Author of "Eating for a Purpose," "The New Gospel of Health,"

(Copyright, by Joseph B. Bowles.)

WHAT MAKES

Bread is the oldest of prepared foods. Long before fire was discovered it was quite natural to sary to produce the modern staff of lific source of dietetic troubles.

GOOD BREAD

Thomas Parr, an English farmer, chlorine and fluorine, lived more than 150 year on "coarse bread, cheese, small beer and whey."

intestine or second stomach, where the work of digestion is completed. ago removed the stomach of a dog, regaining most of its lost weight.

capacity for converting proteid, of which flesh, nuts and grains largely of my acquaintance who has studied Pretty Dress for Girl of from Eight to Artificial Bouquets Are Worn with the consist, into soluble peptone, the sub- the subject assiduously for many stance from which all the tissues are built. The same process is continued jurious. Certainly the average perin the intestine, if all the proteid is son eats far too much of it, weakening not broken up and made soluble in the kidneys and exciting the delicate the stomach. The conversion of organism. I have demonstrated that in the center front. The blouse is also fade before the evening is over starch into sugar by the action of the there is enough sodium and chlorine saliva, begun in the mouth, continues in peanuts and wheat. in the stomach till the mass becomes saturated with the hydrochloric acid of the gastric fluid, secreted by the stomach, after which any starch remaining must run the risk of fermentation before its digestion is completed in the intestine.

and this is the invariable experience for a time, of those who adopt the "scientific" diet. Now a man of marely, who has been living on the simple diet for seven months, working as a merchant, full hours, informs me that this "craving" has entirely disappeared. Another, a manufacturer, says that he now, after about three months, enjoys a meal of whole wheat bread and peanuts or of prunes apples, grapes, prunes, oats, onions. as well as he formerly enjoyed, while eating, a mixed meal, and of course Italian laborer, working hard phys- wheat, rye, meat, potatoes, corn. ically on rye bread, macaroni, garlic or pie or pork. A 9144 VI

commonly had a craving, formerly, on best sources are: Milk, cocoanut, let coming home from church or opera tuce, nuts, cabbage, potatoes, eggs, late, and, would eat a second supper- corn, beans, meat, fish, wheat. Fine and suffer.

If all the elements necessary for the body's nutrition are supplied, there will be no desire for some unnatural supply are: Lettuce, cabbage, figs, food. We know that one who is eat- oats, barley, wheat, nuts. ing a few slices of whole wheat, rye or corn bread and fruit at a separate nutritive element, even if he eats no nuts or does not drink the glass of buttermilk before retiring.

To contribute toward comfortably filling the stomach till it contracts to reasonable proportions, which it does Nuts, beans, wheat, milk, oats, corn, gradually, for it is an elastic muscle, the best food to supplement nuts is whole-wheat bread or an ideal combination of the cereals to be indicated presently.

Each of the cereals has distinguishing qualities, making it in one or more respects superior to all the others.

Rice is about 80 per cent. starch: It is more easily digested than any of the other cereals, but it (milled traordinary amount of phosphorus rice) is deficient in albumen and the mineral elements of nutrition. It is superior to potatoes as an energy and Beans, peas, milk, wheat, rye, corn heat producer and costs little more, since the former contains so much

Corn contains more oil that wheat Corn meal is light and has a beneficial effect upon elimination. It is more heating than wheat.

cells are encased in coarse cellulose vise it in every case. fibers, so that it must be very thoroughly cooked to make its starch digestible. The rolled oats are preferable to the steel cut.

Rye contains less mineral matter than wheat, but its starch is equal based upon their administration. to that of rice. Artificial digestive Iron, sulphur or phosphorus may be tests showed it to be 12 times more found deficient in the blood as indigestible than wheat starch. It fol- dicated by symptoms, but you cannot lows that the objections urged against furnish sulphur to the blood by drink. much of this dust and grime gets on fine wheat starch bread do not apply ing a solution of sulphur water. Minto rye bread. The starch of rye bread eral food must go through the vegeis practically digested beyond the dan- table or animal. If we want iron or ger of fermentation. No doubt this sulphur we must eat lettuce, eggs. explains the superior health of those meat, peanuts, wheat or other nuts or who live on rye bread. The Roman cereals. The vegetables, especially gladiators were fed on rye, wheat and beans, lettuce, potatoes and nuts, are

tures of corn, rye and wheat, it is ev- best supply. I shall deal more fully ident that a much better bread could with this phase of nutrition in the be made from a combination of these chapters on "The Diet Cure" and that than from either separately.

The mixture of a little corn meal and wheat with rye makes the bread lighter and more laxative.

Bread should be cut into slices and allowed to dry to some extent at least before being eaten. The less soft cereal food is eaten the better, especially for children. The tendency is to swallow soft food with little mastication. The teeth, however, car. be properly developed and maintained only by eating hard food.

The objections urged against fresh white bread do not apply equally to toast. The starch of which toast, zwieback, or rusk, chiefly consists has been largely converted into sugar by dry heat. This is easily digested, being open to the action of the digestive fluids. Hence for persons of weak digestion it is much superior to fresh bread-so far as the supply of heat and muscular force is concerned only. Crackers are inferior to toast, especially if soaked in soup or other liquid.

Entire wheat bread is not adapted pulverize the hard grains between to toasting, its albumen being already stones, to moisten the meal thus made, too much coagulated for the best nupress it into cakes and dry it in the trition. Evidently cheese should not sun. This was the original unleavened be toasted. Boiled potatoes are the bread. Only the application of fire better for toasting so far as the starch to cakes accidentally fermented by element is concerned, providing no fat moisture and temperature was neces- be used. Fried potatoes are a pro-

One may be eating sufficient albu-Good bread will, alone, support life men, starch, fat and sugar, which conindefinitely. Thousands of our sturdy stitute 95 per cent. or more of all foreign laborers maintain good health solid nutriment the body needs, and and strength chiefly on coarse bread. yet may become weak, sickly, ineffi-I had an opportunity lately to examine cient and finally die for lack of proper a Dutch laborer, about 70 years old, nourishment. For perfect nutrition who said he had lived all his life on we must have in the blood, in addirye bread and coffee, and he was in tion: Potash, sodium, phosphorus, perfect health-in spite of the coffee. calcium, magnesium, iron, sulphur,

Potash is essential in every part of the body, but especially in the The bread was probably rye, wheat brain and nerve centers. In all nerve being then used only by the wealthy. disorders it is found to be deficient in as the chief staple food-bulk. The of the Irish is due, partly, to the stomach is not absolutely necessary abundant supply of potash and phosto the digestive process; it is merely phorus they have got for centuries for lining jacket. a receptacle for the mass of food from potatoes and wheat, which form taken at a meal, but has added the so large a part of their diet. The best capacity for reducing the mass to a sources of potash are: Beans, potafine liquid before passing it on to the toes, peanuts, wheat, lettuce, prunes cucumbers, meat, walnuts.

Sodium is found in every tissue of A German experimenter some years the body. Without it the processes of nutrition could not be carried on. after which it lived for several years, Sodium is one of the elements of common salt, but it is not necessary to The stomach has also developed the eat salt to get chlorine. Many careful investigators, including a physician years, say that common salt is in-

The best sources of sodium are: Milk, spinach, wheat, lentils, barley, carrots, potatoes, cabbage, figs, ap ples, eggs, nuts.

Sulphur seems to be very important in nutrition, for the average body con-Experimenters who have lived on a Squeers discovered that when given tains about three ounces of it. Mrs. nut and fruit diet for short times in crude mineral form it has an effect report a "craving" for other foods; opposite to that which it is probably designed to serve. Its best sources of natural supply are: Potatoes, beans horseradish, peanuts, figs, lettuce, ture years and on whose word I can olives, barley, milk, ment, eggs, oats, wheat. White flour contains none.

Iron is a very necessary element in the blood. White bread contains none of it, milk a small percentage. The foods richest in iron are: Len tils, lettuce, peas, figs, nuts, rye, wheat,

Calcium is very necessary for the formation of bone, especially in chil never regrets it afterwards, as he for- dren. Its best sources are: Milk, merely regretted overeating. The figs, eggs, cocoanut, beechnuts, onions Chlorine is necessary for the forms,

and beer, has no craving for oysters tion of gastric fluid, used in digestion It also has an important influence in The merchant above referred to the oxygenation of the blood. Its white flour contains no chlorine.

Silicon gives hardness to the bones hair, nails, etc. Its best sources of

Fluorine seems to give elasticity to the veins and muscles. It is best supmeal, can not suffer for lack of any piled by lettuce, potatoes, figs, onions, nuts, milk, wheat, rye, olives, apples, grapes.

> Magnesium is always found in the blood, though there is some doubt as to its office. Its best sources are: lettuce, rye, potatões.

> Phosphorus is essential to the growth of the cells. Brain and nerve energy seem to depend largely upon the supply of phosphorus. It is very important to supply ample phosphorus in the food of growing children and brain workers. One-twelfth of the solid matter of the brain is phosphorus The old theory that fish supply an exseems not to be well founded. The foods that best supply phosphorus are: eggs, nuts, potatoes, meats, fish, figs, carrots, cabbage.

It is now clear that all the elements of nutrition are supplied by bread nuts, fruits, milk and meat. If one is satisfied that meat is injurious he Chamois Skin Especially Good to Procan gradually eliminate that from his Oats is the richest of the cereals. dietary. I have shown in a previous It contains more fat and more min- article why buttermilk is better for eral salts than wheat, but its starch the adult than sweet milk, and I ad-

It is the various compounds of the mineral elements that are so important in the processes of nutrition. So important are they that a school of ture. medicine, biochemistry, has been richest in the mineral salts. Nuts Now, considering the peculiar fea- contain, everything considered, the on "Cooking."



Reddish plum colored cloth is used for the first costume illustrated. The skirt is a nine-gored pattern with wrapped seams. The coat is semi-fitting and is elaborately trimmed with black silk braid of two widths, and braid Bread has one advantage over nuts the blood. Perhaps the quick wit state covered buttons. Large hat of stretched satin trimmed with the same.

Materials required: 7½ yards 46 inche wide, about 10 yards wide braid, tomach is not absolutely necessary abundant supply of potash and phose

For the second, cedar green cloth is employed. The long, slightly trained skirt is quite plain. The coat has a rather short-waisted, tight-fitting bodics, the back of which is continued the whole length through the basque. Incisions are made in the collar, through which wide satin ribbon is threaded, the ends being drawn up and finished by tassels; the cuffs are also threaded with ribbon; satin-covered buttons are sewn on the back and are also used for fastening. Hat of velvet of the same color as the costume, trimmed with rosettes and wings.

Materials required: 9 yards 46 inches wide, 6 yards skirt lining, 4 yards silk for lining jacket, 21/2 yards ribbon.

IN WILLOW-GREEN CASHMERE.

Ten Years.

Here is a pretty little dress in wil- As every woman knows, it is rather smocked each side front, and has a and are apt to be discarded. box-plait in center, which, with the The present fashion is to wear a



turn-over collar, is trimmed with cord

loops and silk buttons. The sleeves are smocked at the wrists, the hemmed edge of material being left to form a frill. Sash of soft gaining self-control before she atribbon of a darker shade than the cashmere.

Materials required: 4 yards 46 inches wide.

Checks for Trimming.

Many of the newest fall dresses are showing a touch of trimming or piping | to be loud, but are really charming of checked material. For instance, a black suit is beautiful trimmed with or contrast. a tiny piping of black and white checked serge. A dress of plain material-serge or panama-is very modish trimmed with bands of checked green suede shoes, closing smoke taffeta. What a difference a new pearl buttons. The vamps of the old-fashioned dress quite a new ef- like corduroy, the uppers of plain, fect may be obtained by just a little smooth suede. modern trimming, which lightens up the whole and at once shows the lovely when the shoes are of tan wearer is up-todate.

tect the Hands.

There are few good housewives who give a smart touch to the costume. do not take an active part in the cleanliness of their home. They may be fortunate enough not to have to do the actual work, but most of them like to dust the finer ornaments and furni-

It is very unwise to do this without wearing gloves. Even in the best kept city houses there is a surface of soot that settles on everything over night. Even when using large dust cloths the hands. It settles in and around the finger nails and in the knuckles, and is hard to dislodge.

This could be remedied by a loose pair of old gloves. Careful women usually prefer a pair of old chamois skin ones, which can be washed and used not likely to become either popular or over and over.

Trimming for Cashmere. A charming trimming for cashmere or henrietta dinner frocks is messaline satin in self-tone, with matching sash, fective.

BETTER THAN REAL FLOWERS. Evening Costume.

low-green cashmere. The skirt is injurious to fine fabrics to pin heavy slightly full, and has a wide box-plait bunches of real flowers on them. They

large bunch of French blossoms, wonderfully colored and fashioned. There is no attempt to avoid daring and vivid combinations. This is a feature of this season's dressing.

Scarlet poppies as well as American Beauty roses are favored. Gardenias, with their glossy green leaves, are worn on black, purple and crimson frocks. Combinations of flowers are not in as good taste as they were some seasons ago. The bunch is of one kind. It is pinned a little below the bust at the left side. This seems to be the exact spot accepted as the fashionable one. Among the rare flowers which are

put on extra handsome gowns are lilies of yellow satin with green FATTENING AND leaves.

BAD EFFECTS OF ANGER.

Complexion Suffers Where There Is Lack of Self-Control.

The girl who has a very quick temper must expect to have trouble with her complexion. Sometimes red spots come out prominently and refuse to be hidden even by powder. Sometimes there is a flush, and when it disappears the skin is quite dry and feels almost painful.

The cause of all this is the excitement of getting angry. Very little can be done for the skin while the temper remains unchecked. Perhaps it would be a good idea for the girl who is worried about her poor complexion to examine herself to find out if a hasty temper is the cause of the mischief. Should this be so, let her set about tempts to improve her looks by the application of creams and lotions.

Stocking News. The newest stockings for women

show bright tartan effects. On first thought they would seem when worn with shoes that harmonize

A less striking but equally effective combination is the plaid of the Black Watch in hose, worn with dark touch like this makes! Even in an shoes are in narrow raised stripes,

Plaids in wood brown and cream are

WEAR GLOVES WHEN DUSTING. | and a tucker and half-sleeves of gold lace or fine net. Ecru nets embroidered in colors harmonious with the cashmere and a novelty trimming or passementerie to outline the tucker will

Shading in Embroidery. When shading in embroidery one cannot be too careful in doing the

The colors should be run into each other gradually, so the changes will hardly be noticed. As the shades of silk are numbered, you should not find the work difficult.

work.

Do not use the very deep tones except where the flower or leaf is entirely in the shadow.

Bead Flowers. A novelty in millinery is flowers

made of beads. These, however, are common because of their expense, their weight, and usually their lack of grace. Roses are made of fine steel beads with silver stamens, and on black or gray velvet toques are ef-

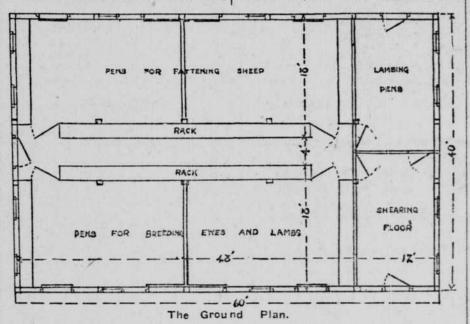
Walking Costumes A GOOD SHEEP BARN—WHERE AND HOW TO BUILD IT

Select High, Dry Location-Mistake of Keeping Sheep Too Warm Must Be Avoided.

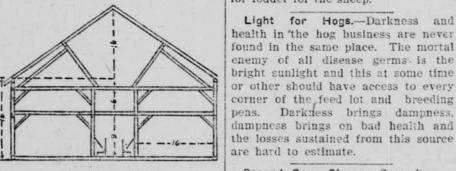


When in pasture sheep will always | tion, and, if set on posts, they should sleep on the highest and driest parts be heavier. Doors are all four feet of the field. This should be kept in wide and those that are used by the mind in selecting the site for a sheep should be sliding. Windows are shed. Warm close sheds are likely to The "Grand Young Men" of the sen-

be injurious to the health of the sheep 3 feet wide and 41/2 feet high. In the as the temperature of their blood is center of the sheep apartment there high and the fleece keeps in the body are double doors 10 feet wide. When heat. Crowding is to be avoided, espe- both are opened and the center post cialy at the feeding rack. The ac- removed a wagon can be driven companying plan, which is from the through to remove manure. The feed booklet "Practical Farm Buildings," racks are all permanent, as there is by F. W. Bird & Son, Hamilton, Ont., no necessity for their removal and



shows a building 40 feet wide and 60 they form a wall for the passage-way feet long. It is in two stories, the which runs through the center. The first being nine feet high and the sec- loft will give storage space sufficient for fodder for the sheep.



The Frame Plan.

ond six feet from the floor to the has given better results at lambing eaves. The sills are 6 inches by 8 inch- time than any of the other feeds tried es, resting preferably on stone founda- even clover hay and grain included.

MARKETING HOGS

By Prof. W. J. Kennedy, Iowa Experiment Station.

The age at which hogs should be fattened will depend more or less upon the market demands and the locality. In some countries and in the buyers.

nearly as fat as the fat or lard hog; himself. still, on the other hand, a bacon hog is by no means a thin animal. They should have a covering of about one inch of fat over the back. They should be deep sided and long sided, and must be firm in quality. Where the bacon hog is desired, as a general rule it will be found most profitable to have the hogs fattened and finished for market at about five and one-half or six months of age.

Where the fat or lard hog is desired the most profitable age to market in order to meet the requirements of the market would be about eight to ten months. Hogs of this age should ical gains are made on the younger twice a day.

animals. This is one point in favor of the bacon hog.

Light for Hogs .- Darkness and

health in the hog business are never

found in the same place. The mortal

enemy of all disease germs is the

bright sunlight and this at some time

or other should have access to every

corner of the feed lot and breeding

pens. Darkness brings dampness,

dampness brings on bad health and

Second Crop Clover .- Second crop

clover hay fed alone to western sheep,

are hard to estimate.

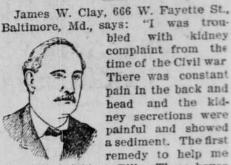
The season of the year at which the fattening should be done will depend upon various conditions. In a great many instances, hogs are fat tened during the fall and early winter. In other instances they are fattened during the spring and early summer. Generally speaking the most economical gains can be made during the early fall or spring months. The weather is then not too cold nor too warm-in fact, about right for the different sections of the same country best gains. In real cold weather a we find that there are differences in considerable amount of the feed is the market demands. As a general used for the production of heat to suprule in this country the fat or lard ply the heat required for the mainhog has been the most popular, tenance of the animal body. In real When such is the case it is better to warm weather, on the other hand, a market hogs at the weight of from considerable amount of feed may be 300 to 400 pounds. These seem to wasted. Where two litters per year meet with the most popular favor of! are to be reared, it will be found best I to fatten the first bunch and market In other sections of the country them during the months of September and in other markets where the bacon and October. The second litter should type of hog is preferred over the fat be fattened and ready for market I have suffered not only from the disor lard hog, they must be marketed at some time during the latter part of an earlier age. The best weight for March or the month of April. These the bacon hog is between 160 and 200 are things which each and every feedpounds. They do not require to be er must, to a certain extent, control

> Feed the Hens Right.-Grain, especially corn, is almost always within easy reach of farm hens, so it cannot be truthfully said the lack of eggs is due to the lack of food. So obvious is this fact that many writers on the topic attribute the hen's failure to produce eggs to their being overfat, while an overfat condition and poor egg laying go hand in hand, both be ing due not to lack of food, but to a lack of the right kind of food.

Turnips for Ewes .- Turnips make weigh in the neighborhood of 300 to fine feed for ewes. They are succulent 350 pounds. As a general rule, how and palatable-just the thing to keep ever, it may be stated that the great- ewes in good, thrifty condition. It is est and especially the most econom- well to feed them all they will eat

COULD NOT SHAKE IT OFF.

Kidney Trouble Contracted by Thou sands in the Civil War.



pain in the back and head and the kidney secretions were painful and showed a sediment. The first remedy to help me was Doan's Kidney Pills. Three boxes

made a complete cure and during five years past I have had no return of the Sold by all dealers. 50c a box. Fos-

ter-Milburn Co., Buffalo, N. Y. NO TEMPTATION.



Wag (referring to Miss Oldbird)-Um, I should think it would be more suitable if she were standing under "elderberries" instead of mistletoe-

Mice on the Pillow.

"I'm not so much afraid of mice as some women," said she, "but I don't like them in my hair. The other night I finished a biscuit I was eating after I went to bed and naturally left some crumbs about, not meaning to, never thinking of mice.

"Well, about the middle of the night I heard scampering, and there were the mice all over my hair, trying to get at those crumbs.

"I tell you, I gave one shriek, sprang up, lighted all the gas in the room and sat up the rest of the night watching that pillow."

Examine carefully every bottle of CASTORIA a safe and sure remedy for infants and children, and see that it

Signature of Charly, Hulling In Use For Over 30 Years. The Kind You Have Always Bought.

Teacher's Orders.

"Here, ma!" requested the boy, hurrying in from school before time: 'hang my jacket up behind the stove."

"Is it wet?" "No; but teacher sent me home to tell you to warm my jacket for me!"-

The New Way.

He-Darling, all is over between us. She-Oh, George, this is so Abruzzi.

PILES CURED IN 6 TO 14 DAYS. PAZO OINTMENT is guaranteed to cure any case of Itching, Blind, Bleeding or Protruding Piles in 6 to 14 days or money refunded. 50c.

The average woman is fond of pets but her husband is not in that class.

CATARRH IN HEAD.



MR. WM. A. PRESSER. WILLIAM A. PRESSER, 1722 Third Ave., Moline, Ill., writes: 'I have been suffering from catarrh in the head for the past two months and tried innumerable so-called remedies without avail. No one knows how ease itself, but from mortification when in company of friends or strangers. "I have used two bottles of your medicine for a short time only, and it effected a complete medical cure, and what is better yet, the disease has not returned. "I can most emphatically recommend Peruna to all sufferers from this dis-

Read This Experience.

Mr. A. Thompson, Box 65, R. R. 1. Martel, Ohio, writes: "When I began your treatment my eyes were inflamed. nose was stopped up half of the time, and was sore and scabby. I could not rest at night on account of continual hawking and spitting. "I had tried several remedies and was

about to give up, but thought I would try Peruna.
"After I had taken a bout one-third of

a bottle I noticed a difference. I am now completely cured, after suffering with catarrh for eighteen years.
"I think if those who are afflicted with catarrh would try Peruna they would never regret it.'

Peruna is manufactured by the Peruna Drug Mfg. Co., Columbus, Ohio Ask your Druggist for a Free Peruna Almanac for 1909.

**************** A Safe and Sure Cough Cure. Kemp's Balsam

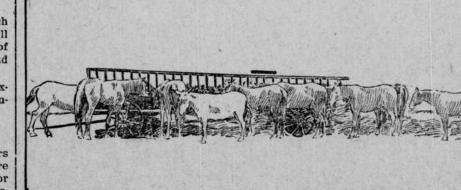
Does not contain Opium,
Morphine, or any other narcotic
or habit-forming drug.

Nothing of a poisonous or harmful character enters into its com-This clean and pure cough cure cures coughs that cannot be cured

by any other medicine. It has saved thousands from conumption. It has saved thousands of lives.

A 25c. bottle contains 40 doses. At all druggists', 25c., 50c. and \$1. Don't accept anything else.

A Good Portable Feed Rack



Observe That This Long Feed Rack Is Constructed on Wheels, Thus Making It Easy to Place Anywhere in the Feed Lot. It Also Avoids the Nace sity of Unloading the Hay, as the Rack Can Be Hauled to the Hay Tilly Filled and Then Left in the Feed Lot Wherever Desired.