GREAT INCOHONEE HERE FRIDAY

JOSEPH FARRAR, OF PHILADELPHIA, GREAT INCOHONEE OF THE IMPROVED ORDER OF RED MEN.

Mr. Farrar was adopted into Massasoit Tribe, No. 144, on the 22d sun, cold moon, G. S. C. 400. He took an active part in the affairs of the tribe and was a member not more than four 7 suns before he was elected Junior Sagamore, serving the balance of the term. He was then elected Senior Sagamore, serving the full six moons, and then Sachem.

He represented his tribe in the Great Council of Pennsylvania, about G. S. D. 401; served on various committees, and became quite an active member of that body; elected Great Junior Sagamore of the Great Council of Pennsylvania G. S. D. 407 and Great Sachem in 410. His work has been appreciated by his borthers and in and out of season he has at all times answered to the call of duty. His congenial and sunny disposition has made him a welcome vitstor to the council chamber of every tribe.

He became a member of the Great Council of the United States about eight great suns ago and served on several committees. Was elected Great Junior Sagamore of the Great Council of the United States in 413 and was unanimously elected Great Incohonee on the 15th sun of corn moon, G. S. D. 417.

From the time he first learned the mysteries of the Improved Order of Red Men he became an active worker in the cause of Redmanship. He is not inaptly termed the "peacemaker," for to him should be given the credit of bringing into harmonious touch the different elements of the order in his state and uniting them in the bonds of amity and love.

Mr. Farrar will be in Medford February 4th, accompanied by other Great Chiefs of the order.

TRAMPED FOR YEARS; CARRIED BABY'S SHOE

Son, Married, Is Found and Spends $600 to Erect Monument to His Father, Wandered 21 Years.

LOS ANGELES, Cal., Feb. 3.—Through all the vicissitudes of tramp life, while sleeping in barn, haystack or field, while camping beside railroads or lying in village jails, Nathan Franklin carried with him a tiny baby shoes, a soiled and crumpled reminder of happier days long ago.

The little shoe today is the principal evidenciary exhibit whereby Thomas J. Franklin, of this city came into possession of a little hoard of money left by his father, the aged wanderer.

Just a year ago Nathan Franklin, old and infirm, was received at the Pisgah home. Soon afterward he died without revealing his name or his history. In his tattered coat was found $910 sewed in the lining. Over his heart rested the little shoe.

Later a slip of paper with the name of the son and his address on it was found in the shoe. Young Franklin, now married and with children of his own, identified the memento and recognized a morgue photograph as a likeness of his death father, who disappeared from home 21 years ago. Franklin recently spent $600 of the small estate in purchasing a fitting burial plot and in erecting a stone over his father's resting place.

Taft Improves.

LOS ANGELES, Cal., Feb. 3.—The condition of Henry W. Taft has improved to such an extent that his brother-in-law, Dr. Charles Edwards, who is attending him, today expressed the opinion that Taft soon will be able to leave his bed at the Good Samaritan hospital.

On account of his rapid recovery from an attack of erysipelas, two of the trained nurses who have been in constant attendance have been relieved from duty in the sick room.

It is reported that the Tafts have given up the plan of returning to New York, and instead will remain at Pasadena for the remainder of the winter.

BOOZE ARTISTS MAKE TROUBLE FOR FIREMEN

While Fire Raged Men Broke Into Saloons Seen to Be Doomed and Joy Water Flowed Freely.

BUTTE, Mont., Feb. 3.—The fire thmat wiped out a section of Marysville, the famous mining camp, failed to destroy the town's lockup and today the little jail is filled with thirsty men who were arrested yesterday for hampering the efforts of the Butte fire department by endeavoring to get free drinks from saloons in the path of the flames.

When it was seen that certain saloons were doomed, the men with scores of others who escaped arrest broke through the ranks of fire fighters, entered the drink shops and began to "load up."

Bottles were broken, barrels were broached, and the liquors flowed as freely as in the old days when the first strikes were made.

The Butte firemen, who were summoned to save the little town, appealed in vain to the bibulous looters to leave the saloons. Numbers of constables were sworn in and a roundup resulted in a batch of 30 tippliers in various stages of intoxication from a "bun" to a "sizz" being placed in the jail, which they made a bedlam with their clamor.

When the bars were let down today the 30 were found wrapped in slumber, while the building resounded with sonorous snores.

Reports late yesterday saying that the town was almost annihilated were exaggerated. It is believed that $50,000 covers the entire loss.

POLICE BELIEVE THAT SALESMAN KNOWS OF THEFT

SAN FRANCISCO, Feb. 3.—When railway detectives began searching for the "man and woman" believed to have stolen $10,000 in gems from the trunk of a Los Angeles jewelry salesman, they believed that the theft was accomplished by means of an ingenious switching of checks on the trunk and on a battered suitcase which replaced the trunk.

Today the detectives are working on the theory that Harry Adams, the salesman, knows more than he cares to reveal about the transaction, following their discovery that only the duplicate baggage checks were changed and not those attached to the articles of baggage.

LECTURE NO. 3 WILL APPEAR NEXT THURSDAY.

Home Course In Domestic Science

II.—Selection of Food.

By EDITH G. CHARLTON.
In Charge of Domestic Economy, Iowa State College.

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.

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