GRAHAM FLOUR 100 YEARS OLD

Popularity of Present-Day Food Dates Back to New Englander

Just about a hundred years ago the controversy over white and brown bread began.

Before that time no one had ever debated the question of whether it is best to eat white or dark bread. No wife ever worried her husband would longer that she was "saving" bread. No mother ever coaxed the remaining glasses crackers from another reluctant mouth because graham crackers were unknown.

It remained for a New England dietetic, Dr. Sylvester Graham, to popularize the flour which bears his name, beginning in 1837 the extensive campaign which has given us "Graham Bread" and "Graham Crackers". And to that adding not the exclusive advantages of "unsifted" meal over white, Dr. Graham made a point and stating conclusions on the health of the nation.

Born in 1794

Sylvester Graham, an American dietetic, was born in Suffield, Connecticut, in 1794 and died in Northampton, Mass. Sept. 11, 1851. A million school boys combated with Graham and the question he first advocated, the use of "unsifted" bread, or bread made from flour of the whole wheat kernel, in 1837 he published a series of lectures on this theme, and later embodied the results of these studies in his book, "Bread and Breadmaking." No popular use the "Graham" flourish because Graham's "Graham" boarding house was opened in New York City by a Mrs. Sylvester Nicholson, who herself wrote a book upon Dr. Graham's rules for members. In Boston a Graham house was opened in 1837 at 71 Beacon Street. There were many Grahamites among the transcendentalists at Brook Farm, including Ralph Waldo Emerson, Margaret Fuller, Amos Bronson Alcott (father of Louisa M. Alcott). They found Dr. Graham's teachings well adapted to their ideal of "pure living—high thinking."—

Made From Whole Wheat Berry

Flour was then treated in a crude sieve, or ground with all the elements of the seed retained. But the gravity the eye, made coming years a time when flour ignorant left with the removal of the outer layers, half the nutritive value of the whole was lost. Dr. Graham advocated that the whole wheat kernel be used in the flour, which contains all of the "three coats", or bran, "aleurone layer", and from this Graham bread was made. The original Graham bread was made without yeast. In flavor it was sweet and palatable, but heavier than yeast bread.

There is a popular misconception relative to the difference between "whole wheat" and graham flour. Graham flour is made from all of the wheat kernel, while "whole wheat" flour is manufactured material, because a part of the nutritive value coat of the wheat kernel is not returned to the milling process.

Graham bread and graham crackers are valuable food a health standpoint. They introduce fibrous material or roughage into the diet, as well as other useful elements which are present in the grain, but used in the manufacture. They furnish energy for muscular work and heat to the body, provide adequate for growth and repair of body tissues, minerals for the building up of bone structure and for the proper functioning of these tissues and chemicals for development and regulation of body functions.

Graham crackers are particularly interesting for children because they supply the energy necessary to growth and furnish calcium phosphate material in building teeth and in bone structure. As children like their sweetness and nutritious nutty flavor, they are easily introduced into the diet. These have value is high, equivalent to 1815 calories per pound. Remaining wholesome and fresh, when stored in wax-wrapped containers for extended periods of time, they may be given to them with safety.

Revives Graham Foods

A new evaluation of the value of graham and whole wheat flours came when Herbert Hoover advocated their use in his war conservation program. Through national propaganda, graham and whole wheat muffins and bread, "hearty" cookies and other similar recipes came into wide popularity. The American housewife was influenced by further emphasis to the fact that the growing health, to part with these delicious foods and adopted them as an essential and necessary part of the family diet. Both entire wheat and graham flours are now in constant demand in nearly all American kitchens. Because the bran particles in these flours support bowel and give the digestive tract needed exercise, they are considerably valuable in stimulating digestion.

The children, graham crackers form a wholesome substitute for the healthful sweets, and supply needed elements for growth. In the dietetic classes of the public schools today little lunch-rooms take almost pathetic use, where their value is recognized in the building of body stores and bone structure that the intermediate period requires. Served as a regular lunch dish with a glass of milk, graham crackers have been demonstrated should a perfect food to bring the children back to health.

OUT OUR WAY

By Williams

HEALTH

BASIC PRINCIPLES IN THE CARE OF OUR BODY
By J. E. Ahlstom, M. D., Hoquiam, Wash.

Member Oregon Homeopath. Dist.

Our body can properly be compared with a gasoline engine. Just as an engine is composed of numerous integral parts, our body is composed of numerous organs or parts, or tissues which, in their functions and action, are dependent upon each other.

There are numerous important organs, organelles, of the highest skill and intricate power of human genius, but they pale into insignificance when compared with the astonishing complicated functions, working with machinery so wonderful and with processes so delicate that it is only in late years we have been able to get some inkling of the perfect organism—the living body.

No engine, no matter how perfectly and skillfully built, can be expected to run smoothly without daily care and scientific inspection. The finishing of the engine and the adjustment of the should provision for repairs for the proper action alone the part itself and any compensation or readjustment needed.

What is an ideal mechanism to be built with perfect or with priceless perfect bodies. We grow up under more or less proper care and direction, we reach adult life, everything seems to be going fine. Our body engine is functioning properly and we have no care for the future, no thought or fear that this wonderful engine might be running under friction, some parts wearing out, and that a catastrophe might suddenly end it all.

At times the engine seems to be out of tune a little, with something slipping a part. Perhaps it is too much steam pressure in the form of too rich or too great amounts of food, perhaps underlubrication, possibly lack of proper ventilation, perhaps running of speed of the engine or too long a run without rest, or some foreign matter finding its way into the fine parts of our body engine and disturbing its functions.

There we have the picture of sickness and disease. If the disturbing cause is recognized and removed in time, then good and well, because the kindly engine will start going again and we will recover. But if proper care is not exercised and we neglect to correct the disturbance, we will permanently damage the human engine. Because new parts cannot be inserted, there will always be a part of the engine that cannot be expected to do full work.

Now, what is the proper procedure to safeguard the life and dependability of our body engine? The answer is: at least the same painstaking care given to a steam engine.

At regular intervals we should have our body engine thoroughly inspected, overhauled if necessary, but at least replaced so as to weak spots, and proper precautions taken to support the weak part and remove any threatening disturbance.

The younger we are, the longer time between inspections may a year or two. The older we are, and also dependent upon the occupation we have, the more frequent the examinations should be.

At first glance, it might appear as if we doctors in advising this examination were soliciting something for our own gain. But such a presumption is far from actual facts. By preventing sickness and diseased conditions, the number of cases we might be called upon to attend is diminished, so that these periodical examinations certainly are the most economical form of health insurance.

This is the principle of preventive medicine and in a not distant future it will be the most important part of all medical science.

—N.E.A. Photo Service.

KING ALFONSO of Spain poses in the elaborate robes of his office as grand master of the Military Order of Santiago.

LAND OFFICES CLOSE DESPITE MANY PROTESTS

VALE, Ore., May 14—Secretary of the Interior Work advises that the land offices at Vale, Lakeview and Portland, for which discontinuance has been ordered effective June 30, probably will be closed, despite numerous objections which have been received. In a Washington news dispatch, Mr. Work stated that the policy of the interior department will be to make all close offices as an experiment. If the demand for the reopening of any one of them is deemed warrantable, a modification of the order may be requested to allow reopening of that office.

IOWA CITY, Ia.—Harvard met the University of Iowa in a debate here, during which the Eastern debaters remarked "an opportunity arises occasionally at their own expense." Harvard argued "laugh" disposed the challenge "and the world laughs with you, weep and you weep alone."

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Idol, No. 2 can	19c
SHRIMP, Varataria, No. 1 can	16c
MUSTARD, Beechnut 9 ounce glass	16c
RHUBARB, 4 pounds	16c

Everyday Savings

Babbitt's Cleaner, can	5c
Acme Chlorinated Lime, can	10c
National Mazda Light Globes	23c
J. C. Lockell's Steam Refined Soap, hard water soap, good for either toilet or laundry, 3 bars	25c
Oranges, finest quality, dozen	35c
Honeymaid Grahams, family cady	60c
Fresh Ground Coffee, 1 pound	42c

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