

AMERICA'S FOOD SUPPLY IS BEST

Finest in the World, Says Government Investigator.

PLENTIFUL AND BALANCED.

This Country's Success Is the Result, Declares C. F. Langworthy, Chief of Nutrition Investigations—Food Supply of Prehistoric Man and Nations.

That America has the finest food supply of any country in the world and that the plentiful and well balanced ration is responsible for much of the success of the United States as a nation is the conclusion drawn by C. F. Langworthy, chief of the nutrition investigations, in a pamphlet issued by the department of agriculture. Mr. Langworthy goes into the food supply of prehistoric man and of nations of which we know but little except through popular writings and states that many of the impressions that these writers give are erroneous. He says, for instance, that the idea that the Chinese and Japanese are nations of rice eaters is false. It is true that both these people eat large quantities of rice compared with western nations, but that it is merely their chief starch food and that it would be just as accurate to refer to the United States as a nation of wheat eaters or to say that beans and brown bread were the exclusive diet in New England. He says it is surprising to see what a well balanced ration is common among all nations, though some take their food in one form and some in another.

The writer says that prehistoric man probably took his food from any source it could be obtained, just as the modern family is governed largely by circumstances and convenience in the makeup of its dietary. The early people who lived close to the water ate largely of shellfish and other sea foods, and those farther inland lived on game animals, birds and their eggs and such grains and fruits as grew wild.

Australian Bushmen Examples.
In the cave dwellings of ancient Europe there have been found charred and cracked marrow bones, and in the prehistoric lake dwellings of Europe have been found the grains from which were made the bread of that remote period. If the primitive people of the present day are taken to show how the earlier races lived, the Australian bushmen are an example of how seeds, fruits, insects and animals and roots are readily used.

Of the food used by the American Indians before they were modified by contact with the whites much information is available. It is known that they extensively cultivated grain, pumpkins, beans, maize and sunflowers, besides hunting and fishing. Animals and fish were extensively eaten, and large quantities of these were dried and smoked for the winter. Special arrangements were made to secure fat, according to the early chroniclers, and bear fat and other animal fats were collected, as well as oil from sunflower seed.

The diet of the Indians seems to have been extensive and well balanced. The remoter Indian tribes of Mexico show the same conditions today, modified somewhat by surroundings and circumstances.

Racial custom does not persist among human beings. It has been found among immigrants to the United States that while old people, as a rule, cling to food customs they brought with them, the second generation usually takes to the more varied diet of the modern community in which it lives.

Diets Suited to Climates.
Turning to the Eskimos, they are taken as the nearest representatives of glacial man on the earth today, and their diet, consisting largely of meat, fat and heat producing food, is suited to their environment, as is the easily obtained vegetable diet of the inhabitants of the tropics.

In speaking of the peasants of Europe and Ireland, Mr. Langworthy says that popular writers who speak of their "almost exclusive potato diet" fall, as a rule, to observe the skim-milk and bacon that go with the ration. In the same way, while rice takes the place of wheat in the diet of the Japanese and Chinese, they do not perform severe manual labor on a handful of rice, as has been frequently alleged. They always use a large variety of vegetables, fresh and preserved fruits, fish and beans and other legumes. Both races use as large amounts of pork and poultry as their means will allow.

Attention is called also to the fact that the amount of energy and heat forming food depends largely on the size of the person nourished. In this way studies of the dietary of twenty American professional men and a similar number of Japanese show that the Japanese get along with much fewer "calories" of energy making material. The fact was, however, that the Americans averaged 150 pounds in weight and the Japanese 105 pounds. When this difference in size was considered it brought the food figures much closer together.

The popular idea of the natives of India never eating meat is also said to be erroneous, as little account is taken of the large quantities of milk, butter and "cheese" they consume.

STATISTICS SHOW A DECREASE IN SUICIDES.

Percentage in Western Cities Greater Than in the Eastern.

One out of every 5,000 persons living in the cities of this country last year committed suicide, or, to be exact, 19.7 persons out of every 100,000. These figures are based on statistics from 100 cities and are taken from an article by Frederick L. Hoffman in the Spectator. In the preceding year the rate was 21 out of every 100,000.

Although the data show that the percentage of suicides is far greater in large than in small cities, New York is a startling exception. In New York last year the rate was only 18.9 to the 100,000, whereas from 1900 to 1909 San Francisco averaged 52, nearly three times as many.

Mr. Hoffman finds that the western cities have heavier rates than the eastern and awards San Francisco the doubtful honor of leading all other cities in the percentage of suicides. This is strikingly brought out in statistics for the last year, which show that San Francisco had 42.2 suicides to every 100,000 persons, while Sacramento was second with 23.6. Oakland and Los Angeles were third and fourth respectively. And even San Diego was well in the first ten, giving California five cities out of that number.

A comparison of suicide statistics with those of business conditions and business failures leads to the conclusion that the two are closely related. When financial conditions are bad suicides are generally the heaviest. Thus in the panic year of 1907 and the following year when the effect of the depression was still widespread the number of suicides was exceptionally large. In 1908 the average was 21.8, the highest attained in twenty years, and the actual number of suicides in the cities upon which the figures are based was 4,582.

From available statistics in Germany it is found that the rate there for the year 1909 was 22.3, and it is also shown that the rate has slowly but surely increased. Particularly noticeable is the increase of suicides among women, the average in 1909 being 10.1 to the 100,000.

"The German data," says Mr. Hoffman, "would seem to warrant the conclusion that the general suicide rate of a well developed, commercially prosperous country reaches a maximum point which will rarely exceed 25 to the 100,000 of population."

In the area covered in the United States for the five years ended with 1908, which includes about 55 per cent of the total population, the suicide rate for men was 24.2 to the 100,000 and the rate for women 6.6 and for both sexes combined 16.1. These figures offer the conclusion that the suicide tendency among both men and women in this country is much less than in Germany.

FISH PICKS BERRIES.

Angler Saw Carp Thus Engaged and Caught Him.

Fred Vosen, fishing in the Lee (Mass.) reservoir, heard on shore a noise that he at first supposed was made by a muskrat, but on investigation it proved to be a big carp.

He watched the fish for some minutes and says that along the shore strawberries hung over the water a distance from four to ten inches from the surface, and he was surprised to see the big fish bobbing its head out of the water and grabbing the berries. He watched the carp repeat the operation half a dozen times. He then tried his bait and succeeded in hooking the fish, but had to shoot it before he could land it. The carp weighed thirty-two pounds.

PAYS \$1,000 FOR GRASS.

Noted Horticulturist Buys Small Strip For Experiments.

A strip of grass sod 350 feet long and 8 feet wide has been purchased by Frederick W. Taylor of Philadelphia from the estate of the late James B. Olcott of South Manchester, Conn. Mr. Taylor paid \$1,000 for the strip.

Mr. Olcott was a traveler and lecturer and collected during his travels many specimens of grass from all parts of the world. The samples were planted and cared for on his estate. The sod is to be taken up this fall and shipped to Mr. Taylor's Philadelphia home. He is a noted horticulturist and will use the grass in experimental work. Mr. Taylor is best known as an exponent of scientific management.

ACCUSED OF OLD MURDER.

Byers, Now Seventy-nine, Charged With Crime Done Fifty Years Ago.

Daniel W. Byers, a farmer of Greenville, was brought to Bonham, Tex., under arrest by Sheriff W. E. Leeman, charged with murdering L. L. Harris at Bonham fifty years ago.

Byers is seventy-nine years old. There is only one witness living, George W. Donohoe of Fort Smith, Ark. Since the killing, which was the result of an impromptu duel in the courthouse square, Byers has been at large. His whereabouts were only recently learned by the sheriff. He was for many years a resident of south Texas. He has reared a family since the killing and become one of the leading men of his community.

Night Parcel Delivery.

A night parcel delivery motor service is to be instituted between the English cities of Leeds and Manchester next October.

Practical Fashions

DRESSY WAIST.



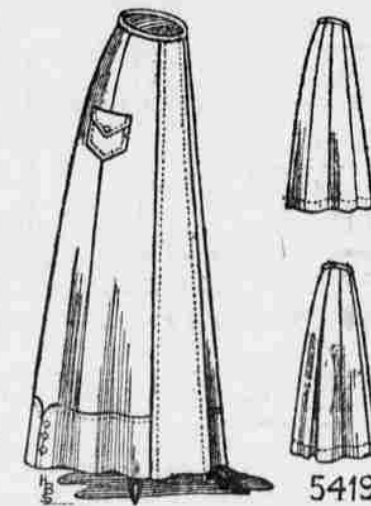
This waist is a combination of plainness and dressiness, the effect depending entirely upon the material selected. The yoke and front panel of the waist are cut in one piece, and the material on either side of this is arranged in small plaits, stitched down a couple of inches only. The back has a square yoke across and the material plaited below it. Taffetas, combined with embroidered silk, voile with all over lace, allover embroidery for yoke and some pretty wash material for the balance of tucking and the like with sheer fabrics will be found suitable for this waist.

The pattern (4930) is cut in sizes 32 to 42 inches bust measure. Medium size requires 2 yards of 36 inch material, with 9/4 yards of insertion.

To procure this pattern send 10 cents to "Pattern Department" of this paper. Write name and address plainly, and be sure to give size and number of pattern.

NO. 4930.	SIZE.....
NAME.....	
TOWN.....	
STREET AND NO.....	
STATE.....	

TAILORED STYLE.



This smart skirt is one which will be found useful for heavier summer fabrics, such as linen, denim, galatea and khaki, and also for serge, chevot and the like. The skirt has nine gores. The front forms a plain panel, extending from belt to hem. The back may be made in habit style or with a reversed plait in the usual way. At the lower edge, except across the front, there is a band, which is divided in two, the forward half overlapping the backward one. Plain satin or very wide braid is often used for these bands, and a contrasting color is more effective than the same shade as the dress.

The pattern (5419) is cut in sizes 22 to 30 inches waist measure. Medium size requires 5 yards of 36 inch goods.

To procure this pattern send 10 cents to "Pattern Department" of this paper. Write name and address plainly, and be sure to give size and number of pattern.

NO. 5419.	SIZE.....
NAME.....	
TOWN.....	
STREET AND NO.....	
STATE.....	

Wine and Women in Antipodes.

South Australia is suffering from a barmaid famine. Two years ago barmaids were abolished in that state by act of parliament. No more could be legally engaged, but those already employed could remain on condition that they registered themselves. There are now only 400 of them left, and the competition for their services is such that their wages have jumped from 25s. to 35s a week. The hotels that have had to employ barmaids report a considerable change for the worse in their receipts. Wine and women are still linked even at the antipodes.—London Chronicle.

The New School.

"I don't like the way Pineroy-Jones has constructed his latest play, 'The Influence in the Ether.'"
"What's wrong with it?"
"Why, he's given the best epigrams to the actor who plays the man who comes after the garbage."

How Rumors Start.

"What's this about sewing your unfortunate wives up in sacks?"
"Nothing to it," replied the sultan, emphatically. "I did get 'em some hobble skirts."

The Watch Below.

Those whose privilege it may be to inspect a liner or other large passenger ship will be wise to leave their watches at home, says the Sheffield Telegraph. This may sound strange. There is no fear of losing their watches, but they may find their watches lose, all the same, and very considerably too. In the engine room, where the electric dynamo is at work, the air is so powerfully charged with electricity as to affect any watch, even when carried in the pocket and not actually close to the dynamo. Engineers invariably leave their watches in their room, never, except by accident, carrying them below.

An engineer wishing to demonstrate the wondrous power of the dynamo held an iron hammer in his hand some inches from it. The dynamo drew this hammer from his hand with a clang as a magnet would a needle. Doubtless many persons who have gone below at some time or other have subsequently wondered how their watches have become "deranged," ignorant of the fact that it was done by electricity, which plays havoc with the delicate mechanism of a watch.

Rossetti and His China.

Ford Madox Hueffer tells in "Memories and Impressions" a story of Rossetti and his china collecting. A certain potter had acquired a valuable set of Chinese tea things of which he had duplicates made in his pottery. Then he got an agent to sell the imitations to Rossetti for a large sum.

"Coming to tea the next day," relates Mr. Hueffer, "he remarked to Rossetti, 'Hello, Gabriel, where did you get those clumsy imitations?' And eventually he sold the originals to Rossetti for a figure considerably over that at which Rossetti had bought the forgeries. At each visit thereafter he brought one of the forged cups in his pocket, and while Rossetti's back was turned substituted the forgery for one of the genuine cups. At the end of the series of visits, therefore, Rossetti once more possessed the copies and the potter the genuine set, which he sold, I believe, to M. Tisset."

Morphine and Morality.

Morphine stands unequalled as a perverter of the moral sense. Whisky may disturb the imagination and judgment, causing many foolish and unwise actions to follow its use, but morphine strikes deeper and creates a person whom the father of lies must recognize as kindred to himself. Stories that are the creation of a disturbed brain, told in a manner to appear so intrinsically true, are what you will obtain from the habitual user of morphine or cocaine. I know of nothing that will enable you to get an honest reply to any question of moment you may address to him. If you should receive a truthful reply it will be by accident.—North American Journal of Homeopathy.

A Tale of Two Hairs.

Of the dandy D'Orsay's not very brilliant "wit" this is from Felmouth's biography: "The company were lounging about the fireplace when a singularly fatless gentleman of the name of Powell crept up behind the count and, twitching suddenly a hair out of the back of his head, exclaimed: 'Excuse me, count; one solitary white hair!' D'Orsay contrived to conceal his annoyance, but bided his time. Very soon he found his chance and, approaching Mr. Powell, he deliberately plucked a hair from his head, exclaiming, 'Parndon, Pow-all; one solitary black 'air!'"

Not His Air.

It was a very fashionable concert, and the artists were very well known ones, but the two young things were too busy with picking out their peculiarities to hear the music.

In the midst of a beautiful selection the pianist suddenly lifted his hands from the keys, and one of the young things was heard to say clearly: "I wonder if that hair is his own?"

The old man who sat beside her was slightly deaf, but he turned with a benevolent smile.

"No, miss," he imparted pleasantly; "that is Schubert's."—Philadelphia Times.

A Friendly Tip.

"I'm going to keep on climbing until I reach the top of the ladder," said the candidate who had just been elected to a petty office.

"That's all right," rejoined the old politician, "but take my advice and keep an eye on the men at the bottom. They are the chaps who can upset the ladder."—Pittsburg Post.

A Straightforward Answer.

J. B. Lippincott once ventured to ask Ouida, the novelist, how she came to know so much about clubs, camp life, barracks, gambling houses and other places which are only visited by men. She placed her hands upon her knees and, looking straight at her questioner, said, "It is none of your business."

Good Sailing.

Jack—Once more, Molly, will you marry me? Village Belle—For the thirteenth time this hour I tell you I will not. Jack—Well, thirteen knots an hour ain't bad sailin' for a little craft like you.—London Tit Bits.

Exhausts the Stock.

Peck—I tell you it takes a lot of courage to propose. Heck—Yes, so much that many of your husbands never have any afterward.—Boston Transcript.

In politics what begins in fear usually ends in folly.—Coleridge

Broadway and the Strand.

Broadway, New York, is the more or less exact counterpart of the London Strand. It is actually broader, but it appears more narrow because the houses are so much higher, and it is a little straighter because it is a made road, not a road evolved from what was once a path along river mud. The general effect is identical. There are the same kinds of shops and a crowd of the same type passing to or from the business quarter of the city. But, as I have said, one rubs one's eyes looking out at the crowd upon the sidewalk. It is the Strand crowd—cosmopolitan, varied, people touching one another so closely that the tops of their heads appear to form another tier on the street, a tier paved with hats instead of wood blocks or granite sets. There it is, the crowd. But it appears to stop still. In one's first astonishment one thinks that all these people are waiting for a procession to pass. One cannot believe that they are the procession. Nevertheless as the slow trolley passes onward one realizes that the crowd is actually in motion—that it is the thing itself, not the procession. It is an extraordinary shock, this first impression of the land of hurry.—Ford Madox Hueffer in Atlantic.

Victor Hugo's Golden Gift.

A Paris chiffonnier makes a living of a sort, and he sometimes in overhauling the dust bins comes across a find. In this respect a Paris contemporary relates a capital story of Victor Hugo. A little silver gilt souvenir spoon which the poet valued very much disappeared. Through the carelessness of the maidservant it had found its way into the ash bucket and in due course into the hands of the chiffonnier who practiced in the district. This worthy succeeded in getting the poet to awake from his reveries and to descend from the lofty heights of Olympus—in other words, his study—to receive back the lost spoon. Hugo was delighted to get back his souvenir. The author of "Hernani" was never a prodigal, so he rewarded the chiffonnier by presenting him with a copy of his "Les Chansons des Rues et des Bois," saying, "There, my man; you will find in it as much gold as is contained in any jewel case in the world."—London Globe.

Worse Off.

"You know that I told you how I dropped our rubber plant and wrecked it?"

"Yes, sorry I did it."

"Why?"

"My wife has just bought a new one that's twice as heavy."—Cleveland Plain Dealer.

Hardly.

"The old, old story!" exclaimed the husband, with a long drawn sigh, as he laid down his paper. "Another man committed suicide because his home was unhappy."

"And did that make his home any happier," asked his wife, "or doesn't the paper say?"

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