FOODS THEY BUILD OR DESTROY

AMAZING BUT RARELY SUSPECTED TRUTHS ABOUT THE THINGS YOU EAT

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By ALFRED W. McCANN

CHAPTER 192

The suggestion that hominy should be more extensively consumed by the poor should be accompanied by a warning—The fats removed from corn in the manufacture of hominy are not fats like lard, cottonseed oil, beef suet, tallow or lubricating grease—They are peculiar fats, without which even little mice will not grow and children are enfeebled—Whole corn, the cheapest food in America, not only contains these peculiar fats, but possesses a flavor no longer present in hominy.

The bulletin designed to popularize standard grade head rice was followed by another designed to emphasize the virtues of hominy.

"We are tired of technicalities, proteins, carbohydrates, calories, units, and other terms that the people don't understand," said the hominy bulletin. "We are interested in good, cheap food. As long as we get such food it doesn't matter much what we call it. Rice and hominy are good foods, and the people ought to eat more of them."

Such statements as these are calculated, by their positiveness, to accomplish the ends for which they are uttered.

In language free from technicalities the plain truth about these denatured foods, head rice and hominy is here set down so that people may understand just why they are not cheap foods.

Hominy is made by steeping corn in a solution of sulphurous acid or lye. This soaking process gets rid of the minerals and fats of the corn Without these minerals and fats no animal can live.

The minerals are not ordinary minerals such as can be purchased in a drug store. They cannot be purchased in a drug store. They are to be obtained only from the farm; never from the pharmacy.

Without them there is no lime, for the tissues, no iron for the blood, and no phosphorus for the muscles.

Without them the chemical juices or fluids which keep our insides at work, our liver, lungs, kidneys, and other glands going in the right direction, become abnormal, and we develop many distempers, such as anemia.

Anybody who looks at a pale housewife, a pale shop girl, or a pale child knows what anemia is.

Anybody knows what a run-down physical condition means. The doctor might call such a condition neuritis, nervous prostration, or he might say it represented the second, third or fourth class of malnutrition, according to the scale established by the Carnegie Trust Company in Dunfermline, Scotland.

He might speak of secondary anemia, of deficiency of red corpuscles, or he just might say that the person who has suffered a loss of these minerals is "all knocked out" or partly knocked out.

In speaking of a child he might say that its growth has been impaired and its chances of developing into a healthy man or woman cut down to one in ten.

In speaking of a woman he might say she is unfit for motherhood.

In speaking of a man he might say he ought to go to a sanatorium to build up, for he certainly cannot hold down this job in such a "worn-out" physical condition.

The fats that are removed in the making of hominy by the soaking, steeping or leaching process are not fats like lard, cotton seed oil, beef suet, tallow, lubricating grease or other fats of their kind. They are peculiar fats, specially constructed by Mother Nature, and without them even little mice will not grow and children are enfeebled.

Hominy contains none of these minerals and none of these fats. They stay in the steep water. Nothing comes out of that water in the form of hominy but starch and a trace of gluten.

The Wicks investigating committee reported Wednesday, Feb. 28, 1917, that the farmers of the United States were being defrauded to the extent of millions of dollars a year, because unscrupulous manufacturers were keeping these priceless elements of food out of the sacks of stuff consumed by farmers' cows, and that the health of the cows suffered accordingly.

Every state in the Union has on its statute books a food law which reads as follows: "Food shall be deemed adulterated if any valuable constituent of the article has been wholly or in part abstracted."

Polished rice and hominy are both adulterated. Under the laws of the United States they have been adulterated for many years. But the laws of the United States in these matters are not enforced.

All chemists know that valuable constituents of natural brown rice and whole corn are abstracted in the making of head rice and hominy. They are no longer present in these so-called foodstuffs. The human animal is robbed of them.

The United States Public Health Service just ten months ago warned the people of the United States of the perils involved in their consumption of highly milled and denatured grains such as polished rice and hominy.

Dr. Carl Voegtlin, Dr. M. C. Sullivan, and Dr. C. M. Myers signed the government's bulletin, which recorded the results of many analyses of denatured wheat, rice and corn made in the Bureau of Chemistry of the Department of Agriculture and at the Hygienic Laboratory, showing these foods to be robbed of many essential elements necessary to the health of the body.

They have started pellagra in the south and they can bring it north.

The larger the quantity of such foods we consume the nearer we approach the danger line. The undernourished children of the United States (144,000 in New York City alone) have passed across that line. Many of them will never return.

Your eyes are worthy of the best attention you can give them. Belsinger glasses can be had as low as $2.

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U. S. WILL DEFEAT GERMANY, PROPHET WHO PREDICTED RUSS REVOLT SAYS

New York, March 30.—That the Russian revolution was bound to occur as the result of dissatisfaction with defeat of the Romanoffs and their military policy by the German successes on the eastern front was predicted a year and a half ago by Snell Smith, a newspaper man turned prophet, according to a book just published by Robert J. Shores.

In this work, "The Destiny of the United States," it is also stated that the German empire is now doing its work in the world and is ruthless only because of vitality within it, due in turn to natural processes of history. It then goes on to prohpesy that Germany will ultimately be defeated by the United States. Its author, long a Washington correspondent, makes a bold attempt to unravel the Book of Daniel, about which tons of material have been written during the last twenty centuries.

Taking one of the predictions of the Israelitish prophet of Babylon, who is declared to be a genuine character, the book interpolates explanations in parentheses as follows: "I saw in my vision by night, and behold the four winds of heaven blew fiercely on the great (Mediterranean) sea. And four great beasts (of Europe) came up from the sea, differing one from another. The first (Rome) was like a lion (in power) and had eagle's wings (to spread out over the land): I looked till its wings were plucked out, and it was lifted up from the earth (in deprivation of its dominion) and was placed upon its feet as a man (in strength), and a human heart (to realize that it must meet its end like all mankind) was given to it. And behold there was another, a second beast (the Empire of the West), like a bear (of the northern climate), and on one (western) side (of Europe) was it placed, with three ribs (Charlemagne, Charles V, Napoleon) in its mouth (to hold) between its (conquering) teeth: and thus they said, 'Arise, eat much (territorial) flesh.' After this I looked and, lo, there was another (Britain), like a leopard (with many spots of territory dotted over the face of the earth); and it had four wings (British North America, Australia, South Africa and India) of a bird (that flew far) on (or at) its back; the beast had also four heads (England, Scotland, Ireland, Wales); and dominion (to the extent of a fourth of the globe) was given unto it. After this I looked in the night visions, and behold there was a fourth beast (Germany), dreadful and terrible and strong exceedingly; and it had great iron teeth (strong armies and a navy); it devoured (territory) and ground up (rights and institutions), and what was left it (ruthlessly) stamped with its feet; and it was different (in the composition of the states of its kingdom) from all the beasts that were before it; and it had ten horns (or kings, as follows: Frederick III, Frederick William I, Frederick the Great, Frederick William II, Frederick William III, Frederick William IV, William I, Frederick III, William II and Frederick William V, now crown prince). I looked carefully at the horns, and, behold, another little horn (Prussia) came up between them, and three of the first horns (Denmark, Austria, France) were plucked up by the roots and deefated before the same; and behold there were eyes like the eyes of a man in this horn (earthly, materialistic and seeking dominion), with a mouth speaking presumptious things (of the divine right of monarchy and the power of blood and iron). I was looking until chairs (for presidents) were set down (in preparation) and an (individual) Ancient of days (who had lived and wrought for many centuries and is to be the Messiah) seated himself (in the presidency of the United States), whose garment was white as snow (in spiritual light), and the hair of whose head was like clean wool (in inspiration); his chair was like flames of fire (in its successful warfare, and his wheels like fire that burnt (and left lands in ruins); a stream of fire (in war) issued and came forth from him (at his command); thousands times thousands ministered to him (in assistance), and myriad times myriads stood before him (as soldiers); they sat down to hold judgment (of the history and condition of men) and the books (of the Old Testament) were opened (in explanation). I looked then because of the presumptuous words which the (Prussian) kingly horn had spoken—I looked till the (German) beast was slain and its body destroyed, and given over to the burning fire (of the conqueror). But concerning the rest of the beasts, they had their dominion (of empire) taken away; yet a longer duration of life (as kingdoms) was given unto them until the time and period (of the end of the dispensation in the Feleration of the World). I looked in the nightly visions and, behold, with the clouds of heaven (in spiritual inspiration) came one like the son of man (in appearance, though inspired) and he attained as far as the Ancient of days (in the completion of his work) and they brought him near before him. And there were given him dominion and government and dignity (as president of the entire earth), and all peoples, nations and languages had to serve him: his dominion which shall not pass away, and his kingdom is one which shall never be destroyed."

Daniel relates that after this his spirit was deeply shaken within him and his head troubled him! He continues: "I came near unto one of those that stood by and asked him something concerning all this: and he spoke to me and made known to me the interpretation of the things. 'These great beasts, of which there are four, are four kings whoare to arise on the earth. But the saints of the Most High (who are his servants) will obtain the kingdom, and possess the kingdom (in ruling over it) to eternity, even to all eternity.' Then I desired what is certain concerning the fourth beast, which was different from all these others, exceedingly dreadful, whose (armed) teeth were of iron, and whose nails (munitions) were of copper (metal), which devoured, ground up and stamped with its feet what was left (of the beasts or kingdoms that had gone before); and concerning the ten horns (kings) which were in its head (of the state) and concerning the other (German Empire) which came up and before which three fell down—even concerning that horn which had eyes and a mouth speaking presumptuous things and whose appearance was greater than its companions. I had seen how the same horn had made war with the saints (of liberty and righteousness) and prevailed against them (in the present war); until the Ancient of days came and procured justice unto the saints of the Most High, an the time came and the saints took possession of the kingdom. Thus said he, 'The fourth beast signifieth that a fourth kingdom (the German Empire) will be upon the earth which is to be different from all other kingdoms, and will devour all the earth and will tread it down and grind it up. And the ten horns out of this kingdom signify that ten kings will arise; and another will arise after them (the Empire) and he will be different from the first (Prussia) and three kings (of Russia, England and Italy) will he bring low. And he will speak words (of materialism) against the Most High, and the spiritual saints of the Most High will he oppress, and think to change the festivals and law of religion (as Haeckel); and they will be given up unto his hand until a time (a thousand) and times (another thousand) and half a time (half a thousand, or 2500 years from 562 B. C. when the chapter is computed to have been written until 1938 A. D.). And they will sit down to hold judgment, and they will take away his (the then German emperor's) dominion, to destroy and to annihilate it unto the end. And the kingdom and the dominion and the power over the kingdoms under the whole heaven will be given to the Saints of the Most High, whose kingdom is an everlasting kingdom, and all governments are to worship and obey him (the Messiah)."

THE military effect in our clothes for Spring and Summer gives a finished touch of appropriateness to the Easter outfit. The models shown in the illustration are indications of the "timely" designs being shown at this store.

$20 - $22.50 - $25 and $30

New cravats, shirts and hose with their beautiful color combinations, reflect balmy Spring.

H. Marks & Son 4th and Market

Unmatchable In Values, Variety and Style

We operate 10 large stores, with our tremendous purchasing power and our location just a few steps around the corner, out of the high rental district enables us to supply the Public with better values.

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$5.98
$7.50 Values.

Women's Gray Suede, Louis and Medium Heel, at
$7.48
$9.50 Values.

Women's White Buck, in Lace; at
$5.48
$7.50 Values.

Women's extra fine grade Vici Kid, Button, at
$6.48
$8.50 Values.

Women's Kid, Foxed Lace, Newport, with Ball Straps, at
$6.48
$8.50 Values.

Men's Gun Metal, English Last, at
$2.48 to $4.98

Children's stitch down welt, Button; sizes 5 to 8, at
$1.75
$1.98 Values.

Sizes 8½ to 11, at
$1.98
$2.48 Values.

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MRS. HARRIET REESER DIES

Mechanicsburg, Pa., March 30. — Mrs. Harriet Reeser, widow of George W. Reeser, died at the Harrisburg Hospital on Wednesday afternoon following an operation one week ago for gallstones. She apparently was recovering when death came. She was aged 70 years and was a member of St. Paul's Reformed Church. Three children survive, as follows: Mrs. Robert Armstrong, of Chestnut Hill, Philadelphia; Dr. Richard Reeser, of Columbia, and Mrs. Ferris Highland, of Richmond, Va. The funeral will be held to-morrow afternoon at her late home, 210 South High street, at 2 o'clock, with services in St. Paul's Reformed Church, conducted by the pastor, the Rev. John S. Adam. Burial will be made in Chestnut Hill Cemetery.

THREE HAVE DIPHTHERIA

Mechanicsburg, Pa., March 30. — Three members of a prominent family of this place are ill with diphtheria. They are Mrs. S. N. Miller and her two daughters, Mrs. Arthur Young and Mrs. Horace Maeyer, West Main street. The latter first became ill, and shortly after her mother and sister contracted the disease.

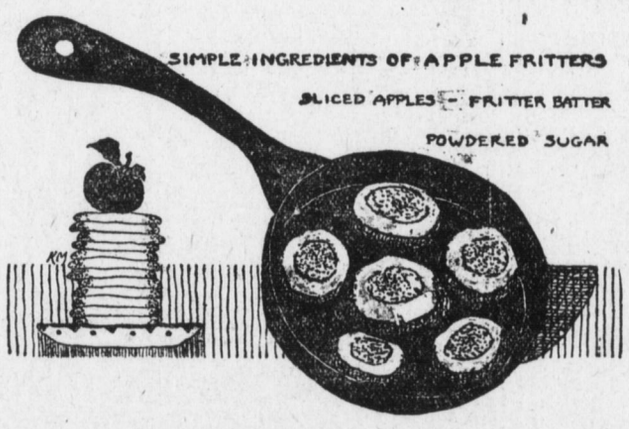
MILITARY TACTICS IN MUD

Sand table work is acknowledged to be one of the most important means of instruction in military science.

The sand tables used are ten feet long, four feet wide and three and one-half feet high to top of box, and the box is eight inches deep. Sand is put in the box to a depth of six inches. It is well watered with an ordinary watering can.

Two sets of implements are used. One is known as the terrain set. The fortification set contains eight gabions (round, bottomless baskets, filled with earth), four fascines (bundles of sticks bound together), four hurdles, twenty bags for sand, one box of blocks, representing sod, and one bundle abatis (obstacle composed of felled trees). Besides these, according to the Popular Science Monthly, there are trench models and material to represent hills, woods, streams, railroads, bridges, concrete, king post, queen post, pontoon, railroad trestle, one train, railroad, water tank and about fifty buildings, as well as glass for representing bodies of water. This set teaches map-reading and contours, and with it it is possible to do work in outposts, scouting and other problems in minor tactics, far more satisfactorily than on the map.

No. 15



Feeding Your Family at a Lower Cost

If our incomes just naturally increased as the cost of living went up, we wouldn't have to bother our heads much about economy. But, unfortunately, the opposite seems to be the case, though, of course, it isn't.

So nowadays the thrifty-minded housekeeper lays her plans to utilize the lower-priced foodstuffs and to spend both sides of every dollar.

This sounds simple enough in theory, but when it comes to a practical test the task looms enormous.

But many housekeepers have discovered that there is a way to feed their families at a lower cost—by studying the

Domestic Science Pages
OF
THE PHILADELPHIA RECORD

These pages, now quite famous in Philadelphia, are helpful, thoroughly practicable and, above all, effective of many considerable economies.

This department, known as Household Economics, is under the personal direction and active supervision of Mrs. Nevada Davis Hitchcock, a practical housekeeper of exceptional ability, and Instructor of Economics, and her pages, which appear every Tuesday and Thursday, with special articles on Sunday, will actually teach you how to feed your family better at a lower cost. They give you tried and successful recipes, appetizing and wholesome menus and they tell you of the food values of various foods, together with frequent tabulated lists of the prices current for meats, vegetables, fruit and so on.

Altogether quite an interesting feature and, like all other features of The Record—*"Always Reliable."*

Tell your Newsdealer to serve it to you regularly or notify us and we will attend to it for you.

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