### OTHER LANDS TRAN OURS.

An interesting account of the manner in which the Japanese are establishing themselves in Corea is given by a Russian paper printed at Port Arthur. Allowance, of course, has to be made for the source of information. The first move of the Japtralla is rather a gloomy one. Its states are anese, says this journal, was to capture the rising generation by means of a network of schools all over the country, in which a Japanese program of studies was carried out. This vast scheme has been prosecuted with extraordinary persever- the debts were incurred have materially ance. They then proceeded to make the two Important Corean ports, Fusan and portion of the last summer show a decrease Chemulpo, Japanese in all but name, and of from \$40,000 to \$50,000 a week compared to push their enterprises in all directions with the corresponding weeks of last year throughout the country. They built the A public debt of Victoria that falls due in Seoul-Chemulpo rallway, and are now work-London on January 1, 1904, is to be met by ing at a line from Fusan to Seoul. Fusan the issue of what is termed a conversion will be the most southerly point of a rallloan, which simply means that the amount, way system which will soon be complete. \$17,000,000, cannot be paid or any part of it, Thousands of Coreans are working on this but that the time of payment will be exline under Japanese direction; quays are tended at such rate of interest as the creditor may determine. The public revenue is being constructed so that ships can unload failing below the expenditure, notwithstandinto the rallway wagons; Japanese merchants have bought the best positions on ing a general percentage reduction in the wages and salaries of state employes and the line as well as around the terminus, which is in the center of Fusan, and there the dismissal of a large number to swell is bustle and animation in the Japanese the ranks of the unemployed. As might be quarter, where broad streets have been laid expected, distress and discontent are al-

out. No foreigner can get any land there. leged to be widespread. The Corean emperor from time to time issues edicts prohibiting the sale of land by Coreans, but these are disobeyed and lous dupes by the so-called "get-richthe Japanese buy as briskly as ever. In quick" schemes that a bill introduced in Seoul they own about one-third of the immovable property in the town, and in Washington by Senator Dryden of New Jersey, denying the privileges of the mails Chemulpo the proportion is about half, to the so-called insurance companies which while in other Corean towns their interests are not authorized to do business by the are almost equally important. Japanese certificate of the insurance commissioner money lenders make advances to the easy of some state, seems to be needed. This going, impecuatous Coreans on their land proposed measure has the support of the and houses, which soon fall into their

economical as well as an educational sense. Remarkable progress in productive industries, commerce, and financial strength is reported in Italy. The rating of that coun-

hands. Thus the Japanese are rapidly

making themselves masters of Corea in an

try in European money centers, such as Paris, has radically changed. A few years ago many shrewd observers believed that Italy would be forced to confess bankruptcy as a nation and face revolution because of

industrial failure and extreme poverty among the poorer classes. Now Italy is drawing money from foreign gold reserves. Italian development in commerce and in-

dustries is one of the striking features of the times. National hope and ambition rest on a surer foundation of well-earned cor.fidence than they ever did before. A crowded country containing about 25,000,000

of people is managing to gain ground fast in business and industries without much fuel and with its manufactures severely handicapped by want of coal and prestige in the world's markets. Both are very seri-Tribune. ous drawbacks.

In the early part of 1897, Russia, after the most careful preparation, undertook the first census of the empire. The census papers were in forty-four languages, and most of them had to be filled in by specially trained volunteer officials. After two years some results were made known, but they only affected the total of Russia's population. From time to time various figures for different parts of the empire have been published. For some months there have

been rumors that the census was to be abandoned, or at any rate considerably ourtailed. These reports are now confirmed. The statistics henceforth will give much less information about the population than heretofore. There will be no distinction in future between the temporary and the set-tled population of a place and especially there will be no further subdivision into Russian and foreigner. On this point the it to see if it's dry."—Chicago News.

among young recruits summoned to join INVENTIONS marriages and the advantages granted t fathers of families will help to stimulate

Devices Designed by Them on File in the the growth of the population. Patent Office in Washington. The prospect immediately ahead of Aus-

staggering under the burden of enormous EVIDENCE OF THE INITIATIVE FACULTY debts contracted during the years of pros perity. Interest on these runs at the high Authenticated Cases Where Colored figure of 4 per cent. Receipts of the rallroads and other public utilities for which Men Have Patented Labor-Saving Machinery-Names of diminished. The railroads of Victoria for : **Principal** Inventors.

It is all but universally believed that while the negro possesses imitative he yet lacks initiative faculty; that while he can utilize what has already been developed he is wofully wanting in creative and constructive power. Neither his imagination nor his intellect is deemed capable by some people of forming new images or ideas, or of reassembling old ones so as to put them to new uses. It is considered the function of the negro

OF

that the white man furnishes him, and not to bother himself about the invention of better ones. When the master in "Uncla Tom's Cabin" learned that his slave. George Harris, had invented a machine, exhibiting considerable skill and ingenuity, he expressed the prevailing feeling of his

race in the reflection: "What business has my slave to be inventing machines?"

tude of the American mind toward, the negro's intellectual limitations that a lead. paratus. ing patent attorney in one of the New England states, responding to a circular letter. inquiring as to the number and character

national convention of state insurance ommissioners. Can any convincing rea-'did not believe the negro capable of inson be suggested why it should not befeat the project of emancipation.

Searching the Records, In 1884 the writer, just then admitted into

the examining corps of the United States patent office, had his attention called to a statement published in a Richmond (Va.) paper to the effect that no negro had ever been granted a patent for his invention, and on inquiry among the examiners of the patent office and the attorneys who practiced before the office, many of whom frequently came into personal contact with the inventors, it was found that more than 100 well-authenticated cases of negro inventions constituted a part of the records

time to time added to this list, which was first published for use in connection with the negro exhibit at the Cotton Centennial in New Orleans in 1885, then at the World's fair in Chicago in 1893, and again at the Southern exposition in Atlanta in 1895. During these years the patent office was

alled upon very frequently by editors of newspapers and others to furnish lists of negro inventions, but no systematic effort was made by the office to collect such data until January, 1900; and then only at the request of the commissioner in charge of the government exhibit at the Paris exposition. The object was to make a showing

at said exposition of what the American negro had done in the field of invention In pursuit of this object the then commissioner of patents, Hon. Charles H. Duell, addressed a circular letter to the hundreds of patent attorneys throughout the country, to several of the large manufacturing

preachers, teachers and professional men of the negro race, asking them to furnish any information at hand concerning well-

attachments for hot-air registers, and the NECROES late James Wormley for a life-saving apparatus. Record is also made of two patents to F. J. Loudin, the leader of the famous Fisk Jublice Troupe that has cirsumnavigated the globe.

THE OMAHA DAILY BEE: SATURDAY, NOVEMBER 28, 1903.

Among the really important inventions on the list, mention should be made of those of J. E. Matzeliger, who is said to be the pioneer in the art of attaching soles to shoes by machinery; and throughout the shoemaking district of New England, where his machine is known as "The nigger ma-

chine," it is regarded as the basic invention in that art. A Gun Invented by a Negro.

Another invention that seems destined to

make a place for itself in the scientific world is that of the rapid-fire gun by a negro named Eugene Burkins. When the gun was first patented it was extensively noticed by the Scientific American and other technical journals, and was pronounced by them all as being a decided advance in the art of ordnance and gunnery. The gun is constructed with a magazine at the breech in which a large number of

heavy shells can be held in reserve, and in work with the tools and instruments the action of the gun these slip down to their places and are fired at the rate of fourteen a minute. The gun is elevated upon a revolving turret with electrical connections, enabling the gunner to direct the action of the machine with a touch of the finger. The writer knows of only one instance in

which a patent was granted to a colored woman, and that was to Miss Miriam E. So set has become the traditional atti- Benjamin of Boston, who obtained a patent on a gong signal, and one on a pinking ap-

It has been suggested that much of the success attained by negro inventors may be sent out by the United States patent office | traceable to the infusion of white blood. This proposition, generically stated, lacks of inventions by negroes, stated that he both novelty and proof. It has been advanced with equal persistency and uncerenting anything but lies." This man's tainty in nearly every public discussion of mind must have been cast in the same the negro's intellectual achievement. And mould with those of the men who labored it is a constantly asserted claim that those so strenuously in ante-bellum days to de- negroes who show the greatest reinforcement of Anglo-Saxon blood show also the

greatest development of brain power.

## Effect of Blood Strains.

If one may reduce so broad a question to the narrow limits of mere instances, it would still be difficult to say on which side of the matter the truth stands. Many of the men in the negro race who have accomplished most in the field of pure literature are those in whom there is not visible a single touch of Anglo-Saxon blood. Men like Dr. Edward W. Blyden, ex-president of the College of Liberia at Monrorcia, and ex-minister from Liberia to the Court of St. James, whose comprehensive learning and ripe scholarship make him a valued of the patent office. Further inquiry from contributor to the leading British magazines; the late Dr. Joseph C. Price, president of Livingston college, and ex-Congressman Robert Browne Elliott of South Carolina, both orators of great ability; the late Dr. Alex Crummell of Washington. whose rare pulpit eloquence frequently at-

tracted to his church services the late Genearl Arthur while he was president of the United States; Prof. Kelly Miller of How ard university, one of the ablest writers of the day on politico-economic subjects, and Paul Laurence Dunbar, the poet, are all of this type-pure black; and they have, as I think, no peers among the race in their re-

spective lines of intellectual effort. And it is of course equally difficult to reach true conclusions on this subject, with reference to negro inventors, for here again the question quickly assumes a shape that lends itself readily to never ending comparisons. In the field of invention, as elsewhere, there has not seemed to exist a ,20 and .22 pound of protein and 2,565 and reasonable ground for assuming that any 2,325 calories of heat value respectively "dead line" of intellectuality runs across each day; the three lawyers averaged .18 the stream of pure negro blood, for among the inventors who are nersonally known to

ment of Anglo-Saxon blood.

tion of the age.

Post.

portance, however, to show that the negro

as a race has actually accomplished very

much of value in the line of invention, and

thus to show how much in error are those

who constantly assert that the negro has

made no lasting contribution to the civiliza-

These facts ought clearly to show that

capable of performing his whole duty in

the work of mankind, whether it be tilling

the earth with his hoe or advancing the

world by his thought .- New York Evening

VALUE OF VARIOUS FOODS

Maine Experiments with the Break-

fast Varieties-Best Food for

Brain Workers.

The Maine experiment station has r

cently made some very thorough inves

gations as to the merits of the vario

ereal preparations on the market und

the generic name of breakfast foods. The o

ject of the investigation was to test t

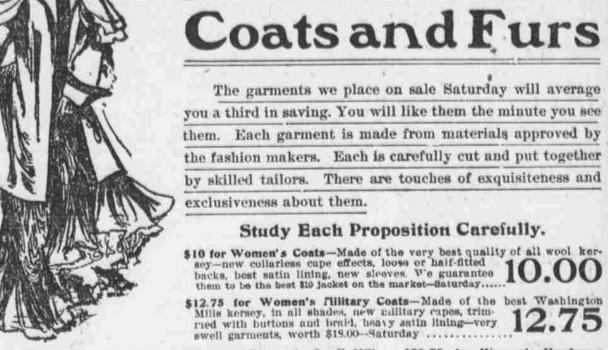
value of the statements made by t

manufacturers regarding the nutriti

value of their preparations. The investig

each of the chief breakfast foods on the

market, and also the nutritive properties



\$14.75 for Women's 3-4 Length Coats-In fine quality of Monti-nack or zibeline, made with the new shoulder capes, neatly trimmed, loose or half-fitted backs, lined with the best quality of satin lin-ing, garments in this lot worth \$25-Saturday ......

12.75 \$29.75 for Women's Handsome Zibeline Coais-In black, blue, brown and gun metal shades, shoul-der capes, new Wattau plait back, finest satin lining, one of the most correct and handsomest **30** 75 garments of the season, 29,75

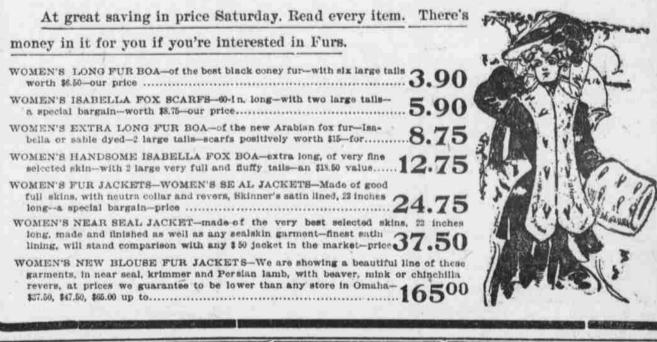
\$22,50 for Women's Swell Milltary Coats-Made of very finest quality of kerseys, coverts and im-ported zibelines, new half-fitted guality of kerseys, coverts and im-ported zibelines, new half-fitted backs and Wattan plait and shoul-der capes, \$20.00 and \$35.00 values-

Flebraska Clothing Ca

OTHES FOR MEN WOMEN

**Great Sale of Women's** 

Women's Fine Furs



professors consumed food that produced pound of protein and 2,400 calories of tally: two doctors averaged .28 at value

# **Edison Phonographs**

## SMILING LINES.

come a law?

Move in Right Direction.

There has been so much chesting of cred-

"Why do you think he'll be a famous novelist?" "He poses for photographs so well, with his arms folded and looking as if he was thinking."-Judge.

Parke-Was that your doctor's automo-ble in front of your house? Lane-Yes. He owns it, and I paid for it. -Town Topics.

The Lawyer-Of course, my dear madam, the great thing in a case of this sort is to introduce something into the evidence that will appeal to the jury. The Lady-Oh! I shall change my cos-tume every day.-Brooklyn Life.

The professor, who had been invited to address a south side audience on some ectentific subject or other, looked with se-ene satisfaction around the crowded hall. "I regard the large attendance this even-

ing." he said, "as a magnificent testimonial to the excellence of the walking."-Chicago

Professor-The three elements are fire, water and air. Each is separate and dis-tinct from the other. Student-Yes, but fire-water and hot air usually go together.-Philadelphia Catholic Standard.

"Throgging, are you going to have a Chirstmas tree this year" "We haven't decided yet. Why?" "Nothing, only I'm the agent of the com-pany that carries the risk on the flat you're living in and the insurance expires next week. Thought I'd inquire-that's all."-Chicago Tribune.

Ask the man who kicks hardest about the recklessness of automobilists to take a ride with you in an automobile, and the first thing you know he will be asking you to go faster.-Bomerville Journal.

"Yes, his painting attracts a great many

establishments and to prominent editors,

census was expected to show some interesting results in the western provinces. There is ground for thinking that the race tendency of the Slav is, and has been for long past, towards the east, and that the Tueton is replacing him. It was hoped that the first Russian census would settle this question, which, with many others, will now remain unanswered. The abandonment of the enterprise is due primarily to the enormous cost, but the indisposition of the authorities to tell too much may have something to do with it.

The fact that this year shows a falling off of \$4,000 in the number of French recruits in contrast with a German increase of 15,000 has once more concentrated publlo opinion in France upon the weighty problem how to stop the shrinkage in population. Senator Piot, a republican, who has made this subject his own, points to the deficit in the number of recruits as an argument against the withdrawal of the grant made by the government in support of an investigation by an extra-Parliamentary commission appointed to study the question. This action of the cabinet is not due, however, to any doubt as to the urg-ency of the evil and of the need for a remedy, since the minister of war has just Walle the clothes are getting dry. granted a much coveted privilege to married recruits and reservists. These married soldiers are now allowed to serve their time in the districts where their families dwell. It is reported that this

concession by the military authorities has this year led to many marriages in Paris



We are trying to make it so advantageous for Omaha people to buy coal from us that there will be no inclination to order eisewhere. Our office is most centrally located at the S. E. Cor. 16th and Douglas Bits. Our 'phone numbers are 252-799-188. Coal delivery service could not be hetter than ours. We have our own teams, great, heavy, handsome horses, and the big yellow wagons. Do you think we would entrust these to catches drivers? We know the coal business all the way through. We know coal values. Our experience is your benefit if you buy from us.

## ONE STRIKING ADVANTAGE.

Our customers have a great advantage in the "preparation" or clean screening of our coal. We spent a lot of money erecting the enormous grav-ity storage building from which the coal is loaded in our wagons OVER AUTOMATIC SCREENS. The coal is clean when you get it from us and costs you no more than coal with the dirt and slack left in. Estimated in money, this means from 50 cents to \$1.00 per ton saved, besides the greater satisfaction.

## **OUR PRESENT COAL SUPPLY.**

We handle about every kind of coal sold in Omaha and have these on

Ozark-Arkansas Anthracite, \$9.00.

Economy Washed Nut, \$6.25. ald not sell so much if it didn't

remarkable cooking coal. We cou We use it in our own homes. Trenton Lump, \$6.50. Nut, \$6 25.

high-grade coal Cherokee Nut, \$5.75. Lump, \$6.00.

Suitable for furnaces, stoves and Who does not know this coal? ranges

Eclipse Lump, \$5.25. Nut, \$5.00. Here is the coal to meet the requirements of those who want to be economical. Used for cooking, heating, baking, etc. We have a fine stock of hard wood, kindling, charcoal, at right prices.



authenticated cases of patents granted "Do you think your friend would lend himself to a shady political transaction?" "No," answered Benator Sorghum; "he might lease himself, or rent himself, or seil himself outright, but he wouldn't stand any friendly borrowing."--Washington Star. negro inventors. The replies coming in from this wide field of inquiry supplied a

THE WRITING FEVER.

Susie M. Best in Leslie's Monthly. Mother's got the writing fever, Father had it for a year, Sister's "daffy" on the subject. Brother says the pen's his sphere.

Uncle's always planning essays. Aunt is busy making rhymes. Grandma's writing "Recollections;" My! but these are learned times!

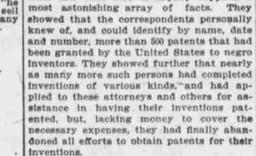
Nisce is editing a paper. Nephew's got the sporting page. Cousin's got the social column; Writing! Writing's all the rage!

Cook has quit to write up menus. Housemald-she skipped out today, Says that she can write a novel Just as good as Bertha Clay.

Coachman says he's sick and tired Holding reins for other folks, He's resigned—he's found his mission— Going to write up funny jokes.

Teacher's writing nature sketches, Lawyer's making legal notes, Politician's filling volumes On the crime of buying votes.

Everybody, everybody Bamping after fame and pelf-Gosh! I too have caught the spirit, Going to turn a scribe myself!



What the Negro Has Done.

The list shows that a considerable num ber of colored inventors have appeared to set no limit to the number or the variety of their inventions. At the head of the list stands the name of Elijah McCoy of Detroit, Mich., who is credited with having taken out thirty-four patents on his inventions, relating particularly to lubricating appliances for engines, both stationary and ocomotive, but covering also a variety of other subjects. He has succeeded in placing his lubricators on many of the steam car and steamboat engines in the northwest, and also on some of the transatlantic steamers. And these are said to net him a handsome royalty. The next name in point of number of patents is

that of Granville T. Woods of New York, who is called the "Black Edison," because of his persistent and intelligent and successful investigations into the mysteries of electricity. He has obtained nearly thirty patents for his inventions, which cover a wide range of improvements in telegraphy,

telephony and phonography. One of his patents is for a system of telegraphing between moving trains; another for an electrie railway; another for a phonograph. and still others for improvements for controlling the electric currents in telephone and telegraphic instruments. One of his telephone patents was sold to the American Bell Telephone company of Boston, for which he is said to have received large Like his colaborer (Edison) in the pay.

field of science, he seems to have given his life to the work, and pursues it with a pertinacity worthy of the cause. For more than twenty years his name has soldom been absent from the annual publication of American patentees.

Other successful negro inventors in the Nichols and Latimer, who patented an elec-

tric switch for rallways in 1890; E. R. Robinson, an electric railway trolley in 1893;

present a teacher in the colored High school of that city, an electro-magnetic railway

the list with eighteen patents relating

Henry Creamer has been granted seven

in steam traps; and S. R. Scottron has nearly as many on a variety of subjects. V. Richey of Washington has Chares patented a car coupling, a railroad switch, a fire escape, a washboard, and a combined hammock and stretcher. Among the other colored residents of Washington who have

are Leonard C. Balley for a truss that was favorably passed upon by the Army

Medical Board, and for an army tent that was recommended by the head of the army; A. F. Hilyer, a clark in the United States Treasury department, for water-evaporating Experiments in this direction were made A. F. Hilyer, a clerk in the United States yers and three physicians. Their dist was Treasury department, for water-evaporating unrestrained and it was learned that the

pound of protein and 2,765 calorles and the the writer, those like Granville T. Woods, third doctor used .30 pound of protein and the electrician, and Elijah McCoy, both of 2,800 calories of heat value. The professors whom have led all the rest in the number lived in Germany, the three lawyers and variety and utility of their inventions; extwo doctors lived at Munich and the third Congressman Murray of South Carolina; physician at Copenhagen. the Mongomerys of Mississippi, Charles V. Investigation among twenty-five of the Richey and P. B. Williams of Washington,

poorest families in Philadelphia made this who belong to the distinctly unmixed type, dietary showing. have done fully as much as any others to win a standing for the negro in the field

Protein, Heat value pound. calories. of invention. As above stated, these facts Largest dally dietary, make it difficult, if not impossible, to de-5.23 1.69 3.23 termine what proportion of the negro's advancement is traceable to his reinforce-Similar investigation among twenty-six of the poorest families in Chicago showed: It is held to be of far greater im-

Protein, Heat yalue calories. 4,950 1,630 3,235 Largest dietary ..... Smallest dietary..... Average 26 dietarles.. \*\*\*\*\*

The result of experiments made some years ago in California give the following omparative results of food values required by men who exercise little and those, like under favorable environments the negro is exertions: foot ball players, who are used to violent

1	Protein	, Heat value calories.
1	Man of little exercise 90	2,500
	Light work 100 Moderate work 125	3,500
1	Active work 150 Severe work 189	4,000 5,700
	Very severe work 200	7,500
	As a comparison to some diets that have been proposed	
1	men the following experiment	at made with

a foot hall team will show the daily cost of living per man: Heat

	Protein,	calories.
56	253	6,095
23	10	400
10.00	335	9,810
and t	hirty-five	grains of
0 calor	les of hea	t values,
the ci	leulations	of those
	18 23 97 1 and t 0 calor 1y cost	cents. grains. 56 253 18 75 23 7

tions were summarized in a table showing who maintain that a growing boy can ge how much weight 10 cents will buy of along very nicely on an expenditure of 13 milk and flour (brend and milk) and of cents per diem .- Brooklyn Eagle.

#### At Army Headquarters

First Lieutenant Douglas McCaskey of the Fourth cavalry was a Thanksgiving day visitor at department headquarters. Second Lieutenant M. M. Garrett of the Tenth infantry was a visitor at department headquarters yesterday, enroute to Ban Francisco. contained in each 10 cents worth. Milk is computed at 21/2 cents a pound and flour at 3 cents. The other preparations at their

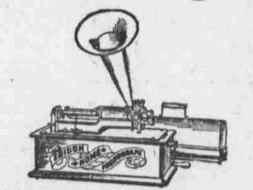
headquarters yesterday, enroute to Ban Francisco. Orders have been issued from headquar-ters. Department of the Missouri, relative to efforts to secure increased enlistments. The plan contemplates sending out of com-petent enlisted men to towns not otherwise canvased by recruiting parties, to solicit enlistments of young men who are not willog to present themselves for enlist-ment at military posts. These advance conviers will be provided with circulars and advertising matter describing the merita of the different branches of the service and will endesvor to come in personal contact with applicants. It is the purpose to send imilitary posts to towns near adjacent, Those from Fort Crook will be assigned to Plattsmouth. Nebraska, City, Wahoe, Schuyler and Columbus, in Nebraska, and to Shenandoah, Glenwood, Maivern, Clar-fort Des Moines to Valley Junction, Perry, Grand Junction, Ogden, Boone, Ames, Ne-vsda, Marshalltown, Colfax, Newton, Grin-nell, Oskaloosa, Beacon, Knoxylile, In-dianola and Chariton, in Jowa; from Fort Nobrara. Ainsworth and O'Nell, in Ne-braska; from Fort Robinson, Chadron and Alliance, in Nebraska. At the discretion of the commanding officers of the posts other towns may be visited where it is thought that desirable enlistments may be accured. 1.44

#### Railway Notes and Personals.

of nitrogen and phosphorus which occur in the protain compounds, but are not found in the true fats or the sugars or

foods containing only carbon, hydrogen and oxygen. It is believed, therefore, that protein and other compounds containing ni-

Ira D. Kyle of the advertising depart-ment of the Union Pacific has gone to Lin-coln to spend a few days. W. S. Matthews, traveling passenger agent of the Minneapolis & St. Louis rail-road, of Minneapolis arrived in Omaha Thursday evening. H. N. Butterfield, traveling passenger agent of the Delaware, Lackawanna & Western, with headquarters in Chicago, is in the city calling on his friends. A. Philbrick, division superintendent of



Have brought happiness to thousands and thousands of homes. Modern times have not produced its equal for amusement and instruction.

EDISON MACHINES sold on easy payments from \$10.00 up. 30,000 of the HARD GOLD MOULDED RECORDS from which to make your selection, at 50c each, or \$5.00 per dozen.

THE HIGH SPEED COLUMBIA X. P. RECORD-AT 18 CENTS.

Dealers wanted. Write for catalogs.

We are the largest AUTOMOBILE DEALERS between Chicago and San Francisco-representing the Winton, Peerless and Knox machines.

H. E. FREDRICKSON, 15th and Capitol Ave. Omaha, Neb.



line of electrical appliances are noted as the table and given herewith: tric lamp in 1881; P. B. Downing, an elec-P. B. Williams, formerly a student at the Catholic university in Washington and at

switch in 1960; and W. B. Purvis, an electric railway switch in 1894. The name of W. B. Purvis comes next on

mostly to improvements in paper-bag machinery, but covering also a few other inventions. F. J. Ferrell is credited with a dozen patents on valves for a variety of uses; and next comes ex-Constesaman George W. Murray of South Carolina, with eight patents on agricultural implements.

patents for as many different inventions

obtained patents for their inventions trogen and phosphorus are the proper

foods to build up brain and nerves and keep them in repair. Medical Board, and for an army tent that

Of milk and flour 10 cents buys 3.66 ounds, of which .39 pound is protein and fat and 1.31 pounds is carbohydrates, 1.70 pounds total nutrients. A few of the well known breakfast foods are selected from Ten cents pays for

retail price.

Raiston Hea Grape-Nuta Pettijohn's Health Food .... Cooked Guten.... Quaker Gats.... Cream of Wheat... Vitos Johnson's Gluten. Bulk oatmeal .... Wheat flour ....

3.33 The table contains many more brands, but among them all there is nothing that contains as much nutrition for a given cost as flour, and next to it is common oat meal. It will be noticed that the foods-for which the most are claimed, as grape nuts, fisked rice, etc., are lowest in nutri-

tive elements relatively to cost. It has not yet been fully determined by physiological chemists just what food is the nost nourishing for brain workers. The

brain and the nerves contain the elements