

WHAT to EAT and WHY

C. Houston Goudiss Reports Some Current Knowledge of Vitamin G, a Substance Essential to Growth and Normal Nutrition

By C. HOUSTON GOUDISS

A NUMBER of the vitamins have been discussed in these columns from time to time. The latest findings of nutritional science have been related, together with suggestions made by outstanding authorities concerning the amounts of different vitamins required to help maintain top health.

So far vitamin G has not been discussed specifically. Yet a knowledge of some of the functions and sources of this vitamin should be possessed by every homemaker. For eminent authorities are of the opinion that it has a far-reaching influence upon health.

Possible Effects on Longevity

The avowed objectives of modern nutritional scientists are to help humanity to enjoy happier, healthier and longer lives. If any one vitamin could be said to have more influence than any other on longevity, the distinction most certainly would be accorded—so far as present knowledge is concerned—to vitamin G.



Extensive laboratory experiments

by investigators who are paramount in their field seem to indicate that vitamin G has a pronounced effect upon the maintenance of health and vigor at all ages. It has been demonstrated with experimental animals that a diet containing more vitamin G than is required for normal growth resulted in greater vigor, a postponement of the onset of senility and a comparatively short period of the mental and physical infirmities we usually associate with old age.

Effect on Digestion and Nerves

Laboratory experiments have also indicated that when there is a shortage of vitamin G, digestion is usually impaired. In this respect, a shortage of vitamin G has a slightly different effect than a deficiency of vitamin B. A definite lack of vitamin B causes an abrupt and complete loss of appetite. Withholding vitamin G appears to affect the desire for food, so that experimental animals consume only about two-thirds as much as they would normally take.

A form of nervous depression may occur when the diet is low in vitamin G for any protracted length of time. Other unfortunate consequences may be a decline in the health of the skin. Studies with animals indicated that when the vitamin was withheld, not only did a loss of weight occur, but there were other signs of nutritional failure. These included an inflammation of the mouth, a loss of hair, a thickening and in some cases, a cracking and scaling, of the skin.

Vitamin G and Healthy Eyes

Studies with a variety of experimental animals resulted in the startling disclosure that on diets lacking vitamin G the health of the eyes was distinctly affected.

Not only was there a loss of hair around the eyes, but the eyeball developed a whitish appearance which was determined to be cataract.

At present, scientists are not prepared to say whether these laboratory findings may be confirmed clinically. But certainly when we know that in many ways, the food requirements of experimental animals are comparable to those in man, it would be distinctly to our

advantage to make sure that we do not lack for adequate amounts of vitamin G.

Sources of Vitamin G

Because vitamin G is closely associated with vitamin B, some homemakers occasionally confuse the two. This is not surprising, inasmuch as it was some years following the initial recognition of vitamin B that scientists established beyond a doubt that there was more than one growth-promoting vitamin. Subsequently, they learned that while the substance, later named vitamin G, was frequently found in close association with vitamin B, such was not always the case. For example, vitamin G is known to occur without vitamin B in egg white.

Milk, Meat, Eggs, Greens

The richest sources of vitamin G are the concentrates of yeast, yeast extract and wheat germ. Almost equally well supplied with this vitamin are liver and kidney. Muscle cuts of meat contain vitamin G, but in lesser amounts than liver and kidney.

The vitamin is also found in young green plants, and it is interesting to note that the vitamin is formed during the growth of the plant and decreases with maturity. The amount of the vitamin has been found to vary with different parts of the same plant. In broccoli, the flower buds are said

to contain only half as much as the leaves, while the stems contain even less. Among the greens, turnip tops and beet tops have been found to be unusually rich. Investigations indicate that weight for weight, they are twice as rich as eggs, though eggs are considered a good source.

Homemakers will be glad to learn that heating does not appear to destroy vitamin G. Canned foods are therefore as good a source as though they had not been processed.

Milk must not be overlooked. For all practical purposes, and chiefly because of the amounts in which it is consumed, it is probably our most important source of the G vitamin.

One thing is certain. Homemakers should strive—not for diets that are merely adequate in vitamin G . . . but for a surplus to help build high resistance. One authority has advised a ration that contains four times the amount considered absolutely necessary.

The surplus should help to provide a headstart toward the goal of buoyant health.

Questions Answered

Mrs. G. M. L.—The term, water balance, about which you inquired is used to describe the situation in which the available water from food, beverages, and that manufactured in the body equals that of the water excreted or lost from the body. It is to help keep the body in water balance that the daily diet must contain adequate amounts of fluids.

E. G. M. Jr.—Yes, it is true that approximately one-third of the protein required during infancy is stored by the child's body to take care of growth and development. As children grow older, the amount of protein stored for growth gradually decreases until they become adults.

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AROUND the HOUSE



Items of Interest to the Housewife

For Scratched Furniture.—The best remedy for scratched furniture is a mixture of beeswax and turpentine, the former melted in the turpentine until it is as thick as sirup. Pour a little onto a piece of woolen cloth and rub it well into the scratched part. Then polish quickly with dry flannel and the marks will almost disappear.

Heat the Coconut.—Before breaking a coconut, heat it in a moderate oven. Crack it and the shell will come off easily.

Fighting Oil Blaze.—Never throw water on blazing oil. It will only spread the flames. Earth, flour or sand will extinguish the fire, but if these are not at hand a thick rug or curtain should be thrown on the burning oil.

Fringed Celery.—Celery looks much more attractive on the table when fringed. To fringe, cut celery into two inch lengths. Fringe each stalk within a quarter of an inch from the center. Put into ice water to which a slice of lemon has been added and let stand until ends are curled.

Larger Windows.—A small window may be made to look larger by setting the curtain rods beyond the casing on each side and using the draperies of a material heavy enough so that the casing will not be seen through the material.

When to Add Salt.—Salt should never be added to stews, soups and boiled meats until after they're cooked. If put in at first it toughens the fiber of the meat and takes out the juices.

SENSE



It's good sense to relieve a cough due to a cold with Smith Brothers Cough Drops.

Smith Bros. Cough Drops are the only drops containing VITAMIN A

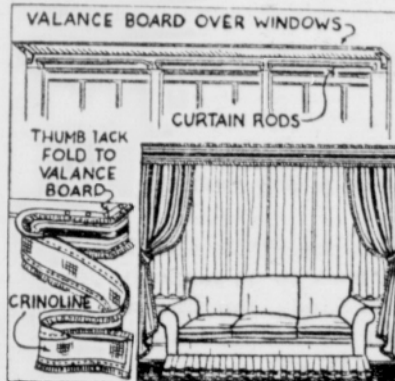
This is the vitamin that raises the resistance of the mucous membranes of the nose and throat to cold infections.



How to Curtain a Group of Windows

By RUTH WYETH SPEARS

"DEAR MRS. SPEARS: I want to tell you how much practical help I have received from both of your books. I have been sewing for years but these books have explained many points that I never understood before. I am now planning new draperies to dress my living room up a bit. One group of three windows is especially difficult as the daven-



port has to be placed in front of them. Can you give me a suggestion? I think I would like a plain valance without gathers or pleats across the top. How should this be made and hung? I have just made a beige slipcover for the davenport with green pipings and bands.—A. D. W."

I would use plain cream colored glass curtains for all three windows and overdrapes at the ends only. A striped material in tones of tan and green and blue would be nice for the draperies with a narrow fringe edging in green and tan or green and blue. A valance board at the top of the windows is essential when a plain valance is used. This board should be four inches wide and 1/2 inch thick. It is screwed in place with L brackets. Ordinary metal curtain rods are placed just under it for the glass curtains and side drapes. The plain valance should be long enough to fit around the ends of the board and should be about six inches deep finished. It should be stiffened with an interlining of crinoline, and an allowance should be made at the top for a tuck or fold to be tacked to the board as shown. Be sure to save this lesson as it is not in either of the books offered below.

NOTE: Mrs. Spears' Book 2—Gifts, Novelties and Embroidery has helped thousands of women to use odds and ends of materials and their spare time to make things to sell and to use. Book 1—SEWING, for the Home Decorator, is full of inspiration for every homemaker. These books make delightful gifts. Mrs. Spears will autograph them on request. Books are 25 cents each. Crazy-patch quilt leaflet is included free with every order for both books. Address Mrs. Spears, 210 S. Desplains St., Chicago, Ill.



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CREOMULSION
For Coughs or Chest Colds

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USED and new auto & truck parts, tires, rebuilt motors. Mail orders shipped promptly. Seattle Auto Wrecking, 1950 First South.

SCHOOLS AND COLLEGES

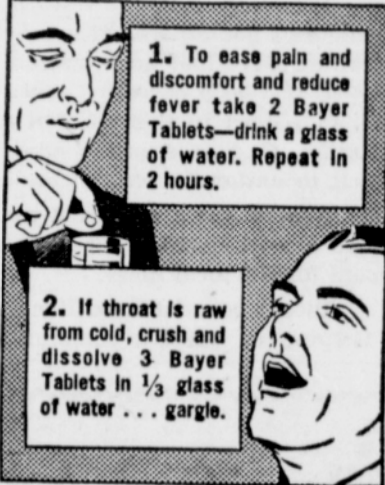
WELDING
Earn while learning, gas and electric welding, auto mechanics. Northern Welding School, 501 12 Ave. So., Seattle.

No Let Up

"Are you often called down?"
"Night and day; I'm a married man and I run an elevator."

HOW TO RELIEVE COLDS

Simply Follow These Easy Directions to Ease the Pain and Discomfort and Sore Throat Accompanying Colds



1. To ease pain and discomfort and reduce fever take 2 Bayer Tablets—drink a glass of water. Repeat in 2 hours.

2. If throat is raw from cold, crush and dissolve 3 Bayer Tablets in 1/2 glass of water . . . gargle.

THE SIMPLE WAY pictured above often brings amazingly fast relief from discomfort and sore throat accompanying colds.

Try it. Then—see your doctor. He probably will tell you to continue with the Bayer Aspirin because it acts so fast to relieve discomforts of a cold. And to reduce fever.

This simple way, backed by scientific authority, has largely supplanted the use of strong medicines in easing cold symptoms. Perhaps the easiest, most effective way yet discovered. But make sure you get genuine BAYER Aspirin.

15¢ FOR 12 TABLETS
2 FULL DOZEN 25¢



BILL-OF-FARE

ONLY the stoutest heart enters a restaurant and proceeds to order filet of beef, lobster Thermidor, or even ham-and-eggs without first consulting the menu-card. For here are suggestions to set the taste-buds aflutter . . . and prices plainly marked.

Shopping for merchandise can be pleasantly conducted in the same manner. The advertising columns are in effect a bill-of-fare, with prices that protect as a bill-of-rights. In the leisure of your home, at the breakfast-table, you may check and choose before starting to town.

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