

Mrs. A. H. Robbins Talks to The Woman's Club On "The Vitamines in Food"

The following paper, "Vitamines in Our Food," was read by Mrs. A. H. Robbins, who is director of home economics, at a recent meeting of the Alliance Woman's club:

No late discovery of food values has equalled the experiments of Doctor McCollum, and associates. Although we know very little of these mysterious little things called vitamines, the little we do know is very important knowledge for the mothers of our future men and women to possess.

The subject of vitamines in our foods is new to the average housewife. Vitamines are mysterious substances found in certain foods which make for growth and keep us well. Fresh milk, cow's butter, eggs and leafy vegetables are especially rich in vitamines. In the process of pasteurization fresh milk loses some of its vitamines; so it sometimes happens that raw milk is often a wonder worker where milk cooked ever so little does not seem to fill the bill.

The experiments of Doctor McCollum read almost like romance. In all his experiments as well as those of Hart and Steenbeck, of the Wisconsin station, nothing was found to take the place of either milk or eggs.

In experiments with pigs, they failed to make proper growth when the dietary essentials found in butter and egg fats were left out. One that was fed on wheat meal and wheat gluten weighed only fifty-five pounds at the end of the experiment; another fed wheat meal and skim milk weighed 165 pounds and they had the same start.

The same result is secured with eggs as with milk. They both contain, as no other foods contain in sufficient quantity, the essential elements which make growth and protect the health. But egg yolk and butter are not pure fats. They contain proteins and other things. When these other things are separated from the fats by chemical process—in other words, when the fat is purified and nothing remains but fat—it does not produce the same result in growth.

Quoting further from Doctor McCollum: "Now suppose we make up a diet containing the proper amount of protein, carefully purified starch, with or without sugar—it doesn't make any difference—and a suitable source of the second unknown—water soluble B—but leave out the one which is present in egg fats or butter fats—fat soluble A—and put in a suitable organic salt mixture, a diet which is adequate in every respect but does not contain this unknown something which is in the butter fat and egg fat; under these circumstances, if you feed a young animal, he never grows."

"The first thing you will notice is, of course, that he does not grow; the second thing you notice is that the tissues around his eyes begin to swell; within three or four days after you first notice that his eyes are swollen shut, he cannot get them open; when his eyes grow shut he will live only a few weeks. His eyes get worse and worse, the tissues round his eyes are greatly swollen, the eyeball itself is greatly inflamed. As a rule, in the course of time the eyeball bursts, but not always; but if it does not burst he will go blind. There is no chance for him. There is a lead color in his eyes and he will never live longer than a couple of weeks after the beginning of the eye trouble.

"Now at any time within three or four days of death you can relieve that eye trouble within a couple of weeks by giving him regularly butterfat or fats out of egg yolks, but you cannot relieve him in any other known way."

"Now suppose you fix up a diet which is adequate in every respect except it does not contain the second dietary essentials; we put in egg fat or butter fat, we have a suitable amount of starch, proteins and organic salts, but we limit the animal on the second unknown. You will never see anything wrong with his eyes."

"If it is a young animal fed on such a diet he never grows; nothing will happen to his eyes; but in the course of a few weeks sometimes you will notice he drags his hind legs, and when he does that he is within twenty-four hours of death, unless the right thing is done to him right away."

"Now it is a very easy thing to cure that trouble, that paralysis. If, for example, we take any natural food, and seed, or leaf or tuber or milk or eggs and soak it in either water or alcohol and pour off this liquid, pour it through paper so that nothing goes through but the alcohol or water, whichever you use, you may have in the dish, just enough stuff to dirty the dish and no more; just a little smear; but that something—it is not any one thing probably, and it is impure—so little as two or three ten-thousandths of a gram, that quantity taken up in a little bit of water and given with a hypodermic syringe, and the next morning he can walk like a normal animal."

The two unknown essentials are called "fat soluble A" and "water soluble B." Both are found in eggs and milk.

It seems that the lowly cow and the humble hen carry the burden of the world. Doctor McCollum believes that the real reason why men and women of China and Japan are small in stature is that their diet has been faulty, lacking mainly in milk and eggs. In fact, he believes that differences both in body and mental equipment are differences due to diet, rather than to race. The use of eggs in a limited way by the Chinese has "saved the Chinese from extinction"—but they use no milk and not enough eggs.

In contrast, the peoples of Europe and America are liberal users of both eggs and milk. They are the largest people in the world. They have the longest span of life and accomplish most, in every line. The varied diet, including milk and eggs and leafy vegetables, has made Europeans and Americans the most powerful people of the world. It is not to be assumed that the new

science of nutrition represented by Doctor McCollum is doing to develop a superior race of men on eggs and milk alone. The value of proteins, of fats, and carbohydrates loses none of its importance, but these are rendered more efficient when supplemented by the unknown substance called vitamines that is found only in sufficient quantities of eggs and milk. A varied diet is necessary, but a greater use of eggs and milk is essential even in America.

At any sacrifice, the mother should try to serve real butter to the children. The older folks may eat the oleomargarine, but the best interests of the little folks are served by real butter. It is just full of life-giving vitamines. Let them spread it thick on brown bread. All unpolished grains are richer in vitamines than polished grain. Brown or whole wheat or graham bread is richer in these mysterious little things than white bread that has lost its vitamines in the process of refining.

Then with spring coming on, everyone should be planning a garden, at least every one who can. For all the leafy vegetables are especially rich in vitamines. Among the leafy vegetables are spinach, watercress, raw cabbage (cooked cabbage has lost this element), lettuce and dandelion.

Besides these, young carrots, onions, fresh peas, apples, lemons and tomatoes are among the fruits and vegetable rich in this element so important to growth and health.

We are just now entering the season of rapid growth. Mallery-Hansen, a Danish scientist, has shown that between the latter part of March and the first of August, children grow with maximum rapidity. From the first of August to the last of November growth is almost at a standstill. Between November and March the rate of growth is twice as great as it is during the summer period of pause.

The seasonal variation in growth is doubtless dependent in some measure on the food. It has been proved that the milk from cows fed on spring vegetation contains more of certain vitamines than milk at other seasons; also that the milk of mothers eating fresh spring vegetables is likewise richly endowed. If it is true of milk, why is it not true of other foods?

Every mother should bear in mind that spring is the season of growth and do what she can to promote the physical well being of her children.

This suggestion carries with it several corollaries. If mothers understood better that children are not expected to grow much during the few months following the first of August, they might be content to feed less during the hot weather.

Another fact worth remembering is that for some reason this spring season of maximum growth is the season of maximum prevalence of contagion. Precaution which have proved ample for safety in the earlier part of the year will not suffice during the spring.

So, as mothers of the future men and women, let us remember that, as the greatest productivity of milk and eggs coincides with the time of the maximum growth of our boys and girls, to be sure to feed them milk, butter and eggs.

The writer of this article understands that there is a certain treatment officially accorded to the person who prescribes medicine without a license; but a quart of milk or a dozen of eggs cost less than a box of pills, and incidentally she has an interest in the welfare of the children and would like to see them fed intelligently.

There is a milk and egg cure for certain diseases, not only a cure for certain diseases that are a menace to nations but a cure for the condition of inferior physique and a low efficiency, resulting from the malnutrition of an eggless and milkless diet.

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On finding that a great deal of money was spent on the great war, congress may refuse to indorse the war.



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SOCIETY

Miss Florence Guthrie, daughter of J. W. Guthrie of this city, scored a signal triumph in her initial public recital, given at St. Angela's hall, St. Mary's college and academy, at South Bend, Ind., on April 20. The South Bend Tribune says:

"Personality, presence, and a voice of unusual strength and sweetness combine to assure for Miss Florence Guthrie of this city a career in music limited only by her desire to further perfect the talent which already bears the stamp of artistry."

"Before one of the largest audiences ever assembled in St. Angela's hall, Miss Guthrie exceeded the expectations of her hearers in a graduate recital, every moment of which mirrored artistic attainment. Surrounded by floral tributes from her friends and classmates, one of South Bend's most promising voices swept through a well-selected program to a signal triumph. Range, expression, control, all were demonstrated in a burst of colorful song which brought Miss Guthrie's hearers veritably to their feet."

BUECHSENSTEIN-WILLIAMS.

The marriage of Frank Buechsenstein of Alliance, and Miss Alice Williams, of Hot Springs, South Dakota, took place at the Holy Rosary church at seven o'clock Saturday morning, Father Manning officiating. Miss Marie Buechsenstein and John Nolan attended the bridal couple. Both the bride and bridesmaid wore navy blue suits, with black lace hats, and carried bouquets of pale pink roses. After the ceremony a four-course wedding breakfast was served at nine o'clock at the home of Mrs. Bert Duncan, sister of the bride. Those present were Mrs. Clara Williams, of Hot Springs, Mrs. L. Buechsenstein, Mrs. Percy Cogswell, Mr. and Mrs. Bert Duncan, Miss Marie Buechsenstein, John Nolan, and the bride and groom. Misses Margaret Buechsenstein and Louise Cogswell assisted in serving. Table decorations were in pink and white.

Mr. and Mrs. Buechsenstein left at 11:20 a. m. for Omaha to be gone two weeks. They will be at home at 508 Toluca after June 1.

The bride is a graduate of St. Agnes Academy, and the groom is assistant cashier at the First State Bank. Both have many friends here who wish them every happiness.

At a meeting of the Daughters of the American Revolution held Saturday at the home of Mrs. Knight, the following officers were elected to serve the coming year:

Regent, Mrs. G. L. Griggs. Vice regent, Mrs. Roy Beckwith. Secretary, Mrs. J. G. Beck. Treasurer, Mrs. Vera Spencer. Registrar, Mrs. S. W. Thompson. Historian, Mrs. R. E. Knight.

The historian has compiled a most complete and interesting history of our county and our town. The work of the Point of Rocks chapter for next year will be along this historical line, including also our state history. "The Wives of Our Presidents" has been the topic for study during the year just closing.

The Business Woman's club enjoyed a hike to Broncho lake Sunday morning, leaving town at seven o'clock. A breakfast of bacon and eggs, bread and butter, hot coffee and homemade doughnuts was prepared and later cars arrived which carried all members back to town. Those who went on the hike were Mesdames Glen Wilt, Ralph McKenzie, Chaffee, Glen Wilt, Ralph and Mann, Misses L. Sturgeon, Ida Clark, Avis North, Wilcox, Meta Koesler, Opal Russell and Maude Spacht. This is only one of the many good times which the officers are planning for the members. All business women and girls are urged to come and join the club and thus be entitled to participate in the good times.

The ladies of the women's home missionary society of the M. E. church and their husbands gave a surprise party Friday evening for Mrs. E. T. Lunn at her home. Old fashioned games were played during the evening and Mrs. Harry Wells, president of the society, gave a few words of welcome to Mrs. Lunn to which she responded. A light lunch was served at the close of the evening. Mrs. Lunn has been spending the winter at Lincoln with her daughter who is attending the university.

Poppy Day Poppies will blow on Decoration day not only on Flanders fields, but all over America. The American Legion has chosen the poppy as a memorial flower to be sold and worn on that day. All profits will be given for the relief of children in devastated France. The Woman's club is selling these poppies now at ten cents apiece, or two for fifteen cents. The committee in charge are Mrs. E. R. Harris and Mrs. Roy Gregg.

St. Matthew Episcopal guild will meet Wednesday afternoon at the parish house with Mrs. Percy Cogswell, hostess.

S. MATTHEW EPISCOPAL GUILD

Miss Marie Frazier entertained the Christian church choir at the church basement Friday evening, at a surprise party in honor of Miss Glenna Lawrence, the occasion being her birthday. The evening was spent informally.

WOMAN'S CLUB

The young people's missionary society of the Christian church met last night at the home of Mrs. J. R. Robbins on Platte avenue. About twenty were present and had a most enjoyable time.

The fourteenth annual convention of the Sixth district of Nebraska Federation of Woman's clubs will be held at Bayard, Neb., May 11, 12 and 13. Delegates from Alliance will be the Mesdames Minor Morris, S. W. Thompson and Della Mallory.

The ladies' circle of the Christian church will meet Wednesday afternoon with Mrs. E. I. Gregg, 808 Cheyenne. It will be a work day and plenty of special sewing is to be done.

Miss Katharine Harris entertained a few friends at dinner Saturday evening in honor of the birthday of Edna Mae Miller.

Mrs. A. J. Kearns entertained her Sunday school class Friday evening at a Kensington.

Mrs. Harry Gantz will entertain the Bridge club Thursday afternoon of this week.

The P. E. O. will meet with Mrs. F. E. Holsten, 602 Box Butte, Monday, May 16.

Mrs. Fred Helpbringer entertained a few friends at bridge Friday afternoon.

Arthur P. Howe of Crawford and Miss Lois P. Green of Greeley, Col., were married by Rev. Stephen J. Epler Saturday morning.

Claude E. Fitzgerald and Miss Iva Emerson, both of Bingham, Neb., were married by County Judge Tash Saturday.

ALUMNI BANQUET.

The annual banquet of the Alliance Alumni Association will be held at the Palm Room of the Alliance Hotel, Tuesday evening, May 17, at 7:45 p. m.

Word has been received of the marriage of Herbert E. Milam, of the Quick Service Electric Co., and Miss Minnie Anderson, at Omaha, on May 9. Mr. and Mrs. Milam expect to make their home in Alliance.



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GIFTS THAT LAST

JUNIOR-SENIOR BANQUET.

The annual Junior-Senior banquet of the Alliance High School was held last evening at the Fern Room of the Alliance Hotel. Covers were laid for seventy-five guests, including the senior and junior classes and the faculty of the high school. The room was beautifully decorated in pink and green, the senior class colors, pink streamers from the ceiling, and evergreen bows around the room being artistically arranged. Carnations and sweet peas composed the floral table decorations and the four-course dinner was served by girls of the sophomore class, one half of whom were attired in pink and the other in green, carrying out the color scheme. An orchestra furnished music during the banquet. Edward Morrow was toastmaster, and the following toasts were responded to:

"To the Class of 1921," Mary Beagle. Replied to by Tom Miller. "Current Opinion," Leota Becker. "Success," Mary Woolis. "World's Work," Frank Cunningham. "The Outlook," Sterling Harris. Superintendent Pate was to have responded to a toast, but owing to illness was unable to be present.

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