

# FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

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By ALFRED W. McCANN

Shoulder and round are not only cheaper than porterhouse and sirloin, but, when properly cooked, are the most nutritious, juiciest and most flavorful of all the cuts of meat-producing animals—Now is the time to turn the discomforts of our present food shortage into future profit.

We borrowed not corn alone from the aborigines of what is now the United States and Canada. We owe much else to them that now stands forth with a hundred hints of how to get back from the wilderness of foodless luxuries with which we are now surrounded to something of the simplicity on which honest manhood, splendid womanhood and happy childhood are built.

The Boston baked beans originated with the red man. It was he who cultivated the common haricot kidney bean, sometimes cooked with corn, sometimes with meat.

"Ham and beans" and "beans and bacon" are merely evolutions from "beans and bison," "beans and venison," "beans and hare," "beans and duck."

We can no longer indulge, unless on rare occasions we feast at pretentious clubs, on combinations of beans, bison, venison, or duck.

In our recklessness we have destroyed, wantonly, the vast herds and flocks with which bounteous providence supplied this country.

However, we can still obtain the cheaper cuts of commoner meats, which, by the way, when properly cooked, are the best cuts. Beef and mutton are still with us.

Shoulder and round, despised by the superficial and shallow housewife in the presence of porterhouse and sirloin, are the very cheapest, the most nutritious, the juiciest and most flavorful of all the cuts of meat-producing animals.

The fireless cooker and the old-fashioned iron pot clamor for attention. By their help we can convert the foolishly despised cheaper cuts of meat into the most appetizing and nourishing of stews, potroasts, or meat-bean combinations.

We can stalk through a mass of high school ologies, but we cannot make a bowl of gravy worthy of the name!

With hogs going as high as \$15 a hundred on the hoof, ham and beans and bacon fly far out of the reach of many, but shoulder and round, if we will only get back to first principles, are still available.

The Indians utilized wild rice, still to be found in the regions around the Great Lakes.

Professor Jenks, quoted by Wiley and Rines, advocates the cultivation of wild rice on a large scale by the whites as a valuable addition to the food supply of the country.

Whether we cultivate wild rice or not we have at hand in immense quantities natural brown rice, which is just as good a food as whole corn, whole wheat, whole barley or whole rye.

Doubtless if they had not been driven by necessity the Russians, Germans, and French would not have returned to these whole grains during the past two years. The fact that they have returned to them is significant to us, or should be. As far as food economy is concerned we are actually at war.

Even the Indians themselves learned to appreciate such a dish as wild rice only through the pressure of the whites who forced them more and more into closer quarters about the Great Lakes, thus cutting them off from the food resources so carefully cultivated by them.

History not only threatens to repeat itself, it is repeating itself.

In the early settlement of the west and northwest wild rice made possible the survival of the pioneer movements of American civilization.

Henry in 1775 and Carver in 1776, as recorded in the American Educational Alliance Publication, "The United States, Its Beginnings, Progress and Modern Developments," referred to the fact that the great expeditions to the rivers of the west and the preservation of the infant colonies beyond the settled east would not have been possible without wild rice.

Yet wild rice as a delicious food does not compare with natural brown rice, of which millions of bushels are annually spoiled by the rice millers of the United States in their efforts to prepare the denatured "white head rice" now on the market.

The fallacious arguments that corn and rice are milled to their present degree of refinement so that they "will keep" is put to shame not only by the methods of the Indians in keeping these grains, but by other facts.

The Indians stored and preserved their grains in pits, trenches and cribs. The modern crib is an Indian invention.

Whole corn and whole rice will keep indefinitely if the protecting husk of the corn and rice are allowed to remain on the grains until they are ready to be ground.

It is only when the grains are taken out of their overcoats and ground that they refuse to keep. Even when ground they will keep from October to May in cool climates. Their spoilage occurs only during the hot months. Throughout May, June, July, August and September they should be ground as needed. The fact that they will keep perfectly for a full year on rice, and even in the hottest weather affords ample opportunity to market them.

We bake our bread as needed. We roast our coffee as needed, and our distribution of milk from day to day adds the simplest kind of evidence of the feasibility of preparing whole grains, not a year or two in advance of their consumption as is now done, but as the requirements of the people demand them.

These, then, are some of the suggestions which our food shortage experience makes for the benefit of the future. Others are to follow.

## England to Take Drastic Steps to Meet Food Shortage

London, March 23.—The food question is pressing daily with increasing stringency on the British public and, according to authoritative reports, a few days will see new and drastic steps on the part of the food controller, Lord Devonport, to meet the situation and prevent exploitation of the public by traders.

The controller announced in the house of lords to-day that although voluntary rations had brought about excellent results, much more in this direction was required; otherwise, it might be necessary to resort to compulsory rationing, which would be a national calamity. A great reduction in bread and sugar was still imperative. According to an unofficial report, the government intends to introduce two meatless and two potatoless days weekly in all restaurants and hotels and to forbid more than five ounces of uncooked meat to be served for each person.

## French Shipping Feels U-Boat Warfare Little

Paris, March 23.—The ministry of marine this evening issued the following statement of arrivals and departures of vessels in and from French ports during the week ending March 13 and of vessels sunk by submarines or mines:

"During the week ending March 13 at midnight 920 merchantmen of all nations, above 100 tons net, excluding fishing boats, entered French ports; 914 departed. Six French merchantmen of over 1,000 tons gross each and six under 1,000 tons and fifteen fishing boats were sunk by submarines or mines. Three vessels were attacked without success."

## China to Honor Memory of Hay and Open Door

Washington, D. C., March 23.—China is preparing to honor the memory of John Hay, founder of the policy of the open door, as no other foreigner living or dead has ever been honored in China.

Dr. V. Wellington Koo, Chinese minister here, has been advised by one of the leaders of the Chinese senate that a bill has been introduced in the parliament and was virtually assured of passage for the erection of a monument to the former American Secretary of State in the central park of Peking. John Hay is regarded by the Chinese as one of the best friends that country ever had.

TO HEAD NORMAL SCHOOL  
Oshkosh, Wis., March 23.—President John A. H. Keith, of the Oshkosh normal school, announced yesterday his acceptance of the presidency of the normal school at Indiana, Pa.

"The Live Store"

"Always Reliable"

# Spring Styles Blossom at DOUTRICH'S

## "Spring Fashion Exhibit"

Spring Clothes are blossoming forth in all their richness of color, their newness of style and varied patterns in the men's store. Men and young men are amazed who have seen the new style features and the wide range of models and fabrics in

## KUPPENHEIMER

### National Student--"Campus Togs"

### Michaels-Stern Clothes

For young men there are many new and individual style features of note—an attractive assortment of Beltsacs, the name which distinguishes the Belter Suits that were originally shown by Doutrichs—Belter suits can be had in three styles—Belts all 'round, others three-quarter 'round and some half. Belters serve equally well for general wear, as well as for sport suits.

Other vigorous styles in body-tracing lines for young men with advance style touches in lapels, pocket, waist-coat and designs.

For older men or men who seek current style tempered with conservatism, we are equally prepared to serve them. Refined styles in a host of pleasing materials to select from. The values, at every price, give you the most for your money.

**\$15      \$20      \$25      \$30**

## To-morrow Will Be HAT DAY at DOUTRICH'S

And if you want to see a real busy Hat Department, come here to-morrow and every day until Easter—for this is the time most men buy their Spring Hats—and you know why so many men are buying their Hats at Doutrichs this year.

"STETSON"  
"SHOBLE"  
and "HAWES HATS"

Plenty of good styles and all the new colorings in Hats, at

**\$2.00   \$2.50   \$3.00   \$3.50   \$4.00**



### Nature's Way Is Best

Nature's laxative is bile. If your liver is sending the bile on its way as it should, you'll never be constipated.

Keep the liver tuned right up to its work.

Take one pill regularly (more only if necessary) until your bowels act regularly, freely, naturally.



Genuine bears Signature *Bentham*

Colorless faces often show the absence of iron in the blood. Carter's Iron Pills will help this condition.

## LITTLE LILLIAN ROMAINE FISHER CAN TALK AGAIN



This attractive little lady is the two year old daughter of Mr. and Mrs. O. M. Fisher, 233 North St., Harrisburg, Pa. Last winter she had an attack of measles, together with a very severe cold. Just at that time Druggist S. J. Wilhelm presented Mr. Fisher with a jar of the Southern "outside" treatment—Vick's VapoRub Salve, which was just then being introduced in Harrisburg, and requested that he give this preparation a thorough trial. Mr. Fisher writes—

"I must say that our baby had such a cold on her chest and in her throat that she could hardly talk, and we could not get her to take anything internally. After we used Vick's VapoRub Salve on her breast and throat at night before going to bed she was entirely relieved."

No family should be without this preparation. It is externally applied, and so can be used freely—it is absorbed through and penetrates the skin, and, in addition, is inhaled as a vapor. It has a hundred uses for the many minor ailments for which every mother is the doctor. Three sizes, 25c, 50c or \$1.00.



EVERY hour throngs of men and young men stop in front of our windows to see those engaging new Stetsons.

Then they come in to buy—scores of them.

One of our customers said he had intended wearing his last year's selection in spite of the way hats were going; but one of the Stetson's in our window "got him."

And then he picked out two for us to send home.

Come in and try on several of them. We'll not be disappointed if you are not ready to buy.

304 Market St.

# Doutrichs

Always Reliable

Harrisburg Pa.



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