

# DIET AND HEALTH

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## EATING FOR YOUTH AND BEAUTY

Beauty is more than skin deep; it is in the blood—quality of flesh and muscle and bone, and deeper than these, in the thought that builds the body from material food. "The question of beauty," says Emerson, "takes us out of ourselves, to thinking of the foundations of things."

Whatever may be the true standard of beauty, it is not superficial polish. The reality of beauty is its soul, whose outward expression we see in the body.

My body is not I, but the expression of me, I am my mind. My body is mine; and as I build my body according to the model in my mind, I can build a different body by changing the model and the material. The Greeks understood this fully. Their heroes were their models of valor, their heroines, of grace; and one word defines their habit in eating, Spartan simplicity.

There is no limit to the change you can make in your body, except the limit to the change you can make in your thought, and your change of the building material, food. We change little, because thinking and eating are fundamental race habits, always slow to change.

A young man of 20, employed as night foreman in a bakery for several years, went to an Illinois college to study for the Christian ministry. Three years afterward I met him and distinctly observed a marked change in his features as a result of the changed ideals that had been dominating his mind during that period and of a change in his diet.

It is well known that the most important period of development is the pre-natal period, that an infant is extremely plastic, but that it becomes more difficult to mold or to remodel as it grows older. Yet, even after maturity, change takes place as the predominating thoughts, and the food, are varied. Feeding in the pre-natal period is important; food largely makes the difference between the Jap and the Eskimo, between the Arab date eater and the German bread eater, and largely because food influences thought.

The food experimenter who has systematically varied his food for considerable periods can bear witness to the fact that not only does he feel different when living on different foods, but his habit of thought changes.

A curious relation subsists between food and thought. It is literally true that food influences the thought. The difference between the tiger and the horse is, very largely, the difference in their food. Yet you could not make a Jap or an Eskimo by feeding him on rice and beans. The gorilla, a strict vegetarian, is no less fierce when attacked than the tiger that lives on blood. The dog is but a wolf that has learned to think man's thoughts, to a degree, as the nobleman has learned to think God's thoughts.

It is said that a man is as old as his arteries, and this is literally true. It is a physiological fact that some are as old at 30 as others at 60, as the condition of the arteries distinctly indicates.

The question may naturally be raised here, What is old age? We do not hesitate to say that a certain person is old when we see that his frame is stiff, his skin dry and hard, the rosate hue gone from his cheek, and the sparkle from his eye. Now what causes this condition and how can it be delayed, if not overcome?

The hardening of the frame, of all the tissues, including the arteries, is due to the deposit in the tissues of mineral matter taken in the food and drink, absorbed into the blood and gradually deposited, much as earthy matter is deposited in a tea-kettle or slime and earth in city water pipes. This mineral matter, chiefly phosphata and carbonate of lime, destroys the elasticity of the arteries and gradually hardens the tissues, including the brain.

Now there are two chief sources from which this earthy matter is introduced into the blood, bread, especially fine white bread, and hard drinking water. The percentage of lime in bread is large, and white bread is especially liable to form concretions of lime in the lower intestine (often including appendicitis), which are absorbed into the blood and deposited in the tissues, gradually producing that dry and hardened condition of the skin, which is a distinguishing mark of old age.

The activity of the brain is determined largely by its blood supply, and when the arteries that supply it are hardened by the deposit of mineral matter it must become sluggish. Loss of memory of recent events is an inevitable accompaniment of age; the old live in the past. To live in the future requires the vivid imagination of youth with its plastic brain.

Wonder is often expressed that the farmer, who lives largely in the open air, and has fresh fruits, vegetables and milk at his door, does not live as

long as the professional man, who is much confined in close rooms and has little exercise, and that the common laborer is shorter lived than the idle rich, who are, as a rule, much given to dissipation.

Aside from the waste of vitality which the laborer, farmer and the athlete (who is usually short lived) are required to make in their daily work, due to extraordinary physical exertion, these eat more bread to supply the waste of carbon due to muscular work (which would be better supplied by fruit sugar and vegetable fat, as already expressed), and drink more water, because they perspire more, thus leaving a greater deposit of ashes in the arteries and other tissues. The merchant or professional man who takes moderate exercise by walking about five miles daily will live longer than the average farmer who has many advantages otherwise.

A beautiful complexion is an essential element of beauty. The ideal is that of childhood, the bloom of youth upon the cheek. There is no substitute for the beauty of health.

Sallow skin, pimples and blotches of all kinds are produced by failure of liver, kidneys, lungs and skin to eliminate naturally the waste products of digestion, whose retention is favored by constipation. The tissues of the body, including the skin, become hardened as age advances, partly by the weakening of these eliminating organs, often prematurely. The skin and the muscles underlying it become hard and wrinkled by the weakening of the normal metabolism, by which worn-out cells are carried away and new replaced. As the kidneys and liver decline in power (or rather as the vitality that actuates them declines, with advancing years) there is a gradual deposit in the arteries and in the tissues generally of mineral matter from the food and water.

These conditions are to be avoided by avoiding constipation, so-called rich foods, such as pie and cake, animal fats, starch and meats, particularly pork, by eating few articles of food at a meal, by eating freely of acid fruits, especially apples, lemons, oranges and grapes and by the daily use of olive oil or peanut oil, and by the free use of water, including the "intermittent bath" occasionally. Proper exercise daily in the open air will also serve to preserve a ruddy complexion and soft skin.

Distilled water will dissolve mineral matter from the tissues, and it should be used by everyone past middle life. The objections to the use of distilled water raised by persons interested in mineral waters are, I think, not well taken. It is unreasonable to suppose that pure water, as we have it in milk and in fruits, can be injurious. One who drinks little water will always improve by drinking large quantities of any mineral water, especially when accompanied by change of surroundings, better food and, more than all, the effect of suggestion that the water will effect a cure. And by this I do not mean that mineral waters are not in certain cases beneficial, as drugs may, at times, be means of cure.

The water in juicy fruits and milk serves the same purpose as distilled water. About two quarts of water should be taken daily, when the weather is moderately warm and proper exercise is taken.

Mrs. Lillie Langtry, asked for her "secret" of beauty, said: "The fact that I believe in the power of mind over matter does not blind me to the fact that the foundation of the whole secret of beauty is good health. A sick woman cannot be beautiful. Work, sunshine, exercise, nourishing food, fresh air and cheerfulness are my recipe for beauty."

I accept this prescription from an eminent practitioner as complete and correct in every particular. Some useful work is, as Mrs. Langtry says, a necessary to keep the mind and body normally active; sunshine benefits both body and mind; fresh air purifies the blood and gives the skin the only natural pink of health; exercise increases the breathing, accelerates the circulation, and therefore purifies the blood, assists in breaking down tissue that would otherwise clog the system and furnishes the opportunity for the building of new tissue from the food supply; cheerfulness and hope are essential in the right mental influence; they are the states opposed to worry and discontent which make furrows and cloudy visage; and, lastly, "nourishing food" that harmonizes the vital forces and that does not congest the eliminating organs or waste vital force extravagantly—this is the whole art of beauty and youth.

The food should be plain, avoiding waste of vitality in digestion and elimination; vivacity is inconsistent with working overtime in digestion. White bread, pie, pickles, cakes, tea, coffee, pork and all stimulants should be avoided. Coarse wheat, rye and corn bread and nuts, olives and figs should form the staple of the diet. Fruit sugar should be substituted for starch, the least objectionable sources of which are rice and baked potatoes.

Prunes with olive oil or peanut oil have a very important use in preserving the complexion, by preventing constipation with its attendant auto-intoxication and bilious headache that often leads to nervous breakdown.

The breakfast should be light. As has been suggested in a preceding article, buttermilk is most helpful as an antidote to sallow skin and pimples. A glass may be taken on retiring.

Body and mind are so intimately related that they must always be treated together, but the mind is the controlling factor. The true secret of youth and beauty is best expressed by Shakespeare, the master painter of beautiful women, speaking of Cleopatra: "Age cannot lessen nor custom stale her infinite variety."

tences, in a cold, staccato voice: "Spread out your cloaks; the mud must not spoil my boots when I descend." The cut-throats fled, with the awe-stricken whisper of "San Malato" upon their quivering lips.

Astronomers believe that the temperature of space, outside of the earth's atmosphere, is 450 degrees below the zero of the Fahrenheit scale. That inconceivable cold is what they mean by absolute zero.

# Outdoor Costumes



FOR a smart and useful walking costume, no style could be more suitable than the one illustrated here. The skirt is quite plain, and trimmed at the foot by a band of plaid. The revers, waist-coat and cuffs are also of plaid; the remainder of the coat is plain and tight-fitting. A motor cap of the cloth is worn.

Materials required: 7 1/2 yards cloth 48 inches wide, 1 1/4 yard plaid 46 inches wide, 4 large and 1 dozen small buttons.

The second picture shows a charming costume, in Atlantic green face cloth; a panel is cut down the center of front, widening as it nears the foot of the skirt, which is cut in turrets over a deep band of chiffon velvet in a darker green; velvet covered buttons are sewn in each turret. Shaped straps of material are brought round at the top of the high-waisted skirt, and joined together by straight straps of material over a vest of chiffon velvet; the other material on bodice is quite plain; the long tight-fitting sleeves are of velvet. Hat of green stretched chiffon velvet, trimmed with roses and ribbon.

Materials required: 6 1/2 yards cloth 48 inches wide, 4 yards chiffon velvet, 2 dozen buttons.

## BAR PINS STILL ARE POPULAR.

Dress Accessory of Which Seemingly There Cannot Be Too Many.

There is no diminution in the popularity of the bar pin. It is used for collars, for the stock and for jackets.

Every girl needs as many as she can get. She wants them in sets of colored stones to match the color scheme of her various costumes, and she wants them in different sizes for different uses.

As far as the fashions go, she cannot have too many. Therefore, the manufacturers are bringing them out anew in all kinds of lovely shapes and settings.

The horseshoe has been run to the ground and few of the new ones are in this shape. Lovely as the horseshoe was it did not become widely popular in semi-precious stones. The straight bar has always been an excellent investment, especially in three sizes.

The new bar pin used to catch the lower edges of the turnover collar and the jabot under it is in the shape of a new moon. The crescent is slight in its curves, it is not wide even at the center, its ends are sharp.

## PRETTY THEATER WAIST.



Blouse of mauve chiffon-mousseline trimmed with bands of white venetian lace and with motifs of Irish guipure. The long sleeves are tucked lengthwise and elaborately trimmed to correspond.

Contrary to expectations, white waists have not gone out of fashion, but are being worn almost as much as ever.

A Simple Guest Room. The very simplest guest room that any one could imagine! The floor had on it a gray rag carpet. The walls were covered with a plain gray paper, and a black moulding joined them to the ceiling. The narrow, old-fashioned woodwork of window and door sills made streaks of black in keeping with the moulding above. The hangings were gray Japanese crepe.

"Many tones of quiet gray," as said the poet; but they served to throw into relief odd bits of blue and yellow Moorish pottery and a row of blue books. The books were the point of the whole gray scheme of things, for the hostess had covered them all in blue holland linen and had titled the backs on small yellow pasters.

Rose Color for Children. One of the new quaint tones in pink, which is almost rose colored, is a favorite for children's clothes. Coats and hats are made of it for street wear, and little slips for older girls are built of it in silk, cashmere, chiffon, messaline and other new fabrics. The coats of old rose are made of supple broadcloth, cut quite severely

## DAILY BATH FOR CLEANLINESS.

Weekly Ablution of Our Ancestors No Longer Suffices.

There is many a man or woman who would be horrified to be told that he or she falls short of cleanliness, yet such is the case even when one prides herself on personal daintiness.

You cannot be clean if you do not take at least one bath each day. If that seems like a harsh judgment try going for two days without a bath, then wipe off the skin with cold cream. The condition of that cloth is an unpleasant revelation.

The daily bath need not be in a tub, but it should be more than the British cold sponge that with many does duty for cleanliness. Cold water, no matter how invigorating, does not remove soil.

A bath to be cleansing should consist of plenty of hot water—soft, if possible—a pure soap and scrubbing brush, and plenty of friction in drying. Cold water may be used later as a spray or tonic, but the warm bath is essential.

It is doubly necessary, if one lives in cities, that care is paid to bathing. The grime of the big town is not only disfiguring, it is germ-laden, and every effort should be made to keep free of it.

In addition to the daily bath one should be particular to wash the face, ears and neck, and under the arms each time she dresses. The hands, as most of us know to our sorrow, need scrubbing a dozen times a day. It is folly, as is so often done, to point to our ancestors' weekly bath and superb strength. Times have changed and so have ideals of cleanliness, and the person who takes two baths a week these days is ashamed to have it found out.

## Dainty Lace Blouses.

Despite the vogue for one-piece frocks, the lace blouse is still high in favor with women of limited wardrobe. The simplest of these blouses are of heavy Tuscan or Brussels net laid in a succession of fine tucks running vertically if the wearer is stout, and horizontally if the wearer is slender. Sometimes from four to six tucks are sufficient for each of the fronts, while the sleeves, broadly tucked from shoulder to wrist, are finished with a net ruche harmonizing with the jabot which relieves the front panel. More elaborate net blouses are combinations of tucks with cluny, venise, imitation Irish or Italian lace. On these blouses broad bands of lace are let into the shoulders from collar to sleeve top, while rows of alternating large and small medallions form the border of fichu drapery overlapping pin-tucked narrow center panels.

With large pockets and long sleeves edged with fur.

There is also a turnover collar of this fur, which may be ermine, beaver, dyed squirrel or chinchilla.

With such a coat goes a broad-brimmed sailor or soft nose beaver, trimmed with a band of the fur around the crown, with a head of the animal in front.

To Protect the Fingers. Pretty nearly everybody is making or learning to make Irish crochet lace, so that any information on this interesting subject is usually received with joy.

The inexperienced finds that the sharp end of the crochet needle pricks their fingers and that they, for this reason, cannot keep up the work very long at a time. The best way to overcome this difficulty is to wear a tiny piece of courtplaster over the tip of the finger where the needle touches. It will not interfere with the guidance of the needle, as a thimble might do, but it will prevent the finger from becoming sore and will protect it from the possibility of callousness.

# GRADES OF SHEEP AS KNOWN ON THE MARKET

Information for the Farmer Who Would Market His Sheep Intelligently—By W. C. Coffey, First Asst. in Sheep Husbandry, Illinois.

The grower or feeder offering sheep for sale often forms a very imperfect estimate of their market value, and classifies his contact with the open market has not been sufficient to familiarize him with the factors embodied by the various terms in market reports. It may be that he is ignorant of the meaning of certain terms; he may have a mistaken or hazy notion of others, and both observation and experience show that anything short of a fairly accurate conception of what a certain market term stands for is a source of disappointment and annoyance.

Because his judgment as to the true market worth of his sheep is uncertain, the owner may suffer a financial loss in dealing with a local buyer by selling under the market value or by missing a sale by asking too much for them. If, at the time of sale, the owner could definitely determine the value of his sheep, he would experience less difficulty in coming to an early understanding with the local buyer, or in case he

ferent times in the year, but lambs weighing 80 pounds and prime in quality, condition and form will always grade as prime.

Yearlings.—Yearlings are used as a substitute for lambs in the meat trade. The grades are prime, choice, good. Prime yearlings are light in weight, immature, and very highly developed in quality and condition. Wethers.—Only a small percentage of the sheep sent to market are wethers. This percentage is small because both growers and consumers prefer lambs to older sheep. The grades are prime, choice, good, common. Prime wethers have the same requirements in quality and condition as prime yearlings. They may be either light, weighing from 95 to 110 pounds, or heavy, weighing 140 pounds or more.

Ewes.—Ewes do not sell on a par with wethers because they have proportionately a greater amount of offal and a smaller amount of lean meat. The grades are prime, choice, good, medium and common or culls. The re-



A Prima Native Wether in the Fleece.

quirements in condition, quality and weight are practically the same as for wethers.

Bucks and Stags.—Choice bucks are fat and resemble wethers in form and quality.

4. Feeder Sheep.—Feeder sheep are almost exclusively western sheep. The sub-classes are lambs, yearlings, wethers and ewes.

Lambs.—The grades are fancy selected, choice, good, medium, common. Choice feeder lambs show thrifty constitution, a high degree of quality and weight between 55 and 62 pounds.

Yearlings.—The grades are choice, good, common. The choice feeder yearling must be of good form, highly developed in quality and light in weight.

Wethers.—The grades are choice, good, medium, common. In general the requirements are the same as for yearlings.

Ewes.—The grades are choice, good, medium, and common. Choice feeder ewes are young and choice in quality.

5. Breeding Sheep.—The sub-classes are bucks and ewes.

Ewes.—Breeding ewes are selected

shipped them direct to the open market, the chances for disappointment and dissatisfaction would be greatly reduced. While it is the privilege of a few to visit the markets often and there learn the requirements and the demands for the different grades in the various classes, the great majority of sheep owners, and many feeders, must depend largely upon the market reports for such information, and the value of these reports to the man who proposes to buy or sell sheep is determined by the extent to which he can apply them to his particular purchase or sale.

Native sheep are those produced—ordinarily in small flocks—on the farms of the central, southern and eastern states. Western sheep are those produced—usually in large bands—on the ranges of the western states. As a rule western sheep have enough merino blood to make them markedly different in appearance from natives which are mostly from mutton-bred parents. But even were they identical in breeding, buyers and salesmen on the market could easily distin-

guish between them because of differences resulting from the way in which they are fed and managed. On markets where both native and western sheep are received, the daily reports nearly always distinguish between them. While this natives are often bought up in the country and successfully fed, those that reach the market in low condition do not sell as well because they are usually infested with internal parasites, thus making it difficult and in many instances impossible to fatten them.

1. The market classes of sheep are mutton, feeder and breeding sheep. The name of a class indicates the use to which sheep in that class are put.

2. Each class is divided into sub-classes and these again into grades. In general the names of the sub-classes suggest differences of either age or sex between the best and the less desirable animals in the various sub-classes. In the mutton class these differences are based on quality, form, constitution, condition and weight; and in the breeding class, on age, constitution, form, breeding, quality and condition.

3. Mutton Sheep.—The mutton class includes both native and western sheep. The sub-classes are lambs, yearlings, wethers, ewes, bucks and stags.

Lambs.—About 80 per cent. of the sheep sent to slaughter are lambs. The grades are prime, choice, good, medium and common or culls. Quality, condition, form and weight are the factors considered in determining the grade to which lambs belong. Both quality and condition are very important and lambs without high development in both are not placed in the higher grades. Form, especially the feature of paunchiness, is significant in grading lambs. Weight is a factor that varies somewhat with the dif-

ference between the best and the less desirable animals in the various sub-classes. In the mutton class these differences are based on quality, form, constitution, condition and weight; and in the breeding class, on age, constitution, form, breeding, quality and condition.

4. Feeder Sheep.—Feeder sheep are almost exclusively western sheep. The sub-classes are lambs, yearlings, wethers and ewes.

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Yearlings.—The grades are choice, good, common. The choice feeder yearling must be of good form, highly developed in quality and light in weight.

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Ewes.—Breeding ewes are selected

A Good Sign.—One of the surest signs of improved agriculture is a dry clean hog pen. The up-to-date farmer has discovered that a pig wallows in mire only when he can not help himself.

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