

WOMEN'S INTERESTS LOOKING FOR TROUBLE

By BEATRICE FAIRFAX

If you are one of those foolish souls who look for trouble, make up your mind at once to right about face and look in the opposite direction from now on.

It is a good thing to remember that almost everything reaches its greatest value in anticipation—pleasure and trouble alike, pain and delight as well.

Worrying about things doesn't make them one bit easier to bear—but instead weakens one's powers of endurance and means that a certain amount of energy which ought to be expended in the actual meeting of a situation has been wasted in planning how to meet it.

The troubles for which one looks very often fail to arrive—but in their stead comes something which takes all of one's strength to bear at the moment of their coming. Isn't it tragically foolish, then, that one bit of strength and force should have been wasted in imagining how one would endure an unpleasant set of situations which one never had to endure?

The girl who is doomed to spend her summer in the city is very likely to wonder with self-pity how she is going to get through the long, hot, lonely days and the sultry, uneventful evenings. Then perhaps a cold, rainy summer arrives where she has to endure an entirely different set of conditions from the one about which she was worrying.

It is a good idea to remember that

nothing is very serious—and that we give things a value and importance hopelessly beyond their actual gravity.

In looking back over the events of last month, who does not smile at something which then seemed very agonizing? Perspective changes the appearance of things greatly. An emotional nature exaggerates things frightfully at the actual time of their happening. The poised and balanced nature doesn't make the blunder of taking its own pleasures or its own sorrows too seriously. It knows that nothing lasts—but life is change and flux and alterations.

Since this is so, why agonize over something to-day which doesn't seem very important to-morrow, especially so since you only wear yourself out and leave yourself unable to contend with to-morrow's situation?

None of us has any more than just a certain amount of vital energy at a given moment. What's the use of borrowing to-morrow's store in order to meet to-day's events? What is the use of running to meet trouble half way when trouble would probably arrive soon enough without invitation or encouragement?

Merely we all have it within us to forget. Wounds heal. Memory shrouds pain with a kindly mist of time. The sane person does not anticipate too much of joy or too much of sorrow. But he remembers both with a wise and tolerant smile rather than with feelings either of ecstasy or agony.

The Automatic Is the Only Safe Service



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A Few Cities Now Using
THE AUTOMATIC TELEPHONE

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- Hazleton, Pa.
- Columbus, Ohio.
- Dayton, Ohio.
- Youngstown, Ohio.
- Grand Rapids, Mich.
- Muskegon, Mich.
- South Bend, Ind.
- Sioux City, Iowa.
- St. Paul, Minn.
- Portland, Ore.
- Los Angeles, Cal.
- Dallas, Tex.
- Tampa, Fla.
- Wilmington, Del.
- Havana, Cuba.
- Honolulu, T. H.
- Edmonton, Can.
- Regina, Can.
- Calgar, Can.
- Simla, India.
- Sydney, Aust.
- Perth, Aust.
- Portsmouth, Eng.
- Sice, France.
- Munich, Germany.

We Are Convinced That Harrisburg Needs

The Automatic Telephone

We have carefully investigated all types of telephone apparatus now on the market. We have watched them in operation, we have talked to the men and women who are using the service and we are thoroughly satisfied that only by means of the Automatic Telephone system can the people of this city obtain the rapid, accurate, uniform telephone service the complex business and social life of the day demands.

But we do not ask you to take our word for this.

These Governments Have Adopted

- THE AUTOMATIC
- Great Britain
- Germany
- France
- Austria
- Italy
- Holland
- Norway
- Australia
- New Zealand
- India
- Alberta, Can.
- Saskatchewan, Can.

Instead we have installed a miniature Automatic Telephone system—similar in all respects to the big city system we shall soon place in operation here—

At 308 Market Street (Between Third and Fourth)

and we invite you to come in and see it operate. Have it explained to you, try it for yourself.

We say that the Automatic Telephone Service is quick—come in and make a few calls so that you may know whether or not it is quick.

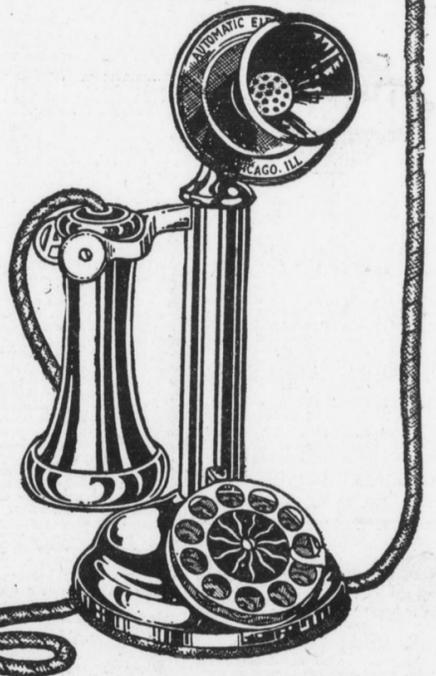
We say that it is accurate—watch it operate for a few moments and see why it *must* be accurate.

We say it needs no operator—but let us introduce you to the marvelous mechanical switch which takes the operator's place and does all that she can do and *more*, and does everything *better*.

This exhibit has been installed for your convenience. It is open daily from 8 A. M. until 10 P. M. Demonstrations are going on constantly.

Pay us a visit at your convenience, you will be always welcome.

CUMBERLAND VALLEY TELEPHONE COMPANY OF PA.
Harrisburg, Pa.



FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

(Copyright, 1916, by Alfred W. McCann.)

By ALFRED W. McCANN

The Injurious Effects of Sulphurous Acid Upon Human Life as Well as Upon Vegetation Have Been Established in the Court Through Litigation That Began in 1905 and Did Not End Until 1915.—Nevertheless, the People Still Continue to Consume Sulphurous Acid Regardless of the Facts.

Prior to the publication of Food Inspection Decision No. 78 (1907) concerning the harmfulness of sulphurous acid, people living in and around Solano County, Cal., rose up in rebellion against the operation of the Selby Smelting and Lead Company's plant.

The people produced evidence to show that the sulphurous acid or sulphur dioxide liberated by the smelting plant was not only destroying the vegetation of the surrounding country but was injuring the health of the people.

In 1905 the authorities began suit against the smelter. After a stormy litigation the courts held in 1908 that the smelter really was harming the people of Solano County and enjoined it from doing further injury.

Further litigation followed and the people continued to suffer from the action of the sulphurous acid or sulphur dioxide which escaped from the smelting plant until 1912, when the Supreme Court confirmed the de-

"I DON'T SUFFER ANY MORE"

"Feel Like a New Person," says Mrs. Hamilton.

New Castle, Ind.—"From the time I was eleven years old until I was seventeen I suffered each month so I had to be in bed. I had headache, backache and such pains I would cramp double every month. I did not know what it was to be easy a minute. My health was all run down and the doctors did not do me any good. A neighbor told my mother about Lydia E. Pinkham's Vegetable Compound and I took it, and now I feel like a new person. I don't suffer any more and I am regular every month."—Mrs. HAZEL HAMILTON, 822 South 15th St.

When a remedy has lived for forty years, steadily growing in popularity and influence, and thousands upon thousands of women declare they owe their health to it, is it not reasonable to believe that it is an article of great merit?

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

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September 1, 15 and 29
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SPECIAL TRAIN of Pullman Parlor Cars, Restaurant Car, and Day Coaches through the Picturesque Susquehanna Valley

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cision of the lower court and ordered the smelting company to obey the law.

In 1913 the people again complained that the injunction was being ignored by the smelter, whereupon the authorities and the company officials agreed to leave the question to a commission of experts.

An investigation was conducted which began in June, 1913, and ended September, 1914.

As a result of this investigation a report was made to the bureau of mines and published.

The commission of experts found that the people were indeed being harmed by the operation of the plant prior to the injunction. Their complaints had been justified.

The sulphurous acid which escaped from the refining smelter caused the destruction of the vegetables and crop plants of the neighborhood.

So poisonous is the bleaching agent used in the dried fruit industry that the commission found it to be harmful to man in the proportion of 33 parts of sulphurous acid to 1,000,000 parts of air.

It was found that two parts of the gas in 1,000,000 parts of air inhaled for four hours at one time or for ten minutes a day had such an injurious effect upon plant life that it actually despoiled the yield of barley studied during the investigation.

These facts apparently have not been withheld from Dr. M. E. Jaffa. He declares:

"Those interested are not wedded to the sulphur process, but it is realized that up to date there has not been offered a process which is practical which can take the place of sulphuring."

"It is thus seen that under existing conditions the sulphuring of some fruits is a necessity if the industry is to be preserved.

"Grapes intended for human consumption should not be subjected to sulphur fumes," he continues. "Successful drying can be and has been practiced without the use of sulphur."

"In the case of the apricot and peach the oxidation of the sulphurous compounds to sulphuric (a deadly poison) is slow and sometimes inappreciable, similarly with reference to the apple and pear.

"When we consider the grape in this connection there is presented an entirely different state of affairs.

"Samples of Thompson seedless grapes and other small grapes have been tested with the result that while the content of sulphurous acid was below the limit indicated by Food Inspection Decision No. 78, viz., less than 350 milligrammes per kilo, the sulphuric acid per kilo approximated ten times as much.

"Sulphuric grapes are rarely washed or soaked before cooking. They are eaten raw or in cake or bread. In either case there is ingested with the raisin the injurious acid compounds.

"The same is true as regards the desiccated bleached potato."

After making these alarming statements Dr. Jaffa holds the housewife responsible for the abuses to which he refers.

"It is true," he declares, "that the fruit grower tries to produce in his output a high degree of color. If the consumer did not demand intensely yellow fruit there would be no sale for it.

"If the consumer did not demand yellow butter there would be no sale for yellow color.

"Fruit is colored by the grower so as to get a higher price for his goods. California is waiting, anxiously waiting, for the food inspection decision of the United States Department of Agriculture indicating its position with reference to the sulphuring of fruits.

"California realizes that the industry is important. To maintain its industry it is necessary to process the fruit before drying. Sulphuring is the only practical process now available. Hence it must be used.

"Sulphuring is not necessary for all fruits. The grower is willing to put on the market a less highly colored fruit if the consumer will use it."

In other words, declared Dr. Jaffa, the government, however dangerous the use of sulphurous acid may be to the consumer, must not interfere with the welfare of an industry that depends for its success upon its right to employ ingredients injurious to human health.

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Beauty's Treasures
Of Hair and Skin Preserved by Cuticura. Trial Free.

If you use Cuticura Soap for every-day toilet purposes, with touches of Cuticura Ointment now and then as needed to soothe and heal the first pimples, redness, roughness or scalp irritation you will have as clear a complexion and as good hair as it is possible to have.

Sample Each Free by Mail
With 25¢ box of the skin. Address post-card: CUTICURA, Dept. 99, Boston. Sold everywhere.

MISS HESTER ON BOARD
Miss Mary Catherine Hester, 1100 North Front street, was elected a member of the board of managers of the Associated Aid Societies at a recent meeting to fill the vacancy created by the death of Mrs. Martin Fager.

Run Up and Down Mountain; Hot Weather No Barrier

Reading, Aug. 23.—While Reading citizens were sweltering under a sun that has soared as high as 93 degrees in the shade, Young Jack O'Brien and his manager, the veteran Jack, have been running up and down Mt. Penn. The pair, bundled in heavy woolen sweaters, jogged down the steep mountain incline to-day in 19 minutes and went back in 20 minutes. Young

Automobile Parade Feature of Adams Co. Convention

Arendtsville, Pa., Aug. 23.—To-day and to-morrow the annual convention of the Adams County Sabbath School Association will be held here. Prominent speakers are in attendance, among them being W. G. Landes, of Philadelphia, State field worker, and P. A. Ellsesser, of York. A feature of the convention will be an automobile parade from this place to Biglerville and return.

MATAMORAS CLAIMS CHAMPIONSHIP

The Matamoras baseball team claims the amateur championship of Upper Dauphin county, and is willing to defend the title. The team has been playing fast ball and has not lost a game this season.

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Prices — 10 lbs., 30c; 20 lbs., 60c; 40 lbs., \$1.00; 100 lbs., \$2.50.

Park and Pollard "GROWING FEED" is the best feed for molting season—and for making young birds grow, thousands of poultry men feed it.

Prices — 10 lbs., 35c; 25 lbs., 75c; 50 lbs., \$1.38; 100 lbs., \$2.75.

"EATON'S CLIMAX" Scratch Feed is the cleanest and best. Don't buy dirt, it makes your feed bills high. "Eaton's Climax" has not a pound of waste in a ton.

Prices — 10 lbs., 30c; 25 lbs., 65c; 50 lbs., \$1.20; 100 lbs., \$2.25.

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