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STATEMENT OF THE OWNERSHIP, MANAGEMENT, CIRCULATION, ETC., REQUIRED BY THE ACT OF CONGRESS OF AUGUST 24, 1912

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EDWARD H. HARRIS, Mgr.
Sworn to and subscribed before me this 3rd day of April, 1917.
George Brenizer.

(My commission expires May 31, 1917)

Think About This

The republic of the United States possesses a government capable of decision and action.—M. Clemenceau.

President Wilson's Message

The chief executive has presented the issues of war to the American people in a cool and dispassionate address. Not the United States, but Germany provoked, sought and incited to war.

This country wanted to remain at peace, a powerful neutral willing to relieve the suffering caused by the belligerents, but Germany by ruthless submarine warfare in violation of international law, brought danger and death to our citizens on the high seas, and through intrigue and plots brought disturbance and destruction to American industries and American enterprises.

The president bases his whole contention on the aggressive attitude of Germany toward the United States, and shows that even a complacent neutral may be goaded into action and forced to go to war to sustain national honor and dignity.

The patriot who has read the recent disclosures of Germany's intrigues in the United States, her repeated attempts to violate the neutrality laws, her shameless overtures to Mexico, is forced by the very logic of these events to conclude that war could be the only result.

The United States is going into this war not for conquest or glory, not for indemnity or territory. President Wilson has put our purpose on the high plane of political ideals. The United States does not want the German people wiped out, says the president, but it wants autocracy, the secret decisions of a ruling class and house, destroyed. Germany is to be left not a conquered and subdued country, but a nation knowing no autocratic king and ruler, and possessing a democratic form of government in which the PEOPLE will rule supreme.

We believe that this is a lofty statement and in keeping with the ideals of our Republic. Mr. Wilson's message is a state paper worthy of the great nation whose chief executive he is. We find in it the sentiments of our people, the reiteration of our principles, the high purpose of a great nation to help disseminate democracy and eradicate autocracy.

Help Save \$700,000,000 Food Waste in Homes

Good food is wasted:
If it gets into the garbage pail.
If allowed to spoil in the home.

SQUEAKS

From the editor's swivel chair

If we hurry along this little Patriotic meeting of ours it may be held in time for the Fourth of July or to celebrate the close of the war.

News has been defined as something out of the ordinary. A headline says: "City to Clean Streets." Draw your own conclusion.

Senator Lodge, evidently, is not one of those men who are too proud to fight.

It has been suggested that the water company might use that \$500 a month required to guard the plant as the basis of a new petition for an increase in rates.

Richmond must be suffering from a flag famine, judging from appearance of Main street.

Club Woman: You know Mary, you can put initiative even into your scrubbing.

Mary: Yes'm, but I'd rather use soap.

Edgar Iliff says "best sellers" are mental sewers filled with germs of de-

say. Evidently then our minds are not as sensitive as our olfactory organs.

The County Council has been asked by the Rural Council of Kells, Ireland, to fix the wages of all laborers at three shillings and sixpence per day.

SHAKE INTO YOUR SHOES

Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes and sprinkled in the foot-bath. It relieves painful, swollen, smarting feet and takes the sting out of corns and bunions. Use it when you put on rubbers or heavy stockings. Allen's Foot-Ease is a certain relief for sweating, callous, tired, aching feet. Sold by druggists everywhere, 25c. Always use it to break in new shoes. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

If ruined by careless cooking.
By careless trimming and paring.
When too much is served at a meal.

Seven Hundred Million Dollars represents the food waste in American homes in one year. This is a stupendous sum of money to throw into sinks, garbage pails, to rats and mice.

But that is where \$700,000,000 of hard earned money is going every year because American housewives do not know how to prepare, serve and save foodstuffs.

Every piece of meat thrown away, every vegetable allowed to spoil, increases the high cost of living because it accentuates instead of decreases the demand.

The United States Department of Agriculture has hired the highest paid and best experts of the country to advise housewives on buying, cooking and serving foodstuffs. If every housewife would follow out only one suggestion of these wise men the food bill of the United States would decrease by leaps and bounds in one year.

A digest of a recent statement of these experts is offered the housewives of the city. Let them read it and see if they can co-operate in cutting down a waste of \$700,000,000 annually. Says the report:

Good food heedlessly thrown into garbage pails, food allowed to spoil in the household, food ruined by improper cooking, and food destroyed by rats, mice, and insects constitute the heavy items in the \$700,000,000 annual waste of food in homes in this country cited recently by the Secretary of Agriculture. Seven hundred million dollars is considered to be a conservative figure.

Much of this \$700,000,000 household waste of food is easily preventable. This preventable waste consists in large part of the following items:

1. Edible Food Thrown Into the Garbage Pail or Into the Kitchen Sink. Much of the food is thrown out, the specialists say, because so many people do not know how to utilize leftovers or will not take the trouble to keep and prepare them. The specialists point out that leftover cereals can be reheated or combined with fruits, meats, or vegetables into appetizing side dishes; that even a spoonful of cereal is worth saving as a thickener of soups, gravies and sauces. Stale bread can be utilized in a variety of ways in combination with vegetables and meats and in preparing hot breads and puddings. Skim milk, too widely looked upon as a food although it contains practically all the nourishing elements of whole milk with the exception of the cream or fat, can be used as a beverage, in cooking cereals, or as a basis for milk soups or sauces. Even sour milk, so largely thrown away, can be used in making hot breads or in the home manufacture of cottage cheese.

Every scrap of meat or fish can be combined with cereals or other foods lacking in pronounced flavor, both to give flavor and to add nourishment to made-over dishes. Every bit of fat or suet trimmed from meat before cooking or fried out in boiling, roasting, or broiling can be made useful in cooking. Many butchers, after they have weighed and named the price for the cut, trim off practically all the nourishing elements of whole milk with the exception of the cream or fat, can be used as a beverage, in cooking cereals, or as a basis for milk soups or sauces. Even sour milk, so largely thrown away, can be used in making hot breads or in the home manufacture of cottage cheese.

2. Spoilage of Food Due to Careless Handling and Storing in the Home. Important amounts of perishable foods are made dangerous or inedible in households because they are exposed unnecessarily to heat, germs, dust, dirt, or to flies and other insects.

Much milk spoils quickly because it is kept uncovered in warm kitchens. Close observance of the doctrine "Keep perishable food, especially milk, cool, clean and covered continuously" may make a striking difference in the food bills of many families.

In other cases, one or two vegetables, beets or carrots, for instance, not needed immediately are thrown out or allowed to spoil instead of being used in soups or combination dishes. Fruits which could be stewed and kept are allowed to spoil. Vegetables and fruits in quantities often are stored in hot, damp, and poorly ventilated bins and under conditions which hasten wilting, fermentation and decay. Fruits, surplus beans, tomatoes and other vegetables produced in home gardens are allowed to spoil on the vines or rot on the ground. A morning's work would can and preserve such surplusage for use when fruits and vegetables are scarce and high in price.

3. Waste in Preparation. Much useful food gets into the garbage pail because the housewife in preparing potatoes or other vegetables and fruit, such as apples, cuts off with the skin a considerable percentage of edible material. Careless paring of potatoes may consign as much as 20 per cent of the edible portion, including outer layers containing valuable mineral substances, to the garbage pail. Many persons are unaware that the green and tender tops of many vegetables which contain valuable mineral and other food substances, are excellent cooked as greens, or even as additions to salads.

4. Over-generous Serving of Food. Many families take pride in serving lavish and over-bountiful meals. The same standard, "Eat enough food and no more," rigidly followed, would reduce greatly food bills in many homes and, at the same time, tend to improve the physical condition of all members of the household.

Eat for Efficiency!! Housewives, interested in economy, who wish to be certain that their families are getting proper food and not too much, should ask the U. S. Department of Agriculture to send Farmers' Bulletin 808, "How to Select Foods—What the Body Needs." This bulletin classifies foods into simple household groups and shows the housewife how to plan meals that will provide for the growth and repair of the body and supply the energy the various members of the household need for their special tasks.

JOHN GOODWIN CASE HEARD IN PREBLE

EATON, O., April 3.—Beginning the John N. Goodwin murder trial Monday in common pleas court, attorneys for the accused declared they intended to show that a flirtation existed for a long time between Mrs. Goodwin and the alleged victim, Samuel M. Decker. They declared further that Decker had been warned by Goodwin to desist paying attentions to Mrs. Goodwin, but would not heed. Attorneys for the state charge the murder was pre-meditated and without cause.

Accompanied by Sheriff Taylor, the jury went to the scene of the tragedy, six miles south of here, and upon its return testimony was started.

County Coroner Carl W. Beane of West Manchester, and Dr. J. W. Coombs, of Camden, were two of the eight witnesses called. Each told of making an examination of the two bullet wounds found in Decker's body. William E. Linting, George E. Campbell, Ed Overholts, Tiffin Zimmerman and Francis Craig were other witnesses called.

On The Screen

WASHINGTON Dainty Ella Hall appears at the Washington theatre on Tuesday and Wednesday to interpret the role of two little girls, so much alike that one is substituted for the other in the home of English nobility that a domestic tangle may be unraveled. "Polly Red-head" is the title of Miss Hall's forthcoming Bluebird, a play based on Edgar Jepson's "Pollyvooly" stories of popular sale and circulation. Miss Hall has brought many artistic characterizations to the screen for Bluebird, but her most successful efforts have been in the impersonation of child roles.

On The Boards

"THE PRINCESS PAT" Victor Herbert's latest musical play, "The Princess Pat" will be the offering at the Washington, April 10th, with a special selected cast of principals including Carl Stowe, Ethel Boyd, Lou Powers, Charles Meyers, Victoria Gauran, Augustus Buell, Stanley Bridges, Annette Ford and others. The chorus is said to be remarkable for both its voices and comeliness. To "The Princess Pat" Henry Blossom has given a book that is bright and humorous and that the opera was staged by the celebrated Fred G. Latham is sufficient assurance of an excellent production.

At the recent municipal election at Hamilton, Canada, three representatives of organized labor were elected to the City Council.

TEN FINISH COURSE

ECONOMY, Ind., April 3.—Those in the high school graduating class number only three as follows: Helen Farmer, Howard Hunnicutt and William Ballenger. In the common school graduating class there are ten. Arthur Beard, Fanny Cain, Edwin Frazer, Elizabeth Manning, Lella Lamb, Mary Mendenhall, Reece Lamb, Clara Moran, Dudley Bishop and Harry Van Schontize.

The Forum

(All articles for this column must not exceed 300 words. Contributors must sign their names, although the name will be withheld by the management at the request of the writer. Articles having no name attached will be thrown in the waste basket.)

The following article by Nathan C. Schaeffer, state superintendent of public instruction in Pennsylvania, has been submitted for publication by a member of the local teachers' federation:

Has the time not come to draw attention to the fact that the American people are passing through the experience of European nations in the days of Cortez and Pizarro?

Through the conquest of Mexico and Peru immense treasures of gold were distributed throughout Europe. The buying power of the gold unit was reduced; the cost of living was increased; the common people did not know what was pinching them; and all who were earning wages and salaries were in distress because their income did not grow with the increasing price of the necessities of life.

Today, this country is passing through a period of unparalleled prosperity. Gold in immense quantities has flowed in our land from the mines of Cripple Creek and Klondike.

The Allies have sent their gold to guarantee the loans which have been made through our banking houses.

But the gold has not found its way into the purses of the teachers.

The scarcity of labor has caused a rise in the wages of the workers whilst the salaries of the teachers have remained stationary.

Whilst the railroads, the manufac-

turers and merchants have amassed great wealth, the earnings of teachers and janitors have not kept pace with the rise in the cost of living.

Said a janitor the other day. "When I got married I carried my money in my pocket and my marketing in a basket; nowadays I carry my money in the basket and my purchases in my vest pocket."

It was a joke upon the distress which has come upon all who must live on a small salary.

The time is at hand for a nation-

wide agitation in favor of increasing the salaries of our teachers, janitors and perhaps one should add of our superintendents.

How can teachers be happy and successful in their work if they are pinched by poverty and cannot buy books or educational literature?

An increase in compensation of teachers is imperatively necessary if teachers are to keep abreast of the times and avoid reaching the dead line in his profession.

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Dr. Fruth has visited Richmond and its vicinity for the past several years, and during that time he has treated hundreds of sufferers who had given up hope and consulted DR. FRUTH, as the last chance.

Dr. Fruth may not be able to cure you, but if he can't, he will tell you, and save you a useless waste of time and money.

But remember he has cured hundreds where all other means had failed. His long continued visits to Richmond, are added proof of his ability.

He treats and cures Chronic Diseases of the most aggravating types, including, diseases of the Eye, Ear, Nose, Throat, Lungs, Heart, Kidney, Stomach, Etc.

Private Diseases of Men and Women, also diseases of the Rectum a specialty.

Read a few of the endorsements of others, and remember it is only a few as space forbids the printing of hundreds more on file in his office.

Mrs. Stella Tharp, of 71 E. Franklin St., Peru, Ind., says: "I suffered for over 14 years with Piles, Fissures, Constipation and Severe Stomach Trouble." She consulted Dr. Fruth, the specialist, and he cured her sound and well in two months. In her own words, she says "I certainly recommend Dr. Fruth's scientific treatments, to all sufferers of conditions such as mine."

Mr. J. S. Batzner, R. F. D. No. 4, Tipton, Ind., writes as follows: "I take pleasure in informing you that the rectal trouble for which I was treated by Dr. Fruth some time ago, including piles and fissures with which I had suffered for 15 years are completely cured. I heartily recommend Dr. Fruth's treatment to all who are afflicted with rectal trouble."

John C. Ring, of Frankton, Ind., who suffered with a rectal fistula, writes as follows to Dr. Fruth: "I am more than glad to inform you that the fistula for which you treated me is completely cured, and I am glad to endorse your treatment and testify to its complete satisfaction. I had suffered for 3 years and was unable to obtain relief. Your treatment was painless and effective; I did not lose an hour's time while taking your treatment."

Cured of Goiter in two months so says Guy Brubaker, of Bluffton, Ind. "I consulted Dr. Fruth, the New York specialist, took his course of treatment for two months and my Goiter entirely disappeared. I am not bothered with any trouble at all now, thanks to his course of treatment."

Mrs. Addie Coats, of Tipton, Ind., relates her experience with Dr. Fruth: "I consulted Dr. Fruth, after doctoring with nine physicians for stomach trouble and Goiter." Dr. Fruth treated her one month and she says: "After taking one month's treatment from you, am happy to say that my goiter has completely disappeared, and my stomach has bothered me less than it has for years. I can heartily recommend your treatment to anyone who has suffered for years with some chronic disease as I have."

Mrs. Margie Foland, Frankton, Ind., desires to give her experience for the benefit of others. When she first consulted Dr. Fruth, the specialist, she says, "I was suffering with kidney and bladder trouble, and was absolutely miserable, was scarcely able to do anything. I took your treatment for one month and was surprised to find myself completely cured and rid of my trouble. I can not thank your treatment too much for what you and it did for me." She advises others with similar complaints to consult Dr. Fruth.

Mr. A. L. Feighner, Marion, Ind., in writing to Dr. Fruth, says: "I take pleasure in endorsing your treatment for rectal fistula and hemorrhoids. I suffered intensely for 10 years." He consulted Dr. Fruth, and says that he was inclined to be skeptical when the doctor told him that he could be cured in 1 or 2 treatments. He then adds in his letter, "But doctor, you did cure me as you said and did it without pain. The relief is worth many times the price."

Mr. Joe Montgomery, living in New Castle, Ind., writes to Dr. Fruth as follows: "When I first consulted you I had not been free one hour from an attack of asthma for months. I could be heard wheezing a hundred feet away." After taking Dr. Fruth's treatment he writes: "I feel fine, as well or better than ever in my life before." He suggests that his letter be published that others may be benefited as he has.

Mr. P. H. Brookshire, Kennard, Ind., cannot praise Dr. Fruth's treatment high enough, after what it accomplished for him. In his own words, he writes as follows: "I cannot speak too highly, or recommend your treatment for piles too strongly. I suffered with an aggravated case of piles for 20 years. I must say that your treatment without the knife is all and more than you claim for it. Two treatments completely curing me. I hope that this letter may be the means of bringing a cure to others as it did to me."

Just one word in conclusion, these extracts from letters serve to show you the wonderful efficiency of Dr. Fruth's scientific treatments, for chronic diseases. He has many hundreds of similar ones. But why be satisfied in reading them when you can call in person, see and talk with the doctor, allowing him to name and locate your trouble by the latest methods known to science.

DO NOT FORGET HIS DATE. COME EARLY! BRING YOUR FRIENDS WHO NEED A THOROUGH EXAMINATION, AND REMEMBER THAT CONSULTATION IS FREE AND STRICTLY CONFIDENTIAL.

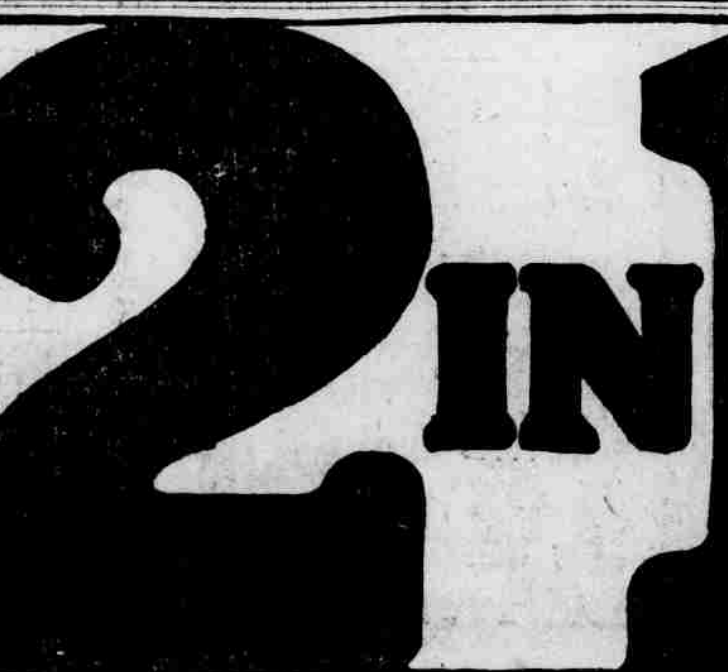


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