

# 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 vitamines 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 Sedell 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 con-

# Major Stimson and Her Aides



Major 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.

cerning 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 poisons," 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 vitamines 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 vitamines 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.

partment 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 Neuport, 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.

# 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 visa 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 visa 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 visa on a sliding scale. For example, I have to pay 175 francs for my visa 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 de-

## 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 Hirsbrunner 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 Hirsbrunner, 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 Phillip 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 \$12.00 on a charge of assault and battery.

# CORNHUSKER ITEMS

News of All Kinds Gathered From Various Points Throughout Nebraska.

## OF INTEREST TO ALL READERS

Howard county claims the largest chicken hatching industry in Nebraska.

Dubois will have a new amusement park, with swimming pool and other attractions.

The Annual Encampment of the State G. A. R. will be held at Hastings May 23 to 25.

A near epidemic of influenza and whooping cough is sweeping the vicinity of Callaway.

Fremont jobbers have been restored to equal shipping advantages with Omaha and Lincoln.

Ed Van Owen of Enola probably will lose his left hand as the result of a corn sheller accident.

Fire of unknown origin practically destroyed the Fremont Feed and Junk Co. building and contents.

A Hereford bull, property of H. J. Smith of David City, sold at Des Moines last week for \$1,100.

Sixteen of the Lincoln insane hospital herd of cows have been found to be infected with tuberculosis.

The annual meeting of the Nebraska Press Association will be held at Lincoln February 10, 11 and 12.

The Union Pacific has reduced the force in its Omaha shops and track department twenty-five per cent.

The State bank is a new addition to Petersburg business. It is the third financial institution for that place.

The Commercial club of Osceola has decided to inaugurate a weekly bargain day to stimulate retail trade.

Farmers in the vicinity of Bohrs have been reporting the loss of much young stock, presumably by coyotes.

About \$75,000 worth of property was destroyed by fire at Columbus last year, according to the report of the fire chief.

Butter manufacturing in Omaha has increased from a total value of \$1,720,000 in 1910 to \$25,623,530 for the year 1920.

At a special election held at Verango bonds for the erection of an \$80,000 high school building carried by a vote of 95 to 7.

T. V. Norvell has been appointed United States commissioner for the Norfolk district to succeed the late John R. Hays.

The Fifty Year club, at Geneva, open to those who have lived in Fillmore county since 1871, has reached a membership of 114.

The annual report of State Fire Warden Harford shows that the loss from fires in Nebraska for 1920 amounted to \$2,679,020.

Hubbell is erecting a new community hall, modern and up-to-date in every respect, with a full basement underneath the entire building.

Plattsmouth Eagles are making extensive preparations for the entertainment of that order during its state convention at that place in June.

The Peters Joint Stock Land bank and the Fremont Joint Stock Land bank have been consolidated under the name of the Fremont concern.

Total cash gifts from Nebraska for American relief of starving children in Europe are \$82,110.94, as announced by G. W. Wattle, state chairman.

A recent government report credits Cheyenne county with having produced in 1920 more wheat than any other county in the United States.

It has been decided by the Pawnee city council that paving which was to have been started early in the spring will be postponed until a later date.

Following live stock losses, which farmers say will run into the thousands, a county-wide wolf and coyote hunt is being planned for Table Rock.

School attendance in Fillmore county has improved from 123 violations of the compulsory education law in 1919 and 119 in 1920, to 34 for this year.

The movement of stocker and feeder cattle to the country from South Omaha in January was smaller than for the corresponding month of any year since 1912.

Eighteen wolves have been killed in neighborhood hunts near Elwood. The animals have become so numerous that they are annoying and causing much damage to stock.

Arrangements have been made by Fremont merchants to have Professor Ivey of the State University instruct 100 salespeople of that city in the principles of salesmanship.

Nebraska lumber dealers will hold their annual convention in Omaha February 9-10. Last year 850 dealers attended the convention. More are expected this year.

Albert Fluett of Du Bois claims to have a coal vein 12 inches thick in his pasture. For five winters he hauled this Nebraska coal into market in Humboldt and Pawnee.

Governor McKelvie has completed arrangements with Auditor Marsh to furnish clerical help necessary for the auditor to issue warrants for half the face of claims filed upon the state hall insurance fund.

What is said to be the heaviest baby ever born in Franklin county arrived at the home of Mr. and Mrs. Harm H. Harms near Upland. It was a boy and weighed seventeen pounds. It is the ninth child in the family.

Fruit growers of Holt county have begun to express alarm over the present springlike weather. Trees already are showing signs of budding and sap beginning to flow.

Miss Dorothy Davis, instructor in mathematics and girl's physical education at the Columbia high school will teach next year in the Isle of Oahu, one of the Hawaiian group.

Custer county has paid \$4,800 in coyote bounties this season for 1,600 animals.

Murray has inaugurated the custom of holding picnic dinners, attended by the whole population.

John Reid, mail carrier out of Blair for fifteen years, estimates that he has traveled 106,100 miles.

M. Dvorak of Wilber recently sold nearly forty head of Poland China hogs at an average of \$65 each.

The Rock Island roundhouse force at Fairbury has been reduced sixty. Other workmen have been also laid off.

The American Legion at Cozad has begun a drive for 100 per cent membership. An athletic carnival netted nearly \$200.

The Fairbury Chamber of Commerce is contemplating reopening the Waterloo creamery, which was closed six months ago.

An attempt to revive the Baptist church at Ord, which has been closed for nearly two years, is being made by the Rev. M. Edson.

Dean Foucht, employee at the state hospital for the insane at Lincoln, was accidentally electrocuted while cleaning a boiler in the power house.

Burglars took 45,000 cigarettes, 200 cigars and 210 pounds of tobacco from the Raymond Bros.-Clarke Grocery house at Lincoln one night last week.

A bond issue of \$12,500 to take up Gering's floating indebtedness and put municipal business on a cash basis was voted with very little opposition.

Fairmont is making an effort to secure the headquarters of a machine gun company. The project is being pushed principally by ex-service men.

The Burlington is constructing miles of switches and many new buildings at Aurora with a view to making that place a division point within a few months.

After twenty-six years the legislature may this year restore to the school fund of the state nearly \$250,000 embezzled from that fund in 1893 by J. S. Bartley, then state treasurer.

One of the largest business deals in the history of western Nebraska was completed at Gering when the Thornton Hardware and Furniture Co. sold out to the Burge company for \$180,000.

Several wolf hunts in the Deshler neighborhood have failed to destroy the animals which have caused hundreds of dollars damage to young stock and poultry, according to farmers.

Secretary Leo Stuhr of the state department of agriculture has compiled a table, showing that farm tenancy in Nebraska has increased from 37.2 per cent in 1914 to 49.3 per cent in 1920.

Death claimed 181 members of the Nebraska G. A. R. in 1920, according to Assistant Adjutant General Harmon Bross' report. The organization's present membership is 2,000. There are 157 posts.

While helping lath the new Methodist church at Stromsburg, Rev. V. H. Van Horn, pastor, suffered a fractured skull when he slipped from the scaffold, striking his head on the cement floor.

Dan Redmond, a farmer residing near Orono, suffered a double fracture of the left leg, between the ankle and the knee, when the horse he was riding fell and caught the member beneath his body.

The Rev. O. Klockner, pastor of St. John's Evangelical Lutheran church, near Emerald, has served notice on his congregation that he intends to resign following action of the members in restoring German services.

Half the \$700,000 state hall insurance losses incurred in 1920 will be paid on February 15, under arrangements worked out by Governor McKelvie and State Auditor Marsh. The remainder will be held until collection of all state taxes.

Snakes along the Niobrara river bottom already have broken their period of hibernation, according to trappers who have been spending the winter season on the river. A large bullsnake, extremely active, was killed by hunters last week.

Mayor Thomas of Nebraska City has begun a campaign against owners of pool halls and cigar stores who have been selling cigars and tobacco to minors. Names of school boys who are under age have been furnished the owners of these places of business.

Of the 1,548 persons seeking employment at the federal state free employment agency at Lincoln during January, but 208 obtained work, according to the monthly report of Miss Frances L. Robinson, examiner in charge. Fewer persons were furnished work during January in proportion to the number of applicants than in several years.

Five hundred life insurance men of Nebraska, Iowa and South Dakota are expected in Omaha February 15 for an annual congress of agents.

Fred L. Fassett, of Lincoln, has been appointed by national headquarters as provisional departmental commander of the Veterans of the foreign wars for the state of Nebraska. Mr. Fassett served in the First Nebraska regiment in the Spanish-American war, in the Thirty-second United States volunteers during the Philippine insurrection, in the trouble with Mexico before the world war, and in the World war near San Antonio, Texas.

The Nebraska agricultural experiment station at the college of agriculture now claims one of the best dairy herds in the country. In the twenty years of its existence it has developed eight cows that produced an average of 903 pounds of butter in one year.

H. H. Sheldon of Columbus, who recently had a fine bunch of cattle at the South Omaha stock yards, said there would be an increased swine production in his neighborhood next spring as nearly all of the farmers in that section are breeding more sows for spring farrowing than they have for several years.

# NATION IN DANGER

Farm Abandonment Has Created Most Serious Situation.

Food Supply Threatened Through the Drift of the Population to the Cities—Now is Great Opportunity to Take Up Land.

The question, "How is the country to be fed if the population continues to drift to the cities?" is one that should create an agitation that will bring about a reply that will mean a solution. The census, recently completed, reveals a situation truly alarming, one that has never been known in the United States before. The urban population is now greater than that of the rural districts by about 4,000,000. Cities and towns, each with more than 2,500 inhabitants, contain 54,318,032 persons, or 51.4 per cent of the total population, while the farms and smaller towns together claim only 51,399,739 persons, or 48.6 per cent of the total.

As is pointed out by an influential Chicago daily, "the drift to the cities is thus proved and, reduced to figures, showing a top-heavy condition of the industrial life."

Farming is and must remain the basic industry of the world, and certainly should remain the basic industry of a nation with a continental area like ours. It is small profit to gain the markets of the world with manufactured goods if agriculture has decayed so badly as to furnish an uncertain subsistence for our people, and fluctuating crops are reflected in price changes that upset the economic life of the country. Yet we are within measurable distance of that condition, if the present or recent drift toward the cities continues.

Most writers on this topic take it for granted that young folks go from farms to cities merely to make more money. Doubtless that is something of a motive at all times and was a very strong one in the period immediately after the war, when city industries paid wages totally impossible for farmers to rival.

It is hoped that this drifting has reached its apex. Unless it has, and there still remains a possibility of its continuance, the effect cannot be foretold. The great wave of manufactures for war purposes has ceased, and with it the number of those employed in factories is diminishing by thousands daily. It is therefore hoped that there will again be heard the slogan, "Forward to the Land." If prices to which farm land has reached are prices prohibitive to many, the opportunity is still open elsewhere. There are states possessing large areas of good land that may still be had at prices within the reach of many, and it is doubtless true that in self-preservation it will be necessary to bring these lands under cultivation. The prices are not high, considering their value. Then, too, there are the lands of Western Canada, that hold out an inviting prospect. Reports from there show that the prosperity of the farmers there is not mythical. Farming there is conducted on scientific principles, and the climate is such as appeals. The production amply repays all the expenditure that may be made. The social conditions are of a character that make farm life a pleasure, and tends to keep the young man and young woman from plowing for urban life with so many drawbacks. If conditions as above mentioned, showing such a large percentage of population in the cities and towns, continues, they will require food. The opportunity to supply it is by the means suggested. Go forward to the farm, become independent, and become a factor in supplying the world's needs in cattle, sheep, grain and such other commodities as the farm will produce and the resident of the city requires.—Advertisement.

Might Be the Reason. Johnson—"De Brown never speaks of his family tree." Bronson—"I expect it's much too shady."

Red Cross Ball Blue is the finest product of its kind in the world. Every woman who has used it knows this statement to be true.

Diverging Views. She—He is a man of letters and the stamp of man I like. He—Well, your man of letters is the stamp I like to lick.

Find the Cause! It isn't right to drag along feeling miserable—half sick. Find out what is making you feel so badly and try to correct it. Perhaps your kidneys are causing that throbbing backache or those sharp, stabbing pains. You may have morning lameness, too, headaches, dizzy spells and irregular kidney action. Use Doan's Kidney Pills. They have helped thousands of ailing folks. Ask your neighbor!

A Nebraska Case "Every Picture Tells a Story" Mrs. D. D. McKeen, 721 11th St., Auburn, Neb., says: "I had a great deal of trouble with my kidneys. I was all run down and had severe pains in my back and kidneys. There was a heavy bearing-down ache in the small of my back, too. Doan's Kidney Pills were recommended to me and two boxes entirely cured me."

Get Doan's at Any Store, 60c a Box. DOAN'S KIDNEY PILLS. FOSTER-MILBURN CO., BUFFALO, N. Y.

# 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.