

What is Real Food Economy?

By DR. SAMUEL G. DIXON,
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Hysteria of the individual is very catching, often becoming an epidemic. Community hysteria in a representative form of government destroys its efficiency. Hysterical people are apt to run to great excesses and neglect those things in life which are of the greatest importance, not only to the success of the individual but of the community. At present, we find individuals and whole communities hysterical on the economy of foodstuffs, even to the extreme of confining themselves to a maize (corn) diet instead of having a well balanced diet with the variety of food that will not only stimulate the appetite and the digestive glands, but will meet nature's demands.

Man is an omnivorous being. We can best economize by eating what agrees with us. To resist tuberculosis and other wasting diseases and to keep in the best form for the working of our physical and mental body, particularly in these times of high nervous tension, we should have meat or some good vegetable protein as a substitute in moderation once a day.

In addition to this we want fat, preferably butter or cream or fats of animals, the latter only cooked sufficiently to heat them through. With the proteins and fats we want a carbohydrate (starch or sugar).

Today there are many diet lists being given to the public worked up into tables based upon their heat-producing power. The trouble with these diet receipts is that they are based upon tests made upon those having perfect

digestion and a normal amount of physical exercise in a normal atmosphere. Life is a factor scientific medicine cannot measure. It forbids the human body from being compared with an inorganic machine or test tube experiments in the laboratory.

The digestive tract and its many glands that vary in their powers to prepare food for the assimilation of the body, are governed by the nervous system. They vary greatly in their life power to produce digestive secretions. For the reasons given each individual, after once realizing that meats, fat, starches and sugar are necessary in various proportions to maintain his health, will have to make an intensive study of what digests, so as to give him the best health and keep up his weight to give him energy, and permit him to sleep, and to be of good cheer.

You will always find that people differ from each other in their selection of foodstuffs, some doing well on a large proportion of vegetable food, others doing better on a reasonable amount of meat and carbohydrates or starch, while others have to avoid starches and sugar to prevent violent indigestion and ill health.

We often find powerful men who live on very little food, while many frail, lily nourished people have good appetites and eat plenty. These things are hard to explain. The laws of nature are so profound that even today in this scientific age we find the digestion of people differs so that we must at present attribute it to the variation of life force.

From our actual experience in life, after long devotion to the feeding of people, we have learned that a mixed diet is essential to good health. The practical experience of the individual must be a factor in guiding him in the selection of foods and the quantity he can eat.

Everything in Russia Is New Since the Revolution; Even Smile Is Different

Everything is new in Russia. As one correspondent sees it, and Petrograd in particular, he declares that even the smile is different. It is without sickness or hypocrisy. The ladies are wearing revolution-color skirts, red feathers in their hats.

The Nevsky prospect has become a kind of Quartier Latin. Book hawkers line the pavement and cry sensational pamphlets about Rasputin and Nicholas, and who is Lenin, and how much land will the peasants get. Returned exiles flit through the crowd, recognizable by the Rue Berthelet cut of their clothes and their hair.

Even that ancient institution, the five-o'clock procession of Chinovniks going home from government offices, has lost its typical coloring. One misses at first the staid, familiar figures, till one suddenly realizes that those rather long-haired young men, swinging or slithering along with portfolios under their arms, must, of course, be the new Chinovniks.

Newsboys used to carry papers in a bag. Now there are so many papers and such a demand for them that the hawkers have had to improvise stalls at the street corners, and one may pause there and watch the play of political sympathies and antipathies as the hard-faced young workman buys the Maximalist Pravda, or the dreamy student buys the Radical Den, or some stout elderly gentleman buys the Novoe Vremya with a melancholy air of resignation.

Around the World.

Iceland has no saloons.
Ohio has 135,000 war gardens.
Britain has 7,000,000 house cats.

England has tea put up in tablets.

Spain irrigates one-fourth of all its farms.

Kansas City, Mo., is seeking more factories.

United States aniline output is 25,000 tons.

Pennsylvania pensions all public school employees.

Virginia boy scouts are on strike because farmers pay small wages.

Use of Camera in Training Marksmen Saves Ammunition

A saving of ammunition in the training of a marksman has been made possible by a remarkable apparatus recently patented by an English inventor.

The invention can be easily attached to a rifle, and consists of a small cylindrical camera which fastens to the under side of the barrel, and is fitted with a telescopic focusing device, so

POULTRY POINTERS

(By H. L. Kempster of Missouri Agricultural College.)

As the chicks grow they need more room. It does not pay to let them crowd.

Tough grass is of no value as a green food. Better sow some quick-growing crop.

Feed hoppers greatly reduce the work. If they are kept filled, the chicks will never go hungry.

If your chicks are not doing well something is wrong. Look out for lice and for worms in the intestines.

Two-year-old hens had better be sent to the market. They seldom pay for their feed if kept over a third season.

Shade is one of the most important essentials during the hot months. Get the chicks into the orchard and cornfield.

Young stock will do better if not compelled to pick their living with the old. There will also be less trouble from lice.

Grit and oyster shell should be included in the ration for both young and old. To neglect this would be poor economy.

A growing chick will not thrive on short rations. If the right kind of food is fed, there is little danger of overfeeding, especially if they are given plenty or range.

Mark the pullets this fall so that you will know just how old your hens are. A leg band on the right leg one year and on the left leg the next will assist in culling the flock. A hog ring will serve the purpose.

positioned that its line of focus is parallel to the gun barrel. Immediately in front of the trigger of the weapon a second trigger is placed, which is connected with the camera-shutter by a wire.

When a marksman has aimed his gun and pulls the trigger, the camera trigger is operated just an instant before the gun trigger, and consequently a snapshot is secured of the target that the gun was pointed at. The position of the target as it appears on the developed plate or film will indicate the accuracy of the shot. If the bull's-eye is exactly in the center it shows that the gun was correctly aimed.

Potash in Banana Stalks.

Banana stalks may help to solve the fertilizer problem of this country. Experiments indicated that a ton of stalks yielded 188 pounds of dry matter, containing 13.7 per cent potash, or about two-thirds as much as is yielded by the dried kelp of our Pacific coast. An examination of banana skins showed a total potash content of 1.05 per cent, the dry matter containing 9.03 per cent potash.

"Somewhere in France."

Our soldiers face a foe once more,
Somewhere in France;
On our gallant ally's shore,
Each prepared to do his bit,
And make light of doing it,
Somewhere in France.

Exponents of true liberty,
Somewhere in France;
Of freedom both on land and sea,
Upholders of democracy,
Opponents of autocracy,
Somewhere in France.

Your boys and our boys among the
rest,
Somewhere in France;
And all inspired to do his best,
To give their lives if fate so wills,
In trenches or on shot-swept hills,
Somewhere in France.

Our hearts are with the boys in drab,
Somewhere in France;
A valiant lot, both proud and glad
That they have opportunity to serve
A righteous cause with pluck and
nerve,
Somewhere in France.

The spirit of '76 aflame,
Somewhere in France;
Moving forward in freedom's name,
Keeping service long ago
By Lafayette and Rochambeau,
Somewhere in France.
—Walter S. Frazier.

SOME SMILES

Making a Good Start.

"We are going to reorganize this business," said the expert.
"That's the way to talk," answered the head of the firm.
"Efficiency will be the watchword."
"Fine!"
"Your son must go."
"Let me shake your hand. I've been wanting to fire him for three years, but didn't have the courage."

Mean Insinuation.

"I do dislike foreign phrases, though I use them now and then."
"But I notice you dislike for them is not pronounced."

Heard at a Party.

Edith—That Mr. Dubleigh you introduced to me is a fine dancer; he's so light on his feet.
Marie—When you get better acquainted with him you'll discover he's light at both ends.

Getting Results.

"We are not eating as much meat at our house as we used to."
"Neither are we; ever since I preached war economy the cook orders only enough for herself."

A Suggestion.

"Why did the umpire put that man out of the game?"
"He struck the umpire."
"That is foolish."
In such a slow game as this a fellow with that much fight in him ought to be left in."

On the Farm.

"Yes, plants have their ailments."
"To be sure," said the sweet summer boarder. "I have heard of hay fever and I am not surprised the hay gets feverish out in the hot field."

Little Things Worth Knowing.

The best marksmen are generally those with blue or gray eyes.
There are fifteen technical colleges in Queensland, with 8,000 students in attendance.

Each year the American people lose more than \$1,000,000,000 because of sickness and accidents which might have been prevented by the exercise of a few precautions.

Since 1891, 30,000 miles of fencing have been erected in the state of South Australia for the purpose of controlling the rabbit pest.

Costa Rica now manufactures and exports Portland cement, a quarry of suitable stone for the purpose having been recently discovered.

The world's production of whale oil during 1916 amounted to 634,500 barrels. Compared with the world's production the Norwegian production during 1916 was about 58 per cent, during 1915 about 75 per cent, during 1914 about 78 per cent, and during 1913, 77 per cent.

Of the quantity of coal and coke produced in England in 1915 over 155,000,000 tons were carried on the railways, compared with 7,135,000 tons by canal.

STATE NEWS IN BRIEF.

Reports on the car situation on the Southern Pacific show that there is a net shortage of 859 cars, the greatest recorded in a number of months.

John Cardwell and John P. Lovelady were killed Monday night by a premature explosion on reclamation work near Malin, 30 miles south of Klamath Falls.

While the Oregon Lumber company has brought under control the forest fire raging on its holdings in the West Fork country, upper valley fires are still a menace.

James Richard Walling, wanted in Baker for failure to report after he had been called in the draft, was arrested by Sheriff Taylor, and is held for Baker officials.

The Eugene Farmers' Creamery announces that it has suspended the manufacture of cheese. This action was taken because of the high price of butterfat and the decrease in milk.

Attorney General Brown has held that the deer season in Eastern Oregon opens September 1, save in Harney and Malheur counties, where it opens August 15. A limit of two bucks for the season is placed.

Lane county farmers are enthusiastic over results obtained by using a squirrel poison formula prescribed by the United States department of Agriculture, according to County Agricultural Agent N. S. Robb.

To study methods of controlling predatory animals which destroy birds useful to agriculture and forestry, a United States Biological Survey party is at Klamath Falls and will remain in Klamath county several days.

C. C. Kelley, assistant State Highway engineer, with headquarters in Roseburg, has received word that he has been commissioned first lieutenant in the Engineers' Corps. He will not accept because of the pressure of official duties.

What is feared may be the beginning of a blackleg epidemic among cattle on the Crane Prairie, Eastern Oregon, range was checked this week, when the cattlemen of the district, working with members of the Forestry department, started the vaccination of 900 head of young stock.

Strikes on Puget Sound, unless terminated soon, may result in a heavy loss to Hood River valley fruit growers. Local sales associations have contracted for most of their container supplies from Puget Sound mills. Market men admit that their gravest worry now is the impending box shortage.

Judge James A. Fee, ex-mayor of Pendleton and a leading member of the Umatilla county bar, will be city attorney of Pendleton, succeeding his son, James Alger Fee, who has tendered his resignation preparatory to leaving for the officers' training camp at the Presidio, to which he has been appointed.

With the threshing about half completed in the Carlton section, it is believed the yield of fall-sown wheat will be 85 per cent of the usual crop. Spring oats, with but a few exceptions, will be only a third crop. The clover seed crop will be short. A heavy percentage of spring-sown oats was cut for hay. A few sales of this year's crop have been made at \$2.10 and \$2.15.

R. B. Godin, secretary of the Board of Control, is at the The Dalles to receive bids on the equipment of the Portage railway, owned by the state.

Cull apples have taken an advance of \$2 per ton over the former seasons. The Hood River Apple Vinegar company, operating one of the largest plants in the state, has announced that it will pay \$8 per ton for orchard-run sound culls.

The Balderree logging camp near Black Rock, in Polk county, belonging to the Willamette Valley Lumber company, is a total loss, and losses of the company since the fires started Saturday are estimated at more than \$200,000. The fire is the worst since 1910, when a million feet of timber burned in the Siletz basin.

A peddler, said to be German, and selling courtplaster and medicine and saying he has the sanction of B. F. Elgin, a Sherwood druggist, is going through that community. Mr. Elgin denies any knowledge of the man. He is insistent on selling to everyone. One of the plasters is now in the hands of the chemists of the State board of health.

W. M. Round, president of the Washington Cranberry Growers' association, with headquarters at Long Beach, Wash., has issued an invitation to all cranberry growers of Oregon and Washington to attend a meeting to be held at Long Beach, Saturday, August 25. An invitation has been extended Governor Lister, of Washington, to attend the meeting.

CAREFUL IN SHIPPING

Utmost Vigilance Urged to Prevent Foods From Spoiling.

Weather Reports Should Be Utilized in Studying Conditions—Shipper Should Co-Operate Closely With Carrier.

(From the United States Department of Agriculture.)

Shippers at this time should exercise unusual care in packing and loading their perishable products. They should grade their products carefully with reference to the degree of their maturity and select a nearby market for the ripened products and a distant market for the products that will hold up the necessary time in transit to reach the distant market. Weather reports should be utilized in a study of the weather conditions that are prevailing in the different large markets, to the end that foodstuffs that normally are consumed in large quantities in warm weather may not be sent to markets where cool or cold weather is prevailing.

There should be a fuller recognition of the joint responsibility of the shipper with the carrier for the safe carriage of food products to destination, the specialists of the United States department of agriculture point out. Shippers should co-operate closely with carrier by giving ample instructions with reference to refrigeration and ventilation, to the end that food products may be properly conserved in transit and reach channels of consumption. Railroad agents could render useful service if they were instructed in some of the most fundamental things connected with the proper care of perishable shipments during the period of loading and unloading at country stations.

Shippers too frequently, through carelessness and a lack of knowledge of the proper methods of protecting perishable shipments, leave wagonloads of them exposed to the hot sun for hours at a time instead of loading them promptly into a refrigerator car and keeping the doors of the car closed between loads. The carrier's representative or local agent usually takes notice of such condition only for the purpose of recording the circumstances for consideration in connection with damage claims that may be filed. The fact frequently is overlooked that the carrier may render definite assistance in the conservation of foodstuffs by co-operating with the shippers and giving them all the information which it has as to the proper methods that should be used.

Shippers should invariably notify consignees as soon as shipments are forwarded from point of origin. Where the distance to market is short, the notification should be given by wire, so that the consignees may be in a position to take more prompt delivery of shipments on arrival and thus eliminate the deterioration that so frequently takes place by the holding of shipments long periods of time after arrival at the market.

HUMUS ONE OF ESSENTIALS

It Prevents Cohesion of Soil Grains Into Solid Clods—Farmers Are Urged to Rotate.

Humus is one of the essentials in soils. It prevents cohesion of the soil grains into solid clods. It prevents land from becoming sticky. Every farmer is urged to rotate his crops, plowing under a good sod of clover or some legume as often as the rotation calls for, the purpose being to increase humus. Stable manure, in which is mixed the straw and corn stalks, answers the same purpose. By all means put back into the soil as much humus as the fields have grown or you will come face to face with lessened fertility and difficult farming.

FOR SUCCESS WITH ALFALFA

Any Type of Soil, Well Drained, Free of Weeds and of Reasonable Fertility Will Do.

Alfalfa may be successfully raised on almost any type of soil providing that it is well-drained, free of weeds and in reasonable state of fertility.

Good drainage must be provided. The ground must be made free of weed seeds.

Soils lacking in fertility should be well-manured, as alfalfa requires large amounts of plant food. If sufficient manure is not to be had, it should be supplemented with a commercial fertilizer rich in phosphoric acid and potash.

If the soil is sour, it must be limed before alfalfa can do well. Inoculation of the soil will generally be necessary.

Use Sanitary Precautions. Sickness and death among farm animals may be prevented in a great majority of cases by observing sensible sanitary precautions.