

Rural Enterprise Supplement

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Eat Less and Live Longer, Says Lawyer

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Business and professional men working under high nervous pressure do not



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live as long as men whose pursuits keep them out of doors and active. Examine the records of longevity and you will find that on the average the longest-lived men are soldiers, sailors and farmers, all avocations which tend to keep a man at his physical best.

Man, in general, rolls down the hill of life fastest when his figure is rotund. "Leanness and longevity" is a good axiom for business men to remember. If office workers would eat a little less, they would add years to their lives.

Overfeeding is as dangerous to adults as underfeeding is to children. Foods difficult to digest, or which overstimulate, should be avoided by persons whose work does not require any particular amount of physical exercise. Yet thousands of business men eat as much as or more than men who do manual labor. And, inevitably, nature rebels and sickness results.

Many of the country's foremost executives eat but two meals a day, breakfast and dinner in the evening. They seek to keep the organs of the body from becoming clogged. Thousands of other business men confine themselves at noontime to custards, puddings, soups and other sustaining dishes made with milk, or evaporated milk, which is milk in its most sterile form, from which 60 per cent of the water has been removed by evaporation. Such a diet is light and readily assimilated.

There is no more necessary lesson to be learned by the brain worker than how to keep well and healthy by proper attention to food habits.

Experience

Some people speak from experience; others don't speak—also from experience.—Wall Street Journal.

Schools Interest Us More Than I Way

The primary function of public schools is to make of young people better citizens than they would be without them. This they are doing splendidly. The public like to witness the success of the schools, and also to witness the manner in which they cope with obstacles to their work.

Errol Gardner, one of a quartet of boys whose ebullient spirit has led to comment and complaint, took to throwing stones at the schoolhouse to the detriment of paint outside and study inside. Principal Patton took him in hand, literally and figuratively, put him out and told him to stay out.

"I did not thrash him, though I ought to have done so," said Mr. Patton to an Enterprise reporter.

E. I. Gardner, the boy's father, sought his reinstatement. Mr. Patton referred him to the school board. The matter was patched up and Errol is in school again, under promise of good behavior, and nothing would please the Enterprise better than to be able to report that he has won a prize for deportment.

Speaking of the rudeness of boys, a school boy says: "I don't think they would get so if their parents did not spoil them in it." We hope he is mistaken.

An account of his advertising feature, Principal Tolbet did not suspend the Brooksville school for the Soda Claus visit at the county seat.

The Secret

The secret was that the boy's tender and confiding simplicity discerned what other people could not see; and thus the love, which was meant for all, became his peculiar portion.— Hawthorne, "The Great Stone Face."

Housework Worth \$900 a Year, but—

Nine hundred dollars a year is the value of the average housewife's



Leonora Z. M.d.r.

services in the home, and statistics show there are 20,700,000 women engaged in housework, according to Mrs. Leonora Z. Meder, prominent Chicago woman lawyer and economist.

"The wife," said Mrs. Meder, who was formerly commissioner of public welfare of Chicago, "is an executive, purchasing agent, budget expert, and producer rolled into one. The successful home maker studies food values. She arranges her budget so that the food she buys will have all the necessary body building qualities.

"The woman who would keep down her food bill will do better to spend her money on milk and green vegetables than on butter, though butter is one of the best sources of the essential food element, vitamin A. There are butter substitutes, but nothing can take the place of milk and vegetables.

"Milk, food experts say, is the most nearly perfect food. Science solved the problem by inventing evaporated milk, which is simply fresh cow's milk sterilized in cans and with sixty per cent of the water removed. Because evaporated milk is of double the richness of ordinary market milk, many housewives dilute it half and half with water for cooking purposes. Keeping longer than ordinary milk, there is no waste from souring. Then, too, it is cheaper.

"Savings also can be made on meat. Cheaper portions of beef skillfully cooked are highly nutritious and often better tasting than portions which cost more. The shoulder, breast and stew meat of lamb are excellent. Pork shoulders, feet, tails, heart, spareribs and hocks are in the same category."

Real Home Joy

Smile—As self-satisfied as a fellow who has just succeeded in threading a needle for his wife.—Baltimore Sun.