

The Scranton Tribune

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SCRANTON, JANUARY 21, 1899.

REPUBLICAN NOMINATIONS.

Mayor—JAMES MOIR. Treasurer—THOMAS R. BROOKS. Controller—F. J. WIDMAYER.

The responsibility for the deadlock at Harrisburg, which ties up legislation and creates public suspense, is on those Republican members who have bolted the caucus nominees of their party.

The Martin Ballot Bill.

The new ballot law introduced by Senator Martin is the Australian ballot, with one difference. In Australia the name of the candidates are grouped alphabetically under the various offices.

Canned Beef.

We cheerfully give space in another column to an interesting letter from Armour & Co., the Chicago beef dressers, replying to recent public criticisms of canned meats.

Army Reorganization.

Now that congress has agreed to hold slight sessions beginning next Tuesday until the question of the reorganization of the regular army is disposed of it is to be hoped that public opinion will bring pressure to bear on the representatives of the people sufficient to cause them to consider this important subject thoroughly and arrange, if possible, for a permanent correction of admitted and notorious evils in the existing military system.

Need of Women Judges.

Now drawn on dark days for the dressmaker. In a number of cases recently tried before civil court justices women have been absolved from paying their dressmakers on the decision that the gowns were misfits.

NUTRITIVE VALUE OF FOODS.

Editor of The Tribune—Sir: A discussion has arisen regarding meats, both canned and refrigerated, that have been furnished the United States government to supply the army and navy during the late war with Spain.

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department, so that he can enforce promptness, honesty and efficiency in the furnishing of army supplies. The spectacle of a commissary general liberally calling the commanding general a liar would not then be possible under any circumstances; nor would it be possible for the commanding general to claim that embalmed beef had caused the death of many of his soldiers.

After weeks of deliberation, the Montrose Democrat has finally determined to favor anti-expansion.

NEWS AND COMMENT

The commissioners of Clearfield county having recently refused a newspaper in that county access to the records of their office legal proceedings are to be instituted to test the law on the point.

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part of the W. C. T. U. As the arrangement of the scale of punishment is left largely to the discretion of the mayor of Vineland, who is not in favor of the ordinance, it is not probable that the young people of the city will suffer much inconvenience.

After weeks of deliberation, the Montrose Democrat has finally determined to favor anti-expansion. The abolition of party lines on the Philippine question has been a sore puzzle to the Democratic rural organs, who have been unable to find out where they are at.

If the correspondents at Washington cannot evolve more plausible news than that President McKinley has ceased to be an expansionist they might better save good space.

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Koenig, Reubner, Ettinger, Stultzer, Fassbender and other conscientiously employed authorities investigated for France, Germany, Austria and other European countries. Tests innumerable have been made in provisioning armies under all conditions of service—in barracks, during maneuvering in peace and actual war.

The charge of inferior nutritive value, when applied to canned boiled meats, needs only investigation for its refutation. Long experience should be sufficient to establish their superiority, but reasons for this superiority may be concretely stated. Animal life requires three classes of foods—nitrogenous matter in the form of proteins; carbohydrates as found in sugar, starch and allied products; phosphates and bases, known as mineral matter. The maximum amount of matter in meat soluble in boiling water is four pounds in 100. The nutritive part of meat is albumen and myosin, the basis of muscle. Neither of these is soluble in boiling water. Upon immersing meat in water at the boiling temperature, the albumen coagulates, causing contraction that squeezes out the water producing a shrinkage of 40 per cent. in weight.

The value of canned boiled meat as a nutrient has been fully established by the most extended experiments in Europe and America and it is beyond the possibility of dispute that 98 per cent. of the proteins of boiled beef, such as is put in its cans, is digestible and is assimilated by the system. So that it may be positively asserted that the nutritive value of the canned meat known to commerce is absolutely the same as that of any uncooked meat, beyond the control of the manufacturer. He is honest or dishonest, he cannot tamper with it. No process is now known or possible by which the soluble nutritives can be withdrawn from it. Scientific limitations protect the consumer even if unscrupulous manufacturers desired to rob him. These tests may be counted by the hundreds; they are exhaustive and practical, and are conducted by scientists with closest attention to details. Every particle of food taken into the system and every article exported is analyzed. These tests extend for months under all conditions. Individuals as well as masses of people are subjected to them. The armies of Europe and the regular assemblies of men in public institutions contribute to the unassailable accuracy of their results. And all of this great mass of scientific testimony proves beyond controversy that boiled meat, instead of being less nutritious than uncooked fresh meat, is actually more so, for it is now known that 98 pounds of the former contains as much nutrition as 100 pounds of the latter.

In canning meat it is necessary that it be partially cooked before packing it in the cans. This is done by the steam, which does not remove any of the nutritive properties. Even were it a commercial usage, it would be false economy to add any of the water in which the meat was cooked to the contents of the can. Absolutely no value as a nutrient would be lost by boiling it with salt and pepper, which contain the maximum amount of nutritive matter with the minimum amount of weight, and this only can be accomplished by filling it with nutritious solid meat. If the can is tight and its contents properly processed, the meat will be as good years afterward as the day it is put in. All cans are tested for faulty processing or for leaks, and but few escape the vigilance that protection from bacterial loss demands. And, it may be added, that containing the small percentage of fat in canned meats, the entire absence of bone, and the well established fact of their superiority as a nutrient—great injustices is being done by ignorant denunciation of this necessary article of food.

Much of the recent criticism of this class of food has unquestionably been occasioned by its improper and injudicious use. Lack of knowledge or of facilities in handling it as an army ration, are responsible for most, if not all, of the trouble. The British, French and German armies have used it for so many years that they are familiar with proper cooking methods. Some addition of hot water may be advantageously used in its preparation, and the addition of common condiments, such as salt and pepper, will remedy the insipidity that characterizes all boiled meats when used without them.

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Men's heavy grey undershirts, sale price 19c. Boys' grey shirts and drawers, sale price 17c. Men's heavy fleeced shirts and drawers, sale price 35c. Men's natural wool shirts and drawers, sale price 39c. Men's heavy scarlet wool shirts and drawers, sale price 59 cents. Black and white working shirts, full size, yoke backs, well made, sale price, 29c. Extra heavy ribbed working shirts, sale price, 39c. Men's heavy blue woolen working socks, sale price 14c. Men's all wool scarlet socks, sale price 14c. Men's and boys' wool mittens, sale price 10c. Men's fur top kid gloves, 75c and \$1.00 kinds, sale price 49c. Men's Astrachan gloves with kid palms, 75c kind, sale price 49c. All our 50c and 75 men's neckwear, sale price 39c. Men's undressed kid, fleece lined gloves, \$1.00 kind, sale price 75c. All 25c neckwear, sale price, 19c. Boys' sweaters, 75c kind, sale price 59c.

ALWAYS BUSY.



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SOLILOQUY.

When the doctor Looks at A man of my figure, He says to himself, What will do him most good Will be To eat less And Exercise more.

He knows, however, That habits of life When once fixed Are seldom changed.

Consequently, the doctor, In my case at least,

Contents himself With writing a prescription That gives me relief Rather quickly, While my habits remain as they were.

Of late I have noticed That my physician, Instead of the long prescription, Writes but two words, And that the remedy I get Is rather more convenient And decidedly More effective.

The two words are

R-I-P-A-N-S TABULES

A new style packet containing TEN DIPONT'S TABLETS in a paper carton (without glass) is now for sale at one-half price. This new style packet is the most convenient for carrying and use. The new style packet can be had for mail by sending forty-eight cents to the DIPONT'S TABLETS COMPANY, 26 to 28 Spruce Street, New York—or a single tablet (TEN TABLETS) will be sent for five cents.

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