

DIET AND HEALTH

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MILK FOR BABES--BUTTERMILK FOR ADULTS

All authorities on diet say that milk is a perfect food. This is true in a sense; and in another it is altogether untrue and misleading.

The natural food of the infant is mother's milk. But the appalling mortality of infants is due chiefly to the use of cow's milk, carrying the seeds of disease from the cow, the air and water, and planting them in a soil made favorable by improper feeding, lack of fresh air, bathing and exercise. Not even cereal starch kills more infants between the ages of one and six than does milk in the first two years.

Cow's milk differs materially from the infant's natural food, containing twice as much protein and only about half as much sugar, but the danger lies more in the contamination of the milk sold in the cities. Fortunately good work is being done in many places to remedy this evil.

Milk is called the perfect food because it contains all the elements necessary for the growth of the infant, and in the proper proportion. But the physical constitution and development of the infant differ much from those of the adult, and the food should differ accordingly.

The growth of the infant in the first six years is rapid, and a large proportion of lime is necessary to build the bony framework. Milk is in this respect an appropriate food for the infant and inappropriate for the adult. The time of milk being little needed for maintaining the bony framework of the adult, is largely deposited in the arteries, contributing to the distinctive disease of old age--hardening of the arteries.

The prime cause of hardening of the arteries, which is also a cause of "heart failure" and of certain forms of insanity, is auto-intoxication, or self-poisoning, resulting from the absorption of waste matter from the lower part of the alimentary canal, of which I shall have more to say in dealing with "Bread," in a subsequent article.

Deficiency of iron in the blood of the adult is serious; the percentage of iron in cow's milk is small, corresponding to the nervous inactivity of the infant. In this particular milk is a very unsatisfactory adult diet, though it sustains life indefinitely.

But the unsuitability of milk to the adult is more evident on comparing the infant with the adult anatomy and physiology: In the infant, for instance, the upper part of the alimentary canal is almost a straight tube, allowing the milk to pass quickly to the intestine, which is adapted to its digestion. The adult stomach is a deeply curved pouch, which in certain abnormal conditions retains the food for several hours longer than the proper time for digestion. The fermentation of milk alone is not always serious, but the fermentation of meat, cereals and fruits in the stomach, through the agency of milk, leads to serious results.

The proportion of iron in the blood is very small, but very important. When it is found to be deficient, it is very difficult to supply it. Probably its best source is the brown part of wheat which is excluded from our fine patent white flours, of which we shall speak later. Grapes, the brown part of wheat, cabbage (raw) and lettuce readily supply iron. It has been found that persons living exclusively on milk lack "sand," a quality which the infant never needs to display, since it is absolutely dependent.

In flesh-eating animals the stomach and liver are much larger in proportion than in the vegetable-eaters. An apparent exception is found in the ruminating animals, like the cow, which gathers a large quantity of food and stores it in the first of a series of stomachs for future chewing. The development of the food tube indicates the food adapted to the animal. Although the infant digestive organs are better adapted to milk than the adult's, they are not perfectly adapted to cow's milk. To feed a dog or a child of two years on "what we eat ourselves" indicates a sympathetic but thoughtless disposition.

Sterilized or boiled milk is open to the same objection as roasted peanuts. Its vitality, its real life-giving qualities are largely destroyed.

It is most unfortunate that our people are ignorant of the value of goat's milk, especially for infant feeding. The goat is the healthiest of all animals and the slowest to degenerate when domesticated. Rarely, if ever, is the goat known to contract tuberculosis or any other disease. The milk is superior in every way to cow's, and the poorest can own a "poor man's cow," which can be fed on the potato peelings, cabbage leaves or anything else that is clean.

Hardly any other food is compatible with milk, except uncooked, whipped eggs, rice or toasted bread. Flesh meat, being a stomach food, is particularly inharmonious with milk.

The Jewish instructions on diet prohibit eating meat and milk together, though this may be for an ethical reason.

The writer has recently made several days' tests of an exclusive milk diet on himself and others, carefully recording results. A change from the ordinary mixed diet to any monodiet is beneficial, and milk is not an exception. But the benefits derived from the milk diet which have recently been much advertised should be credited to the monodiet, avoiding the injurious effects of mixing several incompatible foods at the same meal. Equally satisfactory results can be shown from many other monodiets--even the peanut, which is the most concentrated of all foods, containing an excess of albumen. Great gains have been recorded from exclusive diets of beans, oatmeal, wheat, etc., as well as milk, pursued for 60 days or more.

Prof. Metchnikoff, head of the Pasteur Institute, who has made most praiseworthy investigations into the causes of our early decay, has concluded that the failure of the average man to live his natural term of life, 100 years, is due to the development of pathogenic germs in the lower part of the food tube from improperly digested, superfluous food, and recommends the use of buttermilk as an antidote.

The chief causes of the offending conditions in the colon, the large intestine, leading to a constant poisoning of the stream of life, are: Too much food, eaten hurriedly; too much starch and not enough fruit, and bad combinations of foods, good in themselves. Buttermilk is not a natural corrective of these abnormal conditions, although it no doubt serves as an antidote, nor is the "internal bath," good in a way, the true remedy; the cause should be removed.

It has been said that "wine is the milk of age," and of unfermented wine this is true. The grape contains much sugar, acid and iron, which are deficient in milk. The most noted case of prolonged life in history, that of Comaro, the Venetian nobleman in the sixteenth century, was due to a uniform diet, consisting chiefly of unfermented wine with an egg daily. The egg supplied the fat, sulphur and albumen deficient in the "light wine," or grape juice. Broken down at 49 by indulgence in eating and drinking, Comaro lived to be more than 190 by simple living.

You can make the best buttermilk any day in your own kitchen. And there is nothing better for digestive disorders, and especially for intestinal troubles, or as a substitute in infant feeding, in certain cases.

You can get at the drug store tablets containing the lactic acid bacterium culture that will convert sweet milk into full cream buttermilk by simply dropping a tablet into a quart bottle of milk and maintaining the proper temperature, according to the instructions. Not only because this full cream buttermilk contains the fat in emulsified form is it better than the buttermilk you buy of the buttermilk man, but because the lactic acid bacterium prevents the development of injurious bacteria in the milk. This is important in the case of infants. Cholera infantum, some forms of diarrhoea and perhaps typhoid can be avoided in this way. Here is the most important practical application of the germ theory yet made, a boon for infant humanity, a recovery in some degree of the loss due to departing from nature in infant feeding as a result of departing from nature in other ways.

It has long been known that buttermilk is a valuable food medicine--even when soured by lightning. We can not always command the thunder, but science has discovered how to make buttermilk without a churn and without churning, and without separating the butter. Butterless buttermilk is good, full-cream buttermilk is better in most cases.

Cow's milk is digested by the infant with difficulty, often resulting in complete breakdown of the digestive and nervous system; but the adult digestive system is not so well adapted to the digestion of milk and hence flatulence and absolute revulsion often result from its continued use. But buttermilk causes no such difficulties, because it is in a sense largely pre-digested, the coarser curds of the casein in cow's milk being finely broken up.

This removes the greatest objection to cow's milk as a diet for infants and as an ideal monodiet for adults in severe stomach and bowel troubles.

A certain amount of fat is necessary to the best conditions for normal nutrition, and fat is about 2 1/2 times more valuable as a heat and energy producer than other forms of carbon; and of the fats, butter is the most easily assimilated, except peanut and olive oil. But emulsified as the fat is in milk, it is much more easily assimilated than as butter. For this reason, and for others, the new way of making buttermilk gives a much more nutritious product and more digestible, especially for the infant.

Cow's milk cannot be made identical with the infant's natural food, but it can be approximated to it. The chief difficulty to be overcome is to adapt the large curds that tend to remain in the stomach longer than they should, as the development of the calf's stomach requires that its food shall have a much heavier curd than that required by the infant in which intestinal digestion is more important. The use of buttermilk tablets obviates this difficulty, besides overcoming other objections to the use of cow's milk. But the objection naturally arises that soured milk is not natural. The reply is that cow's milk is not natural. Certainly tests of buttermilk have proved it very satisfactory.

To us, the duller scholars
Of the mysterious band,
--Emily Dickinson.

Rather Lonely.
"You don't find social life interesting?"
"Not very."
"Then you can occupy your mind with business."
"Not much. My employes have crowded into all the places of active responsibility and left me very little to do except to sign my name with a rubber stamp."

To stay the homelick, homesick feet
Upon a foreign shore
Haunted by native lands, the while
And blue, beloved air--

This is the sovereign anguish,
This the signal woe!
These are the patient laureates
Whose voices, trained below,
Ascend in ceaseless carol,
Inaudible, indeed.

Midwinter MILLINERY never more CHARMING



A NEW DRESSY GAGE MODEL

The Easter bonnet is a bagatelle in comparison with the Leadgear fashion evolves for winter time. No airy arrangement of straw and flowers at this season ekes out the price charged for the milliner's ingenuity; but substantial velvets, furs and costly ostrich feathers sum up a total that makes even the milliner's skill but an item. This year, for the poor husband's further undoing, have been added gorgeous gold and silver blooms that cost a pretty penny, a perishable rose cloth of gold often outdistancing a durable ostrich tip in price.

Such a craze is there for these huge gold and silver roses that, fast as the makers can turn them out, the shops cannot supply the demand. Fresh relays are eked out to pacify the clamoring of store buyers, and everywhere one meets the baffling information: "We are just out of gold roses, madam," or "We are expecting more silver roses to-morrow morning."

Flower hat trimmings always make their appearance at the very height of cold weather, just as wings seem to suit Dame Fashion's fancy in the last sultry days of August. The very contrast of the biting windy winds with the fragile blossoms, however, seems to lend spice to the choice of flowers for midwinter wear. In fact, the frost seems to have an amazing effect on these winter flowers, for they grow to mammoth proportions, some of the huge chifon roses measuring not an inch less than a foot across.

The illustration shows the latest dressy Gage model, just now so popular.

VOGUE IN SEASON'S COATS.

Are Slightly Narrower Than Those of Last Winter.

The coat is slightly narrower than those of last winter across the shoulders at back. The fronts are double-breasted, fastened with huge buttons of brilliants set in a composition like platinum.

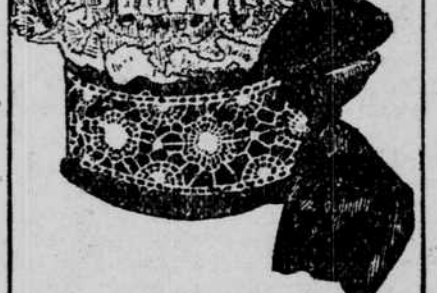
The revers, which are quite broad, are made of old blue satin, that very good looking tone that comes in so many fashions. These are slightly bordered with a heavy silver thread forming bees. The long sleeves are without fullness, each fastened tightly at wrist with a button of brilliants, and finished with a frill of old lace.

The blouse that rises above this high-waisted skirt is built of gray flannel in the coarse round mesh that is fashionable. It is draped over thin silver gauze, and shows a round gumpie and stock of Mechlin lace. Its sleeves are long and tight, made of tulle wrapped around the arm.

Here and there are embroidered silver bands, and there is one large one where the bodice tucks under the skirt of center front.

LATEST IN COLLARS.

The new Paris "Bull Dog" collar, showing the bow to be worn at the back or the side.



The Separate Coat.

The separate coat is three-quarter length and it is understood that this season will usher in a great many separate coats which do not rightly belong to a jacket suit. The finishing of seams in a tuck effect is seen on the newest models and, in many instances, gives a plain but attractive trimming. An exceedingly smart coat of this description was developed of a blurred striped effect in one plain style like a plain directoire coat. The panel effect is a new note. The panel extends from the upper portion of the coat to the hem, and has button trimming on each side. To bring the panel into prominence, the stripes are across the material and not lengthwise as upon other portions of the coat. The sleeves are plain, not even finished with cuffs, but a black velvet shawl collar is used.

The variation of the usual pierrot ruff is one composed of white and gray maline from the collar of which spring minute tails of brown fur.

Ottoman silk is used for making hats as well as fancy coats.

REVIVAL OF GOLD SLIPPERS.

Fascinating Footgear Just Now Immensely Popular.

In with all the other brilliant fascinating footgear the gold slipper is revived. This is made of gold satin, cloth of gold, but especially of gilt.

This is the name that it has always gone by and there are bottles of the liquid sold to touch up the slipper whenever it becomes faded.

According to the new fashion it is not necessary to wear stockings to match these slippers. Instead, they do not look well with anything except a black shade, a white one, and these in pastel shades. With all of them the stockings are of the same color as the slippers.

As bronze slippers are back in fashion, the old-fashioned bronze liquid is sold to keep them in luster. These are very pretty and they are worn with stockings to match. One should be careful that these stockings do match, for when they are of another shade of brown they are quite ugly. Shops now have a genuine bronze silk stocking, which they sell for the slipper.

To Wax Furniture.

In waxing it is of great importance to make the coating as thin as possible in order that the veins of the wood may be distinctly seen. The following preparation is the best for performing the operation: Put two ounces each of white and yellow wax over a moderate fire in a clean vessel, and when it is melted add four ounces of best spirits of turpentine. Stir the whole until entirely cool and you have a pomade fit for waxing furniture, which must be rubbed over with a fine brush. The oil soon penetrates the pores of the wood, brings out the color of it, causes the wax to adhere better, and produces a luster equal to that of varnish without being subject to any of its inconveniences. The polish may be renewed at any time by rubbing with a piece of fine cork.

The Pony Skin Coat.

It looks as though the pony coat of last winter would be in first style this year. It is in black and brown, cut long, with a waistcoat of gaudy satin or left quite plain and mannish. The short ones will not be in first style, but they will be worn by those who put a good deal of money in them last year.

The new ones are cut on straight and rather narrow lines, with small sleeves and gauntlet cuffs. The revers are of satin or skin and the large buttons are of ornamental metal.

Quickly Adjusted Shields.

A girl who has theories on the evils of pinned shields will not use the tiny safety ones sold for that purpose. She compromises by not sewing in her shields after each washing, but hooks them in.

A small, non-rustable hook is sewed on the corners of each shield, and one to correspond on the proper place on the armhole. The preliminary sewing takes only a few minutes, and is much easier than fastening a shield with needle and thread each time it is changed.

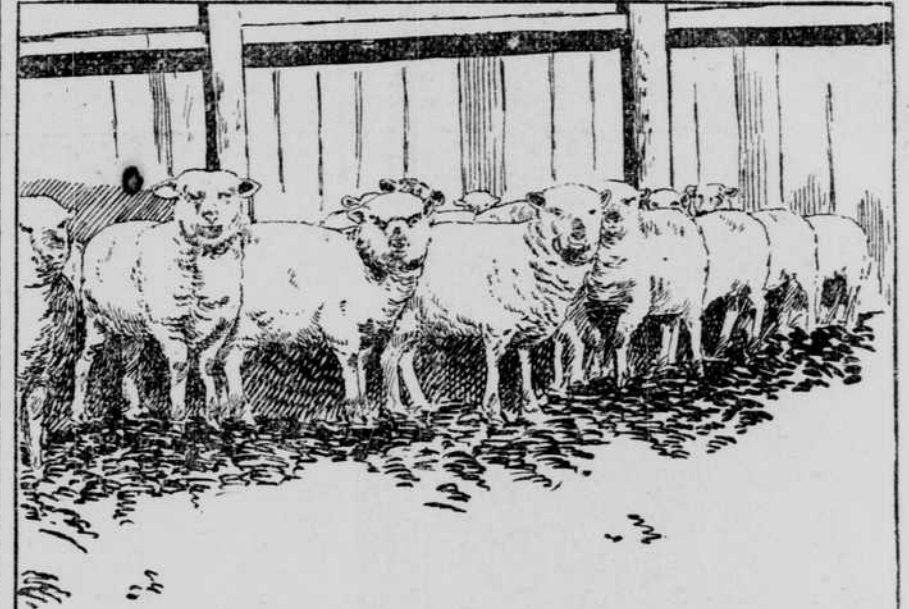
EXPERIMENT IN LAMB FEEDING IN THE WEST

Results Obtained from Various Feed Combinations--By G. E. Morton, Wyoming.

The Wyoming experiment station have just concluded a year's investigation in lamb feeding with a view to ascertaining the best ration.

Three experiments were carried on at the same time. Previous experiments with small numbers of lambs had shown that oats and oil meal seemed to balance the native hay ration about as well as any grains tried. Therefore, one lot of 40 lambs was fed this ration and another lot was fed alfalfa hay and corn. Shropshire-Ler-

The pea hay seemed very unsatisfactory, and while nothing is definitely established by this experiment with regard to the amount of pea hay needed for the production of 100 pounds gain, yet it can be definitely stated that it gives unsatisfactory results for that. The lambs do not get enough roughage, and have the scours almost constantly. What gain is made is chiefly framework and muscle and little fat. Pea hay that was well cured before the stalks became



Showing Type of Lambs Used in Experiment.

no cross-bred lambs were used.

A comparison of peas in the field and pea hay was made with two lots of Cotswold grade lambs, having 40 lambs in each lot.

All the lambs were fed in uncovered yards protected by a high board fence, with the exception of the lambs, upon peas in the field. These were run in small areas fenced with woven wire, the fences being moved as necessary, and the lambs driven to a corral at night.

The alfalfa hay used was good first cutting; the sweet clover was coarse and stemmy; the pea hay was somewhat overripe; the native hay was mixed wild grasses, containing a considerable quantity of wire-grass.

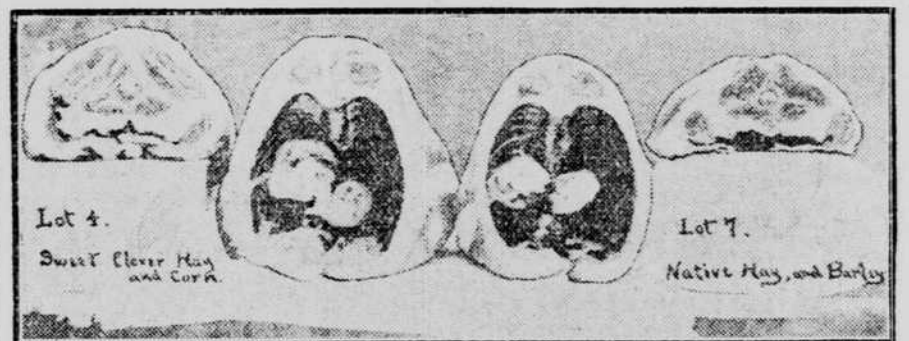
The corn and barley were from Nebraska; the spelt was raised on the Lar-

stringy, undoubtedly would show better results than those given above, but when compared with alfalfa and corn the pea hay is a poor ration.

By comparing Lots 7 and 8 we find that Scotch barley and half barley are practically equal in value when fed with native hay and oil meal. A study of Lot 9 shows that spelt is not nearly equal to either half or Scotch barley when fed with native hay and oil meal, giving a gain of only 13.8 pounds in 14 weeks, or less than a pound a week per head.

The peas in the field gave a gain of 18.3 pounds per head in 14 weeks; .95 of an acre was required for the production of 100 pounds gain. An acre of the peas supported six lambs for 14 weeks.

The pea hay fed in a corral pro-



Lamb Cuts That Tell Their Own Story.

duced 5.8 pounds gain in the same length of time; 3,470 pounds of the pea hay were required for 100 pounds gain. The results from the pea hay were wholly unsatisfactory.

The lambs on native hay ate less than those fed alfalfa, and the lambs fed pea hay ate only 200 pounds of hay per head, which was less than the amount of hay and grain eaten by any other lot.

Lots 1 and 3 constituted a second trial of native hay, oats, and oil meal, in comparison with alfalfa hay and corn. In experiments conducted the previous winter with small lots of lambs upon various grain rations and native hay, the ration made up of native hay, oats and oil meal proved to be the best of those tried, the lambs making a gain of 17.4 pounds per head in 14 weeks, against 28.6 pounds made by the lot on alfalfa hay and corn. The present experiment with 40 lambs in each lot shows an average gain of 20.3 pounds in 14 weeks by the lambs on native hay, oats, and oil meal, and 34.3 pounds by the lambs on alfalfa hay and corn.

The amount of feed required was 607 pounds of native hay, 460 pounds of oats, and 25 pounds of oil meal for 100 pounds of gain. In the previous experiment 574 pounds of hay, 591 pounds of oats, and 86 pounds of oil meal were required for 100 pounds gain.

The results of these two experiments indicate that the native hay, oats, and oil meal ration will produce somewhat less than two-thirds the gain produced by alfalfa hay and corn in the same length of time, and also requires considerably more feed to produce 100 pounds gain.

Wild sweet clover is common along irrigation ditches and in waste spots, and since it withstands alkali well and gives a heavy tonnage of hay, it should prove a desirable hay crop in many sections. Stockmen commonly believe that sweet clover is useless as a forage plant, but cattle and sheep will eat the growing plant if it is not too large and coarse, and the experiment here reported shows that lambs eat the hay readily and make good gains from it.

Comparing Lots 4 and 5, we find that the sweet clover lambs made an average gain of 30.7 pounds in 14 weeks, while the alfalfa lambs made 34.4 pounds gain. The former ate one-sixth more hay, somewhat more corn, and a small amount of oil meal. The larger consumption of sweet clover hay was due to the fact that it was cut late and was very coarse and stemmy. The lambs liked it, however, and showed a steady appetite for it. There was not the slightest difficulty in getting them to eat it at the start.

The lambs eating pea hay made the low gain of 16.9 pounds per head in 14 weeks. It required 1,472 pounds of the hay to produce 100 pounds gain in live weight. This poor showing for gotten with Lot 10, which contained very different class of lambs and was not carried on in comparison with Lot 6, but which shows a still poorer gain of only 5.8 pounds per head in 14 weeks.

TOOK EDGE OFF THE EFFECT.

His Mistake When He Boasted of Modest Act of Charity.

Taylor got on the subject of modesty one night at the Press club. "Practically all acts of charity," said he, "are performed out of vanity. Modest charity is very rare, yet it is the only sort that counts, you know, with the--Recording Angel, eh?" I remember once, motoring in the east, I came to a small town that had suffered from a flood. In the empty post office there was a contribution box for the flood sufferers.

"Not a soul was present. Nobody saw me or knew me. I pushed a \$20 bill into the box and slipped away unseen. And that act, I claim, that modest act of charity, was worth more than these acts involving many thousands, which are made on public subscription lists, to the loud fanfare of trumpets."

Taylor paused and relighted his cigar. His companion said: "Quite right. Yours was genuine modest charity, Taylor. No wonder you brag about it."--Detroit News-Tribune.

JUST A TEST.



"Goodness, sonny, what's the trouble?"
"Nawthin'. I just wanted to see if I had forgotten how to cry--boo-boo!"

The Selfishness of Grief.
Holidays are sad seasons for families from which loved ones have been taken away by death, but when we do our duty we give thanks for those still left us, and redouble our care for their happiness.

With the best intentions in the world we are meting out sorry treatment to the living by open grieving for the dead. There are few families whose ranks remain unbroken year after year. Absence permanent and temporary leaves vacant chairs at the family table, and the only wise thing to do is to forget them as far as possible by devotion to those whom we are privileged to keep. Perpetual mourning is unnatural and selfish, inasmuch as it makes discomfort for those about us, and we need all the cheer and brightness we can gather to ease the burden of living.

Sheer white goods, in fact, any fine wash goods when new, owe much of their attractiveness to the way they are laundered, this being done in a manner to enhance their textile beauty. Home laundering would be equally satisfactory if proper attention was given to starching, the first essential being good starch, which has sufficient strength to stiffen, without thickening the goods. Try Defiance Starch and you will be pleasantly surprised at the improved appearance of your work.

Off for the Woodshed.
"Great Scott!" snorted the irritated old gentleman, as he dropped his paper, "what is all that noise in the library?"

"It's me, grandpa," responded Tommy. "I'm playing I am a ship pounding in the surf."

"Playing you are a ship, eh? Well, young man, I think you need a spanking."

And the next moment grandpa was slipping off his slipper.

The Land of England.

Twelve thousand seven hundred and ninety-one persons own four-fifths of the soil of England, their aggregate property, exclusive of that within the metropolitan boundaries, being 49,180, 775 acres. In point of fact, the number of owners of four-fifths of the English land is nearer 5,000 than 12,000. Of these 500 are noblemen, and four or five of these swallow up the rest. --New York American.

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Rain or Shine.

Small Wallace accepted an invitation to a party, as follows: "Dear Louise--I will come to your party if it don't rain" (then thinking that he might have to stay home in that case)--"and if it does."--The Delinquent.

We would willingly have others perfect, and yet we amend not our own faults.--Thomas a Kempis.

Omaha Directory

Furs At Factory Prices
Aulabaugh's complete catalogue will show you what you want.
G. N. AULABAUGH
Dept. M, 1508 Douglas St., OMAHA

HAIR GOODS SWITCHES 25c. wavy quality, 50c. straight quality, 75c. 2nd quality, 85c. 3rd quality, 95c. 4th quality, 1.00. 5th quality, 1.10. 6th quality, 1.20. 7th quality, 1.30. 8th quality, 1.40. 9th quality, 1.50. 10th quality, 1.60. 11th quality, 1.70. 12th quality, 1.80. 13th quality, 1.90. 14th quality, 2.00. 15th quality, 2.10. 16th quality, 2.20. 17th quality, 2.30. 18th quality, 2.40. 19th quality, 2.50. 20th quality, 2.60. 21st quality, 2.70. 22nd quality, 2.80. 23rd quality, 2.90. 24th quality, 3.00. 25th quality, 3.10. 26th quality, 3.20. 27th quality, 3.30. 28th quality, 3.40. 29th quality, 3.50. 30th quality, 3.60. 31st quality, 3.70. 32nd quality, 3.80. 33rd quality, 3.90. 34th quality, 4.00. 35th quality, 4.10. 36th quality, 4.20. 37th quality, 4.30. 38th quality, 4.40. 39th quality, 4.50. 40th quality, 4.60. 41st quality, 4.70. 42nd quality, 4.80. 43rd quality, 4.90. 44th quality, 5.00. 45th quality, 5.10. 46th quality, 5.20. 47th quality, 5.30. 48th quality, 5.40. 49th quality, 5.50. 50th quality, 5.60. 51st quality, 5.70. 52nd quality, 5.80. 53rd quality, 5.90. 54th quality, 6.00. 55th quality, 6.10. 56th quality, 6.20. 57th quality, 6.30. 58th quality, 6.40. 59th quality, 6.50. 60th quality, 6.60. 61st quality, 6.70. 62nd quality, 6.80. 63rd quality, 6.90. 64th quality, 7.00. 65th quality, 7.10. 66th quality, 7.20. 67th quality, 7.30. 68th quality, 7.40. 69th quality, 7.50. 70th quality, 7.60. 71st quality, 7.70. 72nd quality, 7.80. 73rd quality, 7.90. 74th quality, 8.00. 75th quality, 8.10. 76th quality, 8.20. 77th quality, 8.30. 78th quality, 8.40. 79th quality, 8.50. 80th quality, 8.60. 81st quality, 8.70. 82nd quality, 8.80. 83rd quality, 8.90. 84th quality, 9.00. 85th quality, 9.10. 86th quality, 9.20. 87th quality, 9.30. 88th quality, 9.40. 89th quality, 9.50. 90th quality, 9.60. 91st quality, 9.70. 92nd quality, 9.80. 93rd quality, 9.90. 94th quality, 10.00. 95th quality, 10.10. 96th quality, 10.20. 97th quality, 10.30. 98th quality, 10.40. 99th quality, 10.50. 100th quality, 10.60. 101st quality, 10.70. 102nd quality, 10.80. 103rd quality, 10.90. 104th quality, 11.00. 105th quality, 11.10. 106th quality, 11.20. 107th quality, 11.30. 108th quality, 11.40. 109th quality, 11.50. 110th quality, 11.60. 111th quality, 11.70. 112th quality, 11.80. 113th quality, 11.90. 114th quality, 12.00. 115th quality, 12.10. 116th quality, 12.20. 117th quality, 12.30. 118th quality, 12.40. 119th quality, 12.50. 120th quality, 12.60. 121st quality, 12.70. 122nd quality, 12.80. 123rd quality, 12.90. 124th quality, 13.00. 125th quality, 13.10. 126th quality, 13.20. 127th quality, 13.30. 128th quality, 13.40. 129th quality, 13.50. 130th quality, 13.60. 131st quality, 13.70. 132nd quality, 13.80. 133rd quality, 13.90. 134th quality, 14.00. 135th quality, 14.10. 136th quality, 14.20. 137th quality, 14.30. 138th quality, 14.40. 139th quality, 14.50. 140th quality, 14.60. 141st quality, 14.70. 142nd quality, 14.80. 143rd quality, 14.90. 144th quality, 15.00. 145th quality, 15.10. 146th quality, 15.20. 147th quality, 15.30. 148th quality, 15.40. 149th quality, 15.50. 150th quality, 15.60. 151st quality, 15.70. 152nd quality, 15.80. 153rd quality, 15.90. 154th quality, 16.00. 155th quality, 16.10. 156th quality, 16.20. 157th