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VITAMINE EXPERT SPEAKS TO TRINITY COLLEGE STUDENTS

Johns Hopkins Professor Treats
 Subject in Interesting and
 Scientific Manner

By HENRY BELK
 DURHAM, Jan. 13.—The word vitamins now means something to Trinity college students and to a number of citizens of Durham. Dr. E. V. McCollum, professor of biochemistry at the Johns Hopkins university, told them all about it in the annual meeting of the Crowell Scientific society in Craven Memorial hall Friday evening. He must have known what he was talking about, for he discovered the vitamins. The officials of the Scientific society had announced that the scientist would speak on "The Relation of Diet to Physical Development," and the prize fat man went out expecting to be told how to get lean, while the 87-pound student went out to learn how to get fat. They did get an exhibition of a great mind in action and a broadside of facts that kept them straining to keep abreast of the speaker in his rapid-fire thought.

Without a note or a scrap of paper to give confidence, Dr. McCollum plunged into his subject, omitting the preliminaries. Ancient Egypt, the Orient, the pastoral life of our forefathers, Biblical characters, Lapland Eskimos, Chinamen and doctors from Borneo all went into the lecture to mould the theory and to convince the skeptical.

In the end everything centered around the fact that the great increase in the consumption of grain foods, made possible through modern inventions, coupled with the enormous consumption of canned peas, vegetables and the like with too little of milk, cheese, butter, raw fruits and leafy vegetables had brought many defects in the physical make-up which only proper diet, beginning with the pregnant mother would remedy.

"Eat more leafy vegetables," advised the vitamins expert, outlining the diet which he termed the three possible diets under which mankind had developed and would develop to full physical capacity.

"For years it was found, or thought, impossible to raise a young lion in captivity, simply because the flesh fed to him was not as he had sought it in the jungles. All carnivorous animals in devouring their prey first eat the blood, then the glands (as the liver and kidneys), the bone, and finally the muscle parts. When zoo keepers found this out they were able to raise as healthy lions as could be caught in the jungles." This was spoken of the first type of diet.

The Orient supplied the second diet, declared among the best by Dr. McCollum. The Oriental diet was the name given by Dr. McCollum to this approved combination. "It is much like our own, but importantly different in the amount of leafy vegetables consumed. They eat from one to 20 times more leafy vegetable substance than we do," he said.

The animal kingdom was then turned to prove that leafy vegetables were most efficacious. "No animal eats seeds plants alone," said the professor.

The pastoral life of the middle ages supplied the third and last diet and was termed the pastoral diet. It consisted chiefly of milk, sweet and sour, a minimum of vegetables and a maximum of meat and cheese.

Dr. McCollum advised his hearers to combine high quality proteins with the best elements of the Oriental diet—the excess of leafy vegetables—for the diet which would bring the best development.

The statements as to what was the best was not based upon statement alone. Dr. McCollum had started in the beginning and completely reviewed the progress in the science of nutrition from the time that it was hardly known until it came into general acknowledgement in recent years. The rapidity which the new science has made its way in a little more than 50 years was commented upon the story of how he first became interested in the subject. On becoming connected with the University of Wisconsin in 1906 he found that cattle for experimentation purposes had been rationed on food according to the old analysis standard. One group was given the food from one plant source, say wheat; another from oats; and another from corn. Using the analysis system, care was taken to give amounts of each grain which would be equal in food value. Although the food values were supposed to be equal, a year's time found the subjects of the experiments which had been fed food derived from corn much more advanced in development and sleeker and healthier in appearance than the subjects which had been fed upon a wheat food.

"Find out why this is so," was the command given to Dr. McCollum. In his search for the reason he advocated attempting experiments which would entirely depart from the old analysis standard—and his recommendations were not at first accepted by the dis-

LONDON NEWS LETTER

By Cable to the Associated Press

LONDON, Jan. 13.—(By Associated Press.)—John Singer Sargent, the noted American painter, is being described by the British newspapers as an "old master," although he is still very much alive. The reason is that the national gallery has waived its iron-clad rule admitting only pictures by artists who are no longer living to include nine portraits by Sargent of Asher Wertheimer, his wife, sons and daughters.

This exception in favor of Sargent by the gallery trustees, who form the highest art tribunal in Great Britain, is a tribute no other painter has ever received, but it only confirms the estimate set upon Sargent's work by the art world in general and anticipates what British artists believe will be the certain verdict of posterity.

Wertheimer was a prosperous art dealer, albeit a very unpretentious man. He could be seen with skull cap and cane standing at the door of his Pall Mall shop on fine days up to the time of his death, a few years ago. He paid Sargent large sums for the portraits now on exhibition and left them to his wife with the stipulation that upon her death which occurred recently, they should pass to the nation. The national gallery trustees had no hesitation apparently in brushing aside their rule and tradition to allow of acceptance of the gift. Although the comparatively humble Wertheimers would in the natural course of events have been little known and soon forgotten, Sargent has destined them to pass down the centuries in the company of the great sharers of the world's art, the kings, generals, duchesses and the famous beauties pictured by other masters of portrait.

England is getting back to the social conventions and proprieties which have been greatly neglected during and since the world war. Social observers of greater experience say the tendency is the resume the pre-war habits with the exception of their extravagances. Social life in London at the present time is said to be simpler and less expensive than in 1913, and the most exalted people have not the slightest hesitation in admitting they cannot afford this or that, while the craving for luxuries, if it is still smouldering, goes ungratified.

In Paris the old French families neither go out nor entertain except very quietly among themselves, and something similar is felt to be happening here.

At the same time, what many consider to be the refinements of life are returning: the infuence of mothers over their daughters has to some extent been resumed and Londoners appear to be a little more careful in their dress.

Really the English folks are trying to break themselves of their "restaurant habits" formed in recent years, while luncheons in private houses have become shorter and fine wines are no longer considered necessary or even correct.

The English people like to believe that the war had one lasting effect, at least, and that in the matter of punctuality. Some insist that the only unpunctual people for social entertainments now are the American women visiting here.

London Bridge is not yet "falling down," but its ancient neighbor, the Tower of London, which is visited by thousands of Americans annually, is moving up and down daily with the tides in the Thames river and gradually the enormous bulk of the former fortress is shifting its position, according to scientific investigation conducted by the National Physical Laboratory.

The riverside wall, it was found, moves one-thousandth of an inch daily, but the tower is not endangered and Americans are expected to have no difficulty for some time to come in locating the crown jewels, Sir Walter Raleigh's cell or the room in which the infant princess were murdered in 1483.

gave the newspapers an opportunity of drawing vivid comparisons between the modes of travel in that mid-Victorian period and the present.

The first underground line was only three and three-quarter miles in length and the open-top-cars were drawn by small steam engines through stifling clouds of black soot, whereas now there are more than 300 miles of subway lines, whose long trains of coaches are filled with artificially purified air and propelled by electricity.

The newspapers published pictures of the first train, the passengers of which included many celebrated lords and diplomats in top hats, among them Gladstone, who was then British prime minister.

The engineer who designed the first subway thought steam could be generated by hot bricks or some smokeless fuel, but this scheme failed and for more than 40 years the patrons of the line rode through tunnels covered with stalactites of soot. It was the custom in those days for the men to take extra clean collars in their pocket, which they donned upon arriving at their office.

The first line boasted of having carried 9,000,000 passengers in the first year, whereas the annual subway traffic at present is 200,000,000.

Plans are well in hand for the establishment of a farm in Yorkshire for breeding fur-bearing animals. The large estate called Temple Newsam are Leeds, formerly the home of Lord Darnley, who was the second husband of Mary, Queen of Scots, has been taken by a private company which hopes to supply 6,000 pelts to the fur trade within the next year.

The initial stock of the fur ranch consists of foreign rabbits, chinchillas and other animals. Orders have been placed for blue and white foxes from the Arctic regions and skunks from South America. A considerable number of orders has already been placed by the fur trade.

Princess Mary, Viscountess Lascelles, frequently wears a set of blue beaver furs and the company anticipates a large demand for this class of skin during the next winter season.

Plantagenet Commandery, No. 1

Stated Conclave Monday evening, January 15, at 8 o'clock. The Grand Commander will be present to present the Loving Cup given by the Grand Commandery. All members are urged to be present in full Templar Uniform. Visiting Sir Knights will be cordially welcomed.

By order of the Commander,
 W. H. McCLAIN, Recorder.



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—is to preach the wisdom of saving your soles.

Wear your "old ones" and keep on wearing them. I'll fix those faithful old shoes so that they serve you better than new ones.

Let me mend those holes and you'll be wholly satisfied. I can't shoe flies or shoe horses, but I help many folks keep well shod at small cost.

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NEW FINE FOOTWEAR

Ladies' bronze kid cut-away pump with "Y" and cross strap. One button, covered Spanish heel, hand-turned, A and B widths, all sizes **\$9.95**

Ladies' brown satin Colonial pumps, trimmed with brown kid, brocaded quarters and covered Spanish heel, hand-turned, **\$8.95**

Ladies' black satin Colonial strap pump, with brocaded quarters and tongue, plain covered Spanish heels, per pair **\$8.00**

Ladies' brown satin one-strap pump, brocaded quarter and covered heel, Goodyear welt **\$7.50**

We have a nice line of Rhineston covered buttons and ornaments suitable for attaching to any of these shoes; also a nice line of beaded buckles of all descriptions, small and large.

Ladies' black kid oxfords, Cuban rubber heels, built with superior arch, combination last which produces a glove-fitting instep, per pair **\$7.50**

The same in brown kid for **\$7.50**



A New Shipment Shown For the First Time

Monday, no matter whether you are ready to decide now or not, come and enjoy the exhibition while everything is so exquisitely fresh and new, and remember, groundhog day will soon be here.

FOR SPRING

- Taffeta dresses for spring, from **\$13.75 to \$29.50**
- Crepe dresses for spring, from **\$25.00 to \$45.00**
- Coats for spring, from **\$18.75 to \$45.00**
- Capes for spring **\$18.75 to \$45.00**

NEW SPRING MATERIALS IN PIECE GOODS

These are arriving daily and are most beautiful. Among the favorite materials are lovely Paisley georgettes in most exquisite Oriental coloring effects, at per yard **\$2.95**

Ratines are in immediate demand. Colors are handsome, rich and varied in tomato, rose, maize, periwinkle, navy, Copenhagen and white, 40 inches wide, a yard **58c**

The basket weave or Ratispun is also a popular strictly sport cloth for spring wear, 36 inches wide **59c**

New shipment of gold and silver metal cloth for evening wear, a yard only **\$5.95 and \$8.50**

"Last Night I Sat Down And Cried"

Time, and a secret sorrow

"WHEN I got home, last night, I sat down and cried. Everybody thinks of me as an 'older woman.' And I'm not so far past thirty. What am I to do? Nothing seems to help very much. My hair spoils everything—it's so dull and thin. How can I make it look as young as I am?"

—R.

YOU can make your hair youthful, you can set it aglow with its own richest radiance, by the magic of a shampoo containing a touch of henna. The touch of henna must be rightly prepared and blended! Then it will bring out all the light in your hair—be it blonde, brown, or brunette.

The beauty-power of HENNA-FOAM SHAMPOO is in the touch of henna, especially treated, blended with its daintily perfumed liquid. HENNA-FOAM SHAMPOO contains pure vegetable oils. In quick refreshing lather they cleanse and invigorate the hair and scalp. They make the hair soft and full. The touch of henna gives it the glow of youth.

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The colors range from delicate pastel tints to deeper, more colorful shades. Coquetish bows, pert little pom poms and ornaments, exquisitely colored fruits and flowers are the trimming ideas of these unusually smart new hats for immediate and early spring wear.



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