

HAM AND EGGS RISE IN PRICE

Cheese Goes Up; Butter Comes Down; Other Quotations.

Washington housewives will have to pay more for their breakfasts of ham and eggs during the next week, according to the fair price list issued yesterday by the local Food Administration. Cheese also went up, but butter and lard gave the housekeeper some relief when they stopped climbing and both dropped.

Select fresh eggs, quoted on the list as weighing not less than 24 ounces, per dozen, jumped up one cent a dozen, this week's price being set at 73 cents. Cold storage eggs also went up one cent, reaching a mark of 55 cents per dozen. Whole standard hams showed an increase over last week's price when they were quoted at 38 to 40 cents per pound. Last week's price was 38 to 39. The price of American whole milk cheese shows the biggest increase, jumping two cents per pound. Last week the price was 34 to 39 cents per pound, while this week it is 35 to 41 cents. In half-pound lots, the cheese jumped one cent, to 31 cents.

Butter Falls.

The most surprising development of the week was the reduction in the price of butter. Best creamery butter, quoted last week at 64 to 69 cents per pound, came down to 64 to 68 cents per pound. This, while it is only a decrease of one cent in the maximum price, is taken by most people as indicating the stopping of the general rise in prices. Officials here had practically become resigned to an advance as high as \$1 per pound when the wholesale price fell from 62 to 61 cents per pound. Administration officials declared yesterday that this was probably due to the strict investigation of storage which is being made throughout the country. Lard also showed a decrease of one cent a pound, being quoted at 31 to 35 cents.

To Display Prices.

Hope that the long delayed plan to regulate the prices of meat was voiced by officials yesterday. The blackboards which are to be displayed in the butcher shops and upon which the day's prices are to be shown, will be ready for distribution the latter part of the week. It was declared yesterday. It has taken about six months to formulate the plans and it is hoped that it will be of material advantage to the purchaser.

It is also hoped that it will tend to curb the practice of some Washington butchers to sell goat meat as lamb and charge lamb prices for it. One case of this kind is before the Food Administration now and it is expected



that definite action will be taken against the offender before the end of the week.

Another food dealer has been halted before the administration charged with wasting food. In view of the recent request of the National Food Administration for strict conservation it is probable that severe punishment will be meted out in this case. Three other dealers are to be heard by the administration on charges of violating

theric quotations on the fair price list

Suitable Shoes.
Patentist, short-vamp.
Patentist, half-soling.
Patentist, scientific, high-heeled.
Patentist, patent leather.
Patentist, copper-tipped.
Patentist, dressed-kid.
Patentist, bodies, pumps. — Cartoons Magazine.

ALEXANDRIA

THE HERALD BUREAU,
A. S. DEMPSEY,
77 KING STREET.

Alexandria, Va., Oct. 29.—The churches here, which were closed a month ago owing to the epidemic of influenza, will be reopened Sunday.

Schools, moving picture establishments and other places, also closed at the same time, will be reopened next Monday.

The epidemic here has about subsided, and today Dr. H. C. Robies, acting health officer in charge, today issued orders for the reopening of these places.

The health department has issued instructions for the disinfecting of these places before they are reopened. The order for the closing of these places was issued October 3. The schools were closed the day the order was issued.

The news that the places are to be reopened next week was received with gratification. The epidemic has about run its course here, and most of those suffering from the disease are reported to be rapidly recovering.

Miss Jessica Callahan, eldest daughter of Mr. and Mrs. Charles H. Callahan, died at 7:30 o'clock this morning at the residence of her parents, 213 South Fairfax street, of pneumonia.

The deceased several weeks ago was one of the first of six volunteers to go to Camp Humphreys to assist in nursing soldiers who were down with influenza. After being at the camp a few days she was taken ill and returned home. She contracted influenza which developed into pneumonia.

She was an active worker in Masonic circles and also a member of

Martha Washington Chapter, No. 43, Order of Eastern Star, and conductor of that organization and former secretary of the same. The arrangements for the funeral have not been completed.

Albert Henderson, fifty years old, a former resident of this city, dropped dead this morning in Baltimore, Pa., where he had gone to transact business for the Labor Bureau Board. He had been in that city for the past three weeks. Mr. Henderson was formerly connected with the Southern Railway Company, later for the tariff bureau of the Interstate Commerce Commission, and subsequently he was employed as general traffic manager of the American Agricultural Chemical Company. He is survived by his wife, who was Miss Olive Crook, of this city, together with a sister and brother, Mrs. Percy E. Clift and Avery Henderson.

Stephen M. Ridgely, 71 years old, died at 5 o'clock this morning at the residence of his son, E. Gorman Ridgely, 309 South Columbus street, of influenza. He was a retired farmer and was a native of Howard County, Md. He is survived by two sons, E. Gorman Ridgely, this city; Stephen Ridgely, now in France, and Mrs. C. M. Parks, Covington, Ky. The body will be shipped tomorrow to Ellicott City, Md., for burial.

Miss Virginia Kirby died this morning at the residence of her sister, Mrs. John R. West, 625 South Alfred street. The body will be shipped to Baltimore for burial.

There was a total of 4,502 men registered here in the recent draft. The local draft board has classified the men and arranged them according to their serial numbers as drawn in Washington. The board is now ready for the first call to be issued. Questionnaires, it is expected, soon will be sent to the older men who are to be sent to cantonments just as soon as the supply of younger men is exhausted. It is expected that all men in class one, both young and old, will be in the army not later than January 1.

The Episcopal Theological Seminary and the Episcopal High School, of Virginia, which have been closed owing to the epidemic of influenza, will reopen for studies tomorrow morning.

A shed on fire in the yard of the residence of Mrs. Mary A. Sweeney, 408 Prince street, brought out the fire department this afternoon and a fire alarm of fire at 8:30 o'clock tonight again brought out the department.

A joint meeting of the committee on police and health will be held at 8 o'clock tomorrow night to discuss the question of increasing the police force.

The funeral of Mrs. Harry Butcher will take place at 4 o'clock Wednesday afternoon from the residence of her parents, Capt. and Mrs. George E. Laycock, 416 South Lee street.

Martin W. Williams, two months old, son of Mr. and Mrs. Harvey W. Williams, of 27 North Pitt street, died yesterday afternoon at the Alexandria Hospital of influenza.

LOWER GRADE COTTON TO BE USED FOR ARMY

The cotton section of the War Industries Board announced yesterday that, with the co-operation of the purchasing departments of the government, and cotton manufacturers, new policies designed to place in manufacture a greater amount of grades of cotton below the class known as middling, are now effective.

The new policies set forth that some manufacturers are using a grade of raw cotton higher than is necessary to meet government needs; that in the future cotton goods sold the government will be judged solely on the basis of whether the product comes within the contract requirements as to strength and serviceability and not on the quality of raw cotton used; and that manufacturers of goods for the civilian trade will be required to use the same or lower grades of cotton for the production of classes of goods similar to those used by the army and navy.

A Timely Family.
Hodge: My great-grandfather was a minute man.
Podge: And you?
Hodge: I'm a second Lieutenant.—Cartoons Magazine.

W. & J. SLOANE

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Extremely durable Rugs of distinguished appearance.
Larger and smaller sizes made to special order in any dimensions up to 30 feet wide without seams.

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FEAR RESPONSIBLE FOR SPREAD OF INFLUENZA

Des Moines Health Authorities Believe Application of Christian Science Principles Would Check Disease.

Des Moines, Iowa, Oct. 29.—A course in common sense and the basic ideas of Christian Science, and an editorial policy for newspapers directed against fear, was urged at a meeting here recently of a committee of business and professional men which have virtually been in charge of the city during the so-called Spanish influenza epidemic. Dr. W. C. Witte, city sanitarian, is chairman of the committee. The membership includes James R. Hanna, former mayor; Z. C. Thornburg, superintendent of schools; C. L. Herring, of the Greater Des Moines Committee; Marshall Miller, president of the Trades and Labor Assembly; Ralph Faxon, secretary of the Chamber of Commerce; Charles Saverude, druggist; and Drs. Granville Ryan, R. L. Parker and Thomas F. Duhigg.

The city has been under rigid quarantine for a minimum period of two weeks, all schools, colleges, churches, theaters and amusement places having been closed to prevent further spread of the alleged epidemic.

Christian Scientists Unaffected.
The fact that soldiers and officers at Camp Dodge who are Christian Scientists have not been affected by the epidemic, was called to the committee's attention at the meeting by Mr. Miller.

"There is no question," said Dr. Witte, "that by a right attitude of mind these people have kept themselves from illness. I have no doubt that many persons have contracted the disease through fear."

"People can deceive themselves into thinking they have any disease on the calendar, and doubtless many of them have thought themselves into their graves."

A recommendation that newspapers prepare editorials citing the immunity which Christian Scientists enjoy from influenza, and urging the use of common sense and a calm attitude of mind in conquering fear of infection, was made by H. W. Byers, corporation counsel for the city. The recommendation was endorsed by the committee as a whole, and newspapers were asked to quote the committee to that effect.

"Entirely too much publicity has been given to supposed symptoms of the so-called Spanish influenza," was

Mr. Byers' further comment, "and I would recommend that if anything is printed in regard to the disease it be confined to simple preventive measures—something constructive, rather than destructive."

Principles Preserve Health.
"Fear is the first thing to be overcome, the first step in conquering this epidemic," said Dr. Witte. "I am not a Christian Scientist, but I believe an application of their principles will materially aid in preserving the health of this community. They did not originate with the Scientists, but are to be found by any one who will take the trouble to read the Bible."

"In my work in infected communities, I have always found Scientists the first to respond to the slightest suggestion of unsanitary conditions, and the first to comply with fundamental health measures."

For What Ailed Him.
The nervous wreck had explained at great length his symptoms. All that were described in the medical books he had, and some besides—all of which were described at great length.

"Do you understand me?" he finally asked the doctor, when he had ended his enumeration.

"I do," replied the doctor, "and I'll give you something for your pains." —Cartoons Magazine.

DRINK HOT WATER EVERY MORNING FOR INFLUENZA

Don't eat a bite of breakfast until you drink a glass of hot water, says authority.

Says a glass of hot water with a teaspoonful of limestone phosphate in it washes poisons from system, and makes one feel clean, sweet and fresh.

Why is man and woman, half the time, feeling nervous, despondent, worried; some days head-achy, dull and unstrung; some days really incapacitated by illness.

If we all would practice the drinking of phosphated hot water before breakfast, what a gratifying change would take place. Instead of thousands of half-sick, anemic-looking souls with pasty, muddy complexions we should see crowds of happy, healthy, rosy-cheeked people everywhere. The reason is that the human system does not rid itself each day of all the waste it accumulates under our present mode of living. For every ounce of food and drink taken into the system nearly an ounce of waste material must be carried out, else it ferments and forms ptomaine-like poisons in the bowels which are absorbed into the blood.

Just as necessary as it is to clean the ashes from the furnace each day, before the fire will burn, bright and hot, so we must each morning clear the inside organs of the previous day's accumulation of indigestible waste and body toxins. Men and women, whether sick or well, are advised to drink each morning before breakfast, a glass of real water with a teaspoonful of limestone phosphate in it, as a harmless means of washing out the stomach, liver, kidneys and bowels the indigestible waste, sour bile and toxins; cleansing, sweetening and purifying the entire alimentary canal before putting more food into stomach.

Millions of people who suffer their turn at constipation, bilious attacks, acid stomach, headaches, rheumatism, nervous days and sleepless nights have become real cleansers the morning inside. A quarter pound of limestone phosphate will not cost much at a drug store, but is sufficient to demonstrate to anyone using sweetening and effect upon the system.

BALMY BENNY ASSISTANT TO THE SURGEON WOULD BE BETTER YET. By AHERN



The Bill is Never Long Over-Due

We all need pleasure and recreation, but many of us pay too dearly for it. Continued over-eating, over-drinking, late hours and loss of sleep gradually roll up an account that brings sickness and enforced rest. Weak kidneys is the common penalty.

Daily backache, dizzy spells, headaches, rheumatic pains and urinary irregularities are warnings of kidney weakness. Neglect may lead to gravel, dropsy or Bright's disease. For quick relief moderate the habits that have brought on the trouble and use Doan's Kidney Pills. Doan's are used and recommended the world over.

These Are Washington Cases:

George G. Warren, 3912 Grant Road N. W., says: "My kidneys troubled me, and I think it was caused by a strain I received when lifting. It was just awful the way my back pained me for five or six years. I was given a trial box of Doan's Kidney Pills, and that proved so satisfactory I bought a supply. I used five boxes of Doan's altogether and I felt as if I had a new back. The trouble disappeared and I felt strong and fine."

John C. Harper, city fireman, 1116 G Street S. E., says: "For the last fifteen years I have used Doan's Kidney Pills for kidney ailments. I am exposed to all kinds of weather, and no doubt that is what brings on the attacks. At times the pains are so severe through my kidneys I can hardly get up or down. My kidneys act irregularly and the secretions are unnatural in passage. I use Doan's Kidney Pills from Peale's Drug Store, at these times and am always fixed up in excellent shape."

DOAN'S KIDNEY PILLS

60c a Box at All Stores. Foster-Milburn Co., Buffalo, N. Y. Mfg. Chem.