

DIET TO BLAME FOR THE HIVES

Wrong Food Is Cause of Many Other Ailments.

By EDITH M. BARBER
CERTAIN foods which score the best as far as nutritive value is concerned occasionally produce disturbing symptoms when eaten by some persons. Persons of this type are said to be sensitive to certain foods or to have food idiosyncrasies.

This sensitiveness may be acute or mild. The symptoms may be a rash, asthma or a less acute form of nasal disturbance. Usually the offending food belongs to the protein division. Eggs and milk are often the offenders. Sometimes peas, beans and whole grains, all of which contain some protein, produce the same effect. Shellfish and strawberries, although the latter are low in protein, are also often to blame for hives and digestive upsets.

Usually food idiosyncrasies show themselves in infancy. There are cases, however, which develop in later years, especially during periods of nerve strain. Fortunately, however, these conditions are usually temporary.

Sometimes sensitiveness may be reduced and sometimes cured by giving minute but gradually increasing quantities which eventually create an immunity. This is exceedingly important in the case of children when milk causes what is known as an allergy. It is also important in the case of eggs, because so many dishes contain them as one of the ingredients. Shellfish and strawberries may be avoided easily if they cause trouble, but eggs and milk may be present when it is not apparent.

Corn Pone.

- 1 teaspoon sugar
 - 1/2 teaspoon salt
 - 1 1/4 cups boiling water
 - 1 1/2 tablespoons butter, melted
 - 2 cups cornmeal
- Dissolve the sugar and the salt in the water; mix the butter with the cornmeal, then add boiling water and let stand ten minutes. Shape into oblong cakes, bake on a greased pan in a hot oven, 450 degrees Fahrenheit, for 25 minutes.—From "Nutrition in Health and Disease," by Cooper, Barber and Mitchell. Maple Parfait.

- 4 eggs
 - 1 pint cream
 - 1 cup hot maple syrup
- Beat the eggs slightly and pour on slowly the maple syrup. Cook until the mixture thickens; cool, and add the cream beaten until stiff. Mold, pack in salt and ice, using two parts of ice to one part of salt, and let stand four hours or pour into freezing tray of automatic refrigerator and freeze three to four hours.

Brandy Hard Sauce.

- 1-3 cup butter
 - 1/4 cups powdered sugar, or 1 cup granulated
 - 1 egg yolk
 - 2 tablespoons or more brandy
- Cream the butter, add the sugar gradually, then the beaten egg yolk and beat until very light. Add the flavoring.

Noel Cake.

- 2 cups ground Brazil nuts.
 - 6 eggs
 - 1/4 teaspoon salt
 - 1 cup sugar
- Grind the nuts (one and one-half cups of shelled nuts or about one-half pound) and mix with sugar and salt. Beat egg yolks until foamy and beat in sugar and nut mixture. Beat thoroughly and fold in beaten egg whites. Pour mixture into a greased spring form and bake in a slow oven, 325 degrees F., for 20 minutes; raise the temperature to 375 degrees for 10 minutes and then decrease heat to 325 degrees for 30 minutes.

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Watch Proportions

Many chintzes bold in design and brilliant in color are appealing because they are decorative in themselves. Their striking quality is, alas, their fault. A patterned fabric does not have the same status as a piece of furniture or even as an accessory in a room. It always becomes a part of some other design—a curtain for a window, a cover for a chair—and should be plainly subsidiary to it if it is not to look overbearing and soon become tiresome. On the other hand the patterns used in a large room and on large chairs and davenport are lost if they are too delicate.

What Brush for What

When selecting a brush for applying shellac, choose a bristle brush; for japan colors, a squirrel hair or camel's hair brush will leave the smoothest surface. For lacquer, use flowing brushes made of ox-hair, fitch or badger. When applying paint and varnish, use soft flat brushes of Chinese bristles, fitch or badger. Keep a varnish brush for varnish only.

Eggshell Gloss

If you wish to obtain an eggshell gloss by rubbing, simply pour small amounts of paraffin oil on the furniture and then sprinkle fine powdered pumice stone over it. Rub well with rags using long straight strokes. When you have the desired finish, carefully clean away all trace of pumice and oil.

Weight of Gray Substance
The gray substance represents 37 to 38 per cent of the total weight of the brain.

Luxurious Cow Barn Lets Animals Recline to Eat

Oakfield, N. Y.—Nothing has been left undone to provide the latest in cow comfort in a huge concrete building that looks more like an oversized bungalow than an old-fashioned barn. Its 28,900 feet of floor space makes it one of the largest cow barns in New York state, according to the owner, S. Sherwin Taxton, Rochester and Oakfield business man.

Twenty men will tend the wants of the 300 cows in a specially ventilated room with individual stalls for each cow. In each stall is a round iron drinking fountain. The concrete floor is well cushioned with hay for sleeping purposes and, the feeding troughs are so low that each cow can recline in indolent ease and eat and drink at the same time.

Twice a day a short walk will break the monotony of the cow's life. At 4 a. m. and 4 p. m. she will trot through a long concrete chute to the washing room. Her attendants will give her a fine spray bath in preparation for milking. Both completed, a door will open and Bossy will walk into a glass-enclosed milking room, step into an iron stall where a mechanical milker will send the milk spinning upwards through a vacuum system to a storage tank, thence to a pasteurizing unit and then into cans.

No human hands will touch the milk en route from cow to bottle. Milking completed, Bossy can step from her stall and return to her quarters via the chute.

During the summer, the stalls are air-cooled and in the winter, fans will send warm air through the building.

Game With Paper Dolls Will Teach Deaf Pupils

New Orleans.—The lip-reading pupils in seven New Orleans public schools this fall will learn their lessons by a scientific paper-doll game. Miss Ruth Proctor, who teaches handicapped pupils from six years old to high school age, will illustrate a new lecture on how Jennie Germ can creep into milk and transmit tuberculosis.

In the game will be the milk sprites—Pat Protein, Sherman Sugar, Fred Phosphorus and Walter Water—who fight against Jennie Germ. The children will watch the teacher's lips as she tells the story and will watch the paper dolls enact a play.

The children also will see how the lighthouse of health is built, progressively, by the Exercise Rock, the Sunshine Stone, the Plenty-of-Food Pebble and other components. Getting germs into the Body Castle is part of the progressive game. Only two gates of entry are open to the germ—the Nose and Mouth Gates. Each child will have a germ which will try to get by the gate. But the owner of the Body Castle can foil the germs, when carried in by the hand, by washing the hands!

Another germ hidden in milk can be stopped by having the milk pasteurized, and so on.

Pictures will be used almost exclusively at first. The teacher will form the syllables of simple words with her lips, encouraging pupils to do likewise.

Limit in Seclusion!

Some mountaineers living in the Blue Ridge mountains 100 miles from Washington had never seen an American flag until 1923.—Exchange.

Older Children Learn Faster

Older children learn faster than younger, a marked improvement in mental ability being noted when from twelve to fourteen years of age.

Locality Attracts Cat

The attachment of a cat to a home seems to be the locality, and in a lesser degree to those with whom the animal lives.

Roman Gold Coins

Roman gold coins were issued about 217 B. C., and were called sestertii. The head of Mars appears on the early ones, followed by others with the head of young Janus and warriors swearing an oath over the body of a pig on the reverse. Still later, the issues of gold were resumed by Sulla in 83 B. C., and Julius Caesar in 45 B. C.

Worcestershire Sauce

Wine vinegar, sherry wine, tamarinds, and brown sugar are the principal ingredients of worcestershire sauce; pimentos, cloves, pepper, ginger, curry powder, capsaicum, mustard, shallots and salt being used for flavoring, and sometimes caramel for coloring.

Valuable Mahogany Tree

A great mahogany tree from West Africa, a real giant, brought almost \$10,000 on the British market.

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The Dixieland Swingsters

Introducing the DIXIELAND SWINGSTERS, a recording band, playing the hottest swing music in the southland, are featuring with success the new novelty (piano novelty) RADIO-RAG, from radio station WNOX, Knoxville, Tenn. This number is a collaboration

from the pen of the colored composer, Mr. Shelby Lockett, of Brenham, Texas, and of our Omaha composer and Music Publisher, Al Dahle.

This song is being published in Omaha, although there is a demand in the South, with music

stores bearing the number, it has all the earmarks of becoming a good seller. The collaboration and publishing of this number resulted in finding talent and ability in the efforts of Mr. Lockett, which were discovered through a little contest conducted by Al Dahle in search for new material.

Mr. Lockett is recognized as a man of ability, talent in writing songs as well as being very active in the production of various forms of entertainment, such as minstrel shows, and revues for school, church and community circles.

Power of a Telescope

The bureau of standards says that to determine the power of a telescope, focus it on a brick wall. With a little practice one can keep both eyes open, in which case one sees the wall directly with one eye, and sees the wall through the instrument with the other. If the magnified brick is as large as 10 un-magnified, the power of the telescope is 10. The telescope should be at least 100 feet from the wall.

The Maelstrom

The Maelstrom is a rapid current or tidal whirlpool off the northwest coast of Norway. It runs with the tide alternately six hours from north to south and six from south to north, producing immense whirls. When the wind is northwest and opposed to the reflux of waves, it at times its greatest fury, but in ordinary circumstances it can be traversed without difficulty.

Indians as Hunters

Contrary to the popular conception of the Indian as a mighty hunter, the Navajo tribe, perhaps the least modernized of all the American Indians, never hunt except for meat, and refuse to kill many animals that white men always have considered fair game. Conspicuous among the tabooed animals are the bear, coyote, owl, duck and rattle snake.

Arkansas Has First All Negro Jury

Walnut Ridge, Ark., Sept. 22 (ANP)—An all colored jury, the first in Arkansas since Reconstruction days and reputedly the first in state history, showed no leniency Tuesday for a member of their race, T. H. "Troubles" Wilson. Justice J. F. Israel subpoenaed the jury which fined Wilson \$50 and costs for wife desertion.

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St. Bernard Dogs
There are two types of St. Bernard dogs: the rough and smooth coated. Both are similar in build and body structure, differing principally in the texture of the coat. They have been known to weigh as much as 250 pounds.

Ships Through Panama Canal
It requires from eight to ten hours for a ship to pass through the Panama canal. The length of the canal is 44 nautical miles. There are three locks, and ships are taken through the canal during the day.

Not "These" Kind
The word "kind" is singular. If modified, the demonstrative pronouns "this" or "that" must be used and not "these" or "those." The latter two are the plurals of "this" and "that."

Temperature of Northernmost City
The January temperature of Hammerfest, northernmost city of the world, is about that of Berlin, 1,300 miles to the south, due to the waters of the warm Atlantic drift.

Don't Want Lions Seared
Whipsnake zoo in England had a huge chalk figure of a lion cut in the ground to warn airmen not to fly too low and terrify the beasts with the hum of their motors.

Human Nature Unchanged
In the modern age human nature remains very much as it was in former times; but intellectual habits and methods have changed fast and progressively.

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