

DIET AND HEALTH

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exposed to the action of the digestive fluids. White bread forms in pellets, especially when eaten fresh; the whole wheat is much more open to the circulation of these fluids; it cannot form dough pellets.

It is urged by those who favor white bread that tests show a larger percentage of waste in the excreta from whole wheat bread; in other words, the fine white bread is more completely assimilated. This is the truth, but not the whole truth.

The whole wheat flour contains everything that the fine white flour contains, and some very valuable elements not in the white flour.

It is true that the elements of food of which the largest percentages are needed in the daily ration are carbon and nitrogen, and that white bread contains these in larger percentage, because excluding some valuable elements of nutrition found in the whole wheat. But the exclusion of these elements breaks the staff of life. A man might have a perfect stomach, perfect lungs, perfect kidneys, with abundance of food, and yet his death within 60 days from starvation might be a necessary conclusion from a consideration of all the facts.

Prof. Magendie, a distinguished French physician, fed two dogs, apparently in equal health, one on white bread and the other on entire wheat bread, allowing both plenty of water and keeping the conditions otherwise as nearly equal as possible. The dog fed on fresh white bread died in about 30 days, while the other remained in his usual health.

The highest authority on health in the world, the British Medical Association, has declared itself in favor of the coarser breads made from the full grains. The London Lancet, the greatest medical journal in the world, recently expressed the opinion that the great increase in appendicitis in Britain is due to the increased use of fine white bread.

Appendicitis results from the putrefaction in the large intestine of masses of incompletely digested food. No one can doubt the tendency of white bread to mass and putrefy.

I have said that peanuts should not be roasted because albumen, of which the peanut largely consists, coagulates at 160 degrees, and is then assimilated with difficulty. The same applies to wheat gluten. A large percentage of the gluten in the indigestible matter in whole wheat bread is excreted. Starch is one element of food that is improved by cooking; when thoroughly cooked it is more fully assimilated than any other food element, except sugar. It is natural to suppose, then, that a larger percentage of waste should be excreted from whole wheat than from white bread. But it does not follow that the white bread is better than the brown.

A certain amount of waste matter in the food is beneficial, stimulating naturally the action of the intestines. No one familiar with the physiology of digestion advocates predigested or highly concentrated foods.

Well cooked starch is more completely assimilated than any other cooked food, if there is a demand in the system for a supply of carbon at the time the food is taken, and no abnormal conditions exist to prevent its assimilation. Therefore, we should expect a more complete use of the cooked starch bread. A vigorous man on a long tramp would utilize practically all of half a pound of sugar daily, with other food, especially if he were below normal weight; but sugar is not a good staple diet; half a pound a day would soon cause serious trouble for a bookkeeper. Let a bookkeeper eat a pound a day of coarse bread and no serious trouble may follow for months or years; yet if he eat a pound a day of white bread, trouble will certainly follow in a short time, serious trouble, ultimately.

Of all the indirect causes of disease the most prolific is constipation; and there is no more general contributing cause of constipation than fine white bread.

"Fear God and keep your bowels open" was the whole gospel preached by a Quaker who believed in speaking the simple truth in a simple way. Perhaps he had taken his cue from another member of that society who said: "I shall pass this way but once, therefore if there is any good thing I can do while I am in the way, let me not fail to do it." The young physician, full of strange notions about "pathogenic bacteria" and "indications of the opsonic index," may forget in his inquiry into the causes of our common ailments to ask whether we are living according to the gospel of the old Quaker; but our good old family doctor, who learns and forgets most of the brilliant theories of the profession, never forgets to ascertain the condition of elimination. Many of our able thinkers in the healing profession say there is but one cause of disease—the retention of waste matter in the system.

Our grandmothers knew of several kinds of physic, some of them not very agreeable, but there was one that was intended to serve as a cure-all in all cases in which it was not deemed necessary to send for the doctor; it was called by way of pre-eminence, "a physic." Now there are people who seem to think that God made everything that might possibly be eaten without causing severe distress to be used for food, and for hundreds of years doctors have been "proving" specific remedies good for real and imaginary ills. I am glad to have this opportunity to say to a large number of our American people that I am satisfied that Nature did make one good physic which man has learned to improve (?) by making it into coarse bread; but I shall deal with the curative values of foods in forthcoming chapters on "The Diet Cure."

The condition most necessary to the digestion of bread is that it be fully

copies on to silk and satin in oils.—London Tri-Dir.

Limless Artist.

A remarkable story of perseverance against great natural difficulties is told of a young man—Cecil Shirley, 27 years of age—who, although he was born without limbs, has developed a very considerable talent for drawing and painting in oils and water-colors. His work has been executed by means of the usual instruments held between the ends of the stumps which take the place of arms. It comprises portraits, water-color sketches of flowers and animals, and a large number of

Has Traced River Bed.

Prof. Edward Hull, F. R. S., who studies the ancient river channels in the ocean bed, by analyzing the British admiralty soundings, has succeeded in tracing the submarine bed of the river Adour and the Fosse de Cape Breton for a distance of about fifty miles out to sea, at which point it opens out on the floor of the ocean at a depth of 1,500 fathoms (9,000 feet).

Paris Models



Lilac cloth is the material of the left-hand costume. The corsage forms a sort of bolero, fashioned on one side with embroidered black satin buttons. The collar, revers and cuffs are trimmed with black satin.

The chemisette is of tucked tulle, with platted frill of the same ornamented with gold buttons. Platings of this tulle finish the long, tight sleeves at the wrists. At the back is a girdele of the material.

The half-empire skirt is made with breadths or bands, crossed in front simulating a tunic and uniting in the back.

The other costume is a pastel gray wool dotted with black and having a border of black and white checks, which forms the trimming on the corsage and bottom of the skirt.

The fitted corsage simulates a bolero, and is trimmed besides the border with bands of the material and little buttons, with simulated button holes of black liberty. The straps which form the girdele are also of black liberty.

The little gimples are tucked tulle, the collar and cuffs are composed of lace ruffles and green liberty ribbon. The skirt is made and trimmed to correspond and is finished at the bottom with the checked border and a band of black liberty.

ANOTHER NOVELTY IN SCARFS.

Fluffy Accessories Are Just Now High in Favor.

It seems as though there will never be an end to the novelties in scarves and motor veils that are being introduced almost every day, all of which go to prove that soft, delicately colored scarves and wide chiffon and net motor veils, if anything, increase in popularity with each successive week.

Most attractive are the newest chiffon scarves and extremely easy are the home manufacture, always a consideration for the woman who would be accorded the title of well dressed on an income distressingly small. Formed of chiffon or heavy net, the ends of the scarf are caught, or, more strictly speaking, gathered in and finished off with a short tassel or fringe of coarse sewing silk. The scarf may also be gathered in slightly in the center and a tassel attached at one end, so that when thrown over the shoulders the scarf makes an attractive bit of drapery on the back of the dress, as well as adding to the charm of the front of the gown.

In the soft shades of pink, blue, mauve, green and, in fact, in all the light pastel colorings, these scarves are exquisitely pretty, and they are perhaps especially charming made up in the shaded chiffons which are now to be had designed especially for veiling for the large motor hats now in vogue.

An old scarf of crepe de chine or chiffon can be quite rejuvenated by a bath in naphtha or a thorough washing in luke warm water and ivory soapsuds, and then after being carefully pressed out embellished by the addition of silk tassels at the ends and in the center.

Gold and Brown.

One of the combinations coming in first style for indoor gowns is bronze satin. It is used for an empire skirt that reaches to the bust, and above this is a bodice of bronze sequins mixed with gold thread, run on brown net.

The bodice is made in the usual way out of bands going around the figure and over the arms. The only touch of any other color is a bit of white tulle at the neck and sleeves.

This combination is adopted for elaborate low-necked frocks worn for special occasions. As a rule brown is not considered among the evening colors, but this coppery bronze tone shows off the heavy bullion trimming in an effective manner, and lights up well under the electric.

Prevent Raveling.

When you cut off the arms and legs of your flannels instead of making a hem finish off with a buttonhole stitch. This keeps it from raveling out and makes it look nicer.

GREAT IS VALUE OF TACT.

Its Possessor May Well Boast of Supreme Endowment.

The twentieth century fairy who appears at the cradle of the modern baby bestows upon it the gift of tact beyond all others. It is now the supreme endowment. The girl who has it can find footing with those who have genius, talent, money, and beauty.

From the lack of it girls suffer more than from the lack of these other gifts. It seems as though it must be a fairy's gift at the cradle, because it is so hard to achieve. It can be acquired with patience and study.

The girl who hasn't got it should carefully criticize every failure she makes with friends and opportunities, no matter how small, and see if a lack of tact is not at the bottom of these.

Tact takes a knowledge of human nature, it is true, but this also comes by study and observation. The girl who goes through the world without absorbing knowledge about those around her is doomed to a lonely old age.

THE MATTER OF VEILS.

Detail of the Costume That is of Im-mense Importance.

Nothing can more easily make or mar one's appearance than a veil. If it is put on in wrinkles, it conveys immediately the impression of a wrinkled skin, and adds years to the fair face. If a woman has a naturally heavy jaw, she must resist the temptation of the border veils, and the man—it could never have been a woman—who invented green veils ought to be imprisoned. Brown veils are universally becoming, and the veritable avanches of lace that now fall from the fashionable hats can be manipulated by clever fingers into any effect whatever! The safest of all is the clear mesh with moderately large chenille spots. To fix it to the hat, always pin it in front first to the brim, then pin the two top edges together at the back of the crown. The ends are then gathered into a knot, so that the lace lies quite smoothly across the face.

The greatest care should be taken with the back of the veil, which must meet as nearly as possible over the back of the hair, and do not let the lower edge fall below the chin. Twisting it into a knot under the chin is abominable. When the veil is removed from the hat it should be rolled over a cardboard roll easily made for the purpose. An invariable law should be that the veil must match either the hat or the trimming. The old rose and the deep red shades in veiling give an attractive glow to pale cheeks.

SIMPLE AND CORRECT.



Simple hat of gray ottoman silk, lined with black; galon of gray and blue embroidery.

A Fine Hair Shampoo. First, boil a pint of water. Add to this a third of a cake of pure white soap, shaved fine. Boil this until the soap is melted. Pour this mixture into a jar before it thickens and let it cool. To shampoo the hair put a couple of tablespoonfuls of this paste into warm water and when it is dissolved apply to the hair and rub it into the scalp several times. Then rinse the hair well in clear, warm water.

If she goes through the world blundering she will spend far more miserable moments than she gives others. If she hasn't tact she should hunt for it, pray for it, work for it. It will give her more happiness than gifts that are spelled in capital letters and considered supreme.

A Practical Blouse.

A smart and practical blouse of dark red nun's veiling, seen in a shop recently, was laid entirely in tucks from armpole to armpole and closed down the front under a narrow box plait.

The sleeves fitted the arms smoothly to the wrists and were tucked their entire length, graduating in size, the widest coming at the top. Ruffles of black chiffon trimmed the wrists and a high collar of dark red satin folded, edged with a ruff of black chiffon, lined with white, finished the neck. A narrow cravat tied in a bow in the front, the ends weighted with gold tassels, completed a stylish waist.

Cards. Cards were at first for benefits designed; sent to amuse, not to enslave the mind.—David Garrick.

THE TUBERCULOSIS

PROBLEM IN THE DAIRY

A Disease Which Is a Menace to a Most Important Industry—By A. R. Ward, Veterinarian and Bacteriologist, California.

Bovine tuberculosis is a menace that no stock raiser or dairyman can afford to ignore. There is no problem confronting agriculture to-day of more fundamental importance than that constituted by this disease.

The United States department of agriculture furnishes tuberculin free to health officials.

On account of the ease with which variations in temperatures are caused, it is important to keep the animals, that are being tested, under normal conditions. They should be fed, watered and milked as usual. Avoid as much as possible the violent handling of nervous cows in taking their temperatures.

Cattle suffering from any disease causing a fever (garget, "fox-tail abscess," retained afterbirth, etc.) should not be tested until the fever has subsided. If the cattle have been recently injected with tuberculin, a re-test within one month will be unreliable, and it is safer to allow six or eight weeks to elapse. Most authorities state that the test should not be applied to cows within four days of calving, or during the period of heat.

perature records of the non-reacting cows as in the others, and a comparison of the temperatures of the animals which show no indication of a reaction should be taken into account in interpreting the records. In case of doubt, the animal should be separated from the herd and re-tested not sooner than a month.

If a Large Proportion of the Herd Is Found to Be Diseased.—In this case if the reacting animals are valuable breeders, they may be isolated and kept for breeding purposes by removing the calves at once and feeding them on milk of healthy cows, or on sterilized milk of their mothers. This is called the Bang method, a procedure devised by Prof. B. Bang, of the Copenhagen Veterinary college. The method is as follows:

- (1) Test every animal in the herd with tuberculin.
- (2) Remove the reacting animals, and keep them isolated so that the disease can not be transmitted to the healthy animals, either by contact, by the attendants, or by the same feeding or drinking utensils.
- (3) Disinfect the stables to pre-



Manner of Inje cting Tuberculin.

vent transmission of the germs left by the infected animals.

(4) Test the healthy herd with tuberculin regularly to detect any cases that may develop and remove such animals before they spread the disease. Disinfect again.

(5) Remove the calves from the diseased herd at birth and feed them milk from the healthy cows, or milk from the diseased cows which has been thoroughly pasteurized (heated to 185 degrees Fahrenheit).

As the sound herd is replenished, the isolated cattle may, if desired, be fattened and killed, under proper inspection, for beef.

BUILDING THE DAIRY HERD

By H. J. Waters, Dean Missouri Agricultural College.

The proper selection, maintenance and development of the dairy herd lies at the foundation of all permanent success in dairying. While the organization of factories, wherever butter and cheese may be manufactured more economically than on the farm, may stimulate and encourage the development of the dairy industry, it is nevertheless true that this stimulus will be only temporary and will soon fail if the farmers are producing the milk without a satisfactory profit.

A thoroughbred herd of dairy cows is not necessary to success. In fact, for the beginner, it is perhaps advisable for him to select the best cows of his local community. The combination beef and dairy cow is claimed by many authorities to be the most profitable on the whole, inasmuch as the cow herself may be readily and profitably converted into beef when she proves unsatisfactory for dairy purposes; that she will drop a large and thrifty calf that may be made into veal or into beef at a profit, and in this way add materially to the profits of the business. On the other hand the preponderance of evidence seems to be on the side of the special dairy cow.

The comparative tests show that such a cow will produce butter at less cost, just as the other type of animal will produce beef to a better advantage, and that in the end the dairyman will be acting most wisely who plans to form his herd out of such cows.

After having gotten the herd together, the most rigid selection and the most intelligent breeding will be necessary to improve its quality or even maintain its excellence. No matter how judiciously the herd may have been selected, there is almost certain to be a number of animals that will fail to produce a profit and a wide difference will be shown in the amount of profit returned by different cows. It is therefore absolutely essential to the most rapid progress and to the highest degree of success that the dairymen determine accurately the number of pounds of butter or milk produced by each cow each year. An investment of less than \$10 in a Babcock milk tester and a pair of spring balance scales and an expenditure of a comparatively small amount of time and labor will furnish this information and it is certain to cause a great surprise to the owner of the herd.

Remember Others.—It is not possible to do good for others without doing good for ourselves; and it is not possible to neglect others without losing everything that makes life worth while.

Don't Be a Quitter.—Don't get discouraged. It is often the last key on the bunch that opens the lock.

IN SELF DEFENSE.



"Why, professor! Why are you wearing ear muffs on the street on a hot day like this?"

"O, I forgot to take them off! Our baby makes such a noise all the time at home!"

The Unexpected.

The judge was about to pass sentence upon the condemned man.

"In view of certain contingent circumstances," he said, "I'm inclined to treat you with leniency."

A veiled woman who was sitting at a little distance suddenly burst into tears.

"Are you the prisoner's wife?" his honor inquired.

"The woman could only nod. "I think that in view of all these mitigating influences," the judge resumed, "I will fix three years."

The veiled woman suddenly gasped. "It ain't half enough, judge; it ain't half enough!" she wildly shrieked.

Supporting the Aristocracy.

Senator Tillman, discussing international marriages the other day, said pertinently:

"What are we coming to? A friend of mine, an arant foe to monarchies roared out in a speech last week: "Down-trodden as they are abroad, I still fail to understand how they can endure to be taxed to support idle, extravagant and dissolute royal families."

"Then my friend wiped his heated brow, and, hurrying home, sent in a stock assessment of \$10,000 in order to help the president of the Dash railroad purchase a titled son-in-law."

Royalty on Exhibition.

In the eighteenth century the Londoner could look at royalty on Sunday for a modest fee. In a guide to London, published in 1767, it was said: "At St. James' chapel royal by knocking at the side door and slipping a shilling for each person into the hand of the verger who opens it, you may have admittance and stand during divine service in presence of their majesties; and for one shilling each person more, you may sit in their royal presence, not in pews, but in turn-up seats on the side of them."

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.

Waiting for His Little Airship. The birds were flying south. Presently they espied a lone robin perched on a lofty limb. "Come on," they called and join the bunch."

But the robin perked his head on one side and shook it vigorously. "What are you waiting for?" they cried.

"I'm waiting," replied the robin. "for one of these daffy little airship chappies to blow along and then mebb-y I can sneak a ride."

Not That Brand of Breakfast Food. "Walter," said the guest in a non-fashionable hotel, "have you table d'hone here?"

The waiter considered. Then the fever against warping the "do-not-accept-of-a-substitute" warning is issued, seized upon him. "We haven't any of that, sir," he replied, "but I can bring you some corn-flakes."

With a Smooth Iron and Defiance Starch, you can launder your shirt-stalk just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

Good Work.

"His brains earn him his living." "Rats! I've read his stuff in all the magazines, and there's no sense in any of it."

"I know it, but think how smart he is to get it in all the magazines!"

The Probable Reason.

"Papa, why do brides wear long veils?" "To conceal their satisfaction, I presume, my son."—Smart Set.

Omaha Directory

Furs At Factory Prices

Billiard Tables

Rubber Goods

Taft's Dental Rooms

M. Spiesberger & Son Co. Wholesale Millinery