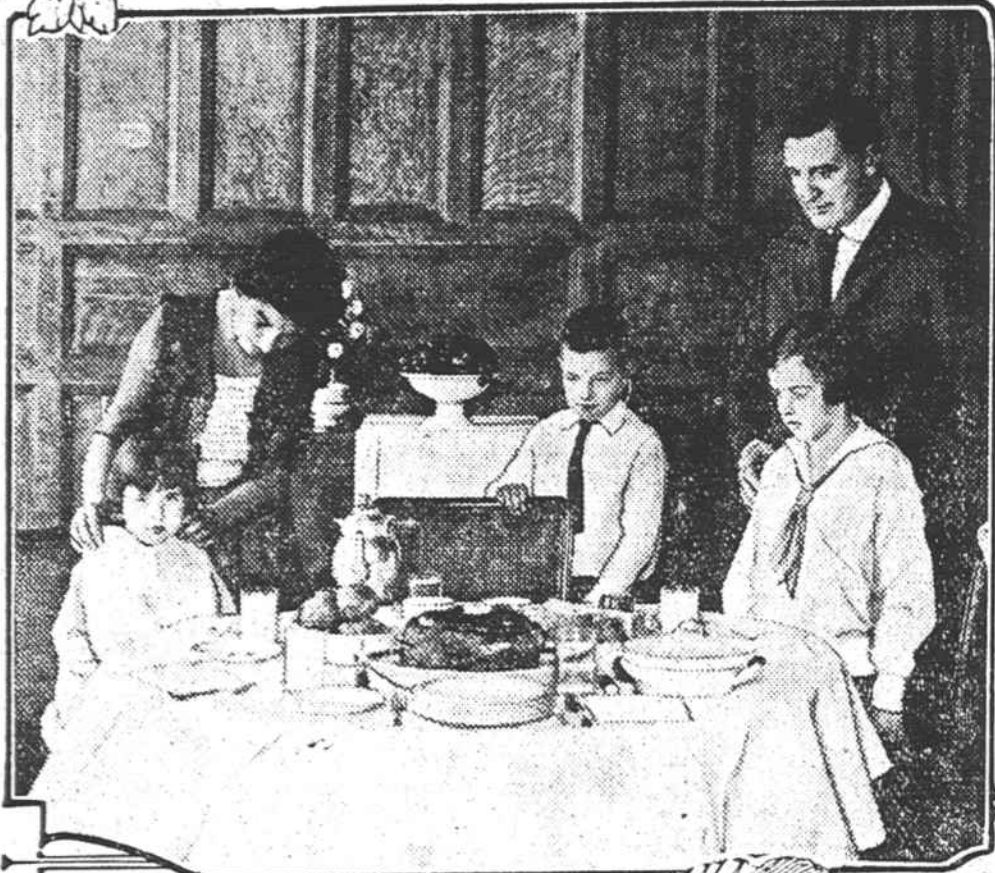


The FOOD WE EAT

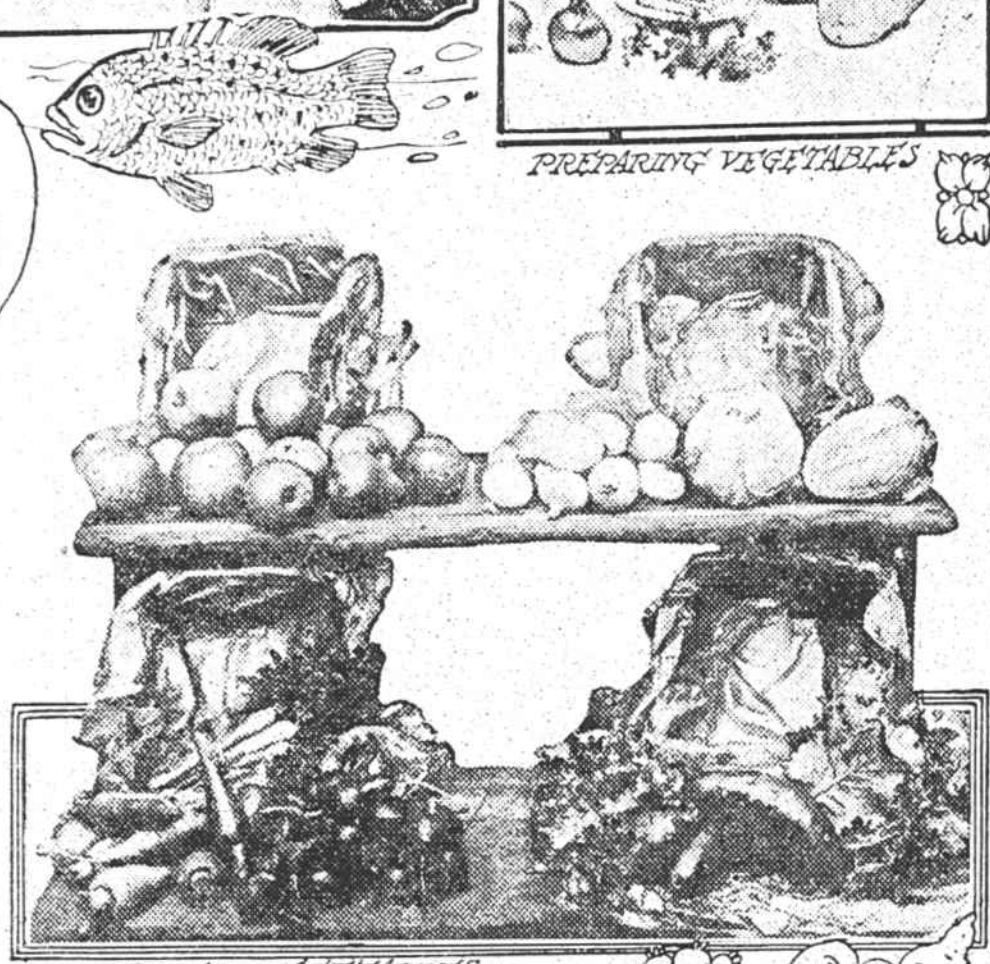


THE FAMILY TABLE



PREPARING VEGETABLES

Control Over a Man's Diet Means Control Over His Conduct



POPULAR VEGETABLES

POPULAR tradition, observes a writer in the New York Times, has always claimed that diet, more than anything else, makes the man, and now scientists are reaffirming the fact. Food is what produces human energy, physical and spiritual. Food is what builds the body and conditions the growth of the mind. By means of proper victuals the blood maintains its neutrality, the heart its regular beat, the nerves and muscles their ready response to every impulse. The dyspeptic has always been remarkable for his jaundiced temper and erratic ways; the anemic man marked by his lack of virility. Chronic indigestion means chronic mental depression, according to Doctor McCollum, author of "The Newer Knowledge of Nutrition," and he goes on to say: "Intolerance tends to develop in those who are continually in low spirits, and there can be no reasonable doubt that the diet may deviate in the United States to a degree which can easily cause the results we see."

However much you may feel that your appetites determine what you shall eat, there is ultimately very little free will for most of the world in the choice of food. Most men are born to a certain bill of fare just as they are born to their racial environment. For the average man his diet, like his religion, is largely a matter of tribal custom, and it persists more strongly than his hereditary ideas about God. It is as inescapable as childhood memories. It lasts through his life, even though he wander far from home. The Bostonian who has resided in the Middle West for the last thirty years still cherishes an attachment for the beans and brown bread, the clams and the clam chowder of his childhood.

At home you must dine according to the family customs; in Rome you must eat as the Romans do. The cuisine of every one is unconsciously limited by the community he lives in. People eat what their neighbors eat, and will continue to do so whether the effects are good or bad. It becomes almost a matter of self-respect. This was illustrated in the recent epidemic of beri-beri in southern China, where the coolies continued to demand polished instead of unpolished rice, even after the former was shown to be the cause of the disease. The poorest Chinamen, who are little else, took pride in the fact that at least their rice was as white as their neighbors', and stubbornly refused the safe, unpolished article.

Since the nations differ as widely in temperament as in fare, one naturally wonders what effect a national diet has upon its consumers. Is the character of John Bull molded by the mutton he eats? Does the fierce little chili which Mexicans love incite to revolution? It seems plausible enough that a diet of "black pepper flavored with red pepper" should make for hot temper; that the slow, unsalted dishes of Scandinavia should produce the phlegmatic Swede. It is common scandal that the Germans eat five meals a day, with the result that they are plodding but ponderous. Remember that the German genius has created buffoons like Till Eulenspiegel, but—except for Heine, who was a Jew—not a single great humorist has come

from Germany. Whereas France, with its piquant cookery, has borne a nation of volatile wits, among whom have been Rabelais and Voltaire.

On the other hand, a species can be strengthened by better diet. Japanese children born in this country are uniformly taller than boys and girls of the same age in Japan, where there is practically no milk supply. Milk is always a great factor in producing physical size and strength. The vigor of pastoral peoples is well known. In the high pasture lands of central Asia the Aryans and Mongols developed. There, in a climate of extreme heat, cold and drought, originated the virile people who have conquered climate and soil in every direction more favorable to easy existence. Abstemious nomads, who knew no indulgence and were every year brought face to face with the disaster of scanty rainfall, they left their homes in wave after wave and dispossessed their neighbors in more fortunate lands. The Arabs, who are a direct survival of the early Aryan tribes, are well developed, athletic, courageous in caring for their flocks under trying conditions. Their cupboards contain meat, cereal and dates, but chiefly they live upon soured milk—goats' and camels' milk in the form of cheese and dried curds.

The Cossacks, too, who are noted for their brawn, eat a great many dried curds. From such facts Doctor McCollum is led to generalize: "Wherever dairy animals are abundant in proportion to the population, fine physical development is seen." Fine mental development does not always accompany it, we must add. For the Kafirs of South Africa, drinking quantities of milk, are perfect milksoyables, while China, entirely without dairy products, built up one of the greatest civilizations the world has ever known.

It is hard to say just what foods will accelerate the mind, but it is perfectly easy to tell what will clog mental and physical activity—notably, too much meat and too few vegetables. In some ways a strictly carnivorous diet is good, illustrated by the Lapps, who live almost wholly on reindeer herds and fish. They are a short, heavily made people, of good body development and great endurance. So were the primitive Eskimos, who, subsisting also on a carnivorous diet, did not even have a word for toothache in their language until seventy-five years ago. But these people have the same reluctance as carnivorous animals to exerting themselves. Like the well-fed lion or tiger, they are lethargic and remain idle as much as possible. They work only when hunger makes them, and they never think, except under strong pressure. Doctor Grenfel

states that the Eskimo is a poor fisherman, and will catch only one fish to a white man's ten. This is attributable in part to intoxication from poisons of bacterial origin, due to putrefaction of proteins in the intestine.

The meats of industrial nations, it is true, are very different from those of a carnivorous people. The latter eat all the flesh of an animal, and the marrow and the vitals as well, whereas our meats consist chiefly of muscle-cuts—steaks, chops, joints, etc. But in either case, excess produces lethargy. Consider those Brits who live upon mutton and black pudding, and know the reason for their stolidity.

It used to be supposed that meat was what made a man red-blooded, and prizefighters were fed raw beef-steak to make them doubly ferocious. Now we know better. Green vegetables, once considered harmless, appear to have a much more savage effect. We hear how the Turks will arise from a meal of cucumbers, and go out to massacre Armenians. The vegetarian, after all, is the man to be feared; and we feel how fortunate it is that no people is strictly vegetarian, in the sense that certain animals are.

Since food can so affect the behavior of races and persons, it follows that control over a man's diet means control over his conduct. Prison authorities have always known this. They feed the convicts salt-peter, which, as the exact opposite of an aphrodisiac, keeps down riots in the jails. This offers an interesting suggestion to housewives who have not yet discovered that the hand that fills the larder is the hand that rules the world. In the kitchen, the mother of a family has a power for good and evil which she hardly suspects. But if she will only select three wise, well-mixed meals a day, she may expect that the home fires will not fail.

Surgical Pencil

Among the most interesting pencils made is one intended for the use of surgeons. For marking outlines or divisions on the surface of a patient's body before performing an operation the use of the pencil is sometimes necessary, and, as the ordinary pencil is useless, a special one is made which marks the skin as clearly as an ordinary lead pencil will mark a sheet of paper.

fact that the condition of Russia is unbelievably horrible. "The Bolshevik defenders of that horrible, tortured country were about as convincing as the Dutch barber."

"A patron said to the Dutch barber: 'Can you honestly recommend this hair-grower?' 'Can I? You just bet I can,' the barber answered. 'Look what a head of hair I got.' Then he removed his hair, for it was only a wig, and went on, 'And now look how bald I was before usin' it.'"

IMPORTANT NEWS THE WORLD OVER

IMPORTANT HAPPENINGS OF THIS AND OTHER NATIONS FOR SEVEN DAYS GIVEN

THE NEWS OF THE SOUTH

What is Taking Place in The Southland Will Be Found in Brief Paragraphs

Foreign—

Great Britain and France are off on a race for supremacy of the air. France is far in the lead of the world, but contracts have just been let by the British war ministry for ten airplane hangars, the first units of a system of defensive centers which eventually will inclose thirty stations.

Scientists from England who have heard recently of the case of a woman at Rietfontein, South Africa, who has been in a trance for fifteen years—resulting from the announcement of the death of her fiancé—may go to Rietfontein with the hope of helping the victim.

The French government has made official announcement that it will not resort to inflation of the circulation for needs of state. It will keep within the limits of legal advances from the Bank of France to the treasury.

A new cabinet has been formed in Finland, with M. Tulenheimo as premier and M. Idman as foreign minister.

Senora Marie Louise Brown de Garcia Mon, formerly of Atlanta, Ga., is ill in Havana, Cuba, as the result of the shock resulting from her husband's assassination.

Prussia's long-drawn-out cabinet crisis entered a new stage with the election of Dr. Herman Hoepker-Aschoff, Democrat, as Prussian premier to succeed Dr. William Marx, who retired from the post to which he was twice elected.

An airplane piloted by Capt. Peltier Doisy, the hero of the Paris-Tokyo flight last year, fell into the sea, says a Nice, France newspaper. Doisy and two passengers were rescued, but the plane was wrecked.

Any wandering American who becomes stranded in China in future will have a better chance of being helped home than has any of his long line of predecessors in the same predicament.

Addressing an "open heart meeting" at which the South American delegates to the Christian Work Congress were invited to speak frankly, Dr. Enrique Molina, dean of the University of Concepcion, Chile, declared that South Americans were skeptical of Pan-Americanism because it was an ideal corrupted by the commercial tendencies of the United States. The meeting is being held at Montevideo, Uruguay.

Princess Hermine, wife of the former kaiser, has returned to Doorn. She has been undergoing treatment for the past few months in various sanitariums in Germany.

Coffee valued at five million dollars is piled up in Santos, Brazil, in consequence of American importers having unexpectedly decreased their purchases.

General Digiorio, Italian minister of war, has resigned.

M. Clementel, French minister of finance, has resigned. The official announcement says that his resignation has been accepted. His resignation came as a result of discussion of inflating France's finances.

Washington—

President Coolidge has partially removed the ban he imposed on employment of deficiency appropriations not included in budget recommendations for payment of National Guardsmen for attendance at armory drills authorized by federal law.

The expected Peruvian communication, relating to the Tacna-Arica arbitration award by President Coolidge, has been delivered at the state department and transmitted to the president.

The Southern Pine association has become the first organization of lumber manufacturers to put into effect the grade-marking of lumber, advocated by the department of commerce. The association notified the department that grade-marking has become effective.

Remaining members of the ill-fated hunting expedition to Wrangell Island in 1923 will be returned to their homes near Nome next month on the coast guard cutter Bear. A dozen Eskimos, including two women and five children, compose the party.

A plan to unite all of the various farming interests in the country in support of an agricultural relief program for enactment at the next session of congress has been announced by Representative Dickinson, Republican, Iowa, one of the farm bloc leaders in the house.

Motion picture films, when re-issued under changed titles, must bear the old titles as prominently as their new, the federal trade commission held recently in an order against four respondents in New York, Philadelphia and Boston.

The work of the Peruvian authorities in considering President Coolidge's Tacna-Arica award is still uncompleted, with whatever suggestions that government may have for further safeguards to surround the plebiscite thus apparently still in a stage of final formulation.

A dispatch from Pensacola, Fla., United States marine corps, was instantly killed there when a de Havilland plane in which he was riding fell from an altitude of 100 feet on Corry field.

A satisfactory current in the lumber industry was seen by the National Lumber Manufacturers' association in a report compiled from 376 of the principal soft-wood mills. In production, shipments and new business the mills reported a volume in excess of the previous week and of the corresponding week last year. Accumulated unfilled orders aggregated nine million feet.

Domestic—

National Commander James A. Drain of the American Legion has called upon all posts of the legion to "firmly observe" the eighth anniversary of America's entry into the world war, April 6.

Count Michael Karolyi, former president of Hungary, who has been on a visit to Governor and Mrs. Pinchot, at Harrisburg, Pa., announces that henceforth he is an ardent advocate of prohibition.

Federal Judge Mack put a dramatic finish to the trial of a suit to compel Lillian Gish to make movies only for the company headed by Charles H. Duell, and dismissed the case after trying Duell.

Guy Wilson of Okemah, Okla., was shot and killed near Ryan City by Mildred Nolan, who stated that he had attempted to attack her.

This generation will experience another great war, which will threaten the permanence of modern civilization, is the opinion of Raymond B. Fosdick, nationally known speaker and lecturer, and a trustee of the Rockefeller foundation.

Austin H. Montgomery, Jr., and H. L. Schwartz, were convicted in the federal court in New York City for fraudulently using the mails.

Orval L. Thompson, Cambridge, Mass., claiming to be a Mormon evangelist, admitted in court that he had sent threatening letters to a young woman in an attempt to extort money from her. He was sentenced to one year in the work house.

Judge Ben B. Lindsey, Denver's (Colo.) nationally known juvenile jurist sits insecurely upon the bench he has occupied for more than twenty years, the result of a partial recount of the vote cast in the elections last November showing that his majority thus far is reduced to ten votes.

Emery dust placed in the main bearings of the United States ship *Cuyamaca*, in port at San Pedro, Calif., disabled the vessel and damaged her engines to the extent of \$70,000.

Mrs. Henry King, one of the best women in the United States and owner of the world's largest ranch, died at her home in Kingsville, Texas, at the age of 93, recently.

Naming sixteen grounds for their action, attorneys for W. H. Bennett and his wife, Mae Bennett, convicted of the killing of Miss Augusta Hoffman, following a trial in Chattanooga, Tennessee, lasting six days, have filed a motion for a new trial.

Judge Jacob Hopkins refused to hear witnesses in support of William D. Shepherd's fight for a reconsideration of the question of his release on bail, because the witnesses were not named in the defense's affidavit, charging that the principal testimony against Shepherd had been framed. Further hearing was continued by the Chicago judge.

The Muscle Shoals cities of Sheffield, Florence and Tusculum sent a joint telegram to President Coolidge recently protesting against Secretary Weeks' plan to invite bids for the purchase of power from Wilson dam until such time as congress disposes of the project.

Worcester, Mass., reports that a debate by radio between teams representing Holy Cross college and Boston college has been arranged for April 28, through station WNAC in Boston and WEAN in Providence, R. I.

Chattanooga, Tenn., reports that on a recent early morning fire in the upper stories of a Market street building—used as lodge rooms and a photo graph gallery—caused damage estimated at \$50,000, practically covered by insurance, to three clothing stores.

Murray Cohen, 19, a bookmaker, accused of stealing automobiles, in several states, to finance his race-track activities, was arraigned the other day in New York City and held in \$2,500 bail on an indictment charging grand larceny. The defendant was arrested in Miami, Fla.

Bishop Ainsworth of the eighth episcopal district of the Methodist church—Georgia, Florida and Mississippi—announces that 75 churches in the north Mississippi conference have reported 16,000 votes against the plan of unification to 176 votes for.

Telephone communication between the police departments of New York, Chicago and San Francisco will be established to flash wire photographs of criminals immediately after the commission of crime, Superintendent of Police Morgan Collins of Chicago announces.

Get Back Your Health!

Are you dragging around day after day with a dull backache? Are you tired and lame mornings—subject to headaches, dizzy spells and sharp, stabbing pains? Then there's surely something wrong. Probably it's your kidney weakness! Don't wait for more serious kidney trouble. Get back your health and keep it. For quick relief get **Doan's Pills**, a stimulant diuretic to the kidneys. They have helped thousands and should help you. Ask your neighbor!

A North Carolina Case
H. C. Mabey, Box 170, Spray, N. C., says: "I suffered from an attack of backache, caused by the disordered condition of my kidneys. I was much distressed by the sharp pain through my back, had headaches, too, and my kidney didn't act right at all, being sluggish. I used Doan's Pills and a couple boxes cured me of the attack."

DOAN'S PILLS
60c
STIMULANT DIURETIC TO THE KIDNEYS
Foster-McBun Co., Mfg. Chem., Buffalo, N. Y.

Grandmother Knew

There Was Nothing So Good For Coughs and Colds as Mustard

But the old-fashioned mustard plaster burned and blistered while it acted. Get the relief and help that mustard plasters gave, without the plaster and without the blister. Musterole does it. It is a clean, white ointment, made with oil of mustard. It is scientifically prepared, so that it works wonders.

Gently massage Musterole in with the finger-tips. See how quickly it brings relief—how speedily the pain disappears. Try Musterole for sore throat, bronchitis, tonsillitis, croup, stiff neck, asthma, neuralgia, headache, congestion, pleurisy, rheumatism, lumbago, pains and aches of the back or joints, sprains, sore muscles, bruises, chilblains, frost-bite, colds of the chest (it may prevent pneumonia).

To Mothers: Musterole is also made in milder form for babies and small children. Ask for Children's Musterole. 35c and 65c jars and tubes; hospital size, \$3.00.



Better than a mustard plaster

What She Had Heard

Teacher: Is the earth round or square, Mary?
Mary: Neither, it's crooked.

Cuticura Comforts Baby's Skin
When red, rough and itching, by hot baths of Cuticura Soap and touches of Cuticura Ointment. Also make use now and then of that exquisitely scented dusting powder, Cuticura Talcum, one of the indispensable Cuticura Toilet Trio.—Advertisement.

A Canadian Pacific liner is equipped with an "orchestra repeater," which enables travelers to hear music in all parts of the ship.

CHILD'S BEST LAXATIVE IS CALIFORNIA FIG SYRUP



MOTHER! Even if cross, feverish, bilious, constipated or full of cold, children love the pleasant taste of "California Fig Syrup." A teaspoonful never fails to clean the liver and bowels. Ask your druggist for genuine "California Fig Syrup" which has directions for babies and children of all ages printed on bottle. Mother! You must say "California" or you may get an imitation fig syrup.

CORNS

Lift Off—No Pain!



Doesn't hurt one bit! Drop a little "Freezone" on an aching corn, instantly that corn stops hurting, then shortly you lift it right off with fingers. Your druggist sells a tiny bottle of "Freezone" for a few cents, sufficient to remove every hard corn, soft corn, or corn between the toes, and the foot calluses, without soreness or irritation.

Speeding the Crops

Dr. Methodi Popoff, professor in the University of Sofia and Bulgarian ambassador to Berlin, lays claim to having increased the yields of many crops, including cotton, cereals and tobacco, by from 20 to 50 per cent, by a process of chemical treatment of the seed. He has used various stimulants, such as magnesium chloride and a number of metallic salts, which are poisonous to vegetable as well as to

animal life when taken in large quantities. He immerses the seeds in the proper chemical solution, leaving them there for a fixed time. If left too long, the seed life is destroyed; if not long enough the chemical is ineffective.

Unconvincing

Fanny Hurst, the well-known writer, was discussing her recent Russian tour. "It was horrible," she said. "The Bolsheviks tried to put their best foot foremost, but they couldn't hide the