SUGAR SCARCITY BOONIN DISGUISE

Article Not Only Bad, but Poisonous, Says Dr.

IF YOU EAT CANDY, AT LEAST DRINK WATER

Dr. R. Kendrick Smith, speaking at the Wesleyan Hall Forum, Copley square, yesterday- afternoon, de-clared that the present sugar shortage was a blessing to the American people, in that it kept from them a poison responsible for many dis-

poison responsible for many diseases. He said, in part:
"Sugar is really solidified alcohol, from the chemical point of view. The human animal was not made to consume the modern commercialized artificially prepared sugar. The human anatomy is never prepared to handle the enormous quantity of sugar we eat, as this quantity is not obtainable by any natural method, only by the artificial method resultant from the modern refining, marketing and distribution of sugar which has only become universal during the past century.

Not Only Injurious but Poisonous

The proper amount of natural sugar, that is, the sugar in fruits, vegetables, milk and other foods, is not only valuable but is necessary, particularly, for children; but the enormous addition of artificial sugar now used in all civilized countries, but even more extravagantly here in this country, is not only injurious, but actually poisonous. Confectionery has really become a menace, Particularly-is this true with well-to-do people, who easily acquire the candy habit. The poorly-murished person can stand quite a bit of candy regularly, but to add confectionery to a sumptuously lader family table is a dangerous business. Not Only Injurious but Poisonous

business.

"The per capita consumption of sugar in this country is 10 times as great as a century ago, and even before the war was much greater in America than in was much greater in America than in any other country in the world. Two-fifths of all the sugar consumed is eating in the form of candy.

Salt is also used to great excess in this country. Salt is also essential to life, but Americans eat 10 times as much

"life, but Americans eat 10 times as much as is necessary or is healthful. Salt also tends to increase blood pressure and to irritate the kidneys and to produce hardening of the arteries.

"Water is the great life saver, as it tends to dilute and keep the poisons in solution, and wash them out of the body. Consequently, if you insist upon eating too much candy and salt, for goodness, sake drink a great deal of water."

BAKERS' CONVENTION WILL OPEN TOMORROW

Delegates Will Gather Today from All Over New England

Bakers and restaurant men from all over New England will begin gathering in Boston today for the Victory con-yention of the New England Bakers, the business sessions of which open tomorrow morning. Registration at the Hotel Brunswick, the convention head quarters, begins at 7 o'clock tonight and will be attended by a reception and

QUINCY CHURCH HAS

30TH ANNIVERSARY

The Swedlsh Lutheran Church of Quincy celebrated yesterday its 30th anniversary. At the morning services the Rev. C. E. Ericson of Portland, Ct., and the Rev. C. F. Johannsen of Quincy spoke. The afternoon speakers included the Rev. S. G. Hageland of Boston president of the New England Lutheran Conference, and the Rev. Leander Hokensen, the present pastor. In speaking of the church's history the latter mentioned the fact that the granite chapel, completed in 1985, was constructed out of granite excavated on the church should be church grounds.

WOMEN OF MIDDLE AGE

How Lydia E. Pinkham's Vegetable Compound Relieves the Ailments of Change of Life.



misery. I had a constant. dull pain, and would always feel tired. I suffered in this way for five or six years and was treated by a phy-sician and took different reme-

dies without oen-efft. Lydia E. Pinkham's Vege table Compound was recommended to me and I took it, and I believe I would never have been well if it had not been for the Vegetable Compound and Lydia E. Pinkham's Sanativo Wash. I am recommending your medicine to all women ailing as I was, for I think it will carry them safely through the Change of Life, and relieve the ailments that come at that period."—Mrs. Alexie C. NANGLE,

period."—Mrs. Alexie C. Nangle, Galatia, Ill.
Women who suffer from nervousness, "heat flashes," backache, headaches, and "the blues," should try this famous root and herb remedy, Lydia E. Pinkham's Vegetable Compound, and if complications exist write the Lydia E. Pinkham Medicine Co, Lynn, Mass. The result of their 40 years' experience in such cases in 40 years' experience in such cases in at your service —Adv.

For Irritated Throats

िरिक्तकेन्द्रस्थान्त्रकेन्द्रस्थान्त्रकेन्द्रस्थान्ति JUST FOLKS By EDGAR A. GUEST

(Copyright, 1919, by Edgar A. Guest.)

THE LITTLE OLD HOUSE

The little old house and the little old street,
Where lived old-fashioned people who'd smile when we'd meet,
Oh, how I'd like to go back there once more,
With the mother on watch for her boy at the door, And the faithful old dog who for me always kept Alert for my whistle whenever he slept.

The little old house of my boyhood was plain, It was battered and scarred by the sun and the rain; But its walls rang with laughter and there I may say Was all that life offers of comfort today; There we had meals that a king would delight And friends round about us and sweet sleep at night.

In my little old room overlooking the shed I dreamed splendid dreams when my prayers had been said; I gazed at the stars and I longed for the time
When the hills of the world I could venture to climb; And far in the distance I thought I could see The house of contentment that some day would be

Oh, little I knew of life's battles back then, And little I guessed of the sorrows of men; That the old-fashioned house and the old-fashioned street With all that I needed of joy was complete-And in vain comes the longing to go back once more To that house with the mother on watch at the door.

Prominent Hub Women to Make Fight Against High Cost of Eating

To Don Aprons and Do Own Cooking—Waffles and Old-Fashioned Dishes on Menu to Be Served in New Place



THE STAFF OF "NAM'S KITCHEN." LEFT TO RIGHT, WILLIAM COCH RANE MISS THELLMA MCCLELLAN AND MISS NAN GURNEY

in a restful atmosphere," said Miss Mc-Clellan in explaining the reason for the

unique eating place. The newson for the unique eating place. The Herald man, ain looking about noticed that while the place had a Bohemian air, yet there were certain features lacking to give it the name in full. The color scheme showed excellent taste and everything was spick-and-span.

EVENTS OF TODAY

Episcopal Club of Massachusetts, and meeting, Copley-Plaza, 6:45

Coming Events

Harvard Menorah Society, neeting, adiress by Prof. David Gordon Lyon, Phillips Brooks House, 7:45 P. M., tomoerow.

Cambridge Histodical Society, annual meeting with special exercises in observation of the centennial of the birth of Illas Howe, inventor of the sewing machine, home of Phillp L. Spaulding, 121 Brattle street, Cambridge, tomorrow.

St. Lowrence's Church, Chestant Hill, re-ception to the young men of the church who served in the war, Brookline Town Hall, evening, tomorrow

and will be attended by a reception and dance.

The convention will take up discussion of many topics having a bearing on living costs. Among the most important addresses will be that upon the sugar situation to be given tomorrow morning by Brig. Gen: John H. Sherburne, chairman of the Massachusetts commission on the necessities of life. Other speakers will include Mrs. Claudia Quigley Murphy of New York chairman of the advisory committee, Work chairman of the advisory committee, Work and National Economic Council; Dr. N. E. Barnard, food administrator of Indiana and Frank R. Shepard of the General Baking Company.

The delegates will form a theatre party to witness the performance at the Copley, Theatre tomorrow night. The convention will close with a banquet Wednesday night.

ANIMACY CHINCH HAS

has no privates, for there are two gen-

ing those "bohemian" features which bilities, is more of an experiment than anything else, but the trio are so confident of the success of their new venture that they are planning the operation of other eating places throughout the coun

try.
"Nan's Kitchen" is in the basement leading to Oxford terrace and it will be

leading to Oxford terrace and it will be open next Friday.

The terrace is between Huntington Chambers and Hotel Oxford on Huntington avenue. The latchstring will always be out. Luncheon plates are to be served from II to 2 and tea, hot waffer the property of the control of t be served from II to 2 and tea, hot waffilles and home-made cake-from 2 to 5.
Miss McClellan will cook the meats
and Miss Gurney will make the waffles
and be pastry cook. Everything possible, according to the new restaurant
proprietors, will be done to make the
place homelike and restful. Cochrane
will aid the women wherever possible.
Patrons will be able to find the place
because of the large sign over the door.
The sign bears the name of the place.
"Nam's Kitchen." while hanging from it
is a door having a thick rope knoted at
either end instead of a latch. This is
to denote that the latchetring is always
out.

to denote that the latchstring is always out.

Entrance to the semi-bohemian place is gained by a short stairway, for the floor is below the alleyway level. There har a several tables in the room. The color scheme is blue, buff and orange. Painted on the wall is the advice. "Then do at thine adversaries do in law-strive mightily, but eat and drink as friends."

The, trio are enthusiastic over their new venture. When the Herald man called he found them hard at work preparing the place for the grand opening. "We are out to fight the high cost of living and furnish the public with good old-fashioned meals at reasonable rates."

who served in the war. Brookine Town Hall, evening, tomorrow.

Chamber of Commerce, second assembly luncheon, address by Maurice Casenave, minister plenipotentiary and director-general of French government services in the United States, 12:30 P. M., tomorrow.

New England Bakers, opening of two-day business sessions of the "Victory Convention," Hotel Brunswick, morning and afternoon, tomorrow.

Filgrim Publicity Association, first fall meeting, addresses by William Woodhead, former president of the Associated Adversing Clubs of the World, and Frank A. French, secretary of the New Hampshire Manufacturers' Association, dinner at 6 P. M., Boston Architectural Club, tomorrow. old-fashioned meals at reasonable rates

Demonstration Lectures By MISS ALICE BRADLEY MISS FARMER'S SCHOOL

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DRESS

Very Few of the French Houses Could Resist the Use of Red Embroidery on Blue, Black and Brown

Frocks NEW YORK-The French gave the ame of blue to the most popular victory color, but they also kept to the use f red, which to the lay mind has al-

of red, which to the lay mind has always suggested war.
One of the old military books of West Point gives an extremely interesting reason for the first use of red in war uniforms, which suggests why we always associate that color with battles. It explained that the early fighters of the world chose it because it was the color of blood, and used it, not as a bit of symbolism, but to familiarize the fighters with the sight of blood through the medium of their uniforms.

Red for Peace



HOUSEHOLD ENGINEERING

By ALICE BRADLEY

(Principal of Miss Farmer's School of Cookery)

Suggestions for Halloween Refreshments

Sandwiches-Made with three slices lof bread with a filling of cream cheese and chopped pimolas between the slices. Wrap in cheese cloth, place under weight and cut in thin slices just before

Salad-In orange skins or red apples hollowed out with Jack o' Lantern features cut, on one side of each. Use celery and nuts, with apple, chicken or little anned fish and salad dressing.

Orange Tee Cream—Served in very small flower pots covered with orange crepe paper; sprinkle grated sweet chocolate on top of the fee cream to look like earth. Wrap the stems of tiny yellow

carth. Wrap the stems of tiny yellow chrysanthemums with wax' paper and atick one in each pot to look like a growing plant. Chocolate Cookies—Cut a black cat and a witch from cardboard, lay on cookie mixture and cut around with small pointed knife, make as many as desired and bake like ordinary cookies. Individual cakes—Cover with yellow frosting. Decorate each cake with Jack o' Lantern features. taste and everything was spick-andspan.
"Cleanliness will be our watchword,"
said Miss McClellan.
"Such a place as we are about to open
to the public is rare in New England.
We are just trying out an idea and are
seeking an answer to it by actual experiment rather than to obtain profits.
If this is a success we will open others
in large cities of the country."

BOSTON APPLAUDS RACHMANINOFF

New England Bakers, reception and dance to open "Victory Convention," Hotel Brunswick, evening. Woman's Seaman's Friend Society, quar-tery meeting, Old South Church Chapel, 2:30 P. M. Large Audience Thrilled by the Master's Artistry

of its free dancing school, for recreation leaders, dancing teachers and floor managers, Twentieth Century Club, 2 P. M., today and tomorrow.

Louise Cutts Powell Lecture, in "Color, Personal Development and the Science of Names and Numbers' series; today's topic, "The Psychology of Color," room 140, Hotel Erunswick, 3:15 P. M.

Leland Powell Scient.

delah Rice on the League of Nations, S P. M. P. M.

Boston Ruskin Club, reading of Ruskin's poems by Miss Elia It. Shull, Public Library, 3 P. M.

Boston Sectional Committee, signal division, American Railroad Association, meeting, Quincy House, 7:30 P. M.

Women in Council, opening meeting, Masonic Hall, Roxbury, 2:30 P. M.

The Roosevelt Club of Massachusetts, Roosevelt's birthday luncheon, address by Gov. Coolidge, William Roscoe Thayer and James R. Garfield, City Club, 12 noon.

The Edisconal Club of Massachusetts, Club Club, C

of approval and admiration from his hearer?.

Rarely, if ever, has music been listened to in Symphony Hall with keener or more nearly breathless attention than was that of yesterday. No one wished to miss a single tone or shading. The silence was strikingly marked every moment while the planist was playing. Each time that he finished a plece a storm broke. He was extremely generous with extra numbers, both during the concert and at its close.

Few cared whether the Sonata or the Rondo sounded like Beethoven or Mendelssohn. They were intensely wrought upon and immensely pleased with Mr. Rachmaninoff's interpretation of the music and his wonderful way of playing it and that was enough. It made still less difference with the Chopin selections, for every player bas his own way of aiming at the subtle, baffling evanescence of Chopin, and Mr. Rachmaninoff Leems to come nearer to

Alexander Smithesons

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AMERICAN PEERESS IN POLITICS

VISCOUNTESS ASTOR, FORMER NANNY LANGHORNE SHAW, WHO WIL SEEK ELECTION TO THE BRITISH HOUSE OF COMMONS

WHEN THE BIG HAND DOINTS UPSTAIRS SUZANNE BRETT

The sweetheard

of the corn

LADY ASTOR TO CONTEST SEAT

Accepts Invitation of Plymouth Unionists to Run for Commons

HUSBAND SAID NOT TO RELISH THE IDEA

LONDON, Oct. 26-Lady Astor has accepted the invitation of the Plymouth Unionists to become a candidate for the House of Commons for the seat in Plymouth vacated by the elevation of her husband, Viscount Astor, to the House of Lords.

Conscious of Great Honor
In a telegram to the Unionist committee at Plymouth, she says:

"Fully conscious of the great hono and grave responsibility, I accept your

offer to stand for Plymouth,"

Lady Astor's acceptance of the candidacy makes the prospect excellent that the first woman to sit in the English parliament will be American born. as Plymouth is known to be a safe Unionist seat.

Making allowance for the present unpopularity of the coalition government, which has accounted for the heavy transfer of votes in all recent by-elec-tions, it is hardly considered likely that there will be a sufficient turn over of votes to destroy the majority of more than 8000 by which Waldorf Astor gained the seat in the last election against the combined Liberal and Labor vote. There-

combined Liberal and Labor vote. Therefore, unless the question of sex should enter largely into the contest and cause a wholesale transfer, or abstention of voters, there is every likelihood that Lady Astor will win the seat.

She is very popular in Plymouth, where she has always busied herself in her husband's political life and local municipal affairs. It is rumored in Plymouth that Lord Astor does not altogether approve of his wife's candidacy. prove of his wife's candidacy.





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