

Your Health

THE FIRST CONCERN.



Florence Fisher Parry, who edits the "I Dare Say" column in the Pittsburgh Press, makes a wise suggestion for the foundation of health in the following verse, for what is more important to long, healthy life than properly cooked food? All honor to the wise person who seeks laurels in the much abused and little understood profession of a COOK!!

After seeing the Exhibit, After reading the new books, I have come to the conclusion, That the world needs better cooks.

Mebbe if there were a way to Increase artists' calories, We would not be so depressed by Visits to the galleries.

It was on an empty stomach Hoper's "Standing Girl" was painted; And the "Bathers" of Carona Is a bilious-attack, ain't it?

And I'll bet the quiet portrait That made P. Picasso winner Was the pure and simple outcome Of a good, well-balanced dinner.

When I read Van Vechten's "Parties" I thought, "What this young man needs, Is a little bit more rougness, Or perhaps some Scylla Seeds."

Radcliffe Hall is undernourished, (Shrunken stomach, I opine), And what troubled D. H. Lawrence Was a lack of vitamins.

And I'm sure that if Stokowski Would eat more substantial food And not mix his starch with acids, He would not be half so rude.

If you'd look into the diet Of our favorite movie queen, Greta Garbo, you would find that What she needs is more protein.

Take that man Mahatma Gandhi— Things in India might be quiet If his mamma'd only raised him On a better balanced diet.

Mebbe Stalin and Herr Hitler Might not be so full of hate If they'd take, right after dinner Some soda bicarbonate.

And I'll wager Mussolini Would have never been II Duce If he'd ever started into Get the notion to reduce.

All what's wrong with Al Capone Is, his steaks are undone, Mebbe on a meatless diet He might lay aside his gun.

Be that as it may, dear readers, When I start to write my book, I shall fortify my muse with A Humdrum of a cook.

Meal planning is less difficult if a few well-established rules are kept in mind.

The first rule is this. A balanced diet must be maintained. Unless one is dieting under a physician's supervision, protein, carbohydrate and fat must be supplied in definite proportions. It has been estimated that the minimum calorie requirement for a day for adults is 12 calories to each pound of body weight. Children require more food in proportion to their weight than adults. Ten to 15 per cent fat and the remaining 80 to 65 per cent carbohydrates.

Second, organic salts or minerals must be provided in necessary amounts. Calcium, phosphorus, iron, iodine, copper and other minerals are important factors in every meal. Third, the "protective foods" or vitamins are imperative.

Fourth, each meal should contain something crisp which requires thorough mastication for the sake of the teeth.

Fifth a quart of milk a day for children and a pint for adults should be used either in cooking or as a beverage.

Supplementing these constituents, bulky foods and water must be included.

With the exception of a few concentrated foods like sugar, other elements in addition to the one which classifies it are found in all foods. Vegetables which are primarily sources of starch and sugar—carbohydrates—also are supplying some protein. Cheese is rich both in protein and fat, although it is considered a protein food.

The function of each group of foods is significant. Mary Swartz Rose states that "protein food has an absolute monopoly on the nitrogen supply of the body" and that "nitrogen enters into the construction of body proteins which are essential to the life of every cell and constitute the most prominent part of muscle tissue. A child cannot grow and form strong muscles without it; a full-grown adult cannot keep in health without it."

Carbohydrates furnish heat and energy and fats give energy and reserve force.

Organic salts or ash constituents are cleansers and natural blood tonics. They affect assimilation and are indispensable to sound teeth and strong bones. The efficiency of each mineral salt is increased by the presence of the others in proper amounts.

The vitamins provide health and vigor and the power to grow, steady nerves and have marked effect on the appetite. They are, in fact, "protective" substances, for their

CITIES OF THE FUTURE

By 1980 there will be two races, aristocrats and groundlings, inhabiting New York.

The aristocrats will live 40 stories above the ground and will never come down to earth, literally or figuratively. The groundlings, on the other hand, will do the work of the world and will live in tunnels and crypts below ground, never getting a peak at the sun.

All of this is the prediction of Dr. John Dewey, Columbia University's famous philosopher, who believes that the skyscraper is going to revolutionize society. The sky-dwelling aristocrats, he says, will develop a religion based on sun-worship, because of their proximity to the sun; the groundlings will invent a religion related to the ancient conceptions of Hades.

This is an interesting picture, even if slightly dizzy. Dr. Dewey is known as a sober and weighty thinker. But on this occasion one is compelled to remark that he has been indulging in a gaudy pipe dream.

Besides, it is not a new pipe dream. H. G. Wells painted magnificent towers of steel as lovely to look at—at least some of them are—but they have not yet eradicated the average man's desire to have a place for himself close to the earth, with room for a tiny garden and a bit of lawn, and they never will; for that desire goes down to the roots of being, and is a very hard thing to down permanently.

If Dr. Dewey's prediction comes true it will simply be because the human race, as a whole, is a great deal dumber than its severest critics have suspected. For we are just beginning to get into our hands the weapons with which we can make our cities into decent places to live. The automobile, the electric train, the express highway and the airplane, these are the things with which we can enable ourselves to live far out on the edge of the city in which we work. If we don't take advantage of them we deserve the fate that Dr. Dewey has outlined for us.

For the city, when all is said and done, is a poor sort of place to live; and the 60-story apartment house is the worst the city has to offer. The poorest suburb, with its untidy streets, its unsightly perry-built houses and its microscopic lawns, is a better proposition.

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State Boundaries Long

Matter of Disputation

For a great many years the boundary between the colony of New York and Massachusetts was in dispute. The government of New York maintained that the eastern limit was the Connecticut river, basing its claim upon a Dutch title. The Massachusetts government claimed territory westward as far as the Hudson river. For the purpose of establishing this claim the Boston government in 1659 made a grant of land on the Hudson river below Fort Orange and in 1672 sent John Payne to New York to solicit permission to pass and repossess by water. He was most courteously received, but the claim was never recognized. The dispute finally reached such a stage, resulting in riots, etc., that it was submitted to the lord commissioners of trade of England, and George II in 1757, by royal order in council, determined the boundary, granting the territory to New York. This was still not acceptable until 1773, when commissioners from New York and Massachusetts met and finally decided the boundary according to the present lines.

Long Line of "Caesars"

in Annals of Old Rome

Caesar was the surname of a renowned branch of a line of Roman patrician generals with the forename Julia. They claimed descent from the sons of Aeneas, the mythical Iulus.

Sextus Julius Caesar, a praetor in 208 B. C., is the earliest by that name to be mentioned in history. No direct male descendant was left to bear the name of the great Julius Caesar. Octavian, whom he had adopted and who later became the Emperor Augustus, took the name. The name passed, also through adoption, from Augustus to his immediate successors, Tiberius and Caligula. The use of the name was continued by Claudius and Nero, although they were not Julii. When Nero was killed, the use of Caesar as a family name was discontinued and it became the title of the reigning emperor. The title Caesar was used later to designate especially the heir presumptive, although it continued to remain part of the imperial title. It is from the title Caesar that those of the former Russian czars and German kaisers were derived.

Famous Old English Inn

The name of the Lion tavern figures continually in the records of old-time Shrewsbury, England. It was one of the great centers of social life from an early date, in this picturesque old town on the border of Wales. Its exquisite ballroom, designed and decorated by the Adam brothers, is alone well worth a pilgrimage. Famous feet have trod its oak boards, and in the musician's gallery Paganini once played. Here William IV "took the floor," in the year before Trafalgar. De Quincy spent a night at the Lion and Disraeli was here in his early days. In 1839 Charles Dickens, accompanied by "Phiz," was accommodated in what was then the annex, and wrote to his daughter of "the strangest little rooms, the ceilings of which I can touch with my hand," and how "the windows bulged out over the street as if they were the little stern windows of a ship." The same little windows still bulge and the lovely Adam room is still used for dancing.

A Relic

Little Roger, spending a holiday on his grandfather's farm, was permitted to beguile the hours of a wet day by turning over the leaves of the family Bible. Suddenly he looked up from the faded pages and quaint pictures and called out: "See what I've found, grannie!" In his hand he held a leaf, old and dry, and after a few moments' reflection he added: "Do you think it belonged to Adam and Eve, grannie?"

O. K. With Mother

One day, while entertaining a guest, Edwin's mother was called to the phone. Edwin promptly disappeared from the room to return with an expensive looking box of chocolates. After giving several to the guests, Edwin selected some for himself. "Are you sure your mother knows we're eating this candy?" the guest asked. "Sure!" said Edwin. "Didn't you see her frown and shake her head when I came through the hall with it?"

Well, What Did You Say?

We quote the utterance of four persons of different degrees of education and greatness as they gazed into the Grand canyon: Theodore Roosevelt—God Almighty made the Grand canyon. Man cannot even make the words to describe it. An Author—It bankrupts the English language. Girl from New Jersey—Golly, what a gully. Cowboy—It shore is a — of a hole.—Vancouver Province.

Come-Apart Auto Invented

Designed so that it can be taken apart within 20 minutes and stored in hallways or basements a "midget automobile" has been invented by Zeschka, the well-known German inventor. The car is a three-wheeler, and can be "knocked down" in three main sections. It is capable of a speed of from 25 to 30 miles an hour.

FARM NOTES.

Successful vegetable growers find that they get the best seeds for their gardens and commercial production when they order early. The supply of popular varieties and strains often becomes exhausted before planting time. Already the mails are delivering seed catalogs from which selections can be made.

Plant pathologists of the Pennsylvania State College emphasize the need of spraying for the control of peach leaf curl before the buds begin to swell in the spring. After the buds crack, spraying is ineffective because infection already has attacked the buds.

Corn, potatoes, tobacco, and small grains will be exhibited by farmers, club members, and vocational students at the Pennsylvania Farm Show in Harrisburg, January 19 to 23, 1931. Liberal prizes are offered.

In pruning young trees have in mind a picture of what the mature tree will look like. Proper training of young trees, which includes light pruning, will result in a strong framework of well spaced branches. Profitable production and early bearing are the objectives.

When in bud, bulbs should be kept in a sunny place and given occasional applications of plant food. After the flowers have opened, remove the plants to a cooler and partly shaded location so as to keep the blooms from fading early.

A farm inventory is the first step in keeping farm accounts. On the average farm it requires about one-half a day to take it.

Pullets' eggs usually do not bring as high a price on the market as do hens' eggs; therefore, it is to the advantage of the poultryman to bring the eggs up to normal size as soon as possible.

Grain, oyster shell and water are other essentials in a laying ration. Milk is an excellent poultry feed and may be substituted for one-half the meal scraps in the mash, if it is kept before the hens all the time.

The richness of cow's milk is a matter of inheritance and not of feed. Certain factors do influence the test, such as breed and stage of lactation.

There is nothing which will improve the quality of summer eggs more than the production of infertile eggs. This means that all roosters should be removed from the breeding flocks just as soon as hatching eggs are no longer needed.

Records show that fall freshening cows will produce 15 per cent or more of fat than where spring freshening is the rule.

A temporary surplus of dairy products caused by low buying power on the part of the consumer makes necessary a dairy program that includes more rigid culling of the dairy herds, feeding in proportion to production reduction or saving of labor on the care of the dairy herd, and vealing of all calves except those from the best cows.

Milk from cows suffering from diseases such as tuberculosis, foot and mouth diseases, etc., is unsafe for consumption because of its danger of containing the germ of these diseases.

The progressive steps in growing a beef steer are first to develop by continuous growth a large frame well covered with muscle and never entirely denuded of fat; then to deposit on this frame the fat necessary to give the animal the desired finish. To achieve the first step requires a ration rich in bone and muscle-building feeds such as whole milk, skim milk, roots, ensilages, legume hays and grains, such as bran, oats and oil cake meal. To achieve the second step requires a somewhat similar ration at first, but this must be gradually changed to one containing a large proportion of the fat-producing carbonaceous foods, such as corn, barley, or peas.

There is a tendency on some dairy farms to feed too much high protein grain to dairy cows, with the result that they have to be sent to the butcher within two or three years because of udder trouble or failure to breed. If such practices meant increased profits, dairymen would be justified in following them; but such is not the case. There is too much money spent for grain, too little attention paid to the raising of the right kind of hay, and too heavy depreciation on the cows.

The average lifetime of the cows in a herd should be five years, or five milking periods. When cows are fed properly they will calf every year, if there is no abortion in the herd, and produce well year after year. In other words, we will get the most milk from a herd of cows over a period of five years when the amount of grain fed is not too heavy, and when the grain ratios fits the roughage fed. If we want a cow to stay in our herd any length of time, we must be careful not to overfeed her.

Prof. D. E. Rusk, from the University of New Hampshire, is an advocate of the use of silage in feeding baby beef. He says that silage and legume hay must largely replace the grain in the ration of the beefing herd if baby beef is to be grown profitably. Allowance should be made for at least 30 to 40 pounds per cow during the winter months where a ration of good silage and legume hay is fed.

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Pretzel Legend

Pretzels, according to the accepted legend, originated in the monasteries of the Middle Ages. It was the custom of the priests to give a small cake to children who learned their prayers. The cake was called pretiola, meaning "little reward."

One day an ingenious priest thought to make the pretiola symbolical, so he folded the strip of dough to represent the folded arms of children in the attitude of prayer.

How Oil Helps Burns

To protect the burned surface of the skin from the air and thus lessen pain, apply curron oil, olive oil, butter, cold cream or even thick cream taken from milk.

How to Treat Tennis Strings

A solution of white shellac and alcohol or a thin cellulose lacquer is said to be satisfactory to varnish the strings of tennis rackets.

How Blood Travels

Blood makes the round of the human body about once every half-minute.

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