Window Shopping.

"Why do you stare so at that fur coat?"

"That's the one my husband is going to give me."

"Eh?'

"When fur coats are cheaper."

SCIENCE SEEKS FOR VITAMINES

Elusive Substance Gives Zest and Real Value to the Food We Eat.

FLEES THE TABLE D'HOTES

Scientists Concentrate on Separating It From Viands, but Without Success—Differ as to What a Vitamine Really Is.

New York.—Food values are of especial interest these days of high prices.

One dines at, say, a restaurant in New York city's "Latin Quarter," famed for its atmosphere but uncertain as to cooking. The food is mentioned casually on the menu in several languages—but the chicken is tasteless, the potatoes boring and the salad disappointing. However, one is hungry and eats largely. An hour later, the pangs of hunger again make themselves felt. One finally resorts to the home icebox and partakes of some humble bread and butter and milk, and that indefinable lack is satisfied.

The reason for this state of affairs is not far to seek. Vitamines! At such places the food is deficient in these intangible and microscopic substances, which scientists have proved are essential to nutrition and which are to be found in a large number of properly prepared foods but are destroyed by excessive heat, drying or other methods of preservation often employed for economy or convenience. The mystery of the vitamine is, therefore, of vital interest, as its name implies, to the world at large.

What Is a Vitamine?

Just what is a vitamine? This question is still perplexing chemists, according to a recent article by D. Atherton Seidell of the public health service, in the current number of the Journal of Industrial and Engineering Chemistry. These elusive substances have been found necessary not only as dietary factors but even for the prolongation of life. Their exact nature, however, still remains a mystery, though much has been discovered concerning their effect on the human system and the general benefits conferred by them. For instance, experiments have proved that animals can live indefinitely on a diet of milk alone. But supply all the constituents of milk separately—proteins, carbohydrates, fats and salts, in fact, all the known food elements—and the animal wastes away and finally dies.

Several theories are held in regard to this problem. Some scientists incline to classify vitamines as structural compounds of living tissues, which function along the same lines as the other tissues. Others relegate them to the "catalysts," those strange substances which have been aptly defined as "chemical parsons," as they accomplish the chemical union of various substances without being themselves affected. Many think that they are derived originally from plants, and one well-known scientist states that they are always present in natural foodstuffs instinctively consumed by men and animals.

At the present time, three types of vitamine are known to exist: The water-soluble variety, found in milk, yeast, and other substances; the fat-soluble ones, which are present in butter and egg yolks; and a third class, designated as "antiscorbutic," which is found in a number of fresh vegetables and fruits and also in the outside husk of rice. Lack of these necessary food constituents results in various ills—scurvy, beri-beri, and other diseases.

In fact, the importance of the antiscorbutic factor was discovered purely accidentally, as a result of an epidemic of beri-beri among the rice-eating Eastern nations after modern milling methods obtained in these countries and the surface layer of the rice was removed. When an extract of this husk was eventually supplied, the disease was prevented.

Lack of both the other types of vitamine result in a gradual wasting away. This, in the case of the fat-soluble vitamine, is accompanied by blindness and often by lung trouble, but the wasting process is more gradual, as the system subsists for a while on its reserve store of fat.

Major Stimson and Her Aides

Maj. Julia C. Stimson, superintendent of the army nurse corps and dean of the army school of nursing, with her aides at the army nurse corps headquarters in the munitions building, Washington.

MUST PAY HIGH FOR PASSPORTS

European Countries Tax Americans Equivalent of $10, the Rate Here.

LESS FOR OTHER TOURISTS

President Mitchell of the Red Star Line Suggests Action by the United States Chamber of Commerce—Peasants Go Back to Land.

New York.—According to Percy V. G. Mitchell, president of the Red Star line and general manager of the International Mercantile Marine company in Belgium, the charge of $10 for an American vise on passports is not only a tax upon immigrants who have to pay the high rate of exchange, but also upon American business men abroad.

"Since the charge for a vise has been raised from $2 to $10," said Mr. Mitchell, "the countries in Europe have retaliated by making Americans pay the same amount. They have arranged to base their charges for a vise on a sliding scale. For example, I have to pay 175 francs for my vise at the Belgian consulate because I am an American, while an Englishman has only to pay 10 francs, which is a big difference when a man is accompanied by members of his family.

All Are Doing It.

"Since the war Europe has been split up into a number of small countries, and each of them is charging Americans the equivalent of $10 in United States currency. A business man has to pass from one country to another to get anywhere, and in each case he has to pay heavily because the State department in Washington, without any reason that I have been able to learn, has raised the fee to $10.

"The citizen of the United States has to pay $10 for his passport in the first place, and then to pay another $10 to return from abroad, and the same amount for the countries he visits on the continent. Why the United States Chamber of Commerce has not taken up this question, which is so important to American business men traveling through Europe, I am at a loss to understand.

Tourist Travel Hit.

"In addition it will also interfere with tourist travel in the summer, which had already decreased considerably through the increase in passenger fares made necessary by the high cost of operation of the steamships, increased wages, food, fuel, etc."

Mr. Mitchell said the Belgian government was putting the peasants back on the land in Flanders, and in place of the small cottages with earthen floors which were demolished by the German guns they were erecting neat, small houses with tiled floors and modern sanitary conveniences. From what he had heard recently in Brussels before sailing for New York, the government would not rebuild Nieuport, the former fashionable seashore resort, as it had been blasted to pieces by shells and bombs, the avenues approaching it being ruined.

Dixmude, where the severe fighting took place at the bridgehead on the Yser, was to a great extent demolished also, but the people had started to return there in the summer of 1919 and build on the ruins of their former homes. The Belgian peasant loves his country and does not want to go abroad to live, Mr. Mitchell added.

INNOCENT, SERVES 15 YEARS

Swiss Convicted of Killing Girl to Be Freed—Real Culprit Makes Confession.

Geneva.—After serving more than fifteen years of a life sentence for a murder of which he has always claimed to be innocent, a young man named Hirschbrunner is to be released, the real culprit having confessed.

On the day following a masked ball at Soleure in May, 1906, the body of a young Swiss girl was found in the waiting room of the railroad station, where she had been strangled to death. She had been seen the previous evening in the company of a young man dressed as a peasant woman. The description of her companion tallied with a costume worn by Hirschbrunner, and he was tried and sentenced to life imprisonment entirely on circumstantial evidence.

Breaks Wooden Arm as He Punches Man's Nose

Martinsburg, W. Va.—W. B. Welty, an alleged doorkeeper of a suspected gambling joint, broke his wooden arm over the head of Philip Hack, a Tarentum (Pa.) business man, who is reported to have tried to enter by force the room which Welty guards. The blow seriously damaged Hack's nose. Mayor Seibert fined Welty $12.60 on a charge of assault and battery.

Annual Rabbit Drive in Eastern Washington

Women and men by the hundreds went out on the annual rabbit drive, or war, of Grant county, eastern Washington, in which more than 5,000 rabbits were killed. Many women, some of whom are shown in the photograph, handled their shotguns or rifles as expertly as the men.

FURTHER USES FOR RADIUM

Its Employment in Pottery Is Said to Be Productive of Results of Great Benefit.

Water containing radioactive compounds is used as a curative agent for certain illnesses. Mere contact with such compounds for a sufficient length of time will make water slightly radioactive.

Pottery is now manufactured which has in it a small percentage of radioactive material. This is mixed with the clay and baked in the kiln. Water left in pottery of this nature for a short time will become radioactive by "induction," and a health-giving drink is made.

Such water may also be employed in the watering of plants with good results, since the presence of a radioactive compound near the roots of a plant is very helpful to its growth.—Popular Science Monthly.

Soft Music.

One of the piano instructors at the Music School Settlement recently was consulted by a young man who desired a list of "good piano duets."

"Exactly what kind of music do you want?" inquired the instructor. "How difficult? Classical? Operatic?"

"I want some duets," explained the young man, "to play with a young lady I want to marry. I leave it to you."—New York Evening Post.

SEES HIMSELF IN SPOTLIGHT

Bachelor Is Naturally Wondering if That Is How the Ladies Really Regard Him.

A Terre Haute bachelor stopped at a friend's house the other night to get him to accompany him to a community meeting. The friend was a "much married" man and his spouse did not wish him to go to the lecture. So she told her husband so.

They were in the next room and her husband was afraid the bachelor might hear her and he did not desire for the other man to think that he was so henpecked. So he raised a warning hand at his wife. But she continued in a voice louder than ever. "I don't care if he does hear. If there's anything that makes me tired it is some old bachelor going around cluttering up the earth."

The bachelor was startled. What he wants to know now is whether or not all women regard him in the same light.—Indianapolis News.

Promoting Human Happiness.

"Did you wish all your constituents a happy New Year?"

"Yes," replied Senator Sorghum; "and I felt it was a pretty serious occasion. When a man in my position makes a wish of that kind it is considered a promise and a lot of fellows expect you to get together your influence and make good."