

THE RICHMOND PALLADIUM AND SUN-TELEGRAM

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Think About This

Enthusiasm is the dynamics of your personality.—J. Ogden Armour.

Get the Facts

Secretary of Agriculture Houston, in a statement on the food situation in the United States issued today, admits that prices are high, but finds no justification for hysterical thinking or action.

The secretary believes in obtaining facts regarding production, distribution, storage and retailing of food products before corrective legislation is applied. We concur in his argument for a thorough survey and investigation of the problem.

Hundreds of elements enter into the High Cost of Living, and before these have been studied and their relation to each other is established, it is foolish to try to remedy the situation.

Says the secretary:

"The prices of foodstuffs are high. A full and satisfactory explanation of prevailing prices is not possible on the basis of existing knowledge. It is only recently that agencies have been created in the country to study food distribution, and we have not all the necessary facts to enable us to arrive at the truth. Where the food supply is located, who owns it, what may be the difficulties of securing it, whether the local market conditions are due to car shortage, whether there is artificial manipulation or control, no one can state with certainty.

"It is essential that we have the facts not only because of the light they might throw on present conditions but also because they are prerequisite for the working out of a permanent, just, and economical system of marketing. Therefore the investigation directed by the President ought to be made promptly, and Congress ought to give the Federal Trade Commission and the Department of Agriculture the necessary funds.

"Certainly such an investigation can not furnish im-

mediate relief, but it would be absurd to oppose it for this reason. It does not stand in the way of any other measures that may be wise. It does not prevent any constructive action on the part of any municipal or local agencies. We must have the facts and the sooner the investigation is undertaken the better. It is highly probable that as a result of it large permanent improvements may be made."

Secretary Houston's plea for food conservation in our homes is worthy of the attention of every housewife. Europeans for many years have accused us of being profligate with our resources.

The secretary rightly says: "As a nation we seem to have a disdain for economizing. In many homes there is a strong feeling that it is 'only decent' to provide more food than will be eaten and that it is demeaning to reckon closely."

Isn't his indictment true?

Doesn't the average American believe in loading his table with food that will not be eaten and that ultimately finds its way into the garbage can?

Do we pride ourselves on trying to throw as little as we can into the garbage can, or do we recklessly throw away parts of vegetables, meats, fruits and breadstuffs that are edible?

You will find the answer in our garbage cans. Collectively we Americans throw away SEVEN HUNDRED MILLION DOLLARS worth of food every year.

That is simon pure waste. That represents money which we should have saved. That factor helps swell the increased price for food products.

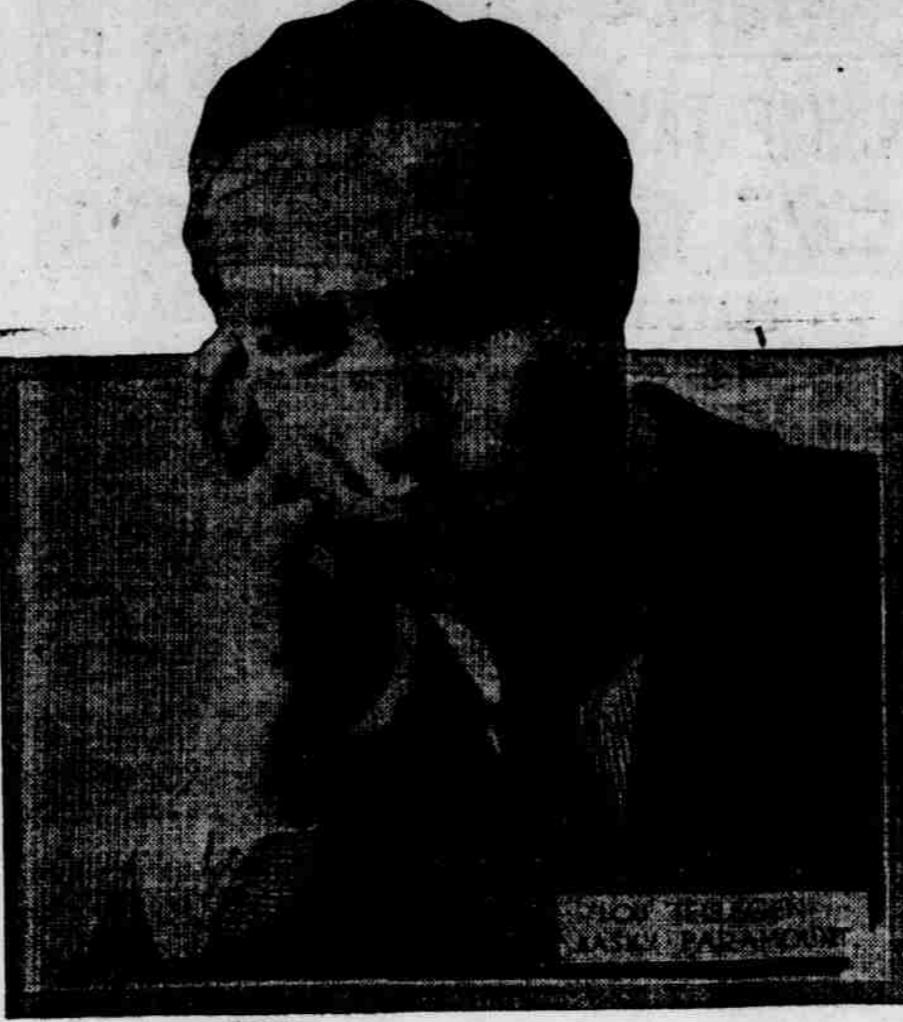
Experts of the department of agriculture estimate that we throw away twenty per cent of the edible portion of every potato that is served on our table.

Waste in carving, waste in preparing, waste in cooking, waste in serving, waste in throwing away meats, vegetables and fruits, all help to send the prices of commodities skyward.

Even if farmers plant greater acreages, the result will not be an increased supply that will meet the demand. We create a greater demand every year for a supply that remains practically the same, because we throw away instead of conserving the amounts we purchase.

One reason for the increased cost of living is to be found in our own kitchens and in the garbage cans at the alley gate.

LOU TELLEGAN AT MURRETTE ON WEDNESDAY



WRECKING TUGS WORK

(By Associated Press)
NORFOLK, Va., March 3.—A wrecking tug and the coast guard cutter

Yamacraw were working today to float the American steamer A. A. Haven from New York for Matanzas aground at Bodie Island, N. C. Early today the vessel was still in the same position as when she grounded yesterday.

BRAZILIAN BALM is Magic for COUGHS, GRIP, GROUP, Asthma, Catarrh, Quick Consumption, Bronchitis, KILLS the Germs. 10c, 25c, 50c, \$1

Editor Palladium:

The notice in last evening's paper stating that the bill covering the so-called hour more of daylight, is dying—and we now hope that it is dead—was received with great joy among Richmond laborers.

Please pardon us laborers for not mourning its early departure but upon remembering those years gone by of tossing, tumbling, rolling and kicking all through a sickly hot night, until the wee hours of the night and the approach of the early dawn brought forth the cooling zephyr only then did we catch that short nap in which to recuperate strength for the next day's toil, sadly remembering this we drop a tear of joy over the grave of the employer's fondest hope that he might gain for himself that hour which the laborer needs the most.

I am a laborer, I work with them associate with them entirely, I know

their thoughts and desires and I have yet to find one favoring any of the "Hour More of Daylight" schemes.

The hour more of daylight, looks good from the employers side, but labor doesn't want it.

Yours truly,

ONE WHO SEES LABOR'S SIDE.

WHENEVER I see the word

WELPT IN print I want to

PULL SOMEBODY'S hair. I

DON'T BELIEVE in using the

DICTIONARY AS A

STUMBLING BLOCK for the

PEOPLE AT home or elsewhere.

I HEARD a woman say

"I USE a

WELPT HERCIDE."

HER HAIR was really beautiful

BUT HER language

MADE ME sick.

Yours for beautiful hair,

Hericide Mary

Political Announcement

DR. W. W. ZIMMERMAN
Candidate for
MAYOR

Subject to Republican Primary,
March 6, 1917

DR. S. G. SMELSER,
Candidate for
Mayor

On the Republican ticket, subject
to primaries March 6th.

BALTZ A. BESCHER
Candidate for
CITY CLERK

Subject to the Republican Primary
Election, March 6, 1917

HARVEY BROWN
Republican Candidate for
CITY CLERK

Subject to Primary Election,
Tuesday, March 6, 1917
No. 15 on the ballot.

WATT P. O'NEAL
Candidate for
CITY CLERK

Republican Primary, Mar. 6, 1917

William (Billy) Stevens
Republican Candidate for
CITY CLERK

Primary, March 6, 1917

EDGAR NORRIS
Councilman, Third Ward

Subject to Republican Primary

W. P. RICHARDSON
Councilman
Seventh Ward

Subject to Republican Nomination.

At the Day's End

Whatever the occasion—wherever you are—if dining—how a cup of coffee—the amber fluid of molten sunshine—branded

HEEKIN'S COFFEE

will send its little message of joyous happiness coursing through your veins. It gives a softer tinge and a mellower tone to every happening. It makes life endurable—is a tonic—for the whole system—good for the stomach—digestion—the brain. What a magic urge it has for the heart—how it puts you in sympathy with the whole world again and makes life worth living.

To get all the benefits of this elixir—to seize this fluid energy of the sun—you must buy coffee at its best—must get the kind that is blended with care—selected by experience—and always produced uniformly. Find the Heekin brand you like, and you'll always like it. Therefore insist upon getting—demand if necessary—**HEEKIN'S COFFEE**—your grocer has it—all careful grocers do.

The James Heekin Company
CINCINNATI



RECENT ACCIDENTS

should convince every man of the necessity of

Accident Insurance

Get the Best of

DOUGAN, JENKINS
& COMPANY

Cor. 8th & Main Sts. Phone 1330

Remember Our Lens Department

We will duplicate your lenses, no matter what the grinding, on short notice.

The invisibles only excepted.

C. M. Jenkins, Optometrist

Robert S. Ashe

Candidate for

Councilman—
at-Large

on the

Republican Ticket

Subject to Primaries

March 6th

USE COOPER'S BLEND

Coffee

COOPER'S GROCERY

"The Forgotten Wedding"

A SERIAL IN
FOUR PARTS By OLIVE WADSLEY

Author of: "Beyond Youth's Paradise," "Life's Perfect Gift," "The Real Thing."

She rose and going to the book-case took out a large, heavy volume. It was the latest published on the brain, by Otto Steinius, the eminent German mental specialist.

Sister Henderson, who in all her spare moments read largely, quickly found the chapter she wanted.

A little, intent, puzzled frown appeared on her face as she read. Her absorption was so great that she started violently when the door opened.

A smart little woman, with beautifully dressed hair, rustled in, followed by the maid bearing tea. She was the eldest Miss Henderson and supplied the material needs of the home, while the sister attended solely to the house.

When the servant had gone the sister told her about Captain Fane.

"It was such a slight operation," she explained: "merely the replacement of a very small bone. That sort of operation is performed daily, and in two weeks the patient is well again. I have never, either here or in the hospital, known a case like this one."

Miss Henderson listened gravely.

"Has Captain Fane forgotten about his marriage?" she asked.

"My dear Sarah, he cannot even remember his own name. At first, when I began to talk to him, I thought he was perhaps a little dazed, or that I had awakened him from a deep sleep; but when suddenly I discovered that he did not know me I felt astounded. It is so dreadful to see that puzzlement, that vacant look in his nice, straightforward eyes when one asks him the simplest question on any subject which happened previously."

"When's his wife—what's her name

—the actress—coming to see him?"

"She was to have come today, but when I found out this about Captain Fane, I rang her up and told her that as he was still a little feverish, I thought the visit had better be postponed."

EAT LESS AND TAKE
SALTS FOR KIDNEYS

Take a Glass of Salts if your Back Hurts or Bladder Bothers.

The American men and women most constantly against Kidney trouble, because we eat too much and all our food is rich. Our blood is filled with uric acid which the kidneys strive to filter out, they weaken from overwork, become sluggish; the eliminative tissues clog and the result is kidney trouble, bladder weakness and a general decline in health.

When your kidneys feel like lumps of lead; your back hurts or the urine is cloudy, full of sediment or you are obliged to seek relief two or three times during the night; if you suffer with sick headache or dizzy, nervous spells, acid stomach, or you have rheumatism when the weather is bad, get from your pharmacist about four ounces of Jad Salts; take a tablespoonful in a glass of water before breakfast for a few days and your kidneys will then act fine. This famous salts is made from the acid of grapes and lemon juice, combined with lithia, and has been used for generations to flush and stimulate clogged kidneys; to neutralize the acids in the urine so it no longer is a source of irritation, thus helping bladder disorders.

Jad Salts is inexpensive; cannot injure, makes a delightful effervescent lithia-water beverage, and beffers in every home, because nobody can make a mistake by having a good kidney pushing any time.—Adv.

DR. W. R. MAYO SPECIALIST

Will Be at The

Arlington Hotel

RICHMOND,

WEDNESDAY, MARCH 7
And Every Four Weeks
Thereafter.

Dr. Mayo has treated a number of cases of cancer without the knife. Dr. Mayo has treated successfully all forms of Chronic Diseases that are curable, such as Diseases of the Brain, Heart, Lungs, Throat, Eye and Ear, Stomach, Liver, Kidneys, Bladder, Blood Poison, Rectum, Cataract, Rupture, Eczema, Epilepsy, Dropsey, Female Diseases, Nervous Debility, Functional Weakness, Etc.

MEN—A speedy, permanent and lasting cure is what I give you beyond a doubt if your case is curable. If not, I will not accept your money and promise to do anything for you. The best reference I could give as to professional reliability is the many cured, satisfied patients I dismiss.

SPECIAL ATTENTION GIVEN TO DISEASES PECULIAR TO WOMEN

I will give the POOREST man a chance, as well as the RICH, to receive a cure from me at a SMALL COST. There is no one too POOR to get my best advice FREE.

VARICOCELE AND HYDROCELE—Our one treatment cure is what you should have. Only one visit is required. We do no cutting. All signs disappear in a few days or weeks; cure all rash and sores.

STRicture, KIDNEY, BLADDER, BLADDER TROUBLES—Are scientifically treated by us. Our methods immediately benefit you.

PILES, FISTULA—We can cure you so quickly and so easily that you will be surprised. We will give you just the result and cure you are looking for.

RUPTURE TREATED—After an examination we will tell you just what we can do for you. If we cannot benefit or cure you, we will frankly and honorably tell you so.

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