THE SCRANTON TRIBUNE --- SATURDAY MORNING, MARCH 6, 1897.



"Man." says an eminent anatomist, "is a stomach, with various organs abpended." This enigram presents he a concise form the autoreme importance. of a perfect digestion. The stomach is the center of the nutritive processes of

as a nation of disordered stomachs. With the widest and best dietary in the world to choose from we are still the the solice and are correspondingly less the temperature of the from the firmeness of its fibre as from a peculiar stringiness which makes it clude mastication. It takes tion are three, and they lurk in every Digestion requires 100 degrees Fahrendestroy the most perfect natural diges- salivary glands, finding sufficient moistion

All the substances we eat are divided into the two great classes of nitrogen- great deal nowadays from political ous and non-nitrogenous, to which may be added a small amount of inorganic matter in the shape of salts. The nonultrogenous focals are again divided sical nature is as easily pauperized as into fats and carbo-hydrates. All the moral, If the mouth be supplied these elements are essential to perfect with moisture, little or no saliva is sehealth, but it is the nitrogenous element, commonly called protein, which alone will support life. Protein is found in its most perfect form in the white of egg; it is the principal constituent of the gelatine of meat, the casein of milk and the glutin of cereals and vegetables. The fats exist in the form of animal fats and vegetable oils. The carbo-hydrates are sugar and starch, Their chemical symbol is the same as that of fat, C. H. O., carbon, hydrogen and oxygen, and after being subjected | inert. to the subtle chemistry of digestion, they play the same part in the human my as that performed by fat, that is, they are the heat and force producing elements. Although contributing to the preservation of bodily vigor, the fats and corbo-hydrates do not of themselves support life. A man fed upon pure starch, pure sugar, or pure fut, would die almost as soon as with no food at all.

WHAT HEALTH REQUIRES. Perfect health requires a perfect adjustment between the nitrogenous and the non-nitrogenous elements, Too much protein will result in uric acid, geut or theumatism. An excess of fats and carbo-hydrates causes various stomach derangements, flabby muscles, unaemia, and fatty degeneration of the vital organs. Taking wheat as the example of a perfect food, and it is the only one adapted to all elimates and conditions, the proper portion of these elements should be: One part protein to seven parts fats and carbo-hydrates, or more accurately, one part protein, one part fat, and five parts starch and nutriment out of these three elements the human system has been provided with four leading digestive fluids, or ferments, the saliva, the gastric fluid, the bile and the pancreatic fluid, and these must be maintained in an anvarying ratio of quality and quantity to insure perfect health. Starch is digested by the saliva, protein by the gastric fluid, fats and sugar by the bile, while the panereatic and minor intestinal fluids must give a final touch to all before they are fitted for absorption. The saliva, bile and pancreatic fluid must be alkaline, and the gastric fluid intensely acid, It was formerly supposed that the sole use of the saliva was to moisten food in preparation for swallowing, but recent investigations show that if plays a most important part in the digestive process, there being absolutely no digestion of starch without contact with saliva. Here then we see the first bad result of rapid eating The starchy foods are in the first place but, imperfectly broken up with the hasty mastication, which is the national habit; they are not allowed to remain in the mouth long enough for each particle of starch to come into chemical contact with the saliva, and they are hurried into the stomach without the amount of sallva which should accompany them to continue the work of changing insoluable starch into soluable destrine. The starch thus hurried prematurely into the stomach simply forments like yeast, and generates gas. uch causes discomfort and flatulence This is starch indigestion in its simplest form. By the muscular action of the storn nch this undimested and fermioning starch is passed into the Intestin s. where, as the most of it is in no condition to be absorbed, it continues to ferment, and the irritation of the delicate mucous membrane lining of the intestines caused by this fermentation results eventually in intestinal catarrh. one of our national maladies.

From a Paper Recently Read by Mrs. entire population of Pittsburg and Alle-John M. Ookley Bofore the Twenfieth Century Club of Pittsburg. entire the twenfieth and the protein amounts to only 95, too gheny have not succumbed to our pres- Its protein amounts to only .95, too ent drinking water shows that there little to sustain life. Mutton has slight-is, after all, a large percentage of ly less protein, with more fat than healthy stomachs among us. The per- beef, and requires three hours to dison with a feeble digestion must take gost. Mutton broch requires the addiespecial care to boil his drinking water tion of nitrogenous vegetables to giv and avoid suspected foods. It a true food value, Lamb has still To return to the second cause of our less protsin. and will searcely support and avoid suspected foods. the body, and any demogement of its national dyspepsia, ice water at meals. He of itself, but if combined with about two tablespoonfuls of hot water. functions must result in disorder of the When imperfectly masticated food is beans or peas will give sufficient multi-entire organism. It diserts in 2% hours. Vent.

victims of a widesuread national dyspensia. Why? The four of our diges- where perfect digestion can take place, achs would do well to avoid it altogether. Veal, however, makes a very household-the frying pan, ice water at heit, hence it must stop until the in-meals and the habit of rapid eating. jecied ice water shall be heated to that freely in water, and making a rich gel-A cursory examination into the nature temperature. But decay, as we know, atinous soup. The protein of chicken of foods and the simulest processes of | will begin at a much lower degree. Is a true food, most desirable for condigestion will show why these three hence, though there may be no diges-vational habits are eminently fitted to the there will be decay. Third, the rich in nitrogen, and when properly valescents. The flesh of chicken is cooked is even more digestible than ture in the mouth without their action, make little or no secretion. We hear a

Turkey and duck are also nutritious. though, owing to a closer fibre, are not so digestible as chicken. AS TO HOG PRODUCTS.

economists about the evil effects of pauperizing the peor by giving them what they have not carned. The phy-Pork is not intrinsically an unwholesome food. Its fibre is very close and firm, and if it were masticated twice as long and thoroughly as beef, would creted; if pepsin be given to the stomach, no pepsin will be secreted. The best digestive results are obtained probably digest in the same time, but with the usual hurried mastication, roast pork requires 5%hours for digesfrom dry food, the necessary water to be taken between meals. The same tion. Bacon, however, which is nearly objection applies to hot drinks, such as pure fat, with little fibre, takes only four hours. Bacon gives us one neces ten or coffee, which should be drunk sary fat in one of its most digestible at the close of meals, and to wine. forms. Broiled to crispness, it is a which should be drunk, when at all, luxury for the well-to-do, and baked before they begin. Alcohol in any with beans, a positive necessity to the shape precipitates the constituents of poor. The great danger in pork is the the gastric fluid, and renders it wholly possibility of its being infected with trichinae. This parasite exists only in

OUR FOR THE FRYING PAN. the lean, muscular fibre, and is de-The third great national foe to digesstroyed by cooking. Beef is really more tion is the frying pan. The essence of dangerous than pork, inasmuch as tubfrying is hot fat; and fat, as we re-member, is not affected by the salival cattle, and the poison of tuberculois is nor the gastric fluid, but receives its not destroyed by cooking. Milk is one of our most valuable foods, first digestion from the blle. A bit of fried potato, for example, is surroundin fact, a daily necessity to sick and well, yet there are many people who ed by an oily coating of melted fat. This fat is impervious to saliva, which cannot take milk because, as they say it makes them bilious. The chemistry thus prevented from coming into chemical contact with the starch of the of the mattis is thus: Milk, when taken into the stomach. It as once acted upon potate. Bits of fried fish or meat, or by the natural ferment rennin, which ogg enveloped in the oil coating of the molted fat, are similarly rendered im-

is one of the constituents of the gastrie fluid, and its protein, called casein. nervious to the action of the gastric is precipitated in the shape of curds, nuld, and pass on to the intestines. where the fat at last may be digested. more or less large and hard. If there be not hydrochloric acid in sufficient but where the substances it encased requantity and strength promptly to main to ferment, and cause sick headnche and biliousness. It is the excess break up these curds, they will decay and give rise to all the troubles which of meited fat which renders pastry so indigestible. The butter or lard is so attend the decay of food within the thoroughly worked into the flour that body. When animal substances decay, each particle of the latter is encased in an alkaline poison called ptomaine is

fat with the result that the saliva is generated. Germs are the cause of decay, and unable to act upon the starch of the flour. For the same reason gridille, the ptomaines the result of decay. A person who dies from diphtheria or cakes and hot biscuits lavishly spread yphoid fever, dies from ptomaine pois

by the poor show that ordinary baker's bread gives the highest percentage of waste; that is it gives the least nutriment for a given amount of money. Whole wheat and Graham flours should be used in bread making, the latter, however, which contains bean, must flatulent dyspepsia. It fulfills the same by avoided where there is gastric or burpose in the human economy as intestinal catarrh. Bread may be raised with either baking powder or yeast, the loaves should be small and thoroughly baked, in order to kill the yeast germ. As the yeast plant grows amount of sugar that is generally eat-it feeds upon the flour and diminishes on greatly overtaxes the liver, which, its nutritive quality by just so much. All cooking experts condemn the homemade and the brewers' yeast, and give preference to the compressed yeasts.

TO TEST BAKING POWDER. Baking powder is a modern substitute

for yeast, and when made of pure soda and cream of tartar will probably injure none but the most delicate stomachs. Unfortunately, it is much adul-torated, and chiefly with the two polsmous substances, alum and ammonla. A simple way of testing for the presence of either or both is to put a teaspoonful of baking powder into a teacup, add and then set the cup on the stove. If the powder effervesces alum is present. We Americans have long been known lice water, the first bad result is that we all know, digests slowly, but so The greater the effervezcence the larger tected during effervercence. Alum has the property of increasing its buik many times, over under the influence of moisture, hence it is largely used, by bakers as an adulterant of flour. A very small per cent, of alum added to a sack of flour will give the baker five more loaves to the sack. The only perfectly bygienic method of raising bread s by acration. In this method a blast of carbonic acid gas is forced by mechanical means into the dough. The bread thus made is light and porous, with none of the fermenting tendencies which are due to year and baking pow-

der. It would be a great boon to the poor, as indeed to all bread consumers, if an aerated bread bakery could be started in Pittsburg.

In the absence of acrated bread people with feeble digestions are forced to confine themselvs to various unleavened grain preparations. Oatmeal and Graham crackers are digestible, and so are many of the steam-cooked cereals so freely advertised. Unfortunately, some of these cereals are not so thoroughly cooked as they claim to be, and the slight additional cooking which

we give them in our home is not sufficient to make their starchy elements digestible. The first step toward the digestion of starch is thorough cooking. Raw starch is incapable of digestion or assimilation. It is the raw starch which they contain which makes unripe fruits so very undigestible. As they ripen, the heat of the sun slowly cooks this starch and converts it into grape sugar. There are some preparations of wheat now on the market in which, by slow and longontinued dry heat, the starch is sufficiently pre-digested to be assimilated by those with the most obstinate starch ndigestion

Cats stand next in value to wheat. In the shape of porridge or crackers, atmeal is quite as nutritious as wheat, but it is a strong food, and those who eat much of it should live a vigorous outdoor life. Oatmeal will not make so light and appetizing a bread as wheat flour, and for that reason is not so much used. Oatmeal porridge is not a wholesome food for weak digestions, as it is generally swallowed in spoonfuls, without chewing. Dry food, with thorough mastication to stimulate the salivary glands, is the first step towards ecovering a lost digestion.

FACTS CONCERNING CORN. Corn is a wholesome cereal, for it con-

Cane sugar is a carbo-hydrate, and preserving an appetizing variety. Boulllon, or consomme, which stimulates the as such is not a true food. It must be gastric fluid, is a hygenic prelude to the dinner. The meat, roasted or changed by the action of the liver into grave sugar before it can be assimibrolled, should be served with its sup lated. It ferments easily in weak stomachs, and is a fruitful cause of plementary vegetable. A salad, dressed with lemon juice, and not vinegar, may be added with advantage. The true hygienist yields the dessert starch, and since there is such an with reluctance; but the custom is too abundance of starch in all cereal and firmly roted to be opposed, so we will admit all varieties δf custards and vegetable foods, it follows that the need for sugar is very small. The blanc-manges, but must turn our backs firmly upon the seductive pastry. Ice cream may be admitted if each spoon we remember, is the custodian of the ful be held in the mouth long enough carbo-hydrates, storing them up withto melt before being passed on to the in its cells, and letting them out zs the stomach. In this plain dietary there system demands. When more sugar is is yet enough to gratify every taste eaton than the liver can take care of. and enough is not only as good as a as is usually the case, it escapes into

feast, it is infinitely better. the system undemanded, and causes It may be asked, is all this thought flatulence, obesity, some forms of rheuand care worth while. The obvious an matism and gout, and finally diabetes. swer is another question. Is it worth On account of its appetiging flavor, while to be well? however, it will doubtless continue to hold a prominent place in our dietary. A NEW AND CURIOUS LEG.

despite the remonstrances of hygien ists. A good rule to follow is to est An Artificial Contrivance with a licel just as little sugar as possible. The and Ankle Movement. habit of candy cating between menis From the New York Journal. cannot be too severely condomned

A European experimener has pro-Mrs. Richards, of Boston, and Miss duced an artificial leg. It as nearly Marian Talbot Dean, of the University resembles a human member as any of Chicago, have conducted very exhaustive inquiries into the amount and | that can be devised, This artificial leg is a curlous conkind of food needed by people pursutrivance of binges, screws and elastic ing different occupations. The amount Extending downward from naturally varies with the degree of bands. physical exertion. They estimate that about what in the human leg is the ankle, to a point midway between the the best admixture of foods is one part meat to four parts grain and vegeheel and the instep, are two steel rods one placed in front of the other. tables. One rests on a sort of roller hinge, and Those who believe in a larger pro-

portion of meat can adduce many strong arguments. Meats are more allows the foot to give or bend with each step. The other serves the pareasily assimilated than vegetables. pose of bringing the foot back into They form a more concentrated diet, place after the step is taken. tax the digestive organs far less, and Any lateral movement of these rods

require far less skill in cooking. On is prevented by the sides of the slot the other hand, they do not provide through which they move. A screw enough waste to keep the excretory and a nut at the top of the rod also organs in good condition, and the prevent the rod from turning and thus superabundant protein finding no way giving trouble in walking. An artiof escape, remains to decay and poison field) tendon is placed within the foot the system with ptomaines. Yege behind the ankle joint, and extends tables and grain do require skill in cooking, and do impose a duty upon loosely through a hole in the leg. where it connects with a nut at about every_digestive organ, but they stimu-

Food

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midway up the limb. late the excretory system, maintain the alkalinity of the blood, and any reasonable excess in their consumption is readily taken care of by the simple process of adding a few layers of fat Α to the body. Perfect

POINTERS FOR HOUSEKEEPERS.

The conscientious housekeeper should carefully study each day's bill of fare, so that the correct proportion of protein and carbo-hydrates may be maintained. Beef, mutton and chicken, which contain a large per cent of protein, should be served with the starchy vegetables, rice and potations. Lamb, which has less protein, should be supplemented by the nitrogenous peas and fat pork should be accompanied with the highly nitrogenous beans or lentils. An excellent supplement to fish is maccaroni, which is not a starchy food, as we would at first infer, since much of the starch is eliminated in the process of manufacture. Codfish, however should be served with potatoes or rice Succulent vegetables may be served with all these combinations, since they have neither starch nor protein in sufficient quantities to disturb the proper ratio. The cereals, wheat, oats and corn, are benefited by a slight admixture of fat in the shape of butter and cream, but it is unwise to add sugar to either wheaten or oatmeal porridge The starch in these grains gives the liver enough to do without overtaxing

it with cane sugar. To keep the correct ratio between animal and vegetable food, it is best a serve meat at only one a The number of meats which the system demands is a question of never-ending discussion. The Raiston idea is a hearty breakfast, a hearty dinner at 1 or o'clock, and no supper. Dr. Dewey advocates no breakfast, dinner at 11 of Fancy Hot-House Radishes, vises breakfast at 8 and dinner at with no supper. But none of thes hours, hygienic though they may be are suited to the working hours of man, or the school hours of a child. I therefore suggest a compromise in the shape of a very light breakfast and lunch, and a dinner of all that a healthy system may require. HEALTH-GIVING DIET.

Four hours will be ample time to dis

pose of this nutritious meal, then an

other glass of water in anticipation o

In preparing dinner we must remem

ber that a multiplicity of dishes, all

requiring different lengths of time fo

digestion, is one of the most fruitful

causes of dyspensia, hence we must

avoid too many different foods, while

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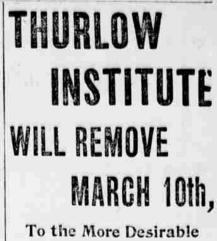
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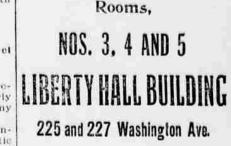
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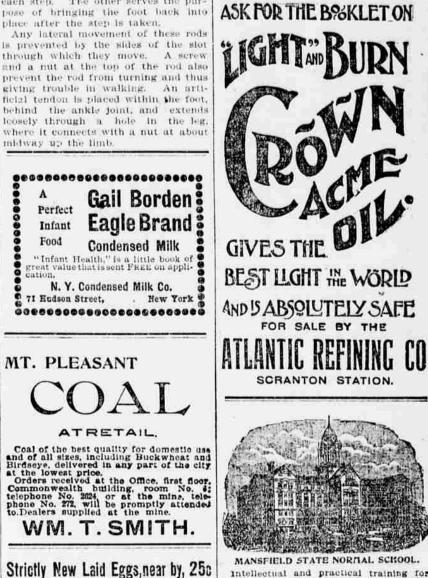
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of all its terrors.





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Intellectual and practical training for

TEETH SHOULD BE USED.

Thorough mastleation is almost as important for proteids as for starch Meat, for example, should be thorough Dogs and cats can bolt their food without detriment, for their gastrie fluid is strong enough to take care gastric fluid needs the assistance of the proper strength and quality, Imperclothing-all interfere with its proper fluid. A part may be digested, the recomperature of 100.

The first result is an offensive breath and a coated tongue, and as this decaying food is passed on into the intestines, the poisonous products of decomposition are absorbed into the sys- and a perfect diet for convalescents. tem, and give rise to billousness and but it is now known to be only a stimsick headache. These two symptoms plant. The protein or life-giving elemai diet. The gastric fluid is one of the great disinfectants of the body. and when kent at its proper strength | contains very little of the true food eleand quality, will destroy any germ that may luck in our food. The typhoid nitrogenous vegetables, as beans or germ and the cholera germ fall easy victims to the healthy gastric fluid. Even Allegheny river water may be drunk with impunity by a perfectly

with melted butter are so apt to caus indigestion. The extra work which the ise of the frying pan entails upon the bile and pancreatic fluid tends to diminish the quality of these secretions. and the natural result is a fat indigestion. A weak starch digestion is almost always accompanied by a weak fat digestion. This is easily understood when we recall that both fat and starch are carbo-hydrates, with the same constituents of carbon, hydrogen and oxygen, that they fill much the same place in the animal economy, and that starch receives its final digestion in the liver. While free fat is emulsified by the bile and made ready for absorption into the tissues, starch, transformed by the saliva into a perfectly soluable substance is stored in the liver cells to be delivered up as the system

alls for force and heat. Another substance which prevents the proper action of saliva is vinegar. The saliva, as we have learned, is strongly alkaline, and anything which weakens its alkalialty weakens its dlgestive power. The practice of placing the salad near the end of a dinner after the starchy vegetables have been enten is founded upon sound hygienic principles. The system must have acids, but it can get all it requires from the natural fruit acids without calling upon a fermenting substance like vinegar. Dr. Kellogg experimented at the Battle Creek laboratory with number of healthy boys, feeding them different foods in different combinations, and then analyzing the contents of their stomachs. He found that

vinegar in the proportion of one part vinegar to twenty parts saliva will entroy the milliony dis whom Vinegar also interfores with gastric igestion by its preservation We preserve melons, fruits and meats in vinegar, and it has the same preservative action when introduced into the stomach. It is directly antagonistic to the gastric fluid. Salads are quite as acceptable when dressed with lemon julce

FOODS SHOULD BE STUDIED.

A knowledge of the relative value of foods is of the highest importance to ly broken up by the action of the teeth the housekeeper, especially when she before it is passed on to the gastric has to provide for the needs of workingmen and growing children. Meats are valuable according to the amount of protein they contain, and according of any piece of meat that can pass to the digestibility of their fibre; a down their throats; but the human loose, open filred meat being more casily acted upon by the digestive teeth. Moreover, there are few of us fluids than one which is firm and com-in whom the gastric fluid exists in pact. Beef contains a high percentage of protein, with a fair proportion of fect ventilation, lack of exercise, tight | fat and inorganic salts. Taken in connection with a small amount of bread secretion. The imperfectly masticated and butter, it is capable of supporting meat is submitted to a weak gaetric life indefinitely. The best methods of cooking are brolling and roasting. Raw mainder decays, and we know how quickly animal food will decay at a hours; brolled or roasted, it will require three hours. Tough beef can be

stewed with advantage, but both gravy and meat must be eaten to get the whole nutriment. Beef tea used to be regarded as a highly concentrated food a frequent result of too much ant- ment of beef is not solute in water, and makes a very small per cent. of beet toa. For the same reason, beef broth ment, and must be thickened with the peas, to make it nutritious. The various beef extracts have even less nutriment than the 'home-made beef tea; they are merely flavors. Liebeg

ming, the result of germ life, and no from the mere presence of the germ themselves. Germs can be destroyed by cooking, but the promaines remain. The healthy gastric fluid destroys gorm life, and the liver, with its antiseptic bile, is intended to disinfect any pto maine which may by chance enter the body. But, with an enfeebled gasirie fluid, and an excess of animal diet, the liver is overtaxed and the ptomaine products of imperfect digestion escape into the system, causing billousness, so called, rheumatism, gout, and eventually, Bright's disease. A man whose liver is thus delly weakened by pto

maines, will succumb to an overdose of a narcotic, or under the administration of an anaesthetic, where a man with a vigorous liver would speedily rally. An offensive breath is an indication of the presence of ptomaines. It must be remembered that milk is

food and not a beverage; and should When therefore, be eaten slowly. sipped slowly, a spoonful at a time, it s far less likely to form large and in digestible curds. Buttermilk, in which the fat is removed, and the caseir broken up by the souring and the churning process, can often be tolerated where fresh milk is too great a tax on the digestion. The Irish laborer is entitled to four pints a day, and in that quantity it will add the necessary pro teln to a diet of potatoes. Its use l universal in India, where they say man may live without bread, but with out hitternilk he dies.

HOW TO TREAT EGGS

Eggs cause billourness in some per ple for the very more reason that milk do 5. They form a highly concentration animal food hence, when not there agai, digest d. ploreath s are evolved Ergs are often indirestible from be-ing improperly cooked. They should never be fried nor boiled hard, the solidified white of egg being insoluble in the mastrie fluid. They should be made into an omelet, or poached, or soft boiled. To boil an egg properly, place it in a vessel of boiling water, take th vessel off the stove and let stund for ten or twelve minutes. The white h then simply thickened like a custard and retains its perfect digestibility. The lose and open fibre of fish rep ders it an easily digested food, but i must be eaten fresh, as ptomaines de clop quickly. Recent Investigation do not substantiate the theory that fish is especially rich in phospherous, and hence, must be a good diet for the brain worker. It has no more phosphorus than good beef, and is, as a rule, de ficient in protein. Red salmon, her ing and codfish, however, have suffident protein to allow their substitution for meat, and the cheapness and digestibility of codfish should give it a

prominent place in the dietary of the HOOL Important as these animal foods are for the generation of strength and endurance, it is yet possible to dispense with them altogether. The ccreals contain not only protein enough to support life, but enough starch and sugar to supply all the necessary force and heat. Wheat stands at the head of the cereals, and is pre-eminently the food for man It is eaten at every meal with satiety, simply because it contains every element of food required by the body. Unfortunately, the prevailing desire for a fair-appearing white bread has led to refining flour until little is left except starch. The a starch indigestion. Baked in their scientific inquiries recently conducted skins they are much more palatable. in New York into the relative amount healthy stomach. The fact that the himself claimed nothing for his beef of nutrition in the foods usually caten and satisfactory food.

uins fat and protein, as well as starch and furnishes abundant heat and enrgy. Our ordinary canned corn is nooriously indigestible, however, on acount of the hard outer skins which t contains. Commeal is eminently wholesome, much being an especially nutritious and valuable food. Rye is 12, and a light supper. Dr. Kellogg adinferior to wheat in nutritive qualities and digestibility, but when used in connection with buttermilk, as is the sustom in Germany, will amply support

The protein, or albumen, of barley dissolves readily in water, on which account barley is especially valuable for thickening beef broth, and barley water is one of the best and most nour-

shing foods for fever convalescents. Although rice has a high percentage of starch, it will, when properly cooked, digest in one hour. It contains 1 part protein to 29 parts carbo-hydrates, and to our American standard, is not capable of supporting life; nevertheless, the masses of China and India live and do hard labor with rice as their only

Among vegetables, beans, peas and lentils are easily the most nutritious. They contain a high percentage of protein, and with the addition of a litthe fat, will supply every element the requires. The potato has fallen budy into disrepute lately, chiefly on account of improper methods of cooking. It is true that fully one-third of the pointo s waste, and it should by no means two the place it now occupies in the fletary of the poor.

On account of its high percentage of starch a potato must be properly and thoroughly cooked to be digestible. The only proper way to cook putatoes is to them with the skins on, though Lak they may be steamed and mashed without positive detriment. But even when aked they should not be eaten unless dry and mealy. A watery, soggy potato is absolutely indigestible. We alreauy understand why fried politoes should be avoided, and as to potato salad, it is a deititic absurdity. Vinetar, as we have learned, prevents the digestion of starch, and in the face of that fact, we take a starchy vege table and deligerately dress it wit with vinegar? What else can be expected hut dyspepria?

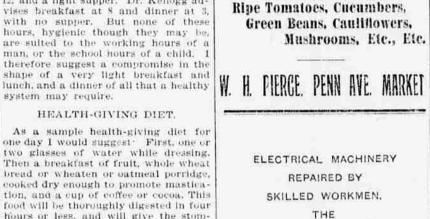
DANGEROUS VEGETABLES.

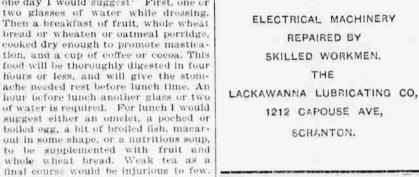
The remaining vegetables, tomators, turnips, carrots, cubbage and onions are chiefty valuable for their salts and elds. They have comparatively little nutriment, tax the gastric fluid heav Of Pulmonary Disease ily with their tough fibres, and should not form so large a proportion of the Who Takes "77" in Time. poor man's dietary as they do.

Fruits are valued, not for their nu-tritive quality, which is small, but for their power to maintain the alkalinity of the blood. They also stimulate the appetite and digestive fluids, supply

vater to the system, and have a gen rally laxative effect. The most nutrit ous fruits are the banana, date fig prune and grupe. As a rule fruits are more digestible when cooked, and should be eaten at the beginning of a meal, rather than at the end. The banana is so generally eaten that it deserves a word to itself. It should only remains for its adoption as a never be eaten uncooked. This sounds absurd in the face of the thousands that are consumed daily in their raw state, yet the banana contains enough starch to make cooking a necessity.

is more a vegetable than a fruit, and if persistenly eaten raw, will produce and are at the same time a nutritious





OS WYOMING AVENUE.

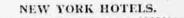
DUPONT'S

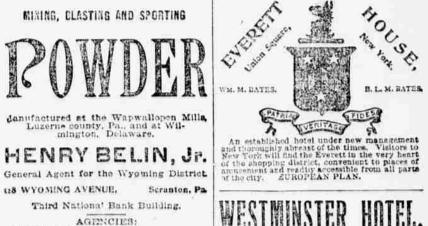
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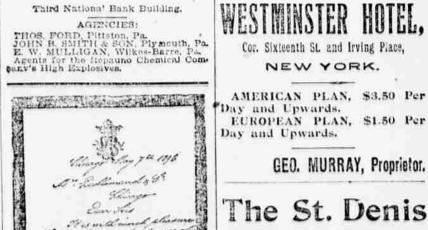
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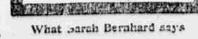






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