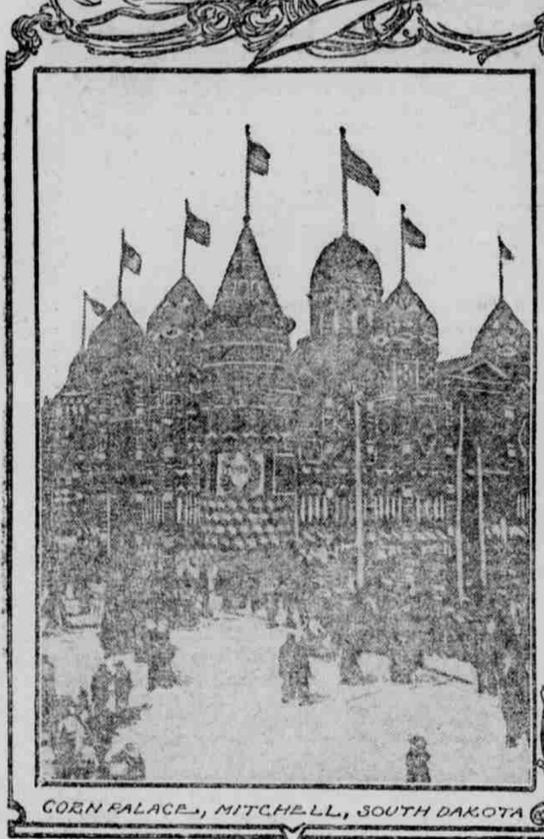


# INDIAN CORN the GREAT NATIVE FOOD SUPPLY of AMERICA

Try This In November.



CORN PALACE, MITCHELL, SOUTH DAKOTA



A GIANT CORN STALK STANDING 15 FEET ABOVE THE GROUND

and is the favorite crop of the people. In the valleys rice takes its place, but even then there is usually a little plot of maize about the native's home. The Portuguese reached Java in 1496 and China in 1516, bringing maize with them, and as no trustworthy evidence has ever been brought forward to the effect that this grain was known in the far east prior to these dates, it is safe to say that its march from America along this path is well established. Its geographical distribution, therefore, is to-day world-wide. In America, Europe, Africa, Asia and Australasia maize is a common and highly prized crop. A hardy

in which maize is eaten to-day in America are all inherited directly from the aboriginal planters and housewives from Cape Cod to Chile. The corn of the present commercial market, however, is a more highly developed grain than that which the Europeans found when they first landed. Science has improved the species in this as in other products of the fields. The appropriate conditions of soil and climate have been studied, with resulting increased knowledge on the subject. Corn demands rich land. Clay must be avoided; swampy, undrained areas are unsuitable, while too much shade, as is often caused by close proximity to timber, is sure to be harmful. Land can be drained, however, timber can be cut, or the shady places can be utilized for other purposes. Soil can be improved by fertilizers, or in many cases fertilization may be accomplished, while at the same time secondary crops may be raised by wide planting of corn and interplanting between the rows. Thus cotton can be grown along with corn when the climate is favorable and good results are often attained by growing peanuts as

Thousands upon thousands of families who have not been regular eaters of Quaker Oats will begin on the first of November and eat Quaker Oats once or twice every day for thirty days of this month; the result in good health and more strength and vigor will mean that every other month in the year will find them doing the same thing. Try it! Serve Quaker Oats plentifully and frequently for the thirty days of November and leave off a corresponding amount of meat and greasy foods. You'll get more health, more vigor and strength than you ever get in thirty days of any other kind of eating. While you are trying this see that the children get a full share. Quaker Oats is packed in regular size packages and large size family packages. 7

**Object of Increased Solitude.**  
"There never was a time when the farmer was so highly considered as he is to-day," said the gentle jollier. "That's right," answered Mr. Corn-tassel; "they're making a heap o' fuss over us agricultural folks. You seen, crops has been kind o' good lately. In addition to votes we've got a little spare change that's worth lookin' after."—Washington Star.

**Ladies Can Wear Shoes**  
One size smaller after using Allen's Foot-Ease, the antiseptic powder. It makes tight or new shoes easy. Cures swollen, hot, sweating, aching feet, ingrowing nails. Always use it to Break in new Shoes. At all Drugists, 25c. Don't accept any substitute. Trial package FREE by mail. Address Allen S. Olmsted, LeRoy, N.Y.

**Much Time on the Road.**  
She—I reached my thirtieth birthday yesterday. He—it must have taken you at least 40 years to get there.—Fliegende Blätter.

Stop guessing! Try the best and most certain remedy for all painful ailments—Hamlin's Wizard Oil. The way it relieves all soreness from sprains, cuts, wounds, burns, scalds, etc., is wonderful.

The rule of three is fully recognized by the man who lives with his mother-in-law, his wife and his baby.

**SPRAINS AND BRUISES**  
disappear like magic under the healing touch of Perry's Pain-Expeller. During this icy weather no household should be without it. 15c. 50c. 1.00 sizes.

Don't think that because a man is willing to lend you a helping hand he'll stand for a touch.

Constipation causes many serious diseases. It is thoroughly cured by Doctor Pierce's Pleasant Pellets. One a laxative, three for cathartic.

When duty calls on a man he is apt to be out.

**W**ITHOUT Indian corn the native peoples of America probably could not have developed beyond the stage of savagery, and without Indian corn the explorers from Europe would certainly have been unable, in the conditions under which they were forced to land upon the western shores, to effect a permanent settlement on the American continent.

Maize was the only health-sustaining food which the Indians could supply to those who attempted to make a home in New England; it sustained the adventurers who traversed the valleys of the James, of the St. Johns and of the Mississippi; it provided the Spaniards in Mexico with nourishment during the reckless march from Vera Cruz to the plateau of Mexico, and this same maize was found by Pizarro's small army of conquerors when the subjugated the innumerable hosts of the Incas of Peru.

Yet up to the time of the landing of Columbus in America maize was absolutely unknown to the inhabitants of the old world. The few kernels of the new food brought to Queen Isabella by Columbus were classed generally as grains or cereals. The Norsemen, who landed near Cape Cod in 1092 A. D., found a grain previously unknown to them and this they called "corn," attempting to identify it with wheat and other grains to which they were already accustomed. The English Puritans also were astonished on landing to find a new corn; but as they had at home grouped all grains under the name they therefore applied to it the same term, definitely distinguishing it from the others by the specific phrase of Indian corn.

Indian corn is really maize; in English-speaking countries outside of the United States it is called maize and in all Spanish countries "maiz" is the word employed; in Portuguese "milho," and French again "maiz" indicate its origin. Maize is altogether an American word, coming directly from the primitive Arawak, the most widely disseminated Indian stock in South America. It originated in the south with the Guanas, on the headwaters of the river Paraguay, and embraced tribes on the highlands of Bolivia, extending finally to the Goajiros peninsula, the most northern land of the continent. They were the first, therefore, to welcome Columbus to the Bahamas, Cuba and Haiti. Though the Arawaks were practically in a state of savagery, they cultivated maize. The Arawak word for maize is "marisot," and this they had handed over to the Caribs who inhabited many of the West Indian islands. It was one of the first words Columbus heard, and through him it became general in Europe. In Guiana and further south on the Atlantic coast of South America "manioc" took the place of maize as food.

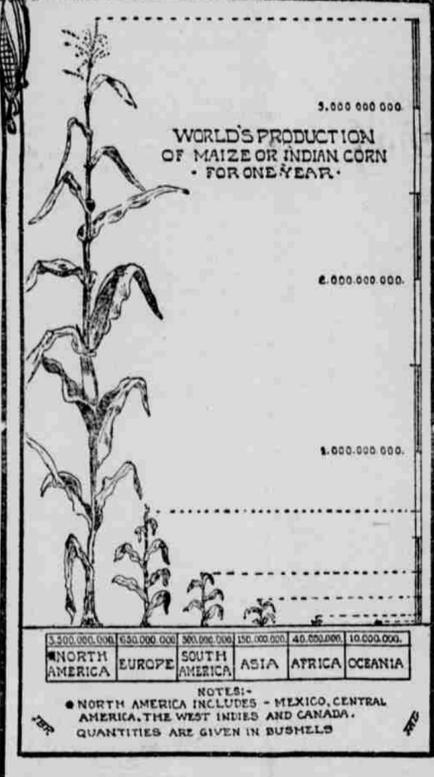
North American Indians had other expressions for their grain. The grain itself had come to them partly through the Caribs, but chiefly through the tribes of northern Mexico, which shows that there were two channels of communication, even in pre-Columbian times, to the land on the north Atlantic. These North American Indians seem not to have used the word maize; it had been lost in crossing the Gulf of Mexico, and whatever term was employed by them is now only a philologic curiosity. Neither does the ancient word of the Aztecs, of the Mayas, the Chibchas or the Incas correspond to maize, so that it seems certain that maize was confined to that extensive race inhabiting regions far to the east and south of the original home of Indian corn.

The spot from which this purely American grain spread, even before its discovery by Europeans, to the extreme confines of the western hemisphere, has been accurately located. History, philology, ethnology as well as tradition have all been factors in this result. Indefinite claims have been advanced by Asia

that maize was indigenous in the far east and the vague term Turkish corn—used in Germany and elsewhere—has been alleged as proof, but these claims have no substantial warrant. General scientific agreement, therefore, places the first home of Indian corn in the southern section of central Mexico. Here lived the Mayas, the foremost agriculturists of America, who long preceded the Peruvians in this art and whose material impress on their country is ineradicable. All the plants closely related to maize are Mexican and the discovery of a very primitive form of the plant in this part of Mexico aids in reaching this conclusion. Somewhat north of the Isthmus of Tehuantepec, therefore, the wild maize grew, from which section it was carried by Indians to be the principal food of all America.

The Mayas did not emerge from savagery until after the beginning of the Christian era, so the cultivation and use of Indian corn cannot antedate 2,000 years. From the Mayas the grain was spread over all America—north to the Nahuas and Aztecs, then to the Pueblo Indians on the Rio Grande, and from them eastward to the Mississippi. Carried northward by the Iroquois and Algonquins, it was stopped only by climatic severity at the latitude of the Great Lakes and the lower area of the state of Maine. Its culture extended south through Guatemala and other portions of Central America and even across the Isthmus of Panama; thence it was carried into the Andean regions and extended finally as far south in Chile as the climate permitted or as the Indian population desired. East of the Andes the spread of maize by nature was restricted by the dense forests of the Amazon slope and by the lower altitude of that great drainage basin, because Indian corn requires for its growth definite climatic conditions which this portion of South America does not offer. There is no exact evidence that the region of the River Platte, now so wonderfully productive of maize, was utilized by the native Indian tribes resident there prior to the coming of the Spaniards.

From America maize was first introduced into Spain. Thence it spread throughout Europe and into Asia and Africa. In eastern Europe it unfortunately received the name of Turkish wheat because of the erroneous notion prevailing that the (present) West Indies being India everything introduced from there must necessarily come through Turkey. Other confusing names imply some indefinite origin of this kind, but the geographic prefix refers simply to the commercial, not to the agricultural source of the grain. The Portuguese carried maize into Africa in the sixteenth century and by them it gradually spread over much of the continent. In this connection it is interesting to note that the staple foods of the wild inhabitants of the dark continent—maize, manioc or cassava and pineapple—have all been introduced through some such routes of trade and commerce. Maize early reached India and Burmah. It grows there now everywhere among the hills

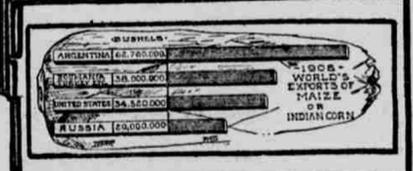


INDIAN CORN IN SHOCKS



an associated crop. All government agricultural departments and experiment stations are constantly at work studying problems of improvement by methods of cultivation and by seed selection. Few grains are susceptible of greater modification than maize and the cultivation of the higher type generally adds to the commercial and food value of the crop, giving also a larger yield to the acre.

To the eye a field of Indian corn is a very beautiful sight. Its clean-lined individual stalks have something martial about them and the American, when he sees them in continuous array from the Great Lakes, across the Rio Grande, through Mexico, on the plateaus of the Andes, and covering hundreds of square miles of the valleys of Chile and Argentina, has the feeling that there is preserved for him some trace of home,



plant, easily cultivated and rich in nutritious elements, it can never be displaced as one of the leading food products for mankind.

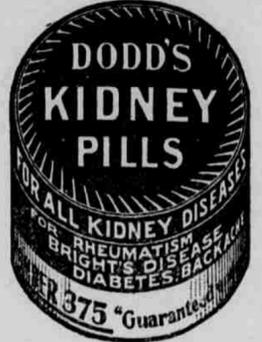
Maize will not grow in all climates, however. It requires long summers with plenty of sunlight, hot days and nights, with sufficient but not too much rain. The range best suited for the crop is from 45 to 65 degrees F. of mean temperature, but it will produce most abundantly with a maximum temperature of about 80 degrees F. and a rainfall of from 30 to 50 inches. Frost kills the plant in all its stages and it cannot flourish where the nights are cold, no matter how favorable the other conditions. In the United States an elevation of over 2,000 feet seems too high for the commercial growth of Indian corn, but of course the farther south it is traced the higher is the elevation at which luxuriant crops are the rule. In Mexico vast maize fields are found at a height of over 8,500 feet and in Peru it grows at an altitude of 12,000 feet.

Indian corn was found over most of the United States east of the Mississippi by the earliest explorers and settlers. It was the crop to which the Indians gave most attention and the great staple that turned them from the nomadic life of the chase into the home-building people such as agriculturists must be. The primitive method of preparing the ground was by tilling with hoes made of clam shells, but the English taught more improved methods, although the latter learned the advantage of fertilizing with herring, which the Indians applied abundantly to the surrounding soil. Their hills were five feet apart—a practical distance that can be decreased only when the soil is rich and the climate very favorable. As the explorers traveled southward they found different varieties and different methods of preparing it for food. It was made into meal; it was boiled or parched or roasted. Often it was prepared into a flour and served as provision for a journey. The many forms

wherever he may be on either continent. The ears of corn also are beautiful and the tassels have been the theme of poetry in all languages. The stalk grows to a height of two to 15 feet, depending upon the variety of the grain planted and the nourishment it receives. Corn is an annual, reaching its full maturity within a single season, sometimes within 60 days of planting, and must, therefore, be sown from the seed for each recurring crop year. As a botanical species it does not of itself travel far and is propagated rather feebly by natural means. Consequently the widespread knowledge of corn shows to what extent it must have been cherished by the Indians and how it must have been handed on from one tribe and country to another.

There are six well-known kinds of Indian corn, with innumerable varieties, including pop corn, flint corn, dent corn, soft or Cusco corn (the name indicating some traditional origin from Peru), and the delicious sweet corn. The pop corn is supposed to be the direct descendant of the Mexican ancestor.

As a food product maize has few equals among the cereals. The Indians thrived on it, and so long as they continue its use they show much of their pristine sturdiness, but when by climatic or other reasons it is denied them they suffer in physique and morale. In Asia and Africa maize is likewise a food for man, but in north Europe it has not attained the popularity it merits, although its nutritive value far surpasses, at the same cost, many of the food products the peasant consumes. Strong effort has been made by the United States government to introduce corn into Europe in all its different culinary forms, but the conservatism of the old world is not easily overcome in favor of food products from the new.



An aching back is instantly relieved by an application of Sloan's Liniment. This liniment takes the place of massage and is better than sticky plasters. It penetrates—without rubbing—through the skin and muscular tissue right to the bone, quickens the blood, relieves congestion, and gives permanent as well as temporary relief.

**Here's the Proof.**  
Mr. James G. Lee, of 1109 8th St., S.E., Washington, D.C., writes: "Thirty years ago I fell from a scaffold and seriously injured my back. I suffered terribly at times; from the small of my back all around my stomach was just as if I had been beaten with a club. I used every plaster I could get with no relief. Sloan's Liniment took the pain right out, and I can now do as much ladder work as any man in the shop, thanks to

## Sloan's Liniment

Mr. J. P. Evans, of Mt. Airy, Ga., says: "After being afflicted for three years with rheumatism, I used Sloan's Liniment, and was cured sound and well, and am glad to say I haven't been troubled with rheumatism since. My leg was badly swollen from my hip to my knee. One-half a bottle took the pain and swelling out."

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