



# WHAT, WHEN AND HOW TO EAT

## Simple Methods of Diagnosing Disorders Caused by Wrong Eating.

By EUGENE CHRISTIAN, F. S. D.

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**D**IAGNOSIS is the first and most important step in the treatment of all diseases. Wrong diagnosis is usually followed by wrong methods of treatment, while correct diagnosis simplifies and points with certainty to the causes of disease. With an understanding of causes, the remedy in a great majority of cases suggests itself.

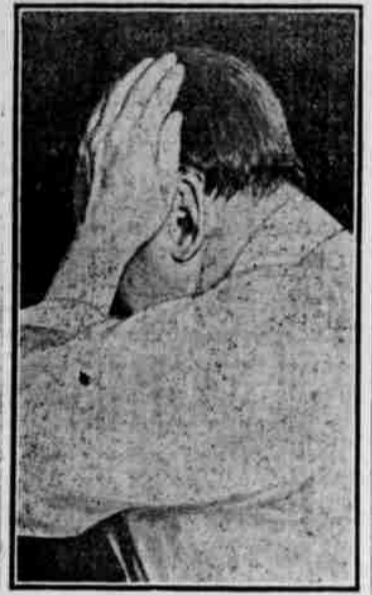
Every person should be his own diagnostician, especially in regard to stomach, intestinal and all disorders caused by wrong eating and drinking. To diagnose one's own condition is the true and logical method of locating any disorder, for symptoms are merely nature's language. It is a method of the body communicating with the brain and telling in the plainest way possible what the trouble is; therefore symptoms given off by one's own body to the brain ought to be interpreted better by oneself than by the most skillful or experienced doctor.

The human body is a sort of power plant, a combined engine and boiler, and there is a very close analogy between this conscious, self-acting machine and the one that furnishes the power to generate electricity or to turn the wheels of a factory.

**A Homely Illustration.**

If your electric lights were to grow dim and if other lights in the neighborhood were in the same condition you would know that the dim lights were merely symptoms and that the trouble was not in the wiring system, but at the power plant which furnishes the current.

Suppose you were commissioned to make a diagnosis of the trouble and you were to find the engine in good



SYMPTOMS ARE GIVEN OFF BY BODY TO BRAIN.

working order, but lacking power. You would go at once to the boiler room. Suppose you found the pressure of the steam gauge low and were told by the fireman that he could not keep the steam pressure up; then suppose you examined the furnace (the stomach) of this levitation and found that the combustion (digestion) of the black powder was good; then suppose you looked into the lungs (fire tubes) of this laboring monster and found them clean. You would know the trouble was not there. You would also know that there was but one place left to explore and that was closed. You would know the trouble was inside of the boiler; that it was lined with scale deposited from the water evaporated in producing the steam. This scale forms a coating upon the lower inside of the boiler and upper side of the fire tubes and shuts out the heat from the water. The heat being the source of energy and the steam only the means of supplying it, the power is crippled.

Now, suppose you desired to treat or doctor this condition. The boiler could be cooled and the scales removed by going into it. But let us suppose that the steam boiler, like the human body, must always be kept under pressure. What then could be done? It is evident that the first thing would be to cease the use of water containing the mineral in solution which causes the scale deposit. This is a process of changing diet or removing causes. As to the scale already in the boiler, it must be dissolved and gradually eliminated or it must remain there and permanently reduce the efficiency of the power plant.

There are many so-called boiler compounds (medicines) recommended for the removal of scale, but every engineer knows how exceedingly important it is to avoid the use of any one of these remedies that would damage the boiler itself. A compound that would injure the steel of which the boiler is made as well as the scale would be a desperate remedy indeed.

There is a close analogy between

the condition described in the steam boiler and the human stomach in case of indigestion, stomach and intestinal trouble. No medicine known to science can remedy a condition caused by wrong eating, but all remedies injure the body just as a dangerous compound would injure the steel of which the boiler is made. The striking difference between the human body and the steel boiler is that if we cease to eat wrongly, thereby removing the causes, nature will rebuild the diseased tissues and bring us back to health or to our normal condition. The process of curing disease, therefore, is one of standing out of nature's way, merely giving her a chance. If we furnish nature the tools and the material to do her work the body will go on for 100 years, barring accident, as a perfect automatic machine, without ever giving to the brain one symptom of distress. With such a prize as this constantly before the human mind, it would seem that the last thing in life we should do would be to abuse this marvelous piece of mechanism called the human body, and yet in the face of these facts it is true that civilized man gives less thought to the things that keep him in perfect health or produce disease than to any other one thing with which he comes in contact.

### Familiar Symptoms From Which Correct Diagnosis Can Be Made—Acid or Sour Stomach.

The following symptoms are given in the order of their various stages and importance:

First.—One experiences a feeling of stomach irritation or a dull sensation, sometimes called heartburn.

Second.—A very keen appetite, caused by an irritated stomach. This explains why a drink of whisky will produce an appetite. When one has no appetite it is evident he should not eat, but when a drink of whisky is taken it poisons and irritates the lining of the stomach, causing the blood to collect there to protect the stomach against these poisons. The presence of blood produces a false appetite, and foolish persons think they are benefited. The truth is they are not only poisoned with alcohol, but they have killed a symptom, hushed nature's voice with which it was warning them not to eat, and in addition to this it has caused them to eat food they did not need and could not assimilate and which must undergo decomposition in the stomach, the intestines or the blood.

Many people mistake abnormal appetite, caused by irritation of the stomach, for evidence of good health until after it produces a general breakdown.

Third.—Fevered mouth—so called cold sores on the lips and tongue, both of which show that the stomach is out of condition.

Fourth.—A sour fluid rising in the throat from one to two hours after meals.

Fifth.—A white coating on the tongue.

Sixth.—A faint feeling, emptiness, or, in the language of the layman, hollowness, or an all gone feeling.

### Fermentation.

The evidence of fermentation is a burning sensation in the stomach, almost exactly as in superacidity. In fact, fermentation is the direct result of superacidity, as there could be no fermentation without acid preceding it. The gas generated by fermentation sometimes passes along down the intestinal tract into the ascending colon, accumulating at the highest point, which is in the transverse colon. This seriously interferes with the blood flow into and out of the heart and lungs and causes what is termed valvular heart trouble. The fact is that there is no such disease as valvular heart trouble. If the diet is corrected and fermentation is prevented the heart will do its work perfectly. The results of constant fermentation are usually followed by irritation, catarrh, ulceration of the stomach, intestinal congestion and general physical emaciation.

### Nervousness and Nervous Indigestion.

Nervousness, nervous indigestion and melancholia represent advanced stages of stomach irritation and superacidity. These are among the last signals given to the brain before final collapse, and if they are not heeded the victim may expect to fall ill with nervous prostration within twelve months from the time these symptoms are first experienced.

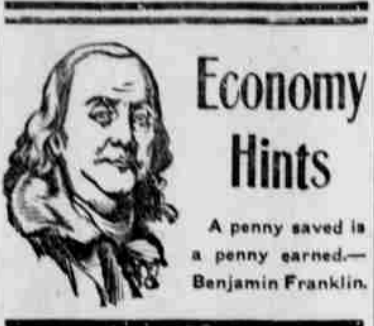
Melancholia is purely a stomach disease, and many people under these spells take their own lives rather than face what they believe to be insanity and ostracism.

If the person thus afflicted is not able to diagnose and prescribe a diet for himself it is the duty of the family physician to perform this service for him. The misfortune is that in the big medical colleges throughout the country dietetics is not a part of their curriculum, and the doctor goes forth from these institutions to treat people without a knowledge of dietetics and is therefore unable directly to diagnose and treat disorders caused by wrong eating and drinking.

### White Bread.

Ordinary white bread is an article of food that has grown into great popularity merely because it saves labor and trouble, but for this the average family pays dearly. In every family there should be installed a small mill. If in the town or city it could be turned by electricity; if in the country it might be turned by hand. In this mill could be ground the whole grain, not into flour, but a form of meal, which is far superior, and from this meal could be made most excellent whole wheat, corn or rye bread, and the cost would not be but a fraction of that paid for ordinary bakers' bread.

After the system of preparing grain at home, either by rolling or grinding, and of cooking vegetables in a casserole dish is once installed it will be found quite convenient and will afford more relish than the old methods.



## Economy Hints

A penny saved is a penny earned.—Benjamin Franklin.

### Laundry Hints.

**A**FTER washing pass the shirt through this hot water starch before it is hung up to dry. This, you will find, will give just the right amount of stiffness to the body part of the shirt.

Then hang it out in the open air and when quite dry starch the cuffs in cold water starch in exactly the same way as you do a gentleman's shirt; then if there is an attached collar starch this and also the box plait which goes down the front.

Remember always to wet the part just beyond where the starch will go. This will prevent the starch spreading. When this is done sprinkle the remaining dry parts with cold water, roll it up tightly in a clean cloth and lay it aside for a short time until you are ready to iron it.

Take the shirt out of the cloth and place it with the neck part toward the edge of the table. Iron the collar first until it is perfectly dry; then iron the yoke on both sides.

Next do the cuffs and then run the iron inside the sleeve a little way so as to dry the gathers and the thicker parts. Now open the sleeve out as flat as possible and iron it front and back.

If you possess a sleeve board this will lighten your labors considerably, as it is almost impossible for the sleeve to be properly ironed if it lies flat on the table.

When ironing the sleeve without a board slip the hand inside once or twice to prevent the starch sticking. Pay special attention to the top part of the gathers.

First pin the two fronts together, top and bottom, and lay the fullness into plaits. Next lay the sleeves down the sides of the back and turn them upward again so that the cuffs show at the neck. Pin them into position and turn over the sides, also pinning them together.

Fold the end upward, making it a convenient size. On no account press these folds with an iron. They should all be done as lightly as possible to avoid undue creasing.

Cold water starch is made in the following way: Mix the starch to a smooth cream with cold water, then add borax dissolved in boiling water in the proportion of a dessertspoonful to a tea-cupful of starch.

### KITCHEN ADVICE.

#### How to Settle Coffee Economically and Satisfactorily.

As the practical housekeeper knows or should know, the coffee bean after roasting and crushing is very light and dry. One of the sure tests made for pure coffee is to put a teaspoonful on top of a glass of water—right on top—for if pure most of the coffee floats until it absorbs enough water or is stirred under. Over the bean there is also a very fine light skin, which separates in the boiling process and clouds the liquid.

These floating particles must be treated by the settling process—that is, something must be done to carry all floating particles to the bottom of the pot and hold them there, leaving a clear, sparkling liquid above.

Naturally the agent must be much heavier than the objects acted upon; hence clear cold water, being of greater weight than the steaming coffee, if poured in the top of the pot at the finish in the proportion of one table-spoonful to each half pint will of itself act as a settler. If after this treatment and after standing where it will keep hot from three to five minutes the pot is handled gently it is possible to pour a clear cup from the original pot without transferring it into another receptacle.

Then there is the eggshell method. Wash the eggs as you use them; then when opened the shells may be crushed and added to ground coffee—a more economical method than that of using an egg for settling.

Once establish the idea that it is simply the presence of a heavier substance carrying all floating particles to the bottom of the pot and holding them there and the mystery vanishes regarding the question of settling the coffee.

#### How to Make English Scallops.

Here are some hints for the thrifty housekeeper who wants to reduce the cost of living. English scallops present potatoes in a palatable way. Apples are delicious cooked in the same manner and served with pork.

For each large potato put one table-spoonful of flour into a small bowl, mix it into a rather thick batter with cold water, season to taste with salt and pepper. Pare and cut white potatoes as for chips, have a deep pan of hot fat, dip the potatoes in the batter, drop them into the fat and cook until brown. Remove them with a fork, drain them on brown paper in the colander, serve in a hot uncovered dish with cold meat, steak or fish.

#### How to Wire a Minaret Tunic.

Do not use fine wire to make the new tunics stand out properly, as this bends entirely out of shape very easily, but use the feather boning. This will give readily, but will also spring back into shape again.

# SUMMER EXCURSIONS EAST

Tickets on Sale June 1 to September 30  
Final Return Limit October 31  
With Liberal Stopover Privileges  
VIA THE

## UNION PACIFIC SYSTEM

OREGON-WASHINGTON RAILROAD & NAVIGATION CO.  
Oregon Short Line, Union Pacific and connections, at the  
**REDUCED ROUND TRIP FARES**  
Shown in the Following List:

Denver	\$ 55.00
Colorado Springs	55.00
Omaha	60.00
Kansas City	60.00
St. Paul	65.00
Duluth	65.00
Winnipeg	65.00
St. Louis	70.00
Chicago	75.00
Cincinnati	81.40
Buffalo	82.50
Toronto	82.50
Washington	107.50
Philadelphia	108.50
New York City	108.50
Boston	110.00

Other Eastern Cities at corresponding reductions. For detailed information, fares, routes and arrangements, call on any agent of the

Let Us Help You Plan Your Trip Now.



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## De LAVAL Cream Separators

Sold on Easy Terms

# Pioneer Cream Co.

Prineville, Oregon

### Notice for Publication—Isolated Tract

Public Land Sale  
Department of the Interior,  
U. S. Land Office at The Dalles, Ore.  
March 18th, 1914.

Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Act of Congress approved March 28, 1912, (34 Stats., 77), pursuant to the application of Benjamin Sordal, Serial No. 010388, we will offer at public sale, to the highest bidder, but at not less than \$5.00 per acre, at 10 o'clock a. m., on the 13th day of June, 1914, at this office, the following tract of land: sec 14, township 24, township 14 south, range 16 east, Willamette Meridian. This tract is ordered into the market on a showing that the greater portion thereof is mountainous or too rough for cultivation.

Any persons claiming adversely the above-described land are advised to file their claims or objections on or before the time designated for sale.

H. FRANK WOODCOCK, Register.

### Notice for Publication—Isolated Tract

Public Land Sale.  
Department of the Interior,  
U. S. Land Office at The Dalles, Ore.  
April 2nd, 1914.

Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Act of Congress approved March 28th, 1912, (37 Stats., 77), pursuant to the application of James W. Stanton, Serial No. 010589, we will offer at public sale to the highest bidder, but at not less than \$5.00 per acre, at 9:30 o'clock a. m., on the 21st day of May, 1914, at this office, the following tract of land: nw 1/4 sec 14, tp 14 south, range 17 east, Willamette Meridian. This tract is ordered into market on a showing that the greater portion thereof is mountainous or too rough for cultivation.

Any persons claiming adversely the above-described land are advised to file their claims, or objections, on or before the time designated for sale.

H. FRANK WOODCOCK, Register.

### Notice for Publication

Department of the Interior,  
U. S. Land Office at The Dalles, Ore.  
April 3rd, 1914.

Notice is hereby given that Homer W. Gray of Lamonta, Oregon, who, on April 19, 1911, made homestead entry No. 08743, for s 1/4 nw 1/4, s 1/4 ne 1/4 and nw 1/4 sec 14, township 13 south, range 15 east, Willamette Meridian, has filed notice of intention to make final three year proof to establish claim to the land above described before Warren Brown, county clerk, at Prineville, Oregon, on the 16th day of May, 1914.

Claimant names as witnesses: Alonzo Negus, Calvin Curtis, George Ragner, Levi Knorr, all of Lamonta, Oregon. H. FRANK WOODCOCK, Register.

Protect your chickens from lice. Use Carbolium. One good application all that is needed for a season. For sale by J. E. Stewart & Co.

### Satisfaction Guaranteed by

# A. C. WILSON

General Carpenter and Builder

New Houses Built, Old Ones Repaired, Remodeled or Reshingled

by day or contract. Leave orders at Clifton & Cornett's store or address Lock Box 375, Prineville, Oregon. 4-9

### Ordinance No. 214.

An ordinance providing for the improvement of Fourth street between the west line of "A" street, west to the east line of "B" street in the city of Prineville, Oregon.

The people of the city of Prineville, Oregon, do ordain as follows:

Section 1. That Fourth street from the west line of "A" street, commonly called Main street, west to the east line of "B" street, be improved by grading and graveling the same, and that the costs and expenses of such improvement be charged against and made a lien upon each and every lot, or parcel of land within the limits of the proposed improvement for the full cost of making the same upon the half of the street adjoining such lot or parcel of land.

Section 2. Passed by the City Council of the city of Prineville, Oregon, on the 5th day of May, 1914, after the third reading.

Approved by the Mayor of said city on the 5th day of May, 1914.

G. N. CLIFTON, Mayor.

Attest: E. O. HYDE, Recorder, County of Oregon, ss

I, E. O. Hyde, do hereby certify that I am the duly elected, qualified and acting city recorder of the city of Prineville, Oregon, that I have carefully compared the above and foregoing copy of ordinance with the original thereof, that the said copy is a true and correct transcript from said original ordinance and of the whole thereof.

E. O. HYDE, Recorder.

### Notice for Publication.

Department of the Interior,  
U. S. Land Office at The Dalles, Ore.  
May 2nd, 1914.

Notice is hereby given that Adolf Schulz of Held, Oregon, who, on July 15th, 1909, made homestead entry No. 05085, and on March 26th, 1914, made additional homestead entry No. 012745, for lots 1, 2 and 3 and e 1/2 nw 1/4 sec 19, lot 4, sec 18, tp 18 south, range 21 east, and sec 18, tp 18 south, range 21 east, township 18 south, range 23 east, Willamette Meridian, has filed notice of intention to make final three year proof to establish claim to the land above described before A. S. Fogg, U. S. Commissioner, at Hampton, Oregon, on the 16th day of June, 1914.

Claimant names as witnesses: Paul Held, Harley Snuders, Reuben J. Engstrom, all of Held, Oregon; Harry Barnes of Barnes, Oregon. H. FRANK WOODCOCK, Register.

**Estray**

Sorrel mare, weight 1000; white spot on forehead; shod all around; pigeon foot; very gentle, can be caught anywhere. Last seen north of Powell Butte. A. J. Reynolds, Prineville, Ore. 4-30-2tp

### Notice of Contest

Department of the Interior,  
U. S. Land Office, Lakeview, Ore.  
April 7, 1914.

To the heirs of Seven Robert Bendiksen, deceased, record address of deceased, File, Crook county, Ore., contestee:

You are hereby notified that Frank M. Neth, who gives care James M. Wilson, File, Oregon, as his postoffice address, did on April 7th, 1914, file in this office his duly corroborated application to contest and secure the cancellation of Homestead, Serial No. 05345 of Seven Robert Bendiksen, made February 23rd, 1912, for s 1/4 sw 1/4, s 1/4 nw 1/4, section 14, township 22 south, range 22 east, Willamette Meridian, and as grounds for his contest he alleges that said Seven Robert Bendiksen died the 27th or 28th day of November, 1912. That there has been no heirs located to claim said estate; there has been no sign of habitation upon said homestead entry since his death.

You are, therefore, further notified that the said allegations will be taken by this office as having been confessed by you, and your said entry will be cancelled thereunder without your further right to be heard therein, either before this office or on appeal, if you fail to file in this office within twenty days after the FOURTH publication of this notice, as shown below, your answer, under oath, specifically meeting and responding to these allegations of contest, or if you fail within that time to file in this office due proof that you have served a copy of your answer on the said contestant either in person or by registered mail. If this service is made by the delivery of a copy of your answer to the contestant in person, proof of such service must be either the said contestant's written acknowledgment of his receipt of the copy, showing the date of its receipt, or the affidavit of the person by whom the delivery was made stating when and where the copy was delivered; if made by registered mail, proof of such service must consist of the affidavit of the person by whom the copy was mailed stating when and the postoffice to which it was mailed, and this affidavit must be accompanied by the postmaster's receipt for the letter.

You should state in your answer the name of the postoffice to which you desire future notices to be sent to you.

Jas. F. Burgess, Register.

Date of first publication April 23, 1914.  
" second " 30, 1914.  
" third " May 7, 1914.  
" fourth " 14, 1914.

### Notice of Sheriff's Sale.

By virtue of an execution and order of sale, duly issued by the clerk of the circuit court of the county of Crook, state of Oregon, dated the 20th day of April, 1914, in a certain action in the circuit court for said county and state, wherein L. D. Spaulding and Mary Spaulding are plaintiffs, recovered judgment against Walter O. Sleigh, defendant, for the sum of One Hundred Eighty and Eighty-one hundredths dollars, and costs and disbursements taxed at Ten and no hundredths dollars, on the 10th day of March, A. D., 1914.

Notice is hereby given that I will on the

23rd day of May, 1914, at the north door of the county courthouse in Prineville, in said county at 2 o'clock in the afternoon of said day, sell at public auction to the highest bidder for cash, the following described property, to-wit: Lots seven (7), eight (8) and nine (9), Block six (6), Fourth Addition to the City of Prineville, Crook county, Oregon. Taken and levied upon as the property of the said Walter O. Sleigh, or as much thereof as may be necessary to satisfy the said judgment in favor of L. D. Spaulding and Mary Spaulding against said Walter O. Sleigh with interest thereon, together with all costs and disbursements that have or may accrue.

FRANK ELKINS, Sheriff.

Dated at Prineville, Oregon, April 20th, A. D., 1914.

### Notice for Publication—Isolated Tract

Public Land Sale.  
Department of the Interior,  
U. S. Land Office at Burns, Ore.  
April 3, 1914.

Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Act of Congress approved June 27, 1906, (34 Stats., 517), pursuant to the application of Jesse Hartley, serial No. 06190, we will offer at public sale, to the highest bidder, but at not less than \$1.25 per acre, at 10 o'clock a. m., on the 20th day of May, 1914, at this office, the following tract of land: sec 14, section 22, township 16 south, range 24 east, W. M.

Any persons claiming adversely the above-described land are advised to file their claims, or objections, on or before the time designated for sale.

4-16p WM. FARBE, Register.  
SAM MOTHERHEAD, Receiver.

### Notice for Publication.

Department of the Interior,  
U. S. Land Office at The Dalles, Ore.  
May 2nd, 1914.

Notice is hereby given that Adolf Schulz of Held, Oregon, who, on July 15th, 1909, made homestead entry No. 05085, and on March 26th, 1914, made additional homestead entry No. 012745, for lots 1, 2 and 3 and e 1/2 nw 1/4 sec 19, lot 4, sec 18, tp 18 south, range 21 east, and sec 18, tp 18 south, range 21 east, township 18 south, range 23 east, Willamette Meridian, has filed notice of intention to make final three year proof to establish claim to the land above described before A. S. Fogg, U. S. Commissioner, at Hampton, Oregon, on the 16th day of June, 1914.

Claimant names as witnesses: Paul Held, Harley Snuders, Reuben J. Engstrom, all of Held, Oregon; Harry Barnes of Barnes, Oregon. H. FRANK WOODCOCK, Register.

**Horses for Sale**

Forty head of good work horses, 4 and 5 years old, for sale; weight from 1050 to 1300 pounds. Will be sold at right prices. G. H. Russell, Prineville, Or. 3-5