

DEMANJ FACTS

About What You Eat

When it comes to food, demand to know the facts about what goes into your stomach.

Not only that it is pure, but that you are not deceived in the description of its contents and condition. Some flaked breakfast foods that have thus far failed, are now being advertised in close imitation of the Grape-Nuts advertising, thinking in that way to finally make a success of the failure.

But false statements of the merits of human food will never on earth build up a business. These flaked foods are not pre-digested. They are not fully cooked and the starch in them is starch still and has not been turned to sugar as claimed.

Chemical analysis tells the truth and the analysis of the famous chemists of the world show Grape-Nuts the only prepared breakfast food in which the starch part of the wheat and barley has been transformed into sugar and therefore ready for immediate digestion. Why is this true? All the thin rolled flake foods are made by soaking the grains of wheat or oats in water, then rolling, drying and packing. These operations do not cook or pre-digest the starch.

Contrasted with this pretense, observe the care, method and skill in making Grape-Nuts.

The barley is soaked about one hundred hours, then it is slowly warmed for some days and sprouted, the diastase being developed and part of the starch turned to sugar, (and later on all of it), then the grains are baked and the sprouts stripped off. Then comes grinding, sifting and mixing with the creamy colored flour made from white and macaroni wheat. This mixture must be skillfully made in right proportions. This blended flour contains just the ingredients demanded by nature to rebuild the soft gray substance in the nerve centres and brain, but how to make the food easy to digest, that was the question.

It certainly would not do to mix in drugs, for there is a certain failure sure to come to the person depending on drugs to digest food. They may do for a temporary expedient, but pure food and digestible food is the only final resort and safe way. So to change the remaining starch part and prepare the other elements in this blended flour it is made up into massive loaves like bread, the inside being dark cream color and quite sticky to the touch. These loaves are sliced and again go through long cooking at certain temperatures. Then the rock-hard slices are each one carefully inspected and ground ready for packing and use, having gone through 10 or 12 hours in the different operations.

When finished, each little granule will show a sparkling substance on its surface. A magnifying glass will bring it out clearer and develop little pieces of pure dextrose sugar, not put on "or poured over" (as the head of a large Sanitarium once stated in his paper, thus exposing his appalling ignorance of food processes) but this sugar exudes from the interior of each as the starch is slowly turned to sugar in the process of manufacture. This kind of sugar is exactly like what is found in the human intestines, provided the starch of the grains, potatoes, bread, rice, cake, etc., etc., has been perfectly digested. But many are weak in that form of digestion and yet need the starches, so Grape-Nuts supplies them predigested and ready to go quickly into the blood.

Visitors are shown freely through the works and can follow the steps of making Grape-Nuts from the grain to the finished product. The proportions of different kinds of flour and the temperatures are not disclosed and it seems impossible for others to

steal these secrets of the makers. But purity, cleanliness and skill are shown in every corner of the immense pure food factories. People who care for results from choicely selected food, those who want the food to rebuild the soft gray substance in brain and nerves that give the go, the vigor, the life, will understand why the imitators who try to copy the announcements about Grape-Nuts have failed in the past.

There's a reason for Grape-Nuts and a profound one.

Egg Preservative

Some excellent German housewives say it is possible to keep eggs fresh for any length of time by simply immersing them in a 10 per cent solution of silicate of soda, commonly called "liquid glass." This produces the formation of a coating which renders the eggs perfectly air-tight. The eggs so treated retain their fresh taste for many months. The preserving solution is prepared by dissolving one pound of liquid glass in four quarts of cold water. The eggs are then immersed in this solution, which should be kept in a glazed earthenware vessel, and the eggs are kept in the solution for a short time. If one of these preserved eggs is boiled, the shell must first be perforated, in order to prevent cracking.—Woman's World.

Sensible Fashions

Surely, the "kingdom" must be coming to the little tots, for they are no longer to be hampered by their clothing or "dressed to death" whenever they are turned loose to play. It is no longer necessary for the mothers to "stitch themselves blind" in order that their children may be "dressed like other children," and it is no longer considered good taste to ruffle and tuck and elaborately trim the clothing to be worn by the little men and maids. Dame Fashion was never so sensible as now.

Some far-seeing manufacturer has put upon the market a kind of blue denims which is lined with rubber, which comes in light-weight, is impervious to water, and makes ideal play garments for the youngsters for wear at the seashore, river or lake resorts. Another excellent material is sateen with a rubber backing; the goods come in all colors and is little more expensive than the plain goods, is very light in weight, being much like silk. These fabrics are made into "wading garments," and wetting hurts neither the child nor the clothes. When the garment is slipped off and shaken, it dries at once. Suits made of these fabrics, if made large enough, may be slipped over the usual dress without the trouble of its removal, and in packing, takes up but little room.

The little overalls, "just like papa's" for the little man is supplemented this year by the wading suit, fashioned of the new cloth; the suit is made large, with a casing run at the bottom of each leg and at the waist-line, in which an elastic is run, keeping the garment snugly fitted to the little form, with straps or suspenders for additional security.

The knickerbocker suit does away with drawers and petticoats, a suit of thin, knit underwear being all that is necessary to wear with it, and is thoroughly comfortable for the child. It is a one-piece suit, and can be made of gingham, shambrey, seersucker, or any other suitable fabric; is practical and economical, and does away with wearisome and expensive laundering. The only difference between the "knickerbocker" and "romping" suit is that one is supposed to be for the boy, and the other, to be worn by the girl. Both are made "one-piece," full enough (especially for the girl's wear) so that the legs fall together to simulate a skirt; both button up the

back, and a pocket is added at the left side for convenience of the wearer. Any easy method of trimming, such as feather-stitching, pipings, braids, etc., may be adopted, or they may be entirely omitted.

Pajamas now take the place of night gowns for both boys and girls, and may be made of either outing flannel, light weight ginghams, shambreys, etc.; the garments are made in two pieces. "Barefoot" sandals are worn by both girls and boys, protecting the bottoms of the feet and being cool and comfortable. Sunbonnets and sun-hats are much worn, and remnants make up charmingly in these little head-necessities, which are worn by both the little boys and little girls. They may be made as plainly or as jauntily as desired. These comfortable little garments are some of the most sensible "fads" of the day. Long may their popularity be continued.

Contributed Receipts

Preparing French Salad Dressing.—Make the dressing in a large salad bowl in which the salad is to be served. Pour the vinegar in first, then add the oil, drop by drop, stirring vigorously; then the desired amount of salt and pepper. Place the green vegetable in this bowl, turning it over and over in the dressing until the salad is well mixed, and the green vegetable thoroughly coated, then serve immediately.—F. G.

Preserved Cherries.—Stone the cherries without unnecessarily bruising them; drain, weigh, and for each pound of cherries allow one pound of sugar; to the sugar add barely enough water to melt the sugar and bring to a boiling point. Into this put the cherries and set the kettle on the back of the range where it will keep hot, but not boil, for a good, full hour; then draw the kettle over the fire and cook slowly until the cherries are transparent. Skim out of the syrup, drain through a sieve, and set in the sunshine, either on plates or on the sieve. To protect them from insects, place over the dishes in which they are laid a frame covered with fine-meshed mosquito netting, or table screens. Or they may be set in a slow oven, leaving the door open, to dry. The syrup in which the cherries were cooked will serve for boiling several more pounds of the fruit.—M. P. R.

If it is not convenient to use fruit juices for jelly in their season, the juices may be canned the same as fruit is canned, and may be made into jelly at one's leisure, as it will "keep" indefinitely, if sealed airtight and kept cool. These juices, sweetened slightly, may be used instead of wines in making sauces for desserts.

Query Box

Ima.—Much of the oil sold as olive oil is said to be cotton-seed oil with a little olive oil to give it flavor. I cannot tell you.

S. M.—For the fly specks on your piano try rubbing with equal parts of vinegar and water, rubbing until dry.

M. S.—It is claimed that painting the wood work, where the ants have their run, with strong camphor once a fortnight, will banish the pests, red or black. Air-slacked lime, scattered in their runs is also effective.

Lottie M.—Cucumbers are sometimes used in chicken, capon and fish salads, giving satisfaction; lettuce, celery or radishes may be used if liked, where meat is used. You should experiment in small quantities.

Alice M. W.—Baking powder may be used in place of cream tartar and soda, in usual quantity. Or it may take the place of soda and sour milk; it has about the same effect, though it is claimed that baking powder calls for

less shortening than the other mixtures.

Young Co.—To marinate is to lay the meat or fish to be thus treated for a short time in a mixture of oil and salt, or vinegar and salt, with such seasonings as your recipe calls for. This gives to the meat or fish the flavor of the marinated mixture, and will sometimes make meat tender, as well as season it.

Reader.—The real name of the French novelist, George Sand, was Armantine Lucile Aurore Dudevant. She was born in Paris, July 5, 1804, and died June 8, 1876. It is claimed that she was, if not the greatest, at least the second greatest of all French novelists. Her works may be found in any public library.

T. W. O.—Paprika is the Hungarian red pepper. It is not so hot as the cayenne and is used for seasoning. It is put up and sold in tin boxes like mustard or spices. Parmesan cheese is an Italian cheese, which is grated and sold in bottles. Other grated cheese may be substituted, if the Parmesan cannot be had.

Mattie W.—This is recommended as a moth preventive, as well as for giving a pleasant perfume to garments. Cloves, caraway seeds, nutmeg, mace, cinnamon, tonquin beans, of each one ounce. Add to this as much Florentine orris root as will equal the other ingredients; put all together and grind to a powder; put in little bags and lay among the garments.

I. F.—Preserved, shredded pineapples, peaches cut in dice, and preserved cherries with the pits removed, make a toothsome combination for a fruit ice. Make a custard of one quart of cream, the yolk of six eggs and one and a half cupfuls of sugar; when cold, turn the custard into a freezer and turn the dasher until it is about half frozen; then add the fruit and pack. Let stand three hours.

Frances.—For pistachio ice cream, pound and blanch one-fourth pound each of pistachio nuts and almonds, and then pound them together in a little water until they are thoroughly crushed. Make a custard one quart of rich cream, three-fourths pound of sugar, yolk of eight eggs and a teaspoonful of vanilla. Remove from the fire, add the nuts, and when cold press the mixture through a sieve and freeze.

Ira B.—Black ebony furniture is made by soaking the wood, generally, maple or ash, in a solution of vinegar, iron rust, acids and other coloring substances, when it first comes from the manufacturer's hands. The real ebony wood is furnished by trees which grow in tropical Asia and America. The tree which furnishes the best ebony is from Ceylon, and is distinguished from the other trees by inferior width of trunk, and its jet black, charred-looking trunk, beneath which the wood is perfectly white until the heart is reached, where it is of a deep, black color and very dense and heavy. It is used for cabinet work and inlaying, and for the manufacture of piano keys, knife handles, and turned articles.

Housewife.—We shall appreciate your "best recipes." Send them along. M. F. R.—Cannot give names of firms in this column. You should have sent your own address for reply.

Mrs. M. G.—Grease, in the form of crude vaseline, will make the hair grow. Anything used to promote the growth of the hair should be rubbed into the scalp—not on the hair.

F. L. T.—The "aromatic" beverages, according to the French, are tea, coffee and cocoa, or chocolate. Numerous attempts have been made to imitate their individual fragrance and flavor by artificial products, but without success.