order ALWAYS \$10.00 Room 2 36 N. Third St.

Resorts ATLANTIC CITY, N. J. ENJOY A COMFORTABLE SUMMER AT HOTEL STRAND ATLANTIC CITY, N. J. THE IDEAL RESORT HOTEL

GALEN HALL ATLANTIC CITY, N. J. Hotel and Sanatorium. Noted for its superior table and service.

WILDWOOD, N. J. The Ideal Place for a Summer Vacation

WILDWOOD, N. J. Beachwood Dorsey Edgerton Inn Sheldon Wildwood Manor Dayton

WILDWOOD'S LEADING HOTELS BEACHWOOD DORSEY EDGERTON INN SHELDON WILDWOOD MANOR DAYTON

Hot Conewago On Lake Conewago. Address SAMUEL H. LEWIS, Mt. Gretna, Pa.

TELEGRAPH'S FOOD EXPERT TELLS EVILS OF FLOUR MANUFACTURING

CHAPTER 73 Denatured Flour Is Not the Only Flour Evil Against the True Nature of Which the Common People Should Be Aroused—"Unsound Flour," Which Should Be Used for Technical Purposes Only, Is Worked Off by the TOX in Blending Plants. Why Make a Business of Collecting and Distributing for Wholesale Bakery Supply Houses the Offscourings of the Flour Industry.

Before dismissing the subject of white flour, which attains its whiteness through the ability of grits gauze and silk bolting cloth to separate the fine white particles of the wheat kernel from the rich brown pericarp and the buttery golden germ of the grain it is necessary to refer to two other forms of white flour against which the public needs to be protected.

One is called "unsound flour," the other "bleached flour." In this chapter we shall deal with "unsound flour" only. The public has no means of knowing just how much unsound flour, sometimes called musty, sometimes called sunken, sometimes called decomposed, is utilized in the production of bakery bread, biscuits, rolls, buns, cakes, cookies, snaps, and wafers.

Prior to Aug. 19, 1913, the authorities had never bothered about the question of unsound flour in the city of New York, although the New York Produce Exchange for years had maintained a department, the chief duty of which was to reject such flour as that members of the exchange would be protected against the financial loss involved in purchasing an inferior or inedible flour.

Flour men, even though they went through all the motions of rejecting such stuff, suffered no worries concerning any possible official interference with the final disposition of the rejected product. So it was an easy matter to work off decomposed flour by mixing ten parts of the rotten products with ninety parts of sound flour, thereby avoiding waste through the medium of the public's stomach.

It is not generally known that Congress has not endowed federal food inspectors with the power of research. They can be kept out of any factory where the government men believe they could do nothing with the stuff which in the meantime, "I was able to prove, had been rejected as "unsound" by Messrs. Haver & Sines of the New York Produce Exchange, and sold at a fraction more than a cent a pound to a blending plant on Staten Island.

In the meantime the government's inspectors were in communication with Washington and were instructed by wire to make another effort to examine the flour. They returned to the pier the following day but in the meantime, somebody had performed a mysterious ceremony over the decomposed stuff. During the night the contents of the 195-pound bags were transferred to 140-pound bags. This manipulation was intended to rescue the rotten flour from the jurisdiction of the government officials.

It has been held in the trade that in more than one federal district court the government's jurisdiction over any product, however rotten, comes to an end once that product has been removed from the original package in which it had been shipped into interstate commerce.

Dr. Carl Alsberg, chief of the Bureau of Chemistry, was immediately notified of the complexity of the situation, and, regardless of the legal aspect of the case, his efforts finally resulted in a seizure of the rotten flour on a label issued by United States District Attorney Warren Davis, Trenton, N. J. The attachment was made by United States Deputy Marshal Beekman, Jersey City.

Prior to this seizure I had made numerous vain attempts to obtain action through the New York City Health Department, but, for reasons which I shall never become public, the Health Department refused them as it still refuses to concern itself with the unsoundness of the city's bread supply.

It is not generally known or even suspected that unsound flour is exceedingly common. Rotten flour bread is a matter of frequent occurrence in every large city in the United States, but, as I shall prove in my forthcoming articles, it is of no more frequent occurrence than pound cakes made of rotten eggs; layer cakes, lady fingers and vanilla wafers made of the same rotten flour; and composed and chemically resurrected meats; sausages made of tuberculous carcasses; ice cream made of foully contaminated milk; candy made of furniture glue, rosin, tar, glucose, ethereal flavors, lamp black, arsenic acid and sulphites; soft drinks treated with dyed chemicals, saccharine and soap bark; butter made of rancid containing pathogenic organisms; lard manufactured from the fat of hogs suffering from disease at the time of slaughter; chow-chow made of relishes hardened with arsenic; baking powders composed of metallic compounds that ought never to be used for food purposes; passe poultry artificial; state of disguised putridity; canned vegetables preserved with ammonium bi-fluoride, a chemical the presence of which is most difficult to detect in the proportions in which it is used; jams and jellies preserved with sulphites; and the hundred other food abominations that are rarely interfered with by municipal or State authorities.

These charges against the food supply of America would, I fully realize, appear to be born in sensational hysteria, unsupported by facts if it were not for the overwhelming evidence which I am about to present, notwithstanding many official efforts to minimize or discredit their importance.

Well-meaning and sincere people in high places shuddered and then smiled when I was first permitted to address audiences of women's clubs, teachers' associations, men's clubs and medical societies on these subjects. Henceforth, it became necessary to substantiate my claims by producing evidence that could not be shaken.

The evidence was produced. As a result large enterprises bearing spotless reputations have been unmasked. Food adulterators have been convicted and heavily fined. Many of them have been sent to the penitentiary during the past thirty-six months.

The facts that are set down here have been filtered through foolproof records. They have been tested in fire and in the woodshed of the law. It is because they now command respect that I am permitted at last to unfold them here.

ARE YOU THIS KIND? Another man I don't care for is the neighbor who calls, and suggests that I cut my grass, or paint my house, or change the window shades, or buy a luxury I enjoy, and do not wish to be disturbed in it.—E. W. Howe's Monthly.

This unsound flour was always sold at a ridiculous price, but the public always paid the regular market price for the finished breadstuff from which it was made.

Such was the situation Aug. 19, 1913, on which day, in order to bring the issue to a crisis as far as the authorities were concerned, I arranged with Dr. William H. Allen, director of the New York Bureau of Municipal Research, to have some of his men make an investigation with me of the grain piers of Jersey City.

Accordingly, Dr. W. H. Dederick and J. H. Kirsman of the New York Bureau of Municipal Research accompanied me on an inspection of the Lehigh Valley flour and grain piers. There we discovered 58,800 pounds of unsound, musty, inedible flour packed in the regulation 195-pound cotton bags.

These bags are porous. All flour is shipped in them. Rats run over them. The flour is subject to many unspeakable forms of contamination in the freight yards. But that is still another matter relating not to nutrition but to sanitation.

Notwithstanding the regulations of the New York Produce Exchange, which require flour to be marked "Sound" or "Unsound" according to the facts, none of this flour bore any mark indicating its true nature and no satisfactory explanation could be made of this phenomenon by Flour Inspector W. J. Taylor, in charge of Piers 1, G. Lehigh Valley Railroad, Jersey City.

I notified the New York station of the bureau of chemistry, Department of Agriculture, and the Federal Inspectors Land and Ford were dispatched to the scene. The government men were denied access to the flour by the railroad officials.

It is not generally known that Congress has not endowed federal food inspectors with the power of research. They can be kept out of any factory where the government men believe they could do nothing with the stuff which in the meantime, "I was able to prove, had been rejected as "unsound" by Messrs. Haver & Sines of the New York Produce Exchange, and sold at a fraction more than a cent a pound to a blending plant on Staten Island.

In the meantime the government's inspectors were in communication with Washington and were instructed by wire to make another effort to examine the flour. They returned to the pier the following day but in the meantime, somebody had performed a mysterious ceremony over the decomposed stuff.

During the night the contents of the 195-pound bags were transferred to 140-pound bags. This manipulation was intended to rescue the rotten flour from the jurisdiction of the government officials.

It has been held in the trade that in more than one federal district court the government's jurisdiction over any product, however rotten, comes to an end once that product has been removed from the original package in which it had been shipped into interstate commerce.

Dr. Carl Alsberg, chief of the Bureau of Chemistry, was immediately notified of the complexity of the situation, and, regardless of the legal aspect of the case, his efforts finally resulted in a seizure of the rotten flour on a label issued by United States District Attorney Warren Davis, Trenton, N. J. The attachment was made by United States Deputy Marshal Beekman, Jersey City.

Prior to this seizure I had made numerous vain attempts to obtain action through the New York City Health Department, but, for reasons which I shall never become public, the Health Department refused them as it still refuses to concern itself with the unsoundness of the city's bread supply.

It is not generally known or even suspected that unsound flour is exceedingly common. Rotten flour bread is a matter of frequent occurrence in every large city in the United States, but, as I shall prove in my forthcoming articles, it is of no more frequent occurrence than pound cakes made of rotten eggs; layer cakes, lady fingers and vanilla wafers made of the same rotten flour; and composed and chemically resurrected meats; sausages made of tuberculous carcasses; ice cream made of foully contaminated milk; candy made of furniture glue, rosin, tar, glucose, ethereal flavors, lamp black, arsenic acid and sulphites; soft drinks treated with dyed chemicals, saccharine and soap bark; butter made of rancid containing pathogenic organisms; lard manufactured from the fat of hogs suffering from disease at the time of slaughter; chow-chow made of relishes hardened with arsenic; baking powders composed of metallic compounds that ought never to be used for food purposes; passe poultry artificial; state of disguised putridity; canned vegetables preserved with ammonium bi-fluoride, a chemical the presence of which is most difficult to detect in the proportions in which it is used; jams and jellies preserved with sulphites; and the hundred other food abominations that are rarely interfered with by municipal or State authorities.

These charges against the food supply of America would, I fully realize, appear to be born in sensational hysteria, unsupported by facts if it were not for the overwhelming evidence which I am about to present, notwithstanding many official efforts to minimize or discredit their importance.

Well-meaning and sincere people in high places shuddered and then smiled when I was first permitted to address audiences of women's clubs, teachers' associations, men's clubs and medical societies on these subjects. Henceforth, it became necessary to substantiate my claims by producing evidence that could not be shaken.

The evidence was produced. As a result large enterprises bearing spotless reputations have been unmasked. Food adulterators have been convicted and heavily fined. Many of them have been sent to the penitentiary during the past thirty-six months.

The facts that are set down here have been filtered through foolproof records. They have been tested in fire and in the woodshed of the law. It is because they now command respect that I am permitted at last to unfold them here.

ARE YOU THIS KIND? Another man I don't care for is the neighbor who calls, and suggests that I cut my grass, or paint my house, or change the window shades, or buy a luxury I enjoy, and do not wish to be disturbed in it.—E. W. Howe's Monthly.

MURAD THE TURKISH CIGARETTE. Even the man in the moon smokes Murad. REMEMBER—Turkish tobacco is the world's most famous tobacco for cigarettes. Judge for yourself—Compare "Murad" with any 25 Cent Cigarette. S. ANARGYROS. Makers of the Highest Grade Turkish and Egyptian Cigarettes in the World. 15¢. Everywhere Why?

MIND EDUCATION GIVEN ADVANTAGE

Physical Education Being Neglected Declares Dr. Samuel G. Dixon in Statement

The present system of education in Pennsylvania is not giving enough attention to the development of the body and unless more education of the body is supplied, the youths being turned out by schools and colleges will not be as well equipped as they should be to fight the battles of life declares Dr. Samuel G. Dixon, State Commissioner of Health. Dr. Dixon devotes his week-end talk on health to the discussion of the "uneducated graduates" and says that curriculae are not planned so as to make physical development easy.

Dr. Dixon says in his talk: "A great essential has been neglected in the education of the tens of thousands of young men and women who are graduating from the high schools and colleges of the country. They are presumed to have been fitted to meet the responsibilities and problems of life. In the majority of instances they have had mental but no physical education.

"Some few have devoted themselves to a greater or less degree to competitive sports. This number is but a small fraction of those who pass through our schools. Our curriculae are often so planned that they make physical development difficult or impossible. To lay the foundation of health there should be proper physical training under the supervision of specially trained medical men beginning in the elementary school and going through the college course. A few years of training in youth and early manhood and womanhood would serve to instill habits of personal hygiene which would aid inestimably to our future welfare, individually and as a nation.

In every activity of life good health is a primary essential. No mental attainment can make up for a puny, ill-nourished, ill-developed body. Lack of well-developed physique almost invariably proves a handicap to achievement. Our present system has failed to bring about a balanced education of mind and body. Individual efficiency and preparedness for the uncertainties of life depend upon this. "To-day Sweden is leading the world in systematic education with a resulting high average of citizens in the elementary school and in the defense of their homes. Three thousand years ago the Greeks appreciated and practiced in the education of their youth this happy combination. It was this training that produced the scholars and heroes whose names live in the world's history."

William Penn Highway Association Meets on Wed.

The William Penn Highway Association of Pennsylvania will hold an important meeting Wednesday morning at the William Penn Hotel, Pittsburgh. Members of the board of governors from the fourteen counties along the route and several delegations of road enthusiasts from different towns along the road will be there. One delegation in particular represents the Cambria County Pomona Grange, which has endorsed the William Penn Highway, and which will go to Pittsburgh to suggest a minor change in the route from Altoona to Ebensburg.

At noon Wednesday J. W. Donahy, William Penn governor for Allegheny county, will entertain the other members of the board at luncheon at the William Penn Hotel. The board of governors is composed of the following:

William Jennings, of the Commonwealth Trust Company, this city, president; E. M. C. Africa, of Huntingdon, first vice-president; Frank M. Graff, of Blairsville, Indiana county, second vice-president; David Barry, of the First National Bank, Johnstown, treasurer; W. L. Plack, of Philadelphia; Joseph D. Finley, of Altoona; H. M. Minker, of Reading; A. A. Welmer, of Lebanon; Senator William Manbeck, of Mifflin; James Macklin, of McVeytown; S. H. Jackson, of Wilkesbarre; and J. G. Rippman, of Millerstown.

One of the best Hair Tonics and Dandruff Remedies can be prepared at home by getting a bottle of Jabreu Compound from your druggist and following directions in package. Jabreu is an exquisitely refined preparation for application on the scalp. Used in proper manner, it will supply the natural oil to the hair. It will effectually prevent the appearance of scalp diseases such as dandruff and falling out of hair. For sale by all Druggists. 25c.—Adv.

THE FERARI SHOWS WILL OPEN TONIGHT FOR WEEK

The Colonel Francis Ferrari Shows carnival train arrived readily about 5 p. m. yesterday, and was immediately switched over on to the Reading tracks and taken out to the grounds at Seventeenth and Chestnut streets, where the show was unloaded. The numerous red wagons, all spick and span with fresh paint, were as large as the ordinary circus wagons, and created considerable comment from the crowd of onlookers; nobody expected the carnival to be so large or as attractive in appearance as it is, even though the members of the Royal Fire Company, No. 14, had in a measure prepared everyone for a splendid show. All the animals were looking fine. The lions were no sooner unloaded from the train than they began roaring. They knew that feeding time was at hand; so did the leopards and panthers and the rest of them. The much advertised Whip was there, too. By this time it is all set up ready for the riders, who like novel sensations, and it makes a very good show. The La Rose electric fountain is a massive thing. A number of men worked steadily for many hours setting it up in place ready for the beautiful display which will take place this evening. These and many other shows are all set up and ready for the public on the old showgrounds at Seventeenth and

enteenth and Chestnut streets, where the show was unloaded. The numerous red wagons, all spick and span with fresh paint, were as large as the ordinary circus wagons, and created considerable comment from the crowd of onlookers; nobody expected the carnival to be so large or as attractive in appearance as it is, even though the members of the Royal Fire Company, No. 14, had in a measure prepared everyone for a splendid show.

All the animals were looking fine. The lions were no sooner unloaded from the train than they began roaring. They knew that feeding time was at hand; so did the leopards and panthers and the rest of them. The much advertised Whip was there, too. By this time it is all set up ready for the riders, who like novel sensations, and it makes a very good show. The La Rose electric fountain is a massive thing. A number of men worked steadily for many hours setting it up in place ready for the beautiful display which will take place this evening. These and many other shows are all set up and ready for the public on the old showgrounds at Seventeenth and

Chestnut streets, and every one comes up to the mark in appearance, making up a regular city of tents and bright, red wagons. All the fronts of the shows are constructed of wagons, that of the trained wild animal arena being by far the handsomest, with its rich carving designs, and decorations. The 300 or more people connected with the Francis Ferrari Shows conducted themselves in a businesslike and courteous manner, which made a good impression on the crowds who were out to watch the big train unload. Judging by appearances the members of the Royal Fire Company have everything in their favor for a good week. All they need are the smiles of the Weather Man now. The five contests are coming along well. The homely man is the most popular so far. Some well-known citizens of Harrisburg have entered it and they all seem determined to win, so it looks like a close run. The boys who have entered for the bicycle and watch are busy, too, gathering in votes, in their efforts to obtain one or the other of these two useful gifts.—Advertisement.

The Importance of Skin Care In the Springtime

Infectious skin diseases are irritating, unpleasant, unsightly and dangerous. There never was a greater mistake made than trying to cure such disorders with pastes, lotions, or creams, rubbed on the outside. You can't cure skin diseases that way, because they are the direct result of infected blood, and you can't rub or soak poisons out of the blood. The annoyances of skin troubles are worse in spring than any other time. The perspiration that starts with the first warm days intensifies the smarting, burning sensation, and makes the trouble almost unbearable. There is only one way to relieve them, and that is through the blood, which must be thoroughly cleansed and purified. There is only one remedy that you can rely upon to do this, and that is S. S. S., the surest and best blood cleanser known. S. S. S. acts with sure effect directly upon the blood—taken internally, it goes right into the blood vessels, drives out every bit of poison of whatever nature, kills the germs that starve and impoverish the blood, restores the skin to its proper condition and gives you healthy bone and tissue building blood. Even the worst cases, such as scrofula and blood poison, yield promptly to this efficient vegetable remedy. It doesn't matter how long you have had skin trouble, or if it has developed into chronic sores that you had given up all hope of curing. Take S. S. S., when all else fails. It brings relief. Write our Medical Department, Room 4, Swift Specific Company, Atlanta, Ga.

from Oven to Table. RÜHL'S BREAD Quality in every loaf. Bell Phone brings wagon. RÜHL'S PENBROOK BAKERY