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ECONOMICS OF EATING

An army marches on its stomach. This is a well established principle in long, and a general whose brain is clouded by auto-interfection cannot conceive brilliant or wise movements.

Every nation considers carefully what ration will best support the man shows the proportions of the food elebehind the gun-at least in war time -and some have won great victorits by superior feeding, notably the Japanese, in the recent contest with Russia.

The Roman gladiators were fed on rye and wheat, and the modern athlete is very carefully fed by the scientific trainer. Only the average man who has the battle of life to fight gets no dietetic training.

You cannot eat your cake and leave it, too. Surpose that I have a degree of vitality for daily use represented by 80 on a scale of 100. Another might have 90 or 60 or 20. But it is certain that I can no more use my stock of vitality for the day in two ways than I can be in two places at once.

Suppose I eat for dianer fried potatces, fresh pork, bolled cabbage, pickles and pie, with a cup of coffee. I should expect to be very "logey" during the afternoon; at least fourfifths of the nervous energy that I ordinarily spend on my work would have to be spent in digesting the heavy meal. If by using the whip I persisted in spending as much vitality in brain exercise as I generally do, and ate an evening meal as usual, lack of vivacity in the hours following and disturbed sleep would be the obvious and necessary result.

I might continue on this basis for days, weeks, months, or possibly years, if I had an iron constitution, but the end would be a breaking down, prematurely, of the system, disease showing itself in the guise of "dyspepsia," "rheumatism," "diabetes," "tuberculosis," "typhoid," one or more of them, according to my inheritance from "the third and fourth generation," according to excess in eating meat, starch, pickles, according to the supply in the food of iron, phosphorus, sulphur, etc., and according very largely to the air, water, exercise, physical and mental, and the drinks I had

by one of a group of women. Of deep taken during those days, weeks, A food may show, on analysis puce colored velvet the princess tunic months of years when I was prepara high nutritive, value, yet may trailed beautifully-limp in its slender ing to enter a hospital or a sanitarium require so much energy to digest for classification as an acute, chronic it to appropriate its nutritive sub curable or incurable sufferer. stance and to eliminate its waste, that It is said that "one man's meat is the net profit may be little or noth another man's colson." This must be ing. There should be no hesitation true to some extent; because temperain preferring, for instance, olive of ments differ, mental states differ, and 1111 to cod liver cil. Mcat digests more temporary bodily conditions differ. I easily in the stomach than does wheat know a man who sickens at the gluten, but digestion is not completed thought of eating oysters, and another in the stomach, and the elimination of who cannot eat a spoonful of honey meat is much more expensive that without suffering The former once the elimination of entire wheat bread ate freely of ovsters and was made and-most important considerationvery sick, thus establishing a subjecexamination of the excreta from tive impression that causes nausea meat shows a much greater number when the eating of oysters is suggestof germs (depending much on the ed. Investigation of a number of kind of meat) than the excreta from cases like this has led me to the conbread, thus clearly indicating that clusion that idiosynerasics of this meat is a much more active cause of character are caused by errors in eatauto-intoxication than bread. ing and that they are hereditary. In Boiled cabbage, again, is an expen fact. I suppose the billous temperasive article of diet because it (boiled) ment is the result of one habit of catcontains little or no nutritive elements ing, the effects of which are heredithat the system can use, and it re tary, the sanguine of another, the quires more energy to digest that nervous of another, just as the physipread. cian finds in his daily practice that Now to arrange a satisfactory eco peculiar conditions of stomach, o. nomic dietary one must consider al. bowel digestion or of liver can be the facts in a given case. Tables of traced in family history. This exfood value, including digestibility, are planation harmonizes with that anuseful or not according as one undercient saying: "The parents ate sour stands them properly. grapes, and the children's teeth are Fellowing is a comparison of the set on edge." values of 12 principal foods reduced Yet, with all due allowance for the tucks being arranged in groups of to "units of nutrition," published by these peculiarities and for pathologfours, a strap of material and braid our government, department of agri ical conditions, such as diabetes, in edges it. Three small tucks are made culture, builetin No. 25: which starch and sugar must be avoidon each shoulder; the plain sleeve is Nutritive Cost per ed, there should be little variation in set into a turned-back cuff, trimmed units 1.000 unit the diet of persons of the same age, with braid. per pound. in cents doing the same kind of work. The Materials required: 61/2 yards 48 Skim milk 10. appetite of neither adult nor child Skim milk checke 870.0 11. inches wide, 8 yards braid, 1 yard silk. Full milk should be pampered. The practice of 11. Bacon inducing over-eating by tempting the 1 257 7 15. The Wastebasket Habit. Butter1,186. 20. appetite with unnaturally seasoned A good sized wastebasket should be Veal 525.9 Beef and unnaturally mixed foods destroys 26. continually close to every sewing mathe natural appetite, and, therefore, Peas 778.6 chine. Then it is easy to form the ing use of it is that the fringe is not the natural enjoyment of eating. If habit of dropping all scraps, clippings, easy to find. Shops do not offer large Rve flour 603.8 and the ends of thread into it just as quantities of it, and the range of colors a lad cannot enjoy a good crust of 531.6 10. bread he does not need to eat. The Peanut meal.....1.425.0 the scissors make them, instead of found is not wide. appetite that does not prefer dates, In the foregoing paragraph is the leaving them to blow here and there figs and raisins to artificial sweets is conclusion of the government experts and litter up the floor until sweeping easily dyed to match the cloth of the not natural. as to the value of the peanut in comday. The average working man needs parison with the other standard artiwaste of time and energy and we drapery, to tunic, to sleeves, and as daily about two ounces of proteid cles of diet commonly supposed to be Americans have neither to spare, a finish to ornaments that are put well (uncoagulated) and vegetable salts. the most nutritious, showing the pea-Form the wastebasket habit at once !-- above the waist line on princess four ounces of fat and tweive ounces | nut to be the most economical of all Housekeeper. (dry) of carbo-hydrate in the form of foods. But it does not follow that one fruit sugar or starch of potato, cereal, should live on pennuts exclusively. The Little Collar Button. etc. This should of course be varied I receive many requests for advice according to the work done, but no as to "how to live on peanuts." My absolute rule can be laid down. When experiments have been conducted with there is an extraordinary expenditure a view to determining the relative of muscular energy for a short time, it | values of foods, under varying cond! is best to lose weight and gain it tions of work, and in abnormal condiphysical anguish-when it presses again gradually. So when there is, tions of health and growth. In one of temporarily, great mental strain, it is the experiments with peanuts which against the outside linen of one's hand-embroidered collar and leaves an best rather to decrease than to in- accidentally became public, the essenindentation that rubs itself gray crease the ration, and make it up tial fact demonstrated was that peawhen normal conditions are restored. nuts should not be rozsted and that against one's coat lining. The strain will be better borne if the the principle here involved has a Just obviate the whole difficulty by sewing to every shirtwaist collar band really makes them seem unseasonable. digestive system is relieved partly or highly important bearing upon the efentirely, allowing the nervous energy fects of cooking in general, which we covered button that is of English manto be diverted to the brain or mus- have already considered ufacture. It is the flattest button on ton are worn under the silk hose, giv-the market, and has a metal middle ing the effect of transparency, and out on his long legs, throw one over His Thirst for Knowledge. through which to sew instead of a yet plenty of warmth. Just as fiesh The American Magazine published the top rail an' begin firin' questions. a complete account of Lincoln's boy. Tom'd tell him to quit, but it didn't hood, as related to Mrs. Eleanor At- do no good, so Tom'd have to bang Time to Get White Goods. kinson of Chicago by Dennis Hanks, him on the side o' the head with his Every woman has arranged her hat. Abe'd go off a spell an' fire sticks Lincoln's playmate and cousin. "You bet he was too smart to think at the snow-birds an' whistle like he ously attend the white sales. Now is dress .- Vogue. everything was in books. Sometimes didn't care. the time to restock one's underlinens and also to buy white materials of all a preacher 'r a circuit-ridin' judge, 'r "Pap thinks it ain't polite to ask lyyer 'r a stump-speakin' polytician 'r folks so many questions,' he'd say. 'I kinds for summer dresses. Embroida school teacher'd come along. When reckon I wasn't born to be polite. one o' them rode up, Tom'd go out There's so darned many things I want and say: 'Light stranger,' like it was to know. An' how else am I goin' to polite to do. Then Abe'd come lopin' git to know 'em?"" cing of excellent value, wide enough been added a little baking soun.

cles, as the case may be. If this be net done the digestive system will be weakened, whereas by the other course it will be strengthened. There is no danger in the normal case, in entirely relieving the digestive and eliminative system for hours or even days. A thorough understanding of the philosophy of this conservation of vitality with the increased confidence and self-reliance that such understanding brings, is of great value. Especially important is it to the professional man who must often be subjected to great mental strain for longer or shorter periods, and to the athlote, who must drop weight steadily in any endurance test. You cannot work brain or muscle to their fullest capacity, and at the same time work the digestive and eliminative system to its limit.

I have found, by experiments on myself and others, that there is a loss in weight of about a pound a day, durwarfare. A hungry man cannot fight | ing the first few days of a fast, when little work is done. Now the demands of the system are supplied by consumption of the tissues, and analycis of the excreta and secretions ments required to sustain life. Adding for the work of digestion and elimination and increased work, we get the estimate above given.

When intense mental work is being done, there is an extraordinary waste of phosphorus and albumen especially These can be supplied quickly without creat draft on vitality for digestion and elimination, by eating flesh, fish, eggs and milk. These are quickly con-

verted into force. But they are at quickly expended, and thus produce results equivalent to stimulation This is especially true of meat. Meat contains the waste of the animal sys tem from which it was taken, partleu larly uric acid; and it has been fully proved that the chief cause of fatigue a the accumulation in the tissues of

> waste, particularly urie acid. In all the recent great tests of endurance non-flesh eaters have excelled flesh eating competitors. To the physiolo gist familiar with the principles of nutrition involved, it is as clear that it should be so as that an engineshould run better on clean coal than on coal and slate, of the same weight Sugar, especially fruit sugar, as in prunes, dates, figs, dried currants and oil (olive cil or peanut) are the most economical sources of heat and muscular energy. In athletic work these will supply the extraordinary

waste of carbon with the least ex penditure of vitality for digestion and limination. The articles of diet to be most surely avoided in athletic work, where long sustained effort is (fresh), fried potatoes, pies, boiled cabbage, rickles, beans, coffee, tea, al cohol, cooked oysters, fish. If meaton or fresh white fish.

These suggestions apply equally te is plaited, the plaits are wide and far shoulder. The fitting is achieved by the invalid, but each case requires apart. A fancy braid trims the foot the under part. The one-piece effect special consideration. Sugar, for in of skirt. The vest is of tucked silk, wonderfully shapes the shoulder. I stance, should be altogether omitted in certain cases.

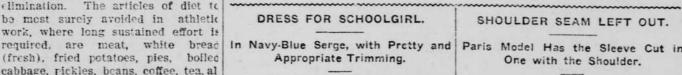


The sketch on the left shows one of the new coat costumes in which the skirt and bodice part are joined and put on together. Our model is in cedar green tweed. The bodice is on the lines of a blouse, having three tucks on each shoulder, stitched to waist at back and bust in front; the slight fulness is pleated into the band. The fronts are buttoned from the waist to bust, then above the bust the buttons are put on for ornament only; the waist is set to a band to which also the skirt is attached; buitons and buttonholes are used for fastening quite down the front. Hat of stretched satin lined with velvet, and trimmed with a handsome feather mount.

Materials required: 51/2 yards cloth 48 inches wide, 8 yards satin 42 inches wide, 21/2 yards passementerie, 1 dozen yards cord.

Here is an evening coat for girl from 14 to 16 years of ago. A pretty soft old rose-colored satin cashmere is used for the coat; it is lined through out with mercerized sateen in white. The form is that of a long loose sacque with sleeves to the wrist. The deep turn-over collar is of ermine with loops and long ends hanging in front.

Materials required: 4 yards 46 inches wide, 4 yards double width sateen, collar, and 2½ yards ribbon.



For school wear a dress of this style A new cut of bodice shows no shoul-"must" be caten, let it be a little mut would be exceedingly useful. Navy- der seam. The sleeve that tightly blue serge is chosen for it, the skirt molds the arms is cut in one with the



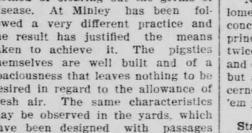


Arrangement of Pigsties and Feeding Troughs Reduces Bad Conditions to a Minimum.

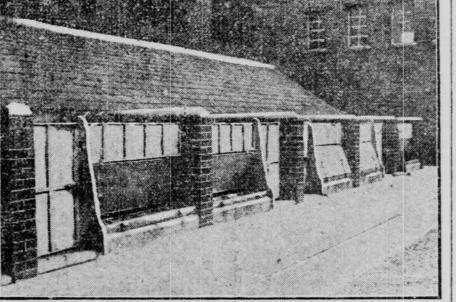


A Corner of the Piggeries.

A picture which we give of the pig- | method of clearing out the germs of geries at Minley, England, will show disease. At Minley has been folthat the owner does not fall in with lowed a very different practice and the proverbial saying that connects the result has justified the means pigs with dirt. As a matter of fact, taken to achieve it. The pigsties the spinal has guidened from having the animal has suffered from having spaciousness that leaves nothing to be had a bad name. A pig always does desired in regard to the allowance of best when it is kept with a due regard fresh air. The same characteristics to cleanliness, warmth, light and fresh | may be observed in the yards, which air. It will be seen that the provi- have been designed with passages



sion for these necessaries has been that render the work of feeding and ing constantly improved, the patent



Feeding Troughs.

carefully thought out as far as regards | inspection extremely easy. This systhis herd. Some critics might perhaps tem has been carried out even as reobject that the buildings and yards are gards the feeding troughs, which have almost too well done. Cleanliness is been planned with the object of makattained in some places by the erec- ing the work of feeding as easy as



FROM A RECENT NOVEL.

"Whereupon he instantly drew his word."

Prof. Munyon has generously placed his Cold Cure with druggists throughout the United States and has authorized them to sell it for the small sum of 25 cts. a bottle. He says these pellets contain no opium, morphine, cocaine or other harmful drugs, and he guarantees that they will relieve the head, throat and lungs almost immediately. He gives this guarantee with each bottle of his medicine: "If you buy my Cold Cure and it does not give perfect satisfaction, I will refund your money." Prof. Munyon has just issued a Magazine-Almanac, which will be sent free to any person who addresses The Munyon Company, Philadelphia.

Not Included.

After the dry goods salesman had completed his business with Cyrus Craig, Centerville's storekeeper, he asked what was going on in the town. "Had any entertainments this winter?" he inquired.

"No," said Mr. Craig, "not one. Salome Howe's pupils have given two concerts, piano and organ, and the principal of the 'cademy has lectured twice, once on 'Our National Forests' and once on 'Stones As I Know Them;' but as far as entertainments are con cerned, Centerville hasn't got round to 'em yet."-Youth's Companion.

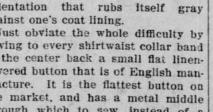
Starch, like everything else, is be-Starches put on the market 25 years ago are very different and inferior to those of the present day. In the latest discovery-Defiance Starch-all injurious chemicals are omitted, while the addition of another ingredient, invented by us, gives to the Starch a strength and smoothness never approached by other brands.

Pardonable Crime. "If I were to kiss you now, would you have me arrested?" "What would be the use? Any jury would acquit you.



By Lydia E. Pinkham's

Vegetable Compound



pointed tail. Instead of buttoning in the ordinary fashion at the back of the arm, the sleeve closed on the inside seam under a line of silk loops and oval olives. A tiny guimpe of tinted tulle laid over gold net filled the small round at the neck. Rich gold and silver embroidery, mingled with pale colored silk embroidery in relief, adorned the whole front of the corsage. Extremely chic was a third costume. Short and close, the skirt was hemmed with a band of skunk fur. The corsage, plainly cut to show no seams, and loosely fitted, was held at the normal waist line by a narrow leather belt, the buckle covered with

leather. Epaulettes of coarse, leather covered lace, framed a square guimpe of tucked ecru mull that mounted into a high-curved choker. From the edge of the square a narrow tablier fell to the belt. Buttoned on each with large cord loops it cunningly concealed the closing. With the advent of the one-piece gown for afternoon street wear, the uncomfortable and untidy back closing is disappearing. On nearly all such gowns the closing is marked by a line of buttons set straight or in fanciful fashion .- From a Paris Letter to Vogue.

noted this new sleeve in a gown worn

Long Fringe on Frocks.

which are disease promoters. There is a wide return to the use of fringe of all widths on indoor gowns. In other days it was used on street frocks, but it is to be hoped for the sake of convenience and comfort that this fashion will never return. salt.

It is a pretty one, however, for dress costumes. The trouble about mak-

White fringe is to be found, and is Twice handling anything is a frock. It is used as an edge to bodice wash stick to the boards and stone gowns.

for the skirt of a young girl's frock, "Little, but oh my!" So annoying was seen at only 98 cents a yard. when it is not flat enough and jabs There was also narrow flouncing to into the back of one's neck all day; match. Many bargains in allover emand even more objectionable-for a broideries are to be found. Now is woman can endure a good deal of the time to buy for blouses or frocks.

Shoes and Hose.

Low shoes with handsome buckles and fine transparent silk stockings are worn with all of the smart short But in this case flesh colored stockings colored, tight fitting silk jerseys are worn under the white or black tulle

guimpe and long sleeves, which almost household duties so that she may seri. invariably accompany the afternoon

Retain High Luster.

When washing silver with soda use ery flouncings, insertions and band- the baking soda, not the coarse washings are most reasonable in price and ing soda. In order to retain the high infinite in variety. Deep Swiss floun- luster use hot s at sads to which has tion only of temporary sheds for the possible and of insuring that the food animals, and these are periodically receives the smallest possible amount burnt to the ground-a most effectual of contamination.

WHITEWASH WITH THE LAW ON BUTTER THE SPRAY PUMP RENOVATION

By W. H. Underwood.

It is generally understood that many renovated butter: of the most disastrous diseases that

come to our herds of live stock are ufacturer's package of renovated butcaused by germs of one kind or an- ter is empty it shall be the duty of other that may remain dormant for the person who removes the contents years in litter about the stables. Such | thereof to destroy utterly the tax paid are hog and calf cholera, lump jaw, stamp on such empty package. Any navel ill, infectious abortion, tubercu- person having in his possession empty losis, etc. There are also parasites renovated butter packages the tax that infest the barns which cause barn | paid stamps on which have not been itch, scab, mange and kindred dis- destroyed will be liable to a heavy eases. It is, therefore, of the utmost penalty.

importance that the barns be made Original packages of renovated butclean and kept as clean as possible. ter for export only may be covered In cleaning the stables go over the with cloth, jute, or burlap, provided boards and walls with a stiff brush or that there be stenciled on the coverbroom to remove the cobwebs, dirt ing of the package in black letters on and litter that is attached to them. I a white background, the words, "Renohave seen stables where the ceilings vated Butter" in one or two lines, in were so festooned with cobwebs that full-faced Gothic letters not less than the boards above were almost hidden one inch square. The words "For from view. Such accumulations are Export Only" must appear in one line filled with millions of germs, many of one inch below the words "Renovated Butter," in full-faced Gothic letters Having cleaned the boards and not less than three-eighths of an inch

walls as suggested, then give them a square. These markings are to be thorough dressing of some dependable | the only markings on one side or sursheep dip, and then one of lime and face of the package.

Where possible, inspection will be A spray pump is an ideal implement made before the outer covering is put with which to apply the lime and salt on the package. If, however, inspecmixture, but a cheap brush or an old tion be necessary after the outer covbroom will answer the purpose very erings have been placed on the packwell. Lime and salt are cheap, so do ages, the exporter or his agent will be not be too stingy with them. I would required to remove the outer covering suggest slacking at least a half bushel from any or all packages designated of fresh lime, with hot water, in a bar- by the inspector.

rel and afterward add sufficient water Nothing in this regulation shall be to the mixture so that it will spread deemed to change or dispense with evenly and easily. The addition of a the requirement of Regulation 25 herehalf gallon of salt will make the white- of in any way.

A Good Ration .- One good rationwalls. it is an advantage to apply the in fact, an ideal one-is: Corn, eight lime and salt mixture while it is still hot, especially during cold weather. parts; bran, two parts; meat scrap, one part; clover or alfalfa meal, one It is very necessary that the barns and outbuildings be given this cleans- part; middlings of some kind, five ing before the live stock go into winparts.

Have Nests Right .- When nests are located and arranged to suit the hen's tastes they will not so readily seek other places to lay and hide their Bigger Profit .- It costs no more to nests.

raise a pound of poultry than it does Keep Them Comfortable. -- Use to raise a pound of pork, yet the poul straw, corn stalk, corn husks, or other try sells at a much higher price than dry material for a floor covering. Hens with cold feet will not lay very many eggs.

gence and care.

A Caution. - Dairymen having healthy herds should not feed their calves skim milk from cows not known to be free from disease.

Fresh Air and Sunshine .- Very important things in raising a profitable dairy cow are plenty of air and an abundance of sunlight.

ter quarters. It will add to the ap-

pearance of the buildings and also be

of very great assistance in maintain-

ing the health of the live stock.

pork.

The Latest Question .- There is no longer any question of whether or not foods. Dairy cows relish them. a silo pays. It is now, "How large shall I make it?"

Hens Like Dark .--- Hens like rather dark or hidden nests in which to lay. stand on the bare floor.

The United States department of agriculture has published the following amended regulation = relative to Regulation 15 .- Whenever any man-

table. I will never be without this medicine in the house."-Mrs. SAM'L LEE, 3523 Fourth St., Louisville, Ky.

Another Operation Avoided. Adrian, Ga.-"I suffered untold misery from female troubles, and my doctor said an operation was my only chance, and I dreaded it almost as much as death. Lydia E. Pinkham's Vegetable Compound completely cured me without an operation."-LENA V. HENRY, R. F. D. 3.

Thirty years of unparalleled success confirms the power of Lydia E. Pinkham's Vegetable Compound to cure female diseases. The great volume of unsolicited testimony constantly pouring in proves conclusively that Lydia E. Pinkham's Vegetable Compound is a remarkable remedy for those distressing feminine ills from which so many women suffer.

