Women's Page

Household Hints, Fashions and Recipes

II.—Selection of Food.

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THE wise selection of food, to suit the individual needs of each member of the family, requires the consideration of at least these three questions:

1. Is the food nutritious?
2. Is the food comparatively easy to digest?
3. Is the food reasonable in cost?

The subject is so important that it should engage the heart and head as well as the hand of the woman who presides over a family. It is sufficiently important, too, to demand some thought from every individual who values his good health and general well being. It has been frequently stated by physicians and philanthropists that three-fourths of the sickness in the world, one-half the drunkenness and a large percentage of the crime have had their beginning and their cause in poor food and bad cooking. This being the case, can there be any topic of greater value for our lesson this week than the very old question, "What shall we eat?"

First I should like to impress upon my readers that "we eat to live" rather than "live to eat;" that, while there should be genuine pleasure in the simple act of eating, this pleasure ought to be experienced when the food is of simple variety. The pleasure is a certainty when the food has been carefully and appetizingly prepared and when hunger is a companion at the meal. The appetite which relishes only expensive foods and foods out of season is abnormal and is certain to bring disaster to its possessor. This disaster may be an attack of rheumatism or some form of dyspepsia, or it may be a depleted bank account.

What Food Is.

In order to fulfill its office food must either build and repair tissue or it must give heat and energy to the body, and it should do these things at as little unnecessary expense of physical energy as possible. According to its function all kinds of food are divided into five classes. These are the tissue building foods, the fat foods, starches and sugars, mineral matter and water. Each one of these classes has its particular duty to perform for the body and therefore has its especial place on the daily bill of fare. Any food material, no matter how simple and well known or how rare, contains two or more of these five classes. A few of the standard materials contain all five classes.

For instance, what do we find in a loaf of bread? A great deal of starch and some gluten from the flour, a little fat from the flour and more if it has been added in the making, some mineral matter and about 35 per cent of water. Meat also has fat, mineral matter and a substance found in the lean part which is called proteid and which is the tissue building property of the meat. The elements which compose these different classes of food correspond with the elements in the body; hence their necessity. It is chiefly from the food which we eat that we obtain those elements which are necessary for the support of life and the functions of the body.

The Duty of the Five Classes.

Now that we have seen what an important place in life our daily food occupies let us endeavor to learn to which class or classes certain commonly used foods belong. The tissue building foods, or the proteid foods, are not numerous, but so important are they that life cannot be sustained for any length of time without them. This class of food has been given the name proteid, a word meaning "first" or "pre-eminent," because it alone of the five classes is able to build tissue and to repair the daily waste of the cells of the body. The proteids alone contain nitrogen, and nitrogen is one of the elements necessary to life. The following table classifies some of our common foods according to their principal constituents, also gives their source and use in the body:

SOURCE AND USE OF THE CHIEF FOOD CONSTITUENTS.

			Use In the Body.
PROTEIDS		Meats, Fish, Eggs, Milk, Cheese, Peas, Beans, Gluten In Flour	Build Tissues; Repair Daily Waste of Tissue
FATS		Butter, Fat of Meats, Cheese, Oil In Nuts, Olive Oil	Give Heat and Energy; Produce Fat
CARBO-HYDRATES	Sugars	Cane, Beet, Maple, Malt, Sugar of Milk, Sugar in Fruit	Give Heat and Energy; Produce Fat
	Starch	Cereals, Flours, Peas, Beans, Corn, Potatoes	
MINERAL SALTS		Fruit Acids; Vegetables	Aid In Formation of Bone; Useful in the Blood
WATER		In All Vegetables; In All Animal Foods	Carries Food to the Blood; Carries Off Waste; Solvent For Food

The sugars and starches have been grouped under one name, carbohydrates, because both these foods contain a considerable amount of carbon, also two gases, hydrogen and oxygen, which are always present in the right proportion to form water. The special function of this class of food is to give energy. Before energy is evolved there must be heat, but as heat producers the carbohydrates are not as valuable as fats. The latter are more than three-fourths carbon. This fact at once proves that fat in some form is the food to be eaten when heat is required. It is the food which appeals to the appetite more strongly in winter than in summer and is liked better in cold climates than in warm. If it were impossible to have both fat and sugar in the diet no great harm would result to the body for some time, because both contain the same elements and both perform the same function—namely, give heat and energy. Not so with the proteids, however, because, being the only class which contains nitrogen, no other can substitute for them.

Danger In Overeating.

After learning of the importance of proteid foods the first conclusion may be that they should form the greater part of the diet and should largely compose the daily bill of fare. This is a common mistake and one to be carefully avoided. The intake of food should not be greater than the needs of the body and to preserve its normal equilibrium. Too much food of any kind necessitates too much work on the organs of digestion and elemination and produces certain irregularities of the body functions. Too much proteid—that is, too liberal an allowance of meat, fish, eggs, cheese, etc., in the meals will clog the system with urea, throw too much work on the kidneys in their effort to carry off this final product in the digestion of proteid. Too much proteid in the diet induces rheumatism and similar disorders. When too much fat, or carbohydrate, is eaten it is stored up in the body as fat, and the individual finds himself putting on adipose tissue to perhaps an uncomfortable degree. There is more danger in this country from overeating than there is from lack of food, just as the engine is likely to wear out more quickly because of too hard firing than from lack of fuel.

The amount of food required to properly develop the body and keep it in normal condition depends on different conditions, such as the occupation of the individual, the age of the individual, sex, climate and personal idiosyncrasies.

The man or woman engaged in hard physical work requires more of the foods which repair tissues than does the person living a sedentary life. The amount of fresh air in which the individual lives will also determine largely the rapidity with which food will be oxidized in the body. For instance, the farmer, working in the fields, will require more nourishing foods than the man who sits in his office all day. The farmer's lungs are constantly filled with fresh air; his blood is filled with oxygen. He is performing work which requires much physical energy; hence his food is rapidly burned in his body in order to yield the necessary energy, and he is hungry. He has a good appetite for hearty food, and he digests it with ease. The man of sedentary habits finds his stomach rebelling and himself in general discomfort if he attempts to follow the example of the farmer for any length of time.

How Much to Eat.

Occasionally we hear the question, "How much should we eat?" Yet, as a rule, the average person does not trouble himself very much on that score and eats what a pampered appetite demands rather than the amount he actually needs. Dietary specialists have found from many experiments that an average man doing average work requires each day about four and a half ounces of proteid, two ounces of fat and sixteen ounces of carbohydrate. An average woman doing the work of an average housekeeper requires a little less, probably about three ounces of proteid, one and a half ounces of fat and twelve ounces of carbohydrate. The boy fourteen to sixteen years of age requires four-fifths as much food as his father, and the boy or girl of twelve years should have half as much food as an adult. Recently certain specialists have been able to reduce the amount of proteid still lower than the above standards, which are less than those given ten or twelve years ago. But as long as the present habit of "bolting" food with insufficient mastication is common in the country it is not safe to reduce the amount of proteid to the lowest possible figure. The amount of food constituents which I have suggested can be easily obtained from standard food materials; less of these will be required if the foods are properly cooked. Just here the housekeeper's skill is called into account. No matter how nutritious and easy of digestion foods may be in their uncooked state, they may be almost, if not entirely, ruined as far as digestion and assimilation are concerned in the process of cooking.

A single portion of beefsteak, two eggs and an ounce of cheese, with milk and a little oatmeal, will furnish all the tissue building material the average man will require for one day. A half loaf of bread and a half pound of potatoes, with ordinary helping of rice and a tablespoonful of sugar will furnish the required amount of carbohydrate, and the required fat is easily obtained from the butter used on the bread, the oils in the cheese and the fat in meat. There is much more chance of too much fat being eaten with the ordinary meal than too little.

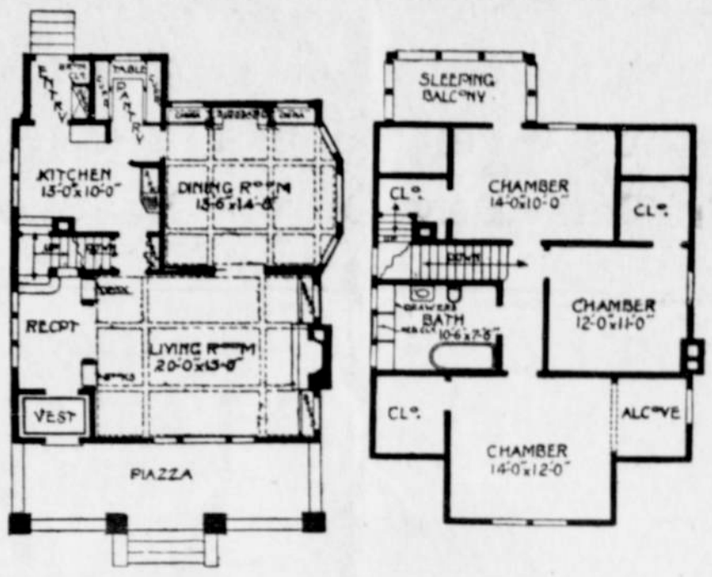
We are likely to underrate the value of water in the diet and use it too sparingly. Water is a food and a very necessary one. Its duties for the body are numerous and important. It helps to carry food to the blood, assists in carrying off the waste matters, equalizes the temperature of the body and acts as a solvent for food. Its benefits to the system are many.

AN ARTISTIC STUDY IN BROWN.

Design 969, by Glenn L. Saxton, Architect, Minneapolis, Minn.

© by Glenn L. Saxton.

PERSPECTIVE VIEW—FROM A PHOTOGRAPH.



FIRST FLOOR PLAN. SECOND FLOOR PLAN.

It would be impossible to find a more complete design for a home than this one, called "A Study In Brown." The term is used because the whole scheme is brown for the decoration of the outside. Size, twenty-six feet wide and thirty feet deep. Cost to build, exclusive of heating and plumbing, $4,000.

Upon receipt of $1 the publisher of this paper will supply a copy of Saxton's book of plans, entitled "American Dwellings." The book contains 254 new and up to date designs of cottages, bungalows and residences costing from $1,000 to $6,000.

FOR THE CHILDREN.

Pique Much Used For Wee Folks' Frocks.

Children's dresses are shown made of pique and trimmed with real Irish lace, inserted in medallions. These have a sash of pink or blue satin ribbon, which relieves the stiffness of

NOVEL BLOUSE SUIT.

the pique. They are always satisfactory, for they wash well.

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Here is a novel suit for the small boy. It gives a double breasted effect and may be used with or without the shield. The pattern is good developed in linen or wool material.

JUDIC CHOLLET.

This May Manton pattern is cut in sizes for boys of six, eight, ten and twelve years of age. Send 10 cents to this office, giving number, 7361, and it will be promptly forwarded to you by mail. If in haste send an additional two cent stamp for letter postage, which insures more prompt delivery. When ordering use coupon.

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WANTED—To buy a light buggy with low wheels, arch axle, see Lents undertaker.

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FOR SALE—Barred Rock Eggs, $1 per setting of 15. Geo. Gilson, 4 blocks north Lents Junction on Brace St.

FOR SALE—Rhode Island Red eggs 15 for $1.00. E. H. Willis, 204 10th Ave., S. t2

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FOR SALE—Rhode Island Red Cockrels. Enguire at Grange Store. tf

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CHURCH DIRECTORY

(All churches are requested to send to The Herald notices, such as the following, for publication each week free.)

ST. PAUL'S EPISCOPAL CHURCH, WOODMERE—Services and sermon at 4 p. m., every Sunday. Sunday School at 3:00 a. m. Communion service, on second Sunday of each month. Dr. Van Water and Rev. Oswald W. Taylor.

LENTS BAPTIST CHURCH—First Avenue, near Foster Road. Rev. J. N. Nelson pastor. Sunday School 10 a. m. Preaching 11 a. m., and 7:30 p. m. B. Y. P. U. meets at 6:30. Prayer-meeting Thursday evening at 7:30.

SWEDISH LUTHERAN MEETING—Held every Sunday at 10:30 a. m., and in the evening at the Chapel at corner of Woodbine street and Firland avenue. Rev. B. S. Nystrom, pastor.

SWEDISH BETHANIA CHAPEL, ANABEL—Scandinavian Sunday School at 11 a. m., Bible study and prayer meeting Friday at 8 p. m. Scandinavian people cordially invited and welcome.

GRACE EVANGELICAL CHURCH, LENTS—Preaching Sunday at 11 a. m. and 7:30 p. m. Sunday School every Sunday at 10 a. m. Young Peoples' Alliance every Sunday at 6:30 p. m. Prayer meeting and Bible study each Wednesday evening. Special music. All cordially welcome. Rev. Conklin, pastor.

LENTS FRIENDS CHURCH—South Main St. Sabbath School 10:00 a. m. Service 11:00 a. m. Christian Endeavor 6:30 p. m. Evangelistic service 7:30. Prayer meeting Wednesday 7:45 p. m. Myra B. Smith, pastor.

LENTS M. E. CHURCH—Corner of 7th Ave. and Gorden St. Sunday School 10:00 a. m., Services at 11:00 a. m. and 7:30 p. m., Epworth League 6:30. Prayer meeting Thursday evening of each week. All most cordially invited. Rev. W. Boyd Moore, pastor.

TREMONT UNITED BRETHERN CHURCH—62nd Ave. 69th St. S. E. Sunday School at 10:00 a. m. Preaching 11:00 a. m. Christian Endeavor 6:30 p. m. Preaching 7:30 p. m. Prayer meeting Thursday, 7:30 p. m. Mrs. Lynn, pastor.

MILLARD AVE. PRESBYTERIAN CHURCH Rev. Levi Johnson, pastor. Residence 692 1-2 Lovejoy St. Services: Sunday School at 10 a. m., Morning Worship 11 a. m.

SEVENTH DAY ADVENTIST CHTRCH—Saturday-Sabbath School 10 A M; Saturday-Preaching 11 A M; Sunday Missionary Meeting 6:30 P M; Sunday Preaching 7:30 P M; Wednesday Prayer Meeting 7:30 P M. All welcome to these meetings. C. J. Cummings, Pastor, residence 98 East 45th St: Phone Tabor 3621.

GRANGE DIRECTORY

[Granges are requested to send to The Herald infomation so that a brief card can be run free under this heading. Send place, day and hour of meeting.]

PLEASANT VALLEY GRANGE No. 348 Meets second Saturday at 7:30 p. m., and fourth Saturday at 10:30 a. m. every month.

ROCKWOOD GRANGE—Meets the first Wednesday of each month at 8 p. m. and third Saturday at 10 a. m.

MULTNOMAH GRANGE, NO. 71.—Meets the fourth Saturday in every month at 10:30 a. m., in Grange hall, Orient.

FAIRVIEW GRANGE—Meets first Saturday and the third Friday of each month.

RUSSELLVILLE GRANGE, NO. 353—Meets in the schoolhouse the third Saturday of each month.

EVENING STAR GRANGE—Meets in their hall at South Mount Tabor on the first Saturday of each month at 10 a. m. All visitors are welcome.

GRESHAM GRANGE — Meets second Saturday in each month at 10:30 a. m.

DAMASCUS GRANGE, NO. 260.— Meets first Saturday each month.

LENTS GRANGE—Meets second Saturday of each month at 10:30 a. m.

CLACKAMAS GRANGE, NO. 298— Meets the first Saturday in the month at 10:30 a. m. and the third Saturday at 7:30 p. m.

SANDY GRANGE, No. 392. Meets second Saturday of each month at 10 o'clock a. m.

COLUMBIA GRANGE NO. 267.—Meets in all day session first Saturday in each month in grange hall near Corbett at 10 a. m.

CLACKAMAS GRANGE meets first Saturday of each month at 10:30 a. m., and third Saturday at 7:30 p. m.

RAILROAD TIME CARD

UNION DEPOT, NORTHERN PACIFIC
Phone A 6541, Main 668i
Leaves 7:10 a. m., 10:30 a. m. 3:30 p. m., 11:15 p. m.
Arrives 7:00 a. m., 3:30 p. m., 7:00 p. m., 10:30 p. m.

OREGON-WASHINGTON-SEATTLE
Phone A 6121, Private ex. 1
Leaves 8:05 a. m., 1:45 p. m., 3:00 p. m., 11:00 p. m.
Arrives 6:45 a. m., 2:30 p. m., 5:30 p. m., 6:30 p. m.

PENDLETON LOCAL
Leaves 7:50 a. m., arrives 5:30 a. m.

THE DALLES LOCAL
Leaves 4:00 p. m., arrives 10:00 a. m.

OVERLAND
Leaves 10:00 a. m., 8:00 p. m., arrives 12:45 a. m., 8:00 p. m.

SPOKANE
Leaves 9:00 p. m., arrives 11:30 a. m.

SOUTHERN PACIFIC
EUGENE PASSENGER
Leaves 6:30 p. m., arrives 11:00 a. m.

ASHLAND
Leaves 8:30 a. m., arrives 9:50 p. m.

ROSEBURG
Leaves 3:50 p. m., arrives 5:05 p. m.

CALIFORNIA TRAINS
Leave at 1:30 a. m., 5:50 p. m., 7:45 p. m.
Arrive at 7:30 a. m., 7:40 a. m., 2:30 p. m.

WEST SIDE
Corvallis, leave 7:20 a. m., arrive 6:20 p. m.
Hillsboro, leaves 7:20 a. m., 11 a. m. 4:00 p. m., 5:40 p. m.
Arrive 8:00 a. m., 10:20 a. m., 2:45 p. m., 4:10 p. m., 6:20 p. m.

JEFFERSON STREET
Dallas, leaves 7:40 a. m. arrives 5:45 p. m.

UNION DEPOT
Dallas, leaves 4:10 p. m., arrives 10:30 a. m.

SHERIDEN—UNION DEPOT
Leaves at 4:00 p. m., arrives 10:20 a. m.

TILLAMOOK
Leaves 8:45, Hillsboro, 10:00 Tillamook 4:35; leaves Tillamook 7:00 a. m., Hillsboro 1:40 p. m., arrives in Portland 2:45 p. m.

NORTH BANK
Phone A 6251, Marshall 920

ASTORIA
Leaves 8:00 a. m., 6:30 p. m., arrives 10:25 p. m., 12:30 noon.

RANIER LOCAL
Leaves 1:00 p. m., 5:45 p. m., arrives 9:40 a. m., 5:00 p. m.

LYLE-GOLDENDALE
Leaves 8:20 a. m., arrives 6:00 p. m.

SPOKANE EXPRESS
Leaves 9:55 a. m., 7:00 p. m. arrives 8:00 a. m., 7:45 p. m.

COLUMBIA LOCAL
Leaves 5:30 p. m., arrives 9:55 a. m.

ELECTRIC LINES
OREGON ELECTRIC
Salem and way points
Leaving at 7:35, 8:45, 10:45; 2:00, 3:45, 6:10, 8:55,
Arrives 8:45, 11:15; 1:30, 4:15, 5:25, 6:15, 8:20, 11:00

Hillsboro and Forest Grove
Leaves 6:40, 8:15, 10:55, 1:00, 3:15, 5:45, 8:15 11:25
Arrives 7:50, 10:00, 12:05, a. m., 2:40, 4:55, 7:40 9:35, 11:00 p. m.

UNITED RAILWAYS
Third and Stark, phone A 6091 Marshall 990
Leaving hourly from 6:15 a. m. to 5:15 p. m.
Arriving " " 7:55 a. m. to 5:55 p. m.

PORTLAND RAILWAY LIGHT & POWER
Alder St. station, A 6131, 6608 Main
Oregon City, arrives and leaves each half hour from 6:30 a. m. to midnight.
Cazadero, arrives and leaves 6:55, 8:45, 10:45 a. m., 12:45, 2:45, 4:45, 6:45 p. m., stopping at Troutdale, and Gresham, way points.
Gresham, Troutdale, leaves at 7:45, 9:45, 11:45 a. m., 1:45, 3:45, 5:45, 11:35 p. m.
Vancouver, station Washington and Second, 6:15, 6:50, 7:25, 8:00, 8:35, 9:10, 9:50, 10:20, 11:50 a. m., 12:30, 1:10, 1:50, 2:30, 3:10, 3:50, 4:30, 5:10, 5:50, 6:30, 7:05, 7:40, 8:15, 9:35, 10:35 11:45.