PHILADELPHIA HAT CLEANING COMPANY

Fall is coming fast and you will want that Fall or Winter hat renovated, reblocked or cleaned for the approaching season.

We renovate hats of every description, such as soft or derby hats for $1.00, also Beaver and Valleur hats at reasonable prices.

We also clean silk hats and ladies hats of all kinds.

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We have the best possible facilities for handling shipments of Grain, Fruit, Asparagus and Produce of all kinds.

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AN AGED COUPLE

Tell How They Regained Strength and Vigor

Steubenville, Ohio.—"My husband is 79 years old and I am 78 years of age and we owe our good health to Vinol, the greatest strength creator and medicine there is. When either one of us get into a weakened, run-down condition, Vinol has never failed to build us up and restore strength. We have often said we would not be living now were it not for Vinol."—MARY A. LEE.

We guarantee Vinol to create strength for feeble old people.

HOLLAND & THOMPSON, Druggists,
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ARE NOW PREPARED

To Instal Regulators On All Kinds and Styles of Heating Plants

These regulators are so constructed that they positively control the dampers on the furnace, closing the draughts when rooms are warm enough, and opening up the draughts when more heat is necessary. They are great savers of fuel, using just enough and no more. But the best feature of all is you can set these regulators like an alarm clock, so that they will start up the furnace any hour in the morning you wish. You can set the regulator to keep the rooms at any desired temperature.

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HEATING ENGINEERS
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Only First-Class Companies Represented

Call or Write for Terms.

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DOLLARS BACK FOR CENTS SPENT

WHEN YOU USE

WHITE FOOT OIL

For any kind of Sore or Skin Trouble. Read the lable on can.

PRICES 25c, 50c and $1.50

White Foot Remedy Co.
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S. H. DURSTEIN
MANUFACTURER
SEN-AUBEN SEGARS
A Real Good 5c Segar
HAND MADE. SIX SIZES.
$4.00 for 100 Segars.
1.00 for 25 Segars.
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28 Years Run.
MADE IN WILMINGTON, DEL.
Store: 11 E. 2nd St. Factory: Walnut & 2nd.

MARYLAND, DELAWARE & VIRGINIA RAILWAY COMPANY

RAILWAY DIVISION

Schedule effective Sunday, November 26th, 1916.

Trains leave Centreville 8.25 A. M. and 5.50 P. M. daily, except Sunday.

Trains arrive at Centreville 9.49 A. M., Monday only, 9.25 A. M. daily, except Sunday and Monday and 6.58 P. M. daily except Sunday.

Willard Thompson, Gen. Mgr.
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MONEY TO LOAN

In sums of $1,000 and over on first mortgage on Real Estate.

Liberal terms.

J. FRANK HARPER,
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Centreville, Maryland.

The letter (F) indicates a center of iron production; the circles show comparative production

C—Indicates center of coke production
S—Salt and caustic soda
P—Phosphate rock. Observe the vast deposits of phosphate rock in Tennessee, shown by the shaded lines on map above

L—Lead
Z—Zinc
A—Copper
B—Bauxite
D—Sulphur
E—Barytes
F—Fluorspar
G—Pyrites
M—Manganese

Military Unpreparedness of the United States

The War College has fixed the military safety line for the United States as shown by the map saying:

"As a general military principle no supply depot, arsenal or manufacturing plant of any considerable size supported by war department appropriations for military purposes should be established or maintained east of the Appalachian mountains, west of the Cascade or Sierra Nevada mountains, nor within 200 miles of our Canadian or Mexican borders, and steps should be taken gradually to do away with any depots and manufacturing plants already established in violation of this military principle".

It is a startling fact that practically all the government military stations are at present located outside these safety lines. The government plant for extracting nitrogen from the air at Muscle Shoals will be located well within the safety zone. Here the $20,000,000 appropriated by Congress may develop 600,000 horse power from water power, now being wasted, to be used in extracting nitrogen from the air for gunpowder and fertilizers. This country then will not have to rely upon nitrates imported from Chile. In addition to this power plant, the only obstacle will be removed to navigation 250 miles on the Tennessee river, opening up a region of vast undeveloped resources.

FATTY SUBSTITUTES FOR USE IN COOKING

EXCHANGING FOOD MATERIALS

HOME ECONOMICS EXPERTS OF FEDERAL DEPARTMENT OF AGRICULTURE ADVISE HOUSEWIVES HOW TO ALTER THEIR RECIPES FOR THE OCCASION.

Food materials differ in price with place and with season, and when a housekeeper wishes to follow a recipe she often finds that some of the ingredients called for either are too expensive or are very difficult to obtain. If she understands the composition of foods, she often, under these circumstances, can substitute some other material with good results. In order to do this, the housekeeper needs at least a general knowledge of the composition and properties of foods and is greatly helped by experience. In the main, it is knowledge of foods and experience which free the cook from slavery to a recipe.

Experts in home economics at the United States Department of Agriculture have studied the matter recently with respect, especially, to the uses of fat in cookery.

Substitute For Butter.

For example, chicken fat or sour cream often can be substituted for part or all of the butter in cake making, but if this is to be done successfully the cook must know how much of either one it takes to supply the fat contained in the amount of butter for which the recipe calls. Cream contains more water than butter does, and rendered chicken fat usually contains far less, because it has been heated and the water which it originally contained driven off.

Egg yolks, which are rich in fat and which often are left over from cake making, may be used to enrich soups or may be combined with milk to make custards which recemble the cream in composition and can be used as cream is on desserts. Cheese is often added to soups or milk sauces to make them richer in protein, but one should remember that it adds greatly to the fat, also, and so the amount of butter either should be lessened or left out entirely, according to the amount of cheese used. It is convenient in these cases to know just how much fat is contained in an egg yolk or in a given amount of cheese.

Use Chopped Nuts.

Sometimes chopped nuts, which contain much fat, are added to recipes which did not originally call for them, with the idea of making the dish more appetizing. In this case also the nut fat should be taken into account, and the amount of butter or other shortening should be reduced accordingly, otherwise the dish is almost sure to be overfat.

It is easy to find out from bulletins published by the United States Department of Agriculture the percentage of fat in different food materials and one can then compute the amount in a given weight of milk, cream, cheese and so on. But the home cook does not usually weigh all her food materials, using level teaspoonfuls, tablespoonfuls, and cupfuls and uses them as her recipe or her general knowledge of cookery suggests. The more reliable data she has, the better results can she count on.

With these facts in mind, the following resume has been made, which shows in housekeepers' terms the volume of fat in several commonly used food products.

Assuming that three level teaspoons full make one level tablespoonful and 16 level tablespoons make one cup, the fat contents of one cup of whole milk is about 2 level teaspoons. Ordinary cream (18 per cent.) shows three level tablespoons to a cup, while double or whipped cream (40 per cent.) has six level tablespoons to a cup. One cup of butter contains 14 level tablespoons of fatty content, while eight ounces, one cup, of English walnuts has nearly two-thirds of a cup of fat if the nuts are finely chopped. The same quantity of finely chopped peanuts contains one-third of a cup of fat content. One ounce of chocolate, one square, contains one scant tablespoon while a cup of grated cheese, four ounces, has two and a half level tablespoons. One egg has a little more than one level teaspoon, its yolk showing the same, while the white has only a trace of fat. One cup of egg yolks equals five level tablespoons, while a cup of whites has only one fourth of a teaspoon. One cup of vegetable oil, lard or drippings from which all water has been driven off by heat will equal one cup of fat content.

An illustration of how these facts may be used is given below. The proportions for a good cup cake, in which fat is supplied by butter and milk, are as follows:

2-3 cup butter
2 cups sugar
4 eggs
1 cup milk (containing 2 teaspoons of fat)
3 1-4 cups flour
4 teaspoonfuls baking powder

In this recipe, a cupful of sour cream (18 per cent) can be substituted for the cupful of milk. It contains, as the table shows, a little more than two tablespoons more fat and, of course, correspondingly less water. The two tablespoons of fat can be taken from the butter, which will reduce the butter to one-half cupful, and two tablespoonfuls of water can be added. The regular allowance of soda, one-half teaspoonful for a cupful of sour milk or cream, should be used and the baking powder reduced to three and one half teaspoonfuls.

This illustration will serve to show how a knowledge of facts will help housekeepers to use fats economically in cookery.

THEY'RE NOT DISCOURAGED

Farm Loan Bank Officials Look To Bonds To Raise Funds.

Officials of trade organizations and others instrumental in securing for Baltimore a Farm Loan Bank are not discouraged over the fact that few subscriptions have been received to date for the stock.

It was pointed out by one of the leaders in the fight to get the bank that the Federal authorities are not much concerned over the amount of the stock subscriptions, as they hope to raise the funds to start the banks from the sale of the farm loan bonds. In the judgment of financiers, the bonds are an attractive proposition and will likely be bought freely. According to the rural credits act, all of the stock remaining unsold will be purchased by the Government.

SHIPPERS BREAK LAW.

The officials in charge of the enforcement of the food and drug act report that inspectors have found several interstate shipments of packages of fruits and vegetables such as grapes, tomatoes and berries which contain no statement on the packages as to the quantity of contents. The net weight amendment to the federal food and drug act requires that all packages of foods which are shipped into interstate or foreign commerce must be marked plainly and conspicuously with a statement of the quantity of the net contents either by weight or measure. Shippers who violate the law by failing to mark the quantity of the contents of each package of fruits and vegetables they ship into interstate commerce are liable to criminal prosecution. Several shippers already have been cited to hearings under the food and drug act for violating its provisions in this respect.

NEED FRESH WATER.

Chickens need a constant supply of fresh water, according to W. A. Lippincott, professor of poultry husbandry in the Kansas State Agricultural college.

"Running water is best," says Professor Lippincott, "but if this is not available keep the water fresh. Add enough permanganate of potash to make it a wine red. This amount will act as an antiseptic in preventing the transmission of disease through the water ad will aid also in keeping down intestinal parasites."

CITY MAN DIES FIRST

THOROUGH HEALTH STUDIES HERE AND ABROAD SHOW SAME RESULTS.

(From U. S. Public Health Report.)

The excess of city over rural mortality is so great that the attention of health officials should be given to this subject without delay to determine its cause and to what extent it is practicable to reduce city mortality to the minimum actually existing in the country.

To give an idea of the difference the tables show that out of 100,000 rural male births 57,117 survive to the age of 60, while among the same number of city births only 43,454 survive to this age. In other words 14,663 more men out of the same number of births—100,000—would attain to the age 60 in the country than in the city on the basis of existing mortality rates. Similar differences exist in England and Germany, as shown by recent life tables.

Mortality Rates Among Women.

The tables show that the mortality rates among women are lower throughout the entire range of life than for men, and that the expectation of life of women is much greater. While this is true in general, there is a striking exception in the case of rural women. It appears from the tables that from ages 20 to 40 the mortality rate for rural women is almost as great as that of the men, except from ages 25 to 31, where it is actually greater. The same thing occurs in the case of negro women from ages 10 to 20.

There is considerable interest at the present time in occupational mortality, particularly in the manufacturing industries. The life table for Massachusetts exhibits approximately occupational or industrial mortality as compared with that exhibited by a State like Indiana, which is largely rural. The industrial mortality is greatly in excess of that in the rural communities.

Death Among Infants.

The infant mortality tables contained in the United States Life Table offer an excellent opportunity for a comparative study of infant mortality in different classes of the population.

In all these studies the question naturally arises whether the differences exhibited in mortality rates are due to racial characteristics and not easily changed, or whether they are due to environment and mode of liv and admit of improvement.

MUSKRATS HELP TO REDUCE LIVING COST

ONCE DESPISED RODENTS ARE NOW BECOMING VERY POPULAR.

Muskrats are undermining the high cost of living on the Peninsula and, with the price of meats and other food commodities hitting the high spots, there is an unprecedented demand for their carcasses.

Trappers, who in this season are obtaining on an average of nearly a dollar each for muskrat pelts, or "marsh rabbits," as they are commonly known among the natives of the lower end of the Peninsula, are adding considerable extra revenue to their usual season's profits by selling the meat of the rats to the villagers as well as to outside buyers.

For a number of years back the trappers have been glad to get rid of the carcasses, after slipping off the valuable pelts for five cents each. This year the "marsh rabbits" are selling considerably higher, but even at the prevailing prices they are much cheaper than other meat, for which they serve as a welcome substitute in many families of moderate circumstances.

Many people who have never tasted this delicacy hesitate to do so on account of the name, but those who have partaken of it when properly prepared find it very palatable. The eating of muskrats on the Peninsula has been popularized in recent years by the giving of "muskrat suppers" and other affairs at which the once despised "marsh rabbit" is said to have found a place on the menus of some city restaurants and hotels in recent years.

$800,000 FOR AUTO TAGS.

That the receipts from the motor vehicle license tax for 1917 will amount to $800,000 is the prediction made by E. Austin Baughman, state motor vehicle license commissioner. If the figure goes that high it will be an increase of about 50 per cent over last year. Each year the increase has been about 50 per cent. The money, after the payment of expenses, goes to road maintenance.

The receipts for new licenses issued in December, 1916, amounted to $183,986, while for the corresponding month of 1915 the total was $124,959. This was for the Baltimore office alone and taking no account of the receipts in the District of Columbia.

AN AUTO WARNING.

At this season of the year, when owners of autos keep their garages closed and start the engines in the autos they run some risk of suffocation from motor fumes. In Philadelphia, Oswald J. DeRosse, an assistant to the president of the Pennsylvania railroad, was overcome by the fumes while attaching a license tag and was dead when found. Owners of autos cannot be too careful. If you must run the engine better open the garage doors and get the fresh air. It is best to take some precaution when an machine is running and you are working near the exhaust pipe.

Cold Sores and Fever Blisters

Thoroughly Tested and APPROVED by the Council of the American Home. 44 Years of Endorsement

are only outward manifestations of the inflammation of the mucous surface that lines the lungs, the stomach and all the digestive tract, but they give you evidence of how sore a membrane may become as a result of inflammation, which is stagnation of the blood, rightfully called acute catarrh.

If you suffer from such conditions don't let them become chronic, don't run the risk of systemic catarrh.

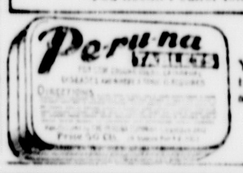
Clear it Up With PERUNA

When your system is cleared of all its poisons, the membranes soothed and healed, the cold gone and your digestion restored, you will enjoy life, feel equal to all its tasks, and be at peace with the world. Let Peruna do for you what it did for this sufferer:

Mrs. L. A. Patterson, 238 Utah Avenue, Memphis, Tenn. says:

"I have been a friend of Peruna for many years. I have used it off and on for catarrhal complaints and found it a very excellent remedy. I have a small family of children. Times are hard with us, but I can scarcely afford to do without Peruna, especially during the season of the year when coughs and colds are prevalent. We always recommend Peruna to our neighbors, for the benefit it has been to us."

You needn't suffer longer with such a remedy at hand.



Peruna can be obtained in tablet form. You can carry it with you and take it systematically and regularly for a remedy, or as needed for a preventive. Get a box today.

The Peruna Company, Columbus, Ohio

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DAIRY FEED

Digestible Protein is what you need in your Dairy Feed. "Spring Garden" Brand contains 30% protein, digestible protein, proven by test, a larger percentage than any other feed for the price. Agricultural Station tests prove its better feeding value.

"Spring Garden" Dairy Feed is the result of a great many practical experiments, with some of the best herds in the State of Maryland. The mixture contains nothing but good milk producers and water absorbers.

Made from Hominy Feed, Corn Oil Meal, Flaked Oats, Peanut Meal and Dried Grains, and blended by our special milling process. Scientifically prepared and always uniform. A succulent, bulky ration.

Its digestibility makes your cows give more milk than any other ration of same analysis. Consequently, "Spring Garden" Dairy Feed is the cheapest feed on the market for milk production. This will be readily demonstrated to any dairyman who will carefully compare results.

Write for samples and prices if your dealer cannot supply you with "Spring Garden" Brand.

BALTIMORE PEARL HOMINY CO.
Seaboard Corn Mills
HOWARD STREET PIER. BALTIMORE, MD.

Other "Spring Garden" Feeds: Horse Feed, Cows, Mixed Feed, Oats, Hominy Feed, Cracked Corn, Chick Grits.

To Corn Dealers and Shippers: We buy Corn, Oats, Rice, Rye, either shelled or on the cob, delivered at our mill or at your station.

Greatest Boots You Ever Wore

After you wear the first pair of Lambertville Rubber Boots, the chances are you'll never again buy any other kind. They give the longest wear, greatest comfort and have the kind of rubber that water can't rot.

LAMBERTVILLE RUBBER FOOTWEAR

is made in four brands: "Snag-Proof" (all duck), "Redskins" (red rubber), "L" (duck vamp) and "Lamco" (pure gum with ribs). The "Redskins," shown here, are made throughout from red rubber with double-thick ball, red sole and heel. On account of its great wearing qualities red rubber is becoming more and more popular. If you can't locate the Lambertville dealer in your town, write us and we will see that you are supplied. Send for booklet.

LAMBERTVILLE RUBBER COMPANY, Lambertville, N. J.

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