

Food Value Of Banana Overlooked

THE banana is assuming new importance. Henceforth it will have utility other than as a subject for vaudeville jokes and a dinner party favorite of railroad construction gangs. The banana has high food value, say Victor C. Myers, Ph.D., and Anton R. Rose, P.D., in a recent issue of the Journal of the American Medical Association. The utilization in human metabolism of the carbohydrates of the raw ripe banana is given as one of the reasons why the food should be more extensively eaten. The banana is put forward as an occasional substitute for the potato, its food value being similar.

It has had no place on the breakfast table with oranges, apples and grapes. It figures little in the cookery recipes and is relegated to a position of inferiority by the fancy cook book. But the food value of bananas, plus their relative cheapness, plus the necessity for finding substitutes for the more staple food commodities, quite alters the equation.

The banana is coming into its own. People will eat it hereafter because of its delicious flavor when properly ripened, its very considerable food value, its richness as a substitute for dearer and scarcer fruits and its adaptability to cooking.

The banana enters the lists with one decided advantage over other fruits. Its caloric value is higher than that of any other common fruit. Point one recommends it at once to those who have made a careful study of dietetics. But the caloric value as Myers and Rose point out, is determined by the condition and ripeness of the fruit. Conceding the caloric priority of the banana, it is further to be noted that its cheapness permits its marketing at a cost per caloric only half as great as the cost of its nearest competitors.

The banana has suffered in popular estimation through quaint prejudices regarding its alleged indigestibility, through the marketing of the fruit when still green and unfit for food, and through the idea that it was not as healthful a food as the citrus fruits.

The banana is a creature of circumstance. Transportation companies have never deemed it worth their while to ship the tree-ripened fruit in condition of refrigeration. It has been necessary to ship the millions of bunches of bananas in various states of unripeness. In consequence American consumers have acquired the habit of eating the unripe fruit and failing to realize the real cause of subsequent discomforts. Indeed, so widespread is this misconception that a pale yellowness of the skin is considered the true criterion of ripeness. Brown spots on the skin, or a condition of uniform brownness, has often been regarded with horror, as evidence of decay. As a matter of fact, rich yellow skins, covered with little brown flecks, indicate ripeness and provide condition for eating. A uniform brown tinge, where the fruit pulp remains firm and without evidence of fermentation, is also in good condition. In fact, according to Myers and Rose, the percentage of glucose is highest and the percentage of nonassimilable starch is lowest.

Other chemical tests reveal in the total sugar content of the banana, sucrose, fructose and levulose. Sucrose and levulose when introduced into an otherwise empty stomach appear to be burned up more quickly than glucose, a fact which suggests to Higgins, quoted in the article, that they play a slightly different role in the process of metabolism, or food absorption.

In caloric content the banana is superior to the other common fruits, and registers inferiority only in the domain of mineral constituents. The striking thing about the banana is the fact that in caloric potency it compares directly with the potato and the sweet potato, common American food staples. Indeed, the chemical parallelism between the potato and the banana suggests the idea that the tropical fruit may offer "one way out" from the hardships incident to rising potato prices.

It cannot be objected that the banana is a less edible or appetizing food than the potato. And the utilization of the fruit uncooked affords a field of exploitation upon which the potato, indigestible in a raw state, cannot encroach. The banana, as it becomes more ripe, decreases in starch volume, while the potato, whether matured or not, retains a large percentage of nonassimilable starch matter.

The salt content of the banana is not as favorable. The ratio of magnesium to calcium is relatively high. Chlorine and potassium are present in quantity. This relationship is rather akin to that of the potato, however, save that in the latter the magnesium and potassium are combined with phosphorus rather than with chlorine.

The dietary value of the banana is treated at some length by Myers and Rose. In the highly technical tabulation of research which they have done we find the inference drawn that the prevalence of chlorine makes the use of the banana not advisable in cases of nephritis and certain other diseases. The potato and banana exhibit a common quality in their alkaline ash, however, and are accordingly rated as antagonistic to the development of acidosis.

The prime point in favor of the banana as a staple article of diet is the excellent utilization by the body cells of its constituent carbohydrates. The utilization, however, is based upon satisfactory statistical inferences from properly ripened fruit. The authors of this

Many Women Buying Sport Clothes on Credit This Season

Never before has the credit system at CHERY'S popular shop been more widely utilized than this season. Scores upon scores of women are fitting themselves in the new sport tops which this well known store is selling at \$25 and \$30.

This company's system of selling clothes on small installments has proved a big success. Ever since the store was established years ago, the number of women who have stopped paying cash elsewhere and opened credit accounts at CHERY'S has increased steadily.

Now, these sport suits that have made such a hit are just the styles and colors that are most in vogue. They're patterned after the most approved sport lines and the tones are as stylish and attractive as the showing of silk dresses at \$25, and sports skirts at \$25.50.

You can buy any of these smart tops ON CREDIT. And you can depend absolutely upon getting fair treatment at this store. It's a big concern, operating stores all along the Pacific coast. They are at 323-321 Washington st., Pittcock block. (Adv.)

SUMMER'S BEACH SEASON APPROACHES



By Fred Lockley.

The summer season is approaching when the city dweller hies himself in great numbers to the beaches and mountains to enjoy a period of rest and recreation in the great outdoors. We of the Oregon country, where nature has been lavish in her bestowal of charms, are apt to be indifferent to the variety of scenic resources at our command.

Few of us realize what Mt. Hood and all the other snow-crowned sentinels mean to this country. We overlook the value of Crater Lake, the marble caves of Oregon, our numerous medicinal springs, and our incomparable and picturesque coast line. From Port Orford on the south, on up through the beach resorts at Bandon, Marshfield, Gardiner, Florence, Waldport, Newport, Netarts, Bayview, the Tillamook beaches, Neah-Kah-nie, Cannon Beach, Seaside and North Beach, we have an asset that in days to come will bring us a never ceasing stream of tourist dollars.

Accessibility a Factor. The accessibility of the several beach resorts is a feature in their favor. Southern Pacific branch lines take one to the Oregon beaches from Neah-Kah-nie southward, the S. P. & S. and Columbia river boatlines provide a direct route to the mouth of the Columbia, whence the Clatsop beaches, in Oregon and the Washington beaches north of the mouth of the river can be reached, while improved highways makes motoring to all of them attractive.

While this article is devoted largely to experiences recently enjoyed along North Beach, the same pleasures obtain at all the other sand stretches that fringe the ocean in the Oregon country.

To North Beach Resorts. The north beach resorts are reached by way of Astoria and Megler. Megler on the north bank of the Columbia, opposite Astoria, the train is boarded and for some distance the track follows the edge of the Columbia river, passing through McGowan and thence through a tunnel under Scarborough Head. Emerging from the tunnel the military reserve at Port Columbia is passed, and beyond Chinook, Ellis and Wallcut, the train proceeds over a level peat bog country at one time the great resort for wild cranberry pickers.

Today the wild cranberries have given way to the great level, scalloped and planted fields of Cape Cod cranberries. It was an old time Cape Cod man, Captain H. W. Williams, who introduced the industry here, and his home, Cranmoor, is visible from the train. The fields look as though they were carpeted with a Persian rug

article very expressly worn against any attempt to get good results from the statistical inferences from the use of bananas that are not sufficiently ripe. To all practical dietary purposes the banana has a "Jekyll and Hyde" personality. And the unripe banana stands forth, from a medical viewpoint, as "a creature unredeemed."

Source of Dust. You can close up your house for a season, board up the doors and windows, cover everything over with canvas and take the greatest care to see that your place is to be kept free from dust—and yet when you come home there is not a spot or a piece of furniture or a thing which has not some dust upon it. But where does the dust come from?

The point is that no house is hermetically sealed and no window or door is tightly closed but the fine dust from the street and the outdoor world will not be able to sift in around the casings. Miss Elliott, instructor of home economics at Simmons college, has said that coal and wood are the two most common sources of our dust and that until we have our heating and lighting furnished by electricity, they will continue to furnish us with most of it.

Then there is sand and dirt and cement and chaff which the wind picks up and scatters hither and thither into your homes and gives you more dust. In fact it comes from just the wear and tear of things in general. It comes in the home from the wear and tear of the house and its furnishings. It comes from our own bodies even

of wonderful color and design, so thickly are the cranberry vines matted on the long stretches beside the track. Fourteen miles from Megler the train pulls into Ilwaco. Ilwaco is located on a narrow strip of land running out into the mouth of the Columbia. On one side is Baker's Bay and the Columbia river, while to the westward the waves of the Pacific ocean beat on the sands of this neck of land.

A brisk walk of 10 minutes to the northward from Ilwaco brings you to Port Danby and Cape Disappointment. Here is located the Cape Disappointment lighthouse.

Just after leaving Ilwaco, Holman is passed, and here one catches a glimpse of the breakers of old ocean. Within the next 12 miles the train passes through a succession of beach resorts. First comes Seaview, then Shelburne, Beach Center, Newton, Long Beach, Flaga, Breakers, Cranberry, Oceanview, Loomis, Kilpatrick, Beach, Ocean Park and at the end of the road, Nahcotta. Nahcotta is on Willapa harbor, and is just across the bay from South Bend and Raymond.

Digging the Shallow Clam. My first stop on North Beach was at Shelburne. The morning after I arrived the wife of the proprietor of the "Shelburne" invited me to go out with her to the beach and dig clams. Digging clams sounds as easy as digging post holes, but you will find a vast difference when you come to try it. The tide was very low, leaving large expanses of smooth and glittering beach. The day was ideal, the sky a cloudless blue and the air warm and full of the odor of spring, and the feeling of life and growth. Many of the all-the-year residents of Seaview and Shelburne were on the beach with their buckets and shovels. A clam shovel is like a post hole shovel, long and narrow. As we walked along the beach, one could see slight depressions or, here and there, a tiny hole the size of a slate pencil. From these tiny holes occasional geysers of water would shoot up to a height of six or eight inches.

I noticed the various clam diggers feverishly digging as if their lives depended upon their speed, or as if they were trying to establish a new speed record. I admire poles so I decided to dig at a more leisurely rate. I began digging, and after taking out a handful of two I felt down to get the clam. My companion, a local and said, "By this time that clam is pretty near down to China."

After missing several more clams I speeded up and before long I was catching new speed records myself, and what is more, I was getting the clams. It is an astonishing fact, but the clothes which cover them. And as Ms. Elliott said, there is nothing from which it doesn't come to a more or less degree.

False Economy. Now that foods are high women are tempted to buy the cheapest kind offered them, thinking they are saving money, but let us look into the matter and see how they are mistaken. A grocer may have two grades of sweet corn, the same size can, but one is marked 15 cents and the other 18 cents. Almost invariably the housewife picks the cheaper grade, thinking she is saving three cents. Not at all. The less expensive can is watery and thus contains less food value, as well as being less tasty. Usually it is older stock, too, and though food kept airtight is not supposed to deteriorate, it sometimes does. This often causes the can to swell at the edges, making what the trade calls "swells." Such cans are always sold at reduced prices, usually at a "sale." Frequently they make the people who use the contents ill.

Dried fruit is another good example of this false economy. The cheaper grade is usually selected. This fruit is often caused the can to swell at the edges, making what the trade calls "swells." Such cans are always sold at reduced prices, usually at a "sale." Frequently they make the people who use the contents ill.

This thing is true of fruit. Over-ripe bananas may sell cheaper, but they cause illness often, and besides, there is a deal of waste. Cheap oranges are usually thick skinned,

Ribbon In High Favor This Year

By Margaret Mason.

WITH fickle and ingenious fashion handling the ribbons the result is bound to be racy. Consequently the new "ribbonette" skirts are sure to win in a walk. To begin with the wonderful new ribbons are quite the most beautiful creations in the fabric field—to end with they are the same. Therefore if you use a width of Persian ribbon to begin a skirt as a yoke and another width of Persian ribbon to end it at the hem the answer is a bit of Persian perfection.

A pleated skirt of oyster white tussor with a ten inch band of rose, blue, gold and green plaid ribbon around the hem doesn't force its wearer to pronounce "Ahem, Ahem" to attract attention. A stunning skirt has perpendicular stripes of vivid Roman stripe ribbon, 10-inch width alternating with plain emerald green ribbon of equal width. The effect of the plain toned ribbon, of course, accentuates the fact that the entire skirt is formed of ribbon lengths alone.

Gorgeously flowered ribbons alternating with the one toned stripes are as effective as the Roman striped ones and you are sure to go dotty over a white khaki skirt with huge pockets, hem and girdle of coral satin ribbon spotted with silver disks, big as dollars.

In many of the ribbon skirts the plain and fancy ribbons are used in alternating strips running around instead of up and down. These are forsooth for the willowy women while the perpendicular stripes bring joy to the portly persons who are short of stature and breath and long only on embignon.

Another method of applying the wider 12 and 15-inch fancy ribbons is

as a panel in the front and back of the skirt with a width of pleated plain hued silk on the sides.

Though ribbon-skirts are positively the most novel of all the new skirt conceits a plain one which shows your true mettle is a glowing garment of lustrous silver cloth. These metallic skirts are wonderful worn with a slip over blouse of vivid tint, bright with vari-hued beadwork or embroidery.

Indeed the slip over or chemise blouses vie with the skirts for very gorgeousness. It is true some carping critics (mostly one's husband and his ilk) seem to look upon these new blouses as glorified dressing sacks. But wait till they get the bills and they will see the big difference.

One lovely chemise blouse smacking of a Chinese tendency is of citron colored Georgette bound around the low neck, loose bell sleeves and peplum with an inch band of Chinese blue Georgette. A Chinese medallion sparsely done in blue, gold and black beads appears, two in front, two in back and one on each sleeve. A girdle of the citron edged with blue is finished with a beaded tassel in the gold, black and blue.

This also comes in different color combinations but the citron and blue is more distinctive and Chinese.

Fresh color, white or gray Georgette make lovely slip-over blouses and ones of embroidered net or voile are less expensive by half or more but not that less attractive by any means.

When walking out in your ribbon walking skirt and your slip-over blouse if you want to walk away with all the smartest sartorial honors you positively must carry one of the fetching new walking sticks. They are much like the long Directoire canes that have been tried for so many reasons to be taken up. No board walk or any other fashionable walk of life is now quite correct without one.

They come enameled in any shade to match up or accentuate the color scheme of your costume. Some of them have gay cords and tassels tied around their knob tops and others more elaborate have coquettish bags of silk beads and grow to maturity. Many changes were made in their diet to

High living and the high cost of living are occupying a prominent place on the front pages of the papers nowadays. The all-the-year-round residents of the coast do not worry much over the problem. They pay no bills for fuel. The June rise of the Columbia and its tributaries sweeps a tremendous quantity of waste from the logging camps down the river and it is scattered along the ocean shore on both sides of the mouth of the Columbia. Log ruts occasionally break up or maverick logs float out to sea, and are thrown on the beach. Occasionally a ship in heavy weather loses its deckload of lumber, and this is scattered along the beach to be had for the taking.

Clams and crabs, and fish are to be had for the getting. The soil is rich and the growing season is long, so celery, turnips, potatoes, cabbages, carrots and other vegetables are easily raised. A shotgun will help keep the table supplied in season with wild ducks and waterfowl. Rents are low for many of the cottages and for only three months a year by their city owners, who will rent them for the other nine months at a nominal rate. The summer brings the vacation crowd and families the all-the-year-round resident to earn enough money to buy his sugar and coffee, books and clothes and pay his taxes.

The sea is often more than good to the beach dwellers. For a last winter along shore caused some passing vessel to lose part of its deckload. Next morning the residents of Shelburne, Seaview and Long Beach picked up cases of grapefruit, lemons, oranges and bananas, as well as sacks of flour, sides of bacon, a barrel of sausage and other foodstuffs. Last winter a dresser and a trunk were cast up on shore and this treasure trove yielded a solid gold watch, and a large amount of clothing. I visited one home where the housewife had hundreds of yards of linen. She found bolt after bolt of linen on the beach after a heavy storm one winter. Evidently some ship had jettisoned its cargo.

Most of our beach resorts can be reached from Portland in a day's travel or less. The owners of the summer resorts are looking forward to a good season this year.

The tailored-to-order creations in women's outer garments are produced by this establishment breathe that persons a quality which every woman of refinement seeks.

Separate Skirts
Plain and box pleated separate skirts—some with pockets—in stripes, plaids and solid colors for sport and utility wear are on sale tomorrow at the prices below.

\$6.95, \$12.75, \$16.50 and up

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What Milk Can Do For Your Health

To better your health and cut effectively into the high cost of living, drink more milk.

This is the advice given the public by Dr. W. K. Schlosser of Plymouth, Ind., who has given the subject much scientific investigation. He says:

"The tendency to think of milk as a beverage, rather than an important source of food, comes partly, no doubt, from the fact that it is a liquid rather than a solid; that most liquid foods, such as clear soups, coffee and tea, contain very little nutrition for the body. It is natural, therefore, to associate milk with these, rather than with really nutritive food materials."

"In order to overcome this tendency, it is well to study at least some of the different component parts of milk. As you already are aware, the chief component parts of milk are its fat, protein, carbohydrate, mineral matter and water, valuable life-giving elements. Allow me to call attention to the fat content of milk, which is easily distinguished by the naked eye, because it appears as the yellow, upper layer of milk that has stood overnight—the so-called cream on the milk. This fat in milk is commonly sold on the market in the form of refined cream and butter, and as a nutritive food this butterfat is very valuable."

"In experiments carried on with white rats, the young white rats were fed mixtures composed of chemically pure protein, starch, fat, sugar and various salts, and they got along splendidly for the first three months, when they lost appetite, fell off in growth and finally starved. After numerous repetitions of this nature, the investigators found that when milk was added to the ration the little animals began to regain normal condition; to thrive and grow to maturity. Many changes were made in their diet to

make it more palatable; changes in salts were used, the kinds and amounts of sugar, etc., but always the same result—growth ceased at about the age of 4 months. An attempt to increase the palatability of the diet, by substituting pure butterfat for the fat which had been used as the fat in the ration, enabled the experimenters to make the rats grow again. Thus it is evident that the fats obtained from the living protoplasm of the animal have this property of inducing growth, after growth has ceased. This fat, no plant fat has been found to possess this power."

"Next in order comes the protein. No other proteins have the ability to develop young animals, human or domesticated, such as does the protein in milk."

"Two of the important mineral nutrients are found chiefly in milk, namely, calcium and phosphorus."

"The sugar found in milk serves as a very efficient agent for fuel. Milk sugar is a carbohydrate and very similar to our well known cane or beet sugar. It is more easily assimilated by the most delicate stomach."

"Dr. McCollum of the Wisconsin experimental station has demonstrated that milk is the 'Hope of Maturity' in the lives of young rats, and Dr. Lo-rand, a celebrated Austrian specialist, recommends milk to be fed to growing children and people of old age, because of the thyroid secretions found therein. Professor Sherman of Columbia university, in discussing the food problem basis, states 'that it would be economy and wisdom to materially increase the rate of milk consumed in every American family, because milk is high in the qualities of supplying warmth, energy, maintenance and growth.'"

New wide-brimmed hats for women have a piece of glass in their brims so that they will not obstruct the vision when pulled down to cover a wearer's eyes.



Outer Apparel for Every Occasion

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Models not shown elsewhere and having smart cut and graceful lines that give the charming and quite inimitable effect of simplicity, feature our entire new showing of outer apparel for Spring.

Suits

—Second Floor
The one and two-button suits in Navy, Tropic, checks, mannish, Oxford, Taffeta, serge and covert mixtures in mannish Tailleur styles are most popular and charming in style and material. Individually designed suits for women and misses.

\$39.50, \$45.00, \$55.00

Dresses

Among the latest arrivals are stunning afternoon gowns, Georgette, silk, beaded and embroidered; also Georgette and satin combinations. The dress illustrated is of beige Georgette and metal satin with beaded pendants, deep collar and contrasting cuffs.

\$25.00, \$45.00, \$65.00

Coats

—Second Floor
Tomorrow we feature a new showing of coats for evening, afternoon and morning, in mixtures, Burella cloth, gunmetal, etc., in all the popular colors. Fancy and self lining, contrasting collars and cuffs and deep, comfy yokes are features.

\$29.50, \$39.50, \$45.00

May Sale of Blouses and Lingerie

Two Waist Specials for Monday Only

\$2.50

The two blouses illustrated are selected from our big purchase for the May Sale of blouses and lingerie. The waists illustrated are of crepe de chine, and come in a variety of plain, tucked and frilled styles, in all colors.

Separate Skirts

Plain and box pleated separate skirts—some with pockets—in stripes, plaids and solid colors for sport and utility wear are on sale tomorrow at the prices below.

\$6.95, \$12.75, \$16.50 and up

Fur Storage

You will be sure of the safety of your winter furs if you store them in our cold air vaults during the summer. Reservations are now received for space. Telephone for the auto.

Sweaters

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