

NEW PROCESS KEEPS FOOD INDEFINITELY

Revolutionizes Feeding of Troops
in War Time.

NO CHANCE FOR PTOMAINES

Add Water and Boil, Dishes Resulting
Are the Same as Fresh Products,
Experts Say—French Commission
Calls It a Remarkable Discovery—
Tried Out in Our Army—Produce
Meals With Speed of Prestidigitator.

Gone are the good old days when a woman is expected to spend four hours in a kitchen, wrestling with the problems of some new dish and struggling with the unintelligible jargon of the cookbooks. No longer need a man wait in vain for his maternal hash, only to discover after a goodly interval that wife just couldn't put the old chopping machine together and there must be a piece missing, or something. All this is as dead as the dodo.

The resources of food specialists, dietitians, French chefs and medical men have been combined in a concerted effort to produce a new method of preparing food for the housekeeper, enabling her to produce meals with almost, if not quite, the speed of the prestidigitator producing rabbits out of the traditional hat. Just add hot water and boil a few minutes is the story.

And cheap—well, here's an example of the cost. Uncle Sam figured that he could give his doughboys a full dish of vegetable soup and a fine ample portion of corned beef hash by using this new process instantaneous food, for the vast outlay of 3 cents per doughboy.

William Edward Fitch, late Major U. S. M. C., and M. D. in his own right, has devoted a lot of hard work to the new product. He will prepare a cup of clam broth, while the interested listener is trying to read the title of one of the doctor's works. "Dietotherapy, Chemistry of Digestion, Classification and Analysis of Foods. Complete in three volumes. Published with the permission of the Surgeon General of the Army," is part of the title. But the clam broth is ready.

Like Freshly Prepared Food.

First the major produced a manila envelope, something like the average worker's pay envelope—decidedly small. Opening it, he displayed about a tablespoonful of fragments of brownish, dried substances. This and a little water boiled for less than five minutes produce the clam broth. The investigator is asked to taste the substance which is strained off, and will find slices of clams, celery, and other usual ingredients and nothing to indicate that they are any different from fresh food. If you should stop and read two titles, the major explains, the consequent lengthened time of boiling does not spoil the broth. If curiosity is aroused as to why it was necessary to have the surgeon general's permission, the answer is contained in the fact that about 150 pages of the work deal with army rations, food economics in the war, etc.

But to return to the clam broth. The major is inquiring how you like it. He is also saying that usually the chef prepares it, but that he has gone home. Honesty compels the admission that, chef or no chef, it has not seemed to suffer.

"Everything is retained," says the major, "food value, flavor, etc. The foods are put up in little cardboard cartons, or in paper envelopes. There are no tins and no glass. Moreover, no artificial preservatives are used, even the so-called most harmless ones. The package may be opened and part of the contents used. The balance may be set aside and used next week, next month or next year, and it will be as good as when first opened.

Food Products Keep Indefinitely.

"Here is some lamb stew, now," continues the dietary expert, placing on the table something resembling somewhat a section of brown nut candy. "It will keep indefinitely, if the mice will let it alone. I see one has been nibbling here at this end. This is very old, but all I would have to do is put it in water and let it boil for about twenty minutes and it would be a most appetizing stew. It has, combined with lamb, onions, potatoes, and other vegetables, also seasoning.

The soups, containing a quantity of vegetables can stand about fifteen minutes' boiling, and the meat products twenty to twenty-five minutes. We already have twenty-seven clear soups, thirty-one creamed soups, twenty vegetable products, twenty fish products—fish cakes, for instance—and twenty-five meat products. Corned beef hash, chicken hash, roast beef hash, lamb stew, codfish cakes, creamed fish, and lobster a la Newburg are included in the list of dishes prepared by the new process.

"It is not a dehydrating process and it bears no resemblance to the canning process. Botulism, of which one is hearing so much these days in connection with the fatal oil poisoning cases, and ptomaine poisoning, are both impossible with this process. The flavor is not lost as in canning. All the nutritive and palatable qualities of the fresh food are retained."

To the newlywed innocent of the art of cookery, the new instantaneous

food is a boon. According to the major, it is all prepared the same way—it is just put in water. Soup is wet, so the water is saved. Corned beef hash is comparatively dry, so most of the water is allowed to evaporate passing off in the form of steam. If it is hubby's birthday, or time to ask for an Easter hat, wife may treat the hash to a little frying-up in a pan, making it a browned hash—but it isn't necessary at all.

Vitamins Content Not Lost.

"An important feature of this new process," according to its sponsors, "is that the fuel value and vitamins content of fresh foods is not lost or reduced."

The necessity for vitamins in the dietary is admitted, and this feature is being emphasized in current medical literature.

"While little understood by the profession and still less, of course, by the general public," says Doctor Fitch, "vitamins, according to the consensus among research workers in this particular field, are of definite, organic, chemical composition easily destroyed by prolonged exposure to heat. Patient research into the subject has established the fact that they possess toxic properties and that, even in remarkably infinitesimal amounts, they relieve the symptoms of deficiency disease in both man and animals. Clinical experimentation has established the fact that when vitamins are deficient in the dietary the body suffers and there are soon developed symptoms of deficiency disease. Vitamins are essential for growth, development and the maintenance of life. Pellagra, beriberi, scurvy and other deficiency diseases are to be controlled or prevented through the administration of the proper foods, containing the adequate vitamin content.

"The vitamin content of fresh foods is greatest just when the fresh vegetables or fruits reach their highest state of perfection and in meats when the animal or fowl reaches maturity and is well fed and physically fit. All vitamins originally come from the animal kingdom. The cow receives vitamins from the green grasses and cereal foods she ingests and excretes vitamins in her milk; the hen receives vitamins from cereal grains and green herbs and stores them in her flesh and in the eggs she lays. The heart necessary to sterilize milk or to sterilize fresh fruits, vegetables and meats in the canning process destroys the vitamin content.

Contrasted With Dehydration.

"Especially abroad, extensive experiments have been made with the dehydrating process. Here is some of the foreign product," said Doctor Fitch, indicating a little box of dried food. "It is most attractive in color, but it must be soaked 12 hours, and boiled for more than three hours, and then meat and stock and seasoning added to make it a vegetable soup, and it has not been found possible to keep the worm out of it and preserve all the vitamin contents. Sufficient heat used in the process of drying destroys the vitamins. In the new process the food is not submitted to such great heat, or for so long, but the worm does not get in it because of the seasoning. The vitamin content is deficient in all dehydrated fruits and vegetables and in pickled and salted meats."

According to Doctor Fitch, cases of debility in any body of troops should at once direct attention to diet.

"No troops can be kept in condition indefinitely on canned foods alone," he said. "Tinned and preserved meats possess no antiscorbutic (antiscorbutic) value whatever. Frozen meat, while more valuable than preserved meat, must be considered inferior to freshly killed meat. It will be seen that views as to the value and effect of different foods have greatly changed in the last decade. Meat, considered at one time the best diet for making strong men, is shown to be inferior so far as vitamins are concerned to other foods once held in contempt by meat eaters. Vegetables of many kinds, when properly cooked, are not only more economical but more beneficial."

The report of J. Delpit, of the French commission on the new process holds it as a remarkable discovery that it will literally revolutionize the process of feeding troops in war time. The reduction in volume and the reduction in weight, the absolute unchangeability by cold, heat or cold water are among the features which recommend it to the commission. The difficulty of incorporating fresh vegetable products in the diet of the soldier under all conditions is touched upon by M. Delpit. He considers that the new process, making possible "the provisioning of soldiers with food products actually consisting of a great variety of soups and vegetables will alleviate his hard lot to a great extent and contribute to his well being." Hospitals at the front and behind the lines, he thinks, will find them almost equally valuable.

FRANCE BARS FOREIGNERS

None but Frenchmen May Enter Hotel and Restaurant Business.

By the provisions of a bill introduced in the French parliament by the government, foreigners are absolutely barred from the hotel and restaurant business in France. The fact that many foreign hotels and restaurant owners were enemy agents during the war led to this step.

The bill also forbids participation by aliens in the customs transit or commission agency trade, information bureau, employment agencies, munition factories, chemical works affecting national defense and the quarrying industries.

Armistice Day, November 11, to Thanksgiving Day, November 28—the Fourth Red Cross Roll Call.

FOURTH RED CROSS ROLL CALL ANNOUNCED

Announcing the Fourth Red Cross Roll Call, to be held between November 11 and November 25, 1920, Dr. Livingston Farrand, chairman of the Central Committee, made known the fact that as a result of last year's roll call, the American Red Cross has ten million members.

The Red Cross has decided to make each anniversary of the ending of the world war the occasion for renewing allegiance to the "Greatest Mother" by means of the dollar membership. Thus the Fourth Roll Call will have for its purpose the maintenance of as nearly universal membership as possible and the support of peace time activities.

These activities are continuation of measures in behalf of America's veterans of the World War, particularly the disabled; service to the peace time Army and Navy, development of a stouter resistance to disease through health centers, increasing of the country's nursing resources, continued preparedness for disaster relief, Home Service and community work and completion of relief work among the war-exhausted and disease-ridden peoples overseas.

QUESTIONNAIRE BRINGS MONEY FOR VACATION

In a certain Lake Division town, there's a mother of a former soldier who has nearly \$100 extra to spend for herself this summer.

The Red Cross Home Service section in that community sent questionnaires to all ex-service men, asking them if all their war-time affairs had been satisfactorily settled.

The particular soldier in question was discharged soon after the Armistice and had never learned that some travel pay was due him. After he had read over the questionnaire he decided to look up the Home Service secretary and find out about some of the things noted among the queries.

As a result he just received a check for \$96.48 that he didn't know was due him until the Red Cross questionnaire came. He gave the money to his mother for a vacation. This is a typical example of the service given by the Red Cross.

RED CROSS NURSES WIN SCHOLARSHIPS

Nine Red Cross chapters in the Lake Division have given scholarships for a four-months' post graduate course in Public Health Nursing at Western Reserve University, Cleveland, to nurses in their communities.

On completion of their study Sept. 1, they will return to their homes and carry on the Public Health Nursing program of the Red Cross, which includes visiting nursing, school nursing, instruction work, and general community service in caring for health.

Chapters which have awarded these scholarships are Richwood, Union County, Ohio; Lagrange, Ind.; Fort Wayne, Ind.; Montpelier, Williams County, Ohio; Zanesville, Ohio; Brazil, Ind.; South Bend, Ind.; West Alexandria, Ohio, and Bluffton, Ind.

TRAINING COURSES OPEN FOR TRAINING RED CROSS WORKERS

In the summer session at Ohio State University, Columbus, the Red Cross, in co-operation with the university, is offering a six weeks' course of training for persons who wish to become Red Cross executive secretaries or chapter managers.

This is designed to meet the demand for trained executives to promote the Red Cross peace time program. Instructors include prominent men on the university faculty, National and Divisional Red Cross leaders and others of national repute.

COMMUNITY INSPIRED TO INCORPORATE TOWN

Coke Otto, a small mining community near Hamilton, Ohio, isn't content to be just a group of people any longer.

Coke Otto wants to be an incorporated town.

And it's all the result of community meetings and activities inaugurated by the Rural Extension Secretary of Hamilton Chapter of the Red Cross.

When Hamilton engaged its rural worker, she went among other places to Coke Otto, where perhaps 700 people live. Sanitary conditions were very lax there, so one of the first movements was the organization of a "tin can brigade." This was divided into eight sub-regiments and prizes were offered the group that kept the most rubbish out of the community for a specified length of time.

Subsequent community meetings have shown the people of Coke Otto the need for street clean-ups, flood protection and sanitation. After the third meeting the community decided that better and quicker results could be obtained through united efforts. Hence the plan to become an incorporated town.

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ALL HE COULD DO FOR HIM

According to This, Prospects of Thrifty
Gent Getting a Drink Didn't
Seem to Be Promising.

"How can I go about it to get a drink in this town?" asked a recently arrived gent, who looked as if he needed irrigation.

"Well," replied the landlord of the Petunia tavern, "I'll tell you what you might do: Go to the second corner up the street, pass around it and go to the alley about half-way, and you'll come to a gate standing open, a crack in a fence made out of old billboard lumber. Go in through the gate and along to a cellar back of the shanty standing in the lot, lift the cellar door and go down the steps, whistle three times, and a dirty feller will come with a lantern, and look you over and tell you that there ain't nothin' doing in this dod-blasted town since the blankety-blank prohibitionists got so sizzle-fired active. This is the best I can do for you, Mr. Dryer."—Houston Post.

KEEP TROUBLES TO YOURSELF

The World, as a General Thing, Has
Little Use for the Man Ad-
dicted to Self-Pity.

The trouble with the man in a little trouble is that he is inclined to pity himself and imagine that he is the only man who ever had a trouble.

All he can see in the moment of his irritation in his own burden. It seems not to occur to him that at the very moment he is wrestling with his difficulty thousands of people around him are fighting against far greater odds and in much greater danger.

Trouble, anyhow, is a part of the game of life. Nobody ever went anywhere or did anything worth while without meeting it in one form or another. Let others pity you if they will, but don't waste any time pitying yourself. The chances are that your next door neighbor would be tickled to death if such troubles as you have were all he had to worry about.—Exchange.

Nickel No Good.

A little girl walked into a confectionery one morning, placed a nickel on the counter and called for an ice cream cone.

"Ice cream cones are 7 cents, little girl," the flax clerk announced.

"Well, then gimme a soda pop."

"Six cents."

"Got any root beer?"

"Yep, 6 cents, too."

The little girl sighed disappointedly and started out, leaving her nickel on the counter.

"Here, little girl, you're leaving your nickel," the clerk called to her.

"Oh, that's all right," the child shouted back.

"It's no good to me—it won't buy anything!"

She Knew.

The teacher was teaching the cases of personal pronouns and had given the class a great amount of drill work on such sentences as "I struck him. He struck me. They struck us," etc. The class was very glib and had repeated them in order until she, wishing to test them, asked: "Now, can any one give me a sentence in which the word him is used?"

No one could for a long time. Then a little girl in one of the back seats put up her hand. And glibly she gave her sentence: "My mother put a new him in my dress last night."

History of Petroleum Industry.

The story of the petroleum industry in the United States dates back to 1859, when, on August 28, oil was struck in the Drake well, near Titusville, in northwestern Pennsylvania. When the pumping began the oil flowed in a tiny stream of 40, and later only 15, barrels a day; 5,000,000 barrels were produced in 1870, 28,000,000 in 1880, 45,000,000 in 1890, 63,000,000 in 1900, 209,000,000 in 1910 and 356,000,000 barrels in 1918. The output last year is perhaps 30,000,000 barrels in excess of the 1918 record.

Somewhat Spoiled Argument.

Recruiting Sergeant—Now, the army's the life for a man—free grub and clothes, plenty of traveling about, and once you've joined you'll never want to leave.

Possible Recruit—I'll think it over, sergeant, and come to see you again in a day or so.

Recruiting Sergeant—You've got to make up your mind on the spot, if there's any business doing. I'm waiting every minute to get demobilized myself.

Her Wholesale Prayers.

Lucille, who is five, does not like to say her prayers at night when she is sleepy.

"Did you say your little prayer last night?" her mother asked her one morning at breakfast.

"No," said the little girl, "I was too sleepy last night, mamma, but Sunday night, when you put me to bed before I was sleepy, I prayed seven prayers—enough to last me all this week."

Hurt Twice.

"Are you hurt?" they asked of the man who had fallen.

"Hurt? I should say I am," he replied. "Internally and externally. Hurt by the fall I got, and hurt more by the fact that I had my flask full in my hip pocket when I fell."

Sign of Thrift.

A garden patch is just as good a sign of thrift as any other kind of patch.—Buffalo Courier.

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To profiteer is human, to catch them would be divine.—Salt Lake Herald.

A wet plank frequently is rather slippery.—Indianapolis News.

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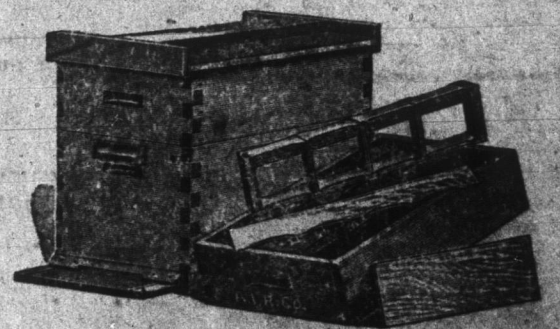


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