

The Norfolk Weekly News-Journal

The News, Established 1881.
The Journal, Established 1877.
THE HUSE PUBLISHING COMPANY.
W. N. Huse, N. A. Huse,
President, Secretary.
Every Friday, By mail per year, \$1.50.
Entered at the postoffice at Norfolk, Neb., as second class matter.
Telephones: Editorial Department No. 22, Business Office and Job Rooms No. H 22.

Many a lost cause has in it every feature of victory.

Walter Wellman is over in Cairo. Nobody has even alleged that Mr. Roosevelt cabled for him.

A popular melody for the beginning of the gardening season. "Lay down the shovel and the hoe."

The Pittsburg grafters are rapidly confessing. They are partly implicated anyway by living in Pittsburg.

The newspapers have more strike news than since 1902. It's a wasteful by-product of flush high price times.

With so many people planning his future for him Theodore Roosevelt is relieved of a great responsibility.

Paullist Jack Johnson filed a pulpit the other day. Was it religion or the press agent who inspired the spectacle?

Mr. Ballinger thinks the coal will last 7,000 years. All the more reason why Uncle Sam should get a good stiff price for it.

Statistics show that the American people are the greatest peanut eaters in the world. It also produces peanut politicians.

Theoretically they were going to make Joe Cannon into a kind of an office boy, but actually he seems to keep on signing the checks.

The New York grand jury, having indicted eighty-eight poultry dealers on the charge of fixing prices, cannot be called chicken headed.

The Chicago women demand their hat pins, claiming they are needed as weapons of defense. At least they might carry them sheathed.

The latest rise in meat is laid to shortage of sheep and lambs. The muck rakers have been proving that most of the sheep are goats.

Political arithmetic will have to be revised when Theodore Roosevelt gets out on the stump this fall. Never yet has he sukled in his tents.

After walking down a dusty city street on a good athletic March day, one feels a longing for a corner lot in the abandoned farm country.

The packers gradually conclude to show up and plead in the New Jersey courts. Subpoena dodging is playing tag with a man that has a long arm.

Mr. Carnegie recently discovered \$3,000,000 that he did not know he had. Some loving friend should present him with a small change purse.

It must be a snap to be a high priced correspondent coming down the Nile with T. R. If he won't talk, there is always the guide book handy.

Peanuts are sold by the pound now. If they would apply that to berries, it would save lugging home so much inch plank in the bottoms of the baskets.

The insurgents, failing to clinch their victory over Cannon depositing him, are standing in the middle of the rubicon getting lemons from both sides.

The meat strike is over and prices are higher than at the start. This problem can not be met by decreasing the demand. The supply must increase.

The pessimist is bitterly disappointed with the fine weather in March. Usually this reverse month gives him constant basis for his grouch at life.

Mrs. Taft has been in New York shopping. She shares the crowning joy of other women, except that she can't seem to persuade her husband to lug her bundles around.

If the government loses the Standard Oil suit, it means that our laws fail to preserve the principle of competition, which has brought the human race to its present level.

It is said that only the political bosses can end the Philadelphia strike. And when they do it, after allowing Philadelphia to walk a month or more, they will be featured as great benefactors.

The United States senators now manage to get along without tipping in their restaurant, but the plain ordinary consumer wilts and gives up under the haughty stare of the chop house waiter.

Thousands of Philadelphia strikers go back. The hungry mouths of wives and children count more than the ef-

fect of walking delegates to earn their money.

We are less cheerful about handing out the maximum tariff to Canada, since it appears that the only commerce she wants with us is the trade in lemons.

It takes quite a book for the department of agriculture to tell how to make chuck steak like porterhouse. Three words would have sufficed: "The hash knife."

The English house of lords, shorn of its power, will know how it feels to be an American voter, with the other fellows operating the puppet making machines.

It has taken countless newspaper columns to tell about Phlander Knox, Jr., going to work to support his wife. And yet they call this a democratic country, as if that was something not to be expected.

The new strawberries are pretty well wilted after their travels, but when you want to show off before your friends, they are quite as convincing of your business success as keeping an automobile.

Japan proposes to strengthen friendly relations with the United States by sending Baron Komura, minister of foreign affairs, for a friendly visit with President Taft and Secretary Knox. That's an idea worthy of imitation.

A great campaign against the fly is promised by the civic association. "The old home ain't what it used to be," will be truer than ever, without the usual insect swimming schools in the milk pails.

Chancellor Day condemns the president for dictating what congress shall do. Mr. Taft will feel greatly cheered at this evidence that congressmen occasionally condescend to read one of his messages.

A newly found tablet confirms the story of Noah and his ark. It can't be authentic, unless it tells about the fellow who on being refused entrance, told Noah to "G'wan" as there wouldn't be much of a shower.

As a former democrat was running as a republican, and a former republican as a democrat, a Baedeker's guide book is needed to explain the true inwardness of that democratic congressional victory in Massachusetts.

J. J. Hill says this is a wasteful country. True enough. Many people shout conservation of resources away off in Alaska and then go and spend their reserve old age in automobiles and lavish homes.

The Harvard freshmen have to put \$300 in advance for smashed furniture before they can get dinner at the Boston hotels. In the Rev. John Harvard's days, that would have been about enough to found a college.

The Louisville and Nashville is fined \$10,000 for rebating. Wall street used to shiver when a rebate law was talked of, but now Wall street profits because the law keeps the roads from getting soaked by the corporations.

Signs are multiplying that the war between France and Germany is truly at an end. The genial French president has made a personal call on the kaiser's ambassador and white winged peace hovers over these neighboring peoples.

There are 110 students in the Missouri university school of journalism. The editorial "we" will be "in our midst" more numerously than ever if this rage for newspaper work keeps on. But will there be more newspaper men?

No other force so much needs conserving in this country as the life force of its people. The senseless hurry which hastens nothing, the annoyance and irritation over trifles, sap the strength of nerve and brain far more than the legitimate tasks of the day.

No disease ever wore a more terrifying aspect than consumption, a generation ago, but it is no longer incurable. It can be not only cured, but wiped out. Care, cleanliness and fresh air will do it, and the home which uses this combination constantly need never fear it.

That Japan war scare which the jingoes spring before breakfast every morning is beginning to look as frazzled as the European war cloud, which the newspapers have kept in cold storage for ten or fifteen years past ready to thrust upon an unsuspecting public whenever news is scarce.

The old guard of the New York republican machine who insist on ignoring the great leaders like Taft, Hughes and Root should bear in mind that the party—in that state as well as in the nation—that holds the confidence and esteem of the people must keep its face toward the sunrise.

The London fashionable set is returning to the use of horses and carriages for park rides because the automobile veils and the high bodies of

the vehicles hide their gorgeous apparel. Why don't automobile manufacturers put out a low neck vehicle?

With Senator Root speaking for the income tax and Governor Hughes against it, the people are likely to know all the pros and cons of this important question.

It might prove an interesting lesson to the Canadians who are about to start a navy, to inspect the \$50,000,000 worth of warships this government is about to dump in the junk pile. Nothing on earth is more worthless than an out-of-date battleship.

The coming census of this country with its 89,000,000 of people will require the services of 75,000 men and cost Uncle Sam from \$12,000,000 to \$15,000,000. Thirty days time is allowed in which to complete the enumeration, but it must be finished in two weeks in cities of 5,000 and over according to the last census figures.

A large proportion of the members of the new British house of commons are college bred. In most cases they are from the leisure class, so it is not wondered at. Here in America the record is not so good. There are fifty-nine college bred senators and about three-fifths of the members of the house of representatives went to college.

The custom of gentlemen removing their hats in an elevator in which are women is no longer considered essential to courtesy. Indeed in some instances the elevator management condemns the practice because hats held in the hand occupy more room than when left on the head. Southern chivalry is once more requested to step aside for pure utilitarianism.

Chicago is boldly declaring her expectation of becoming the metropolis of the country. Boomers of the windy city say the inhabitants will number 4,000,000 in ten years and by 1925 will have surpassed New York. Chicago will unquestionably grow rapidly during the years mentioned, but unfortunately for her great anticipations New York and the other great cities are not expecting to stand still.

Recent computations and surveys made by scientist experts indicate that the earth is both larger and richer than has been previously supposed. Recent discoveries of hidden wealth have increased the value of the land in which it is contained by \$5,000,000,000. If it could grow to be a better world with equal swiftness, it would be a fine place in which to live.

While the old world people are out-doing themselves to honor ex-President Roosevelt, the South American republics are granting Mr. Bryan all the ovations belonging to the office which he so strenuously sought but failed to win. In fact Mr. Bryan's constant candidacy has brought him more distinction than has been granted many occupants of the white house.

The question now arises, "Who shall own the air?" The German emperor has voiced the opinion that the atmosphere above his country must not be utilized as a means for enabling flying machines of other countries to come floating above his cities and fortresses to study their strength and means of defense. This question and others arising from the increased navigation of the air will have to be settled on their merits since their is no precedent for their settlement.

The numerous claims of American citizens arising out of the war with Spain have nearly all been settled. More than 500 cases were heard and the total amount demanded by the claimants exceeded sixty-one million, but when the cases were sifted down the awards finally granted were only about one and one-third million. This sum will be paid from Uncle Sam's treasury although in nearly every case the grievance of these American residents in Cuba was really against the Spanish government.

In Toledo the policemen do not carry clubs. The officers are instructed to take intoxicated men home instead of to the police station, when it is possible. They work on the theory that a policeman should control a prisoner by the use of his hands and wits rather than with weapons. It is often found that persuasion will prevail where other means are worse than useless. Humanity is becoming more popular than it used to be.

President Taft has a body of shrewd and powerful enemies who are responsible for the criticism which has assailed his administration up to date. They have worked hard to defeat the policies which he is committed to and have succeeded in weakening the president where he most needs strength—with the people. He has more reason to fear these strong men who wield such a powerful influence than he has either the insurgents or the democrats.

INDEPENDENT COUNTRYMAN.

One of the most independent factors in the retail trade situation consists of the families of farmers and other residents living outside our

large towns. The merchants like this trade, because country people want honest goods, and honest goods pay an honest profit.

But echoes of commercial competition reach the farm home from a circle of large towns. The farther out you go, the greater the number of business centers between which the farm family makes its choice.

This is anybody's game and the best advertiser wins. Here a merchant competes not only with home rivals, he must get out advertising that is more attractive, more winning, more rational, than the best men in the business in the competing towns.

Moreover the cross roads general store is not to be overlooked. It does not carry much of an assortment of goods, but there are pulls of personal friendship that can be overcome only by the cold facts proving the superiority of the bargains in the larger establishments.

IT WOULD BE WORTH WHILE.

The growth of the country necessarily calls for a widening vision of what the government can and should do to promote the welfare of the people. It is becoming more and more apparent that the conservation of health is the most important task in this direction to be considered and aided. Over three million people in this country are, it is said, constantly on the sick list. This means a financial loss to the nation of a thousand million dollars annually—and with it human suffering and sorrow far beyond any mathematical calculation. A very large proportion of this sickness and loss might be averted by well directed public effort. This all lends favor to the proposition now before congress for the creation of a department of health whose chief would be a member of the cabinet. It does not contemplate a large number of new officers but rather the re-organization of existing bureaus so that under one head they will be made more efficient by harmonious cooperation. President Taft earnestly favors it. It would save many lives, exalt the value of strong bodies if we as a people are to do the great work given to us to do and bless mankind. It would be worth while.

THE AGE OF HEROISM.

There is a vague idea in the minds of many people that like a good many other good things heroism has been snugly packed away somewhere in the dim and dusty ages of the past. They associate it with chivalry when "knights were bold and ladies fair." But in reality this is arrant nonsense. There never was a time in the world's history when heroism was more genuine and more widespread. Like intelligence and loyalty and good will we have so universalized it under persuasive democracy that it seems common place to us. The common humanity that surrounds us is alive with most glorious examples of heroism. The breadwinner who toils all day in grime and heat for the wife and babes at home as he trudges off to his work, dinner pail in hand, may not look the part of the hero, but better yet he acts it. The wife he leaves behind in common garb, as she gives untiring devotion to home and little ones through the livelong day in the homely prosaic duties may not look the part of the heroine, but she lives it. Yes, this is the age of the hero, the age when devotion is real and the badge of courage is stamped upon the heart.

THE MUNICIPAL CAMPAIGN.

Next Tuesday will be election day in Norfolk. Four members of the city council are to be elected and two members of the board of education. And the city is to vote on the proposition of increasing the membership of the board of education to nine. There are only two councilmanic contests, as the democrats in the Third ward have endorsed the republican candidate there, P. J. Fuesler, and the republicans in the Fourth ward have named no candidate against John Koerber.

In the First ward the republicans have nominated an especially strong candidate in the person of F. E. Davenport. Successful in his own business, it must appeal to people of the First ward at once that he would be a valuable acquisition to the city council, in handling the city's business affairs.

The Second ward republicans have likewise nominated a candidate of particular strength this year. Jack Koeningstein, an attorney of ability, would be a powerful factor on the city council for clean-cut, progressive methods, and voters in the Second ward can hardly fail to appreciate that fact.

Dr. Meredith and J. H. Lough are the republican nominees for the board of education and their selection would place two conscientious members on the board, who would render good service to the community. The theory of increasing the membership of the board of education for Norfolk, now that it has passed into the class of cities having more than 5,000 population, probably is that, with a larger city, there should be more representation on the board of education, in order to more nearly represent every part of the school district. As the members of the board of education serve without pay, the question of cost does not enter into the matter.

AROUND TOWN.

Dust off your umbrellas.

Is it going out like a lion?

Got your Easter eggs bought and paid for?

After all, where is there a better climate than this?

Be thankful we didn't get that Rocky mountain blizzard.

The girls of the golden west: Northern Nebraska school teachers.

Wouldn't you like to take a day off for a dip in the old swimming hole?

Here's an advance tip, Norfolk: They do say the teachers are getting better looking every year.

Now that the teachers are coming to town, we certainly will have rain and plenty of it. It was never known to fail.

You may have to wade in the mud this time, teachers dear, but next spring when you come, we'll have paved streets.

The north Nebraska teachers who come to Norfolk have to be pretty careful of the stockings they buy, for they always strike either heavy winds or muddy streets in Norfolk.

At a Norfolk Sunday school on Easter Sunday the teacher was asking his pupils the usefulness of an egg. A youngster whose father is a great fancy chicken enthusiast explained to the teacher that the egg can be put to the greatest use by "putting it in an incubator."

ATCHISON GLOBE SIGHTS.

Anyone in a hurry is always entitled to pity.

Is there another example of perfect waste equal to the bark of a dog?

Don't think that every fool idea you get into your head is an inspiration.

What has become of the old-fashioned man who wore home-made hair cuts?

When Americans begin talking about school houses and war, they go crazy.

You needn't bring any more reports to the Globe office about bad wheat; we're convinced.

A woman occasionally lets her husband have his own way because she realizes there are advantages in being a martyr.

Bill Bowen was so ornery as a boy that his old neighbors say his mother should whip him again, now that he is a man grown.

In this country all you have to do to become famous is to get some fool, but uncommon idea into your head, and tell the public about it.

R. C. Meade has been away from Atchison fifteen or twenty years. We heard a lot of men picking his bones today. It seems to us this is carrying resentment too far.

Farmers are becoming so independent that some of them are now complaining because it is troublesome to raise corn. Bill Hutson made the complaint yesterday.

A woman claims she is being abused by her husband. "Why don't you leave him?" she is asked. "Because I love him," she replies. That's a lie. No woman ever loved a man who abused her.

People are becoming crazier than ever before for notoriety; all the men are trying to get their pictures in the Saturday Evening Post, and all the women are ambitious to get their recipes in the Ladies' Home Journal.

You are all familiar with the habit an old pipe has of becoming foul. Therefore you may be interested in knowing that the Lancaster Literary society will tonight discuss this question: "Resolved, That a man should buy a new pipe every seven years."

There is a girl in Atchison who wears all the puffs, rats, turbans, marreels, switches, braids and transformations formerly popular in doing up the hair; and, in addition, she wears all the new things used in doing up the hair. And she looks mighty funny.

Home Course In Domestic Science

II.—Selection of Food.

By EDITH G. CHARLTON, In Charge of Domestic Economy Iowa State College.

Copyright, 1910, by American Press Association.

THE wise selection of food, to suit the individual needs of each member of the family, requires the consideration of at least these three questions:

1. Is the food nutritious?
 2. Is the food comparatively easy to digest?
 3. Is the food reasonable in cost?
- The subject is so important that it should engage the heart and head as well as the hand of the woman who presides over a family. It is sufficiently important, too, to demand some thought from every individual who values his good health and general well being. It has been frequently stated by physicians and philanthropists that three-fourths of the sickness in the world, one-half of the drunkenness and a large percentage of the crime have had their beginning and their cause in poor food and bad cooking. This being the case, can there be any topic of greater value for our lesson this week than the very old question, "What shall we eat?"

First I should like to impress upon my readers that "we eat to live" rather than "live to eat," that, while there should be genuine pleasure in the simple act of eating, this pleasure ought to be experienced when the food is of simple variety. The pleasure is a certainty when the food has been carefully and appetizingly prepared and when hunger is a companion at the meal. The appetite which relishes only expensive foods and foods out of season is abnormal and is certain to bring disaster to its possessor. This disaster may be an attack of rheumatism or some form of dyspepsia, or it may be a depleted bank account.

What Food Is.

In order to fulfill its office food must either build and repair tissue or it must give heat and energy to the body, and it should do these things at as little unnecessary expense of physical energy as possible. According to its function all kinds of food are divided into five classes. These are the tissue building foods, the fat foods, starches and sugars, mineral matter and water. Each one of these classes has its particular duty to perform for the body and therefore has its especial place on the daily bill of fare. Any food material, no matter how simple and well known or how rare, contains two or more of these five classes. A few of the standard materials contain all five classes.

For instance, what do we find in a loaf of bread? A great deal of starch and some gluten from the flour, a little fat from the flour and more if it has been added in the making, some mineral matter and about 35 per cent of water. Meat also has fat, mineral matter and a substance found in the lean part which is called protoid and which is the tissue building property of the meat. The elements which compose these different classes of food correspond with the elements in the body; hence their necessity. It is chiefly from the food which we eat that we obtain those elements which are necessary for the support of life and the functions of the body.

The Duty of the Five Classes.

Now that we have seen what an important place in life our daily food occupies let us endeavor to learn to which class or classes certain commonly used foods belong. The tissue building foods, or the protoid foods, are not numerous, but so important are they that life cannot be sustained for any length of time without them. This class of food has been given the name protoid, a word meaning "first" or "pre-eminent," because it alone of the five classes is able to build tissue and to repair the daily waste of the cells of the body. The protoids alone contain nitrogen, and nitrogen is one of the elements necessary to life. The following table classifies some of our common foods according to their principal constituents, also gives their source and use in the body:

SOURCE AND USE OF THE CHIEF FOOD CONSTITUENTS.	
PROTEIDS	Meat, Fish, Eggs, Milk, Cheese, Peas, Beans, Gluten in Flour, Butter, Fat of Meats, Oil in Nuts, Olive Oil
FATS	Best Malt Sugar of Bone, Sugar in Fruit, Cereals, Flour, Peas, Beans, Corn, Potatoes
CARBOHYDRATES	Sugars, Maple, Sugar of Milk, Sugar in Fruit, Cereals, Flour, Peas, Beans, Corn, Potatoes
MINERAL SALTS	Fruit Acids, Aid in Formation of Bone, Vegetables, Useful in the Blood
WATER	In All Vegetables, Carries Food to the Blood, In All Animals, Carries Off Waste Foods, Solvent For Food

The sugars and starches have been grouped under one name, carbohydrates, because both these foods contain a considerable amount of carbon, also two gases, hydrogen and oxygen, which are always present in the right proportion to form water. The special function of this class of food is to give energy. Before energy is evolved there must be heat, but as heat produces the carbohydrates are not as valuable as fats. The latter are more than three-fourths carbon. This fact at

once proves that fat in some form is the food to be eaten when heat is required. It is the food which appeals to the appetite more strongly in winter than in summer and is liked better in cold climates than in warm. If it were impossible to have both fat and sugar in the diet no great harm would result to the body for some time, because both contain the same elements and both perform the same function—namely, give heat and energy. Not so with the protoids, however, because, being the only class which contains nitrogen, no other can substitute for them.

Danger in Overeating.

After learning of the importance of protoid foods the first conclusion may be that they should form the greater part of the diet and should largely compose the daily bill of fare. This is a common mistake and one to be carefully avoided. The intake of food should not be greater than the needs of the body and to preserve its normal equilibrium. Too much food of any kind necessitates too much work on the organs of digestion and elimination and produces certain irregularities of the body functions. Too much protoid—that is, too liberal an allowance of meat, fish, eggs, cheese, etc., in the meals will clog the system with urea, throw too much work on the kidneys in their effort to carry off this final product in the digestion of protoid. Too much protoid in the diet induces rheumatism and similar disorders. When too much fat, or carbohydrate, is eaten it is stored up in the body as fat, and the individual finds himself putting on adipose tissue to perhaps an uncomfortable degree. There is more danger in this country from overeating than there is from lack of food, just as the engine is likely to wear out more quickly because of too hard firing than from lack of fuel.

The amount of food required to properly develop the body and keep it in normal condition depends on different conditions, such as the occupation of the individual, the age of the individual, sex, climate and personal idiosyncrasies.

The man or woman engaged in hard physical work requires more of the foods which repair tissues than does the person living a sedentary life. The amount of fresh air in which the individual lives will also determine largely the rapidity with which food will be oxidized in the body. For instance, the farmer, working in the fields, will require more nourishing foods than the man who sits in his office all day. The farmer's lungs are constantly filled with fresh air; his blood is filled with oxygen. He is performing work which requires much physical energy; hence his food is rapidly burned in his body in order to yield the necessary energy, and he is hungry. He has a good appetite for hearty food, and he digests it with ease. The man of sedentary habits finds his stomach rebelling and himself in general discomfort if he attempts to follow the example of the farmer for any length of time.

How Much to Eat.

Occasionally we hear the question, "How much should we eat?" Yet, as a rule, the average person does not trouble himself very much on that score and eats what a pampered appetite demands rather than the amount he actually needs. Dietary specialists have found from many experiments that an average man doing average work requires each day about four and a half ounces of protoid, two ounces of fat and sixteen ounces of carbohydrate. An average woman doing the work of an average housekeeper requires a little less, probably about three ounces of protoid, one and a half ounces of fat and twelve ounces of carbohydrate. The boy fourteen to sixteen years of age requires four-fifths as much food as his father, and the boy or girl of twelve years should have half as much food as an adult. Recently certain specialists have been able to reduce the amount of protoid still lower than the above standards, which are less than those given ten or twelve years ago. But as long as the present habit of "bolting" food with insufficient mastication is common in the country it is not safe to reduce the amount of protoid to the lowest possible figure. The amount of food constituents which I have suggested can be easily obtained from standard food materials; less of these will be required if the foods are properly cooked and to repair the daily waste of the cells of the body. No matter how nutritious and easy of digestion foods may be in their uncooked state, they may be almost, if not entirely, ruined as far as digestion and assimilation are concerned in the process of cooking.

A single portion of beefsteak, two eggs and an ounce of cheese, with milk and a little oatmeal, will furnish all the tissue building material the average man will require for one day. A half loaf of bread and a half pound of potatoes, with ordinary helping of rice and a tablespoonful of sugar will furnish the required amount of carbohydrate, and the required fat is easily obtained from the butter used on the bread, the oils in the cheese and the fat in meat. There is much more chance of too much fat being eaten with the ordinary meal than too little.

We are likely to underrate the value of water in the diet and use it too sparingly. Water is a food and a very necessary one. Its duties for the body are numerous and important. It helps to carry food to the blood, assists in carrying off the waste matters, equalizes the temperature of the body and acts as a solvent for food. Its benefits to the system are many.

One Way.

Gentleman (hiring a valet)—Then I understand you have some knowledge of barbering. You've cut hair off and on? Applicant—Off, sir, but never on.

Hardly.

Hewitt—You should make hay while the sun shines. Jewett—I can't if I stick to my business of making umbrellas.—New York Press.